

# Integrating Complementary Medicine

**Scott Berliner R.Ph.**

**Clinical Integrative Pharmacist**

# The Functional Approach to Health

- 1. Lifestyle
- 2. Diet
- 3. Stress management
- 4. Toxicity management
- 5. Medications, vitamins, herbs and supplements

In the integrative model we address health in this order

# Be Empowered

- Educating your self should be how you develop a treatment plan.
- Do not treat your self. Emotions are powerful tools for and against therapy.
- Breast Cancer Options source book should be your first place to start.

# The Philosophy

- The integrative approach includes addressing breast cancer from as many contributory factors as we can identify
  - Hormone balance including the sex steroid hormones, thyroid hormones, anti-inflammatory hormones, etc.
  - Immune system support
  - Removing carcinogenic toxins
  - Aiding the liver in detoxification

# Picking a Practitioner

- Qualified and experienced in working with breast cancer.
  - All cancers are not the same.
- Make sure you “like” them.
  - If you don’t feel comfortable with them, it will be hard to comply with their suggestions.
- A physician should always be part of the team.
  - Preferably an integrative physician.
- Pick a “team leader”- Someone to manage the myriad of modalities.

# Prioritize Your Therapy

- What you do before, during and after treatment will be different.
- You may want to do every thing available but this can cause confusion.
  - i.e. if anxiety and fear are most pressing than you need to find help in managing this.

**FEAR IS NOT A USEFUL TOOL**

# Food is Medicine

- At the end of the day we are all here because we eat and drink.
- Do not underestimate the power of diet.
  - Studies show that a dairy free, low animal fat diet, is the correct diet for breast cancer.

# Combining Therapies

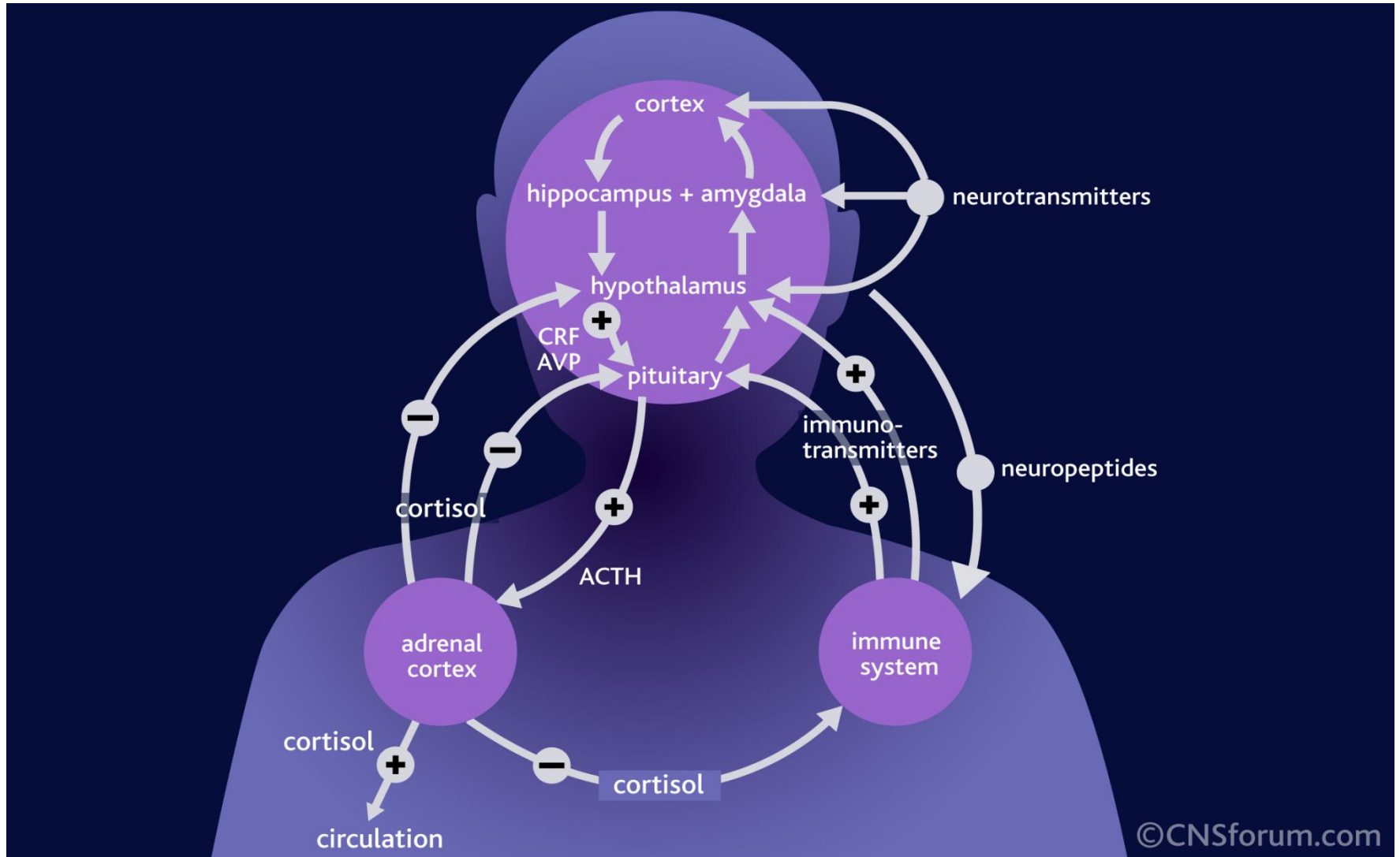
- Make sure your pharmacy screens your medicine list for interactions.
  - You may have to ask them to do this.
  - Most pharmacies can check for major interactions between pharmaceuticals and some herbal preparations.
- More is not always better.
  - Take the studied doses of supplements.

# Being Overwhelmed

- Seek out a patient advocate.
  - Have someone go with you to all appointments
  - Do not hesitate to take notes or bring a recording device with you.
- Most hospitals now have patient advocates to help you through their red tape.

# Stress Management

## Truly the Mind-Body Connection



# Don't Forget Love and Spirituality

- Good love and spirit can make the difference in your journey.
- Very few survivors do not come out better as a result of their journey.
  - Things that really matter show up during times like these.