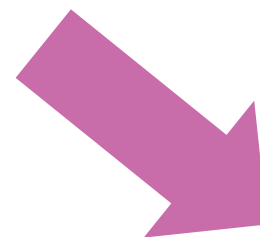


Mapping your way through Integrative Cancer Care

...a DISCOVER e-learning module from
the Health and Wellbeing Trust



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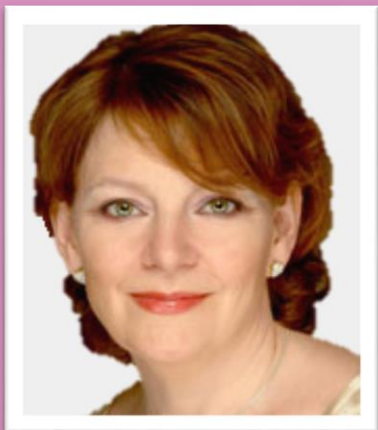


Health and Wellbeing Trust
healthandwellbeingelearning.org

Discover: What is Integrative Medicine?



The Illness journey



Dr Rosy Daniel



The Illness Journey



1. Nutrition and Oral Metabolic Therapy



2. Herbal Remedies for symptoms and treatment



3. Immunotherapies and Elimination of Infections



4. IV Metabolic Therapy



5. Cell Identification and Chemo-sensitivity Testing



6. Complex Integrative Medicine



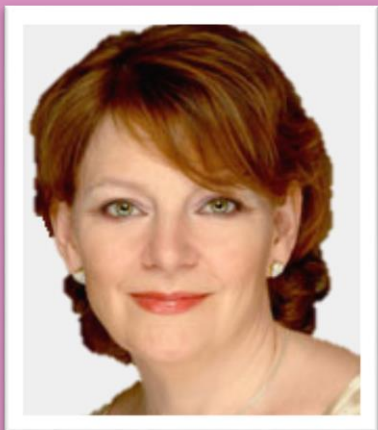
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Mapping the Integrative Approach to Cancer



Dr Rosy Daniel



The Wellness Journey – Healthy nutrition plus:



7. Emotional Support and Therapy



8. Mind-Body Approaches



9. Physical and Energy Therapies



10. Exercise



11. Spiritual Healing and Spiritual Mentorship



12. Health and Lifestyle Mentorship



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Getting the best of all worlds pre-, during and after treatment



Orthodox Medicine

Alternative Medicine

Complementary Therapy

Emotional Support and Therapy

Spiritual Healing

Nutrition

Self-help

Health and Lifestyle Mentorship

“Transforming the crisis of cancer into the opportunity for a happier, healthier life” Penny Brohn

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- To help you understand your condition, state, needs, healthcare values and options - medical, therapeutic, psycho-spiritual and self-help
- To support you in making informed, authentic choices at all times
- To explain the holistic model of health, and the connection between mind, body, spirit and environment
- To explore with you all factors that are affecting your health, wellbeing and immunity
- To guide the creation of an individualised programme of effective medicine, therapy and self-help
- To build a trusting therapeutic relationship that honours you as the greatest expert on yourself and leader of your team
- To keep you safe, by using the right approach at the right time in the right combination, according to your wishes

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“Where science meets art,

Where head meets heart,

***Where skill meets
compassion,***

***Where passive becomes
proactive***

***In fully engaged,
empowering health
partnerships”***

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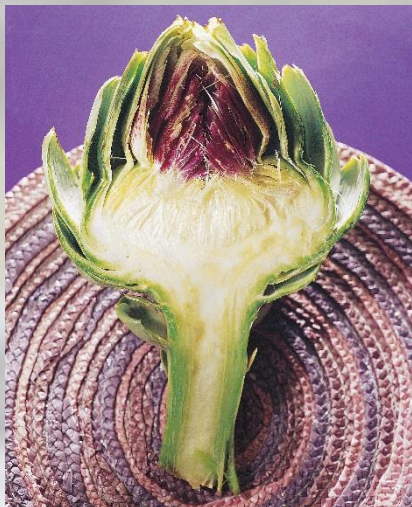
- Retain your relationships with GP and Consultant as your medical care givers and let your IM doctors and therapists know if you wish them to write to them with reports and summaries
- Enlist their support to do good medical monitoring, so that you are always making decisions from a point of knowledge
- Remember that usually they have not studied Integrative Medicine, Nutrition or Complementary Therapies so advice given to stop these things may well be based on caution rather than knowledge
- Do not allow yourself to be rushed into any decisions or treatments before you know your options and are fully on board with your choices
- Use visualisation, relaxation and hypnotherapy to get yourself fully behind your treatments and visualising great outcomes – e.g. the CD Cope Positively with Cancer Treatment by Dr Rosy Daniel
www.healthcreation.co.uk

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What is the difference between healthy nutrition and oral metabolic therapy?

Healthy nutrition to promote health involves:

- Reducing acidity, sugar, fat, protein and salt
- Increasing fruit, vegetables, grains, cereals, nuts and seeds
- Taking supplements to boost cells, blood and organ function

Oral Metabolic Therapy to treat cancer involves:

- Depriving the body of sugar – Ketogenic Diet
- Very high vegetable intake with detox – Gerson, Macrobiotics
- Functional Medicine testing and intense supplementation

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Nutritional supplementation in cancer involves:

- Plant based juices and smoothies
- Anti-oxidant multi-vitamins and minerals
- Immune boosters
- Vitamin D3
- Selenium and Zinc
- Phytonutrients (plant pigments)
- Omega 3 fatty acids
- Anti-angiogenic medicines vs new blood vessel formation

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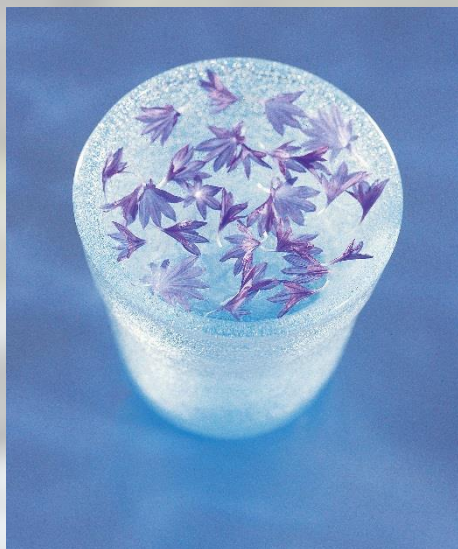
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2. Herbal Remedies for Symptoms and Treatment



Herbal remedies can be used in two ways

Symptom control

Digestive issues – Aloe Vera, Slippery Elm, Ginger, Psyllium husks, Chamomile

Treatment

Carctol – Indian Ayurvedic medicine taken with low acid diet

Artemisinin – Extract of Wormwood now found to reduce recurrence of bowel cancer by up-regulation of apoptosis gene

Essiac – Native American traditional herbal medicine

Phytonutrients - Curcumin, Quercetin, Catechin, Lycopene, Beta-carotene,

Chinese herbs – from Traditional Chinese Medicine Practitioners

Others - Ashwaganda, Cat's Claw, Graviola and many more

Memorial Sloane Kettering reference site 'About herbs and Botanicals'

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs>

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These are therapies aimed at restoring your immune function

Oral

- Beta-Glucans from mushrooms or whole mushrooms such as Maitake, Shitake, Cordiceps, Turkey Tail
- Biobran – with MSM
- Inositol Phosphate
- Low-dose Naltrexone

Vaccinations and Medical Immunotherapy

- Vaccination with Iscador (mistletoe), BCG and others
- Dendritic Cell Therapy
- Hyperthermia to produce heat shock proteins
- Personalised vaccines
- Targeted medical therapies using

Psycho-neuro-immunology

- Support, emotional expression, visualisation



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There is considerable evidence for the role of virus, bacteria, fungus and parasites in the development of cancer.

Therapies that are used include:

- Antibiotics for treatment of Helicobacter
- Antifungals for treatment of Candida
- Clinical Homeopathy for the detection and treatment of virus
- Antiparasite medicines such as Wormwood

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- **Mono-clonal Antibodies** - These are man-made versions of immune system proteins. Antibodies can be very useful in treating cancer because they can be designed to attack a very specific part of a cancer cell.
- **Immune checkpoint inhibitors** - These drugs basically take the 'brakes' off the immune system, which helps it recognize and attack cancer cells.
- **Cancer Vaccines** - Vaccines are substances put into the body to start an immune response against certain diseases. We usually think of them as being given to healthy people to help prevent infections. But some vaccines can help prevent or treat cancer.
- **Non-specific immune stimulants** - These treatments boost the immune system in a general way, but this can still help the immune system attack cancer cells.

American Cancer Society - March 2018

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4. IV Metabolic Therapy



Sometimes called ‘Natural Chemotherapy’ this involves drip treatments with vitamins and herbal extracts that are known to have high nutrient and anti-cancer effects such as:

- Vitamin C
- Artemisinin
- Curcumin
- Laetrile
- Myers Cocktail

Doctors providing this help in the UK are:

- Dr Rodney Adeniyi-Jones
- Dr Wendy Denning
- Dr Ziggy Trefzer
- Dr Michael Wetzler
- Dr Julian Kenyon

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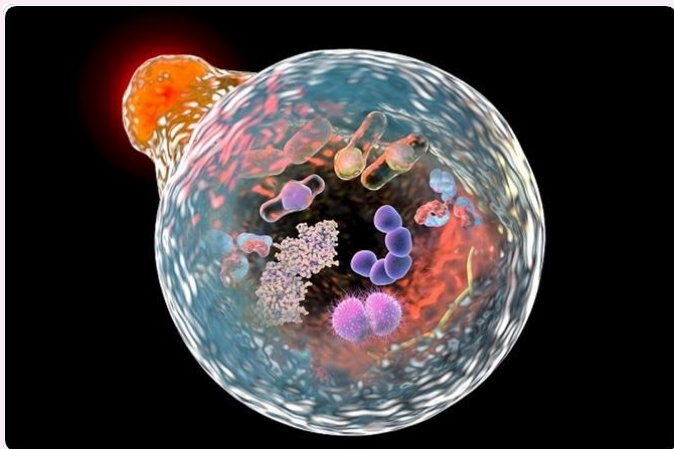
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5. Cell Identification and Chemo-sensitivity Testing



This involves the capture of Circulating Tumour Cells within the blood in order to:

- Measure their numbers
- Identify their nature
- Culture them and test natural and chemical medicines for their level of cyto-toxicity

ADVANTAGES

Personalised information about the exact nature and sensitivity of the cells and medicines to which they may be sensitive

DISADVANTAGES

Oncologist are constrained in their prescribing through NICE guidelines

Controversy re solid tumour versus blood based testing

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6. Complex Integrative Medicine

This is where all of the above treatments are given in a medical clinic providing a range of:

- IV Metabolic Therapy
- Hyperthermia
- Oxygen and Ozone
- Rigvir Virotherapy
- Immunotherapy with Personalised Vaccines
- Functional Medicine
- Oral Metabolic Therapy

AND

- Low Dose Insulin Potentiated Chemotherapy
- Targeted Radiotherapy and Radio-Frequency Ablation

In Germany - Biomedic, Hallwang, Huffeland, Klinik St Georg;
Switzerland – Paracelsus; Turkey – Chemothermia; Latvia -
Rigvir



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How does this all fit with orthodox medicine?

- **Aim to have a lead medical IM practitioner** who can guide you as to how your programme fits with medical treatments
- It is best not to take herbal treatments or IV metabolics during chemotherapy
- It is good to take **food supplements** during chemo, but you can leave them off the day before, day of and day after chemo
- The research of **Professor Kedar Prasad** says that high dose supplement actually makes chemo and radio work better due to a pro-oxidant weakening effect of cancer cells
- You can check with your hospital's **Drug Information Centre** of any specific interactions between the remedies, supplements and drugs you are taking. You can also consult **Memorial Sloane Kettering** herbs and botanicals site.
- **Do not push juices, smoothies and raw food** when on chemo. Your digestive system will be sensitive and also you do not want to become averse to these things later on.
- **Take Aloe Vera and/or Slippery Elm** to soothe your digestion during chemo **and radiation remedy, homeopathics and pycnogenol** during radiotherapy
- Make sure you use **relaxation, hypnotherapy and positive imaging** to see yourself getting best outcomes



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7. Emotional Support



Support at times of peak vulnerability on your cancer journey

- Diagnosis and telling other people
- Receiving treatment and end of treatment
- Re-diagnosis
- Entering your dying time

Find a support group through Macmillan

www.macmillan.org.uk

Find a counsellor through your hospital, GP, hospice or through lead bodies such as the British Association of Counselling and Psychotherapy (BACP) www.bacp.co.uk

Get yourself onto a wellness journey with holistic support from Penny Brohn UK, Maggie's Centres, Yes to Life, Cancer Options and Integrative Healthcare from IM Doctors or health coaching and mentorship from Health Creation Mentors

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7. Emotional Therapy for immunity and quality of life



Emotional Therapy as part of a wellness programme to:

- Heal past trauma
- Express repressed emotion
- Tackle relationship problems
- Change limiting beliefs
- Review priorities
- Strengthen will to live

Emotional Therapy for Carers to:

- Go through emotional reactions
- Become a great carer
- Develop healthy self-care
- Adjust to short, medium and long-term change



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8. Mind-Body Approaches

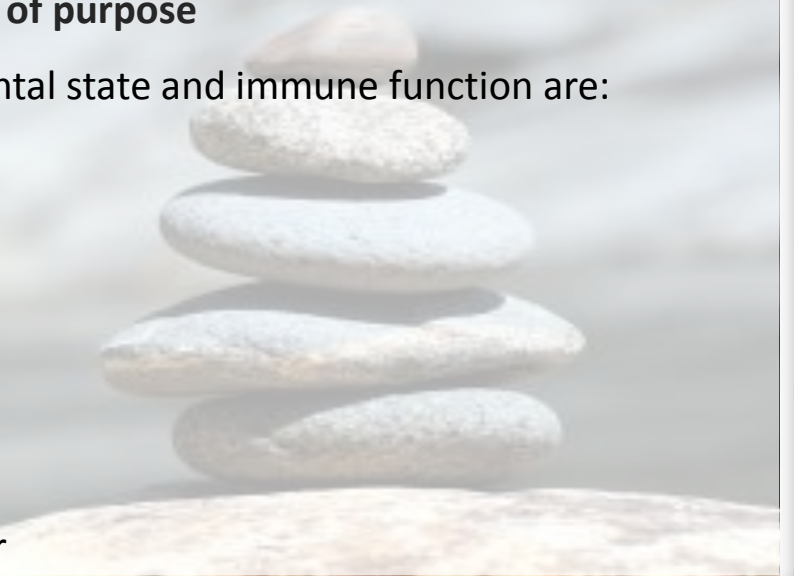
Psycho-neuro-immunology has shown us that our immune system can be lifted through mind-body approaches that improve our state of mind

47% of people with cancer are found to be depressed

People who are depressed are found to relapse quicker and die earlier than those who are well mentally with positive beliefs and a strong sense of purpose

Mind-body techniques and therapies that improve mental state and immune function are:

- Relaxation
- Meditation
- Visualisation and Imaging
- Hypnotherapy
- Yoga breathing
- Biofeedback such as use of the Cardio-sense trainer



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10. Exercise

People with cancer that exercise and adopt a healthy diet have greatly improved survival (San Diego Study)

- Aim to take 45 minutes of aerobic exercise daily in walking, swimming, running, dancing or sports. Even climbing the stairs will help if you cannot get out
- For flexibility and enhanced mind-body benefits go for Yoga, Qigong or Tai Chi

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11. Spiritual Healing and Spiritual Mentorship



Spiritual Healing and Reiki involves the channelling of energy by the healer to the client. This may be viewed as spiritual or divine energy; as universal life force; as Chi; as bio-energy or as love. Even the most sceptical end up saying that this boost of energy and peace has made a huge difference to their ability to cope, and to have sufficient energy to start a healing journey

Spiritual Mentorship helps us to think about and prepare for dying, thereby decreasing fear and releasing a lot of energy for living in the present

- Making a will and plans for dependents
- Working out what we believe and how we want things to be

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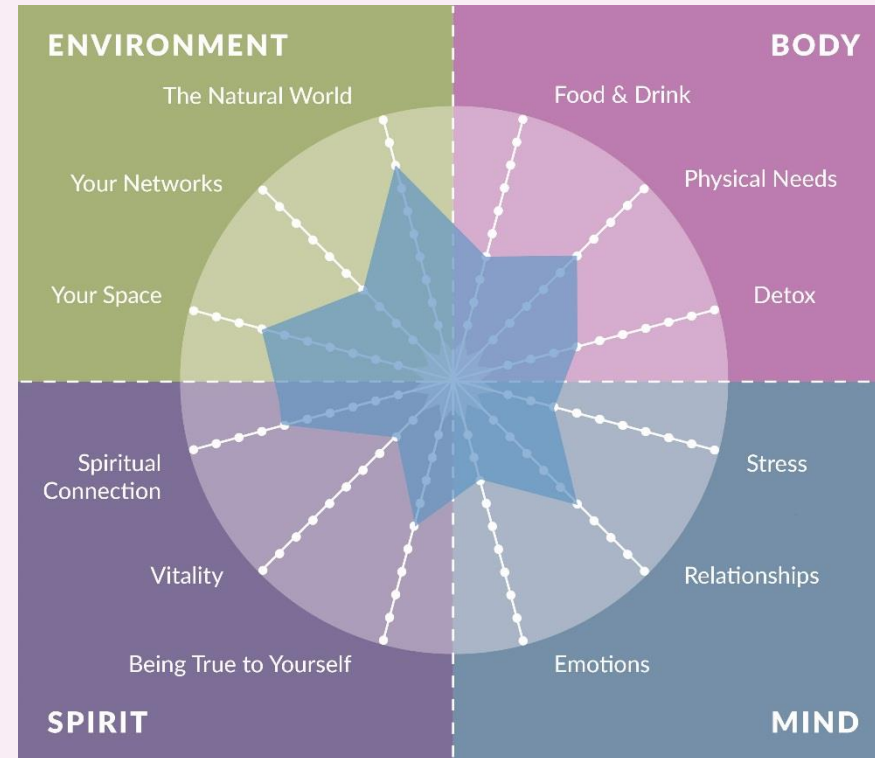


12. Health and Lifestyle Mentorship

The best way to get healthy is to change to a healthy lifestyle that excites and fulfils us

Health Creation Mentorship provides:

- The Picture of Health diagnostic to show you where you are strong and where you are vulnerable in the lifestyle you lead
- Motivational mentorship to make and achieve health and lifestyle goals
- Ongoing support through good and bad times
- Positive focus on what is right and what we love in life
- Higher life energy factor as we move from habits that drain us to those that give us love and joy



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Hierarchy of evidence

Anecdotal – what has worked for other people

Retrospective Case Study – where a group of people are studied looking back

Prospective Case Study – where a group of people are studied looking forward

Randomised Controlled Trial – where neither subject nor researcher knows who is receiving active treatment and all variables are controlled apart from the one being studied

Mechanism of Action – where a treatment is studied in vitro (in the lab) to work out how it works

Complexity Research – where multiple variables and outcomes are studied – Best by far!

Survival Studies – Point strongly to the role of belief

Psycho-social studies – Combatting depressions and creating survivorship strategies

Issues – Tiny budget for complementary medicine research and active resistance to IM education and research in the UK

- **Cancer Research UK** - <http://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/research/complementary-therapy>
- **USA OCCAM** – Office of Cancer Complementary and Alternative Medicine <https://cam.cancer.gov/>
- **USA NCCIH** National Centre for Complementary and Integrative Health <https://nccih.nih.gov/research/clinicaltrials/alltrials.htm>





Research that emerged after the opening of the Bristol Cancer Help Centre by Pat Pilkington, Penny Bohn, Christopher Pilkington and David Bohn in 1979



- Greer Coping Styles – 1980s
- Emotional support – Spiegel 1989, Fawzy 1993,
- Acupuncture and endorphins 1980s
- Psycho-neuro-immunology – Pert 1997 Molecules of emotion
- Self-help techniques - Walker 1998
- Lifestyle programmes reversing coronary heart disease – Ornish 1998
- Prayer and Spiritual healing – 2001 Harris, Dossey, Benor
- Nutrition and Exercise – San Diego Pierce 2007
- Epigenetics – Elizabeth Blackburn 2009 Nobel Prize, Lipton Biology of Belief and Ornish, Geminal study 2008
- Loving Kindness Meditation – Hodge et al 2013 lengthened telomeres
- Mindfulness Studies – Ongoing 2018 with Cancer Research UK





**Gilian Gill,
Diagnosed with stage 4 ovarian cancer in 2000!**

Remember:

Cancer is a two way process –
it can grow but it can also shrink and
go into remission

You are the greatest expert on yourself,
Listen to yourself, trust yourself, and
do what is right for you!

Watch the Message of Hope film at

<https://www.youtube.com/watch?v=O6WFFaOrwSY> to see what others say that
have used the Integrative Approach to Cancer Care

Contact me for further help at 01225-745737

Or email rosy.daniel@healthcreation.co.uk

Thank you for your attention and my warmest best wishes, Rosy Daniel

