

Healing After Breast Cancer Treatment

Table 1: The Role of Naturopathic Care After Conventional Breast Cancer Treatment

Complementary Care

Help patients recover from side effects and long-term toxicities that may result from surgery, chemotherapy, and/or radiation and accompanying oral medications.	For those taking hormone-modifying medications, offer natural treatments that reduce side effects and potential drug toxicity. Educate patients about and avoid contraindications. Offer agents that act synergistically (see Table 2, p.78).
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Basic Naturopathic Care

Inspire patients with research on lifestyle changes found to dramatically reduce the risk of recurrence and help them implement these lifelong goals (see Table 3, p. 80).	Provide evidence-based supplements and botanicals that have been found to reduce the risk of recurrence of breast cancer (see Table 4, p. 81).
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Optimize antioxidant status primarily through diet.	Optimize immune function and reduce inflammation.	Reduce exposure to environmental toxins.	Optimize function of detoxification pathways.	Improve metabolism of hormones.	Manage response to stress and encourage mindfulness.
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Individualized, Constitutional Treatment

In addition to the above, use naturopathic foundational principles to evaluate and treat the individual. Consider the following constitutional categories, take a thorough history, do a physical examination, test your clinical hypotheses, and methodically treat each layer until a healthy constitution is restored.

Detoxification	Inflammation	Stress Response
Take a toxic exposure history and listen for other symptoms that may relate to toxicity of chemicals, metals, hormones, etc. ¹	Question and examine for symptoms and signs of inflammation.	Take a social history, life stressor, and trauma history and observe for signs of tension in face, muscles, posture, and pulse.
Test: <ul style="list-style-type: none"> single nucleotide polymorphisms² organic acids for hepatic stress³ amino acids related to detoxification⁴ specific toxin load⁵ estrogen metabolism⁶ 	Test: <ul style="list-style-type: none"> appropriate conventional markers of inflammation such as CRP7,⁸ food allergies digestive function, digestive infection, flora and dysbiosis⁹ thyroid function and autoimmune antibodies^{10,11} 	Test: <ul style="list-style-type: none"> methylation SNPs^{12,13} Neurotransmitters: (catecholamines, GABA, etc.)¹⁴ DHEA, diurnal cortisol rhythm^{15,16} serum amino acids for precursors to neurotransmitters and GABA¹⁷
Educate/coach: <ul style="list-style-type: none"> tools for avoidance of xenoestrogens and other concerning toxins determined by above testing¹⁸ foods and beverages for detoxification¹⁹ 	Educate/coach: <ul style="list-style-type: none"> avoid pro-inflammatory foods²⁰ avoid personal allergens increase anti-inflammatory foods²¹ 	Educate/coach: <ul style="list-style-type: none"> schedule modifications to reduce rushing cultivate inner peace with mindfulness, qi gong, yoga, tai chi, etc. optimize fitness²²⁻²⁵
Treatment: <ul style="list-style-type: none"> replenish deficient amino acids safely timed toxin-specific cleansing until normal on retesting²⁶ optimize 2:16oh-estrone²⁷ quarterly 10-day cleanse 	Treatment: <ul style="list-style-type: none"> treat dysbiosis; restore proper balance of bowel flora²⁸ implement therapeutic anti-inflammatory/anti-allergic diet naturopathic and Chinese Medicine protocols to reduce chronic inflammation such as curcumin, fish oil²⁹⁻³² Optimize thyroid function^{33,34} 	Treatment: <ul style="list-style-type: none"> botanicals for calming the mind and Shen³⁵ amino acids based on deficiencies + L-theanine³⁶ adrenal tonics based on test results body-mind-spirit therapies energetic/meridian treatments³⁷

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