



FOUNDATIONS OF INTEGRATIVE ONCOLOGY

Module 6 Bringing It Together

Lesson 1 Building a Comprehensive Support Plan

Learning Objectives – Understand and describe:

- Tripartite layers of a comprehensive integrative cancer support plan
- Principles of monitoring and managing the tumor microenvironment
- Six primary healthy functions that form the foundation of a support plan
- Relationship of support plan interventions to fundamental characteristics of tumor cells
- Primary elements of initial consultations and follow-up visits
- Dietary guidelines for managing the tumor microenvironment and supporting healthy function
- Value of medical foods and primary elements of therapeutic shakes
- Primary lifestyle considerations
- Additional characteristics of complex patients

Comprehensive Support Plan

- I. Understand Tumor Characteristics
- II. Understand Patient & Tumor Microenvironment - Manage Cancer Terrain
- III. Understand Macroenvironment - Psychosocial & Lifestyle Factors

Comprehensive Functional Support

General well-being, quality of life and healthy function:

- Optimize nutritional status and gastrointestinal function (normal digestion, absorption, elimination)
- Support healthy microbiome
- Regulate HPA Axis and stress response
- Support normal sleep cycle

Managing the cancer terrain and microenvironment:

- Reduce inflammation and oxidative stress
- Promote gene stability and DNA repair; Modify gene expression
- Enhance normal immune modulation and mitochondrial function
- Promote normal cell cycling and cytostasis, apoptosis and natural cell death
- Promote re-differentiation
- Promote normal hormone modulation and metabolism
- Regulate normal glycemic control
- Inhibit invasion, metastasis and angiogenesis
- Enhance detoxification functions
- Monitor and manage coagulation
- Resolve latent and active infections

Initial Consultation

- Review medical records and order tests for individualized care
- Support and enhance general well-being, quality of life, healthy function, adaptation to stress
 - Diet and exercise guidelines
 - Stress and sleep management
 - Copper-free Iron-free Multi, Probiotics, Omega 3s, Vit D, Bone Mineral Support
 - High-density nutrition (Therapeutic Shake)
 - Acupuncture

Follow-up Visit

- Review test results: Customize and individualize support plan to manage microenvironment
- Assist patient with decision making
- Continue patient education (diet, lifestyle, exercise, sleep, stress, supplements, psychosocial)