



DCIS breast cancer cancer coaching



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A diagnosis of DCIS is an alarming and potentially confusing event. It's breast cancer, but oncologists refer to it as being Stage 0, so where does that leave you?

A diagnosis of DCIS means that the cells lining the milk ducts have become cancerous, but that these cancer cells have not spread to the surrounding breast tissue. This is what oncologists mean when they call it a non-invasive or pre-invasive breast cancer—that the cancer cells are present but haven't spread. Women diagnosed with DCIS have a 98% chance of being alive after 10 years ([READ MORE¹](#)), but up to a 50% chance of developing invasive breast cancer, where the cancer cells spread into the breast tissue and have the possibility of spreading to the lymph nodes and other organs of the body ([READ MORE²](#)).

So what do you do? As a longterm cancer survivor, I can tell you that one of the most common cancer coaching question I get from breast cancer patients, of all breast cancer types, stages and ages, is “How can I prevent a breast cancer relapse?”

The evidence-based therapies used to try to prevent breast cancer relapse are the same evidence-based therapies one can use to prevent breast cancer from developing at all. Of course no one can prevent a cancer relapse or a cancer diagnosis 100% of the time but I can provide studies that show how non-toxic, non-conventional nutritional supplementation is cytotoxic to **breast cancer stem cells**. If you are dealing with a diagnosis of DCIS, let me be clear:

Now is a critical time to mobilize your diet, lifestyle, and supplementation regimen to create an anti-cancer environment.

Yes, BC surgery, chemotherapy and radiation may have their place in the treatment of DCIS, particularly if it develops into invasive breast cancer.

However, it is important for breast cancer patients—whether the diagnosis is DCIS or invasive breast cancer-- to think about the long-term. All cancer survivors want to die not of their cancer but of old age.

In this guide we will cover the following topics:

- Evidence-based diet and supplementation regimens (along with the studies that support them) that you can add to either your diet or supplementation regimen that can reduce the risk of developing invasive breast cancer
- An overview of the three pillars of an anti-cancer lifestyle that you can start implementing to arm your body with the reserves it needs to fight
 - **Superior nutrition**
 - **Ongoing detoxification**
 - **Mind-body therapies**

Please note that therapies with an asterisk (*) before have conflicting evidence about whether or not they are good for women with thyroid issues, and this conflict should be taken into account as you are evaluating your diet and supplementation regimens.

FOOTNOTES

1. <https://www.breastcancer.org/research-news/20110316>

2. <https://www.nhs.uk/news/cancer/new-test-shows-if-dcis-breast-cancer-will-spread/>

diet changes you can start today

- Avoid alcohol because drinking alcohol is linked to breast cancer ([READ MORE¹](#))
- Follow a Mediterranean diet with extra virgin olive oil for its anti-breast cancer characteristics ([READ MORE²](#))
- Add red onions to your diet for their ability to kill breast cancer and colon cancer cells ([READ MORE³](#))
- * ➤ Consider evening fasting to reduce the risk of breast cancer recurrence ([READ MORE⁴](#))
- Drink coffee to protect against breast cancer recurrence ([READ MORE⁵](#))
- * ➤ Eat cruciferous vegetables—cabbage, cauliflower, and broccoli—to decrease risk of overall mortality and reduce the risk of recurrence ([READ MORE⁶](#))
- Add mushrooms to your diet because they have shown in studies to suppress growth and invasiveness of human breast cancer cells ([READ MORE⁷](#))
- Eat more citrus fruit to reduce your risk of breast cancer ([READ MORE⁸](#))
- Eat pomegranate for antiangiogenesis ([READ MORE⁹](#))
- Eat blueberries for the pterostilbene, which inhibits the growth of breast cancer cells ([READ MORE¹⁰](#))

The supplements below have all shown to have anti-breast cancer properties:

- **VITAMIN D**
“Low serums of vitamin D have been associated with a high risk of breast cancer ([READ MORE¹¹](#))”
 - I use the brand Doctor’s Best ([READ MORE/ORDER¹²](#))
- **CURCUMIN**
“These studies reported promising results in curcumin inhibiting human cancer cell proliferation. ([READ MORE¹³](#))”
 - I use the brand Integrative Therapeutics ([READ MORE/ORDER¹⁴](#))
- **OMEGA 3S**
“Diets rich in omega-3s found to inhibit breast cancer tumor growth by 30% ([READ MORE¹⁵](#))”
 - I use the brand Life Extension ([READ MORE/ORDER¹⁶](#))

FOOTNOTES

1. <https://academic.oup.com/jnci/article/102/18/1422/927153>
2. <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2434738>
3. https://www.sciencedaily.com/releases/2017/06/170607123928.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2F+cancer+%28Cancer+News+--+ScienceDaily%29
4. <http://www.medscape.com/viewarticle/861319>
5. <https://www.sciencedaily.com/releases/2015/04/150421084531.htm>
6. <https://login.medscape.com/login/sso/getlogin?urlCache=aHR0cHM6Ly93d3cubWVkc2NhcGUuY29tL3ZpZXdhcnRpY2xlLzc2MTc5Mg==&ac=401>
7. <https://www.ncbi.nlm.nih.gov/pubmed/21042722>
8. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3625773/>
9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4052369/>
10. <https://www.ncbi.nlm.nih.gov/pubmed/20031172>
11. <https://www.ncbi.nlm.nih.gov/pubmed/21868542>
12. <https://amzn.to/2MCuWEA>
13. <https://www.ncbi.nlm.nih.gov/pubmed/22772921>
14. <https://amzn.to/2CNtdl5>
15. <http://naturalsociety.com/diet-rich-omega-3s-inhibit-breast-cancer-tumor-growth-30-percent/>
16. <https://amzn.to/2RSjTwT>

GREEN TEA EXTRACT

"Green tea possesses anti-breast cancer properties ([READ MORE¹](#))"

- I use the brand Life Extension ([READ MORE/ORDER²](#))

BROMELAIN

"Bromelain facilitates apoptotic response in breast cancer cells. ([READ MORE³](#))"

- I use the brand Wobenzym ([READ MORE/ORDER⁴](#))

RESVERATROL

"The present review encompasses the role of resveratrol and its natural/synthetic analogue in the light of their efficacy against tumor cell proliferation, epigenetic alterations and for induction of apoptosis as well as sensitization toward chemotherapeutic drugs. ([READ MORE⁵](#))"

- I use the brand Life Extension ([READ MORE/ORDER⁶](#))

VITAMIN C

"Results from this meta-analysis suggest that post-diagnosis vitamin C supplement use may be associated with a reduced risk of mortality. Dietary vitamin C intake was also statistically significantly associated with a reduced risk of total mortality and breast cancer-specific mortality... ([READ MORE⁷](#))"

- I use the brand Mega Food ([READ MORE/ORDER⁸](#))

* FLAXSEED

"Additionally, some clinical trials showed that flaxseed can have an important role in decreasing breast cancer risk, mainly in postmenopausal women... ([READ MORE⁹](#))"

- I use the brand Barlean's ([READ MORE/ORDER¹⁰](#))

TAURINE

"Taurine induces the apoptosis of breast cancer cells by regulating apoptosis-related proteins of mitochondria. ([READ MORE¹¹](#))"

- I use the brand Life Extension ([READ MORE/ORDER¹²](#))

GRAPESEED EXTRACT

"Grape seed extract suppresses MDA-MB231 breast cancer cell migration and invasion ([READ MORE¹³](#))"

- I use the brand Life Extension ([READ MORE/ORDER¹⁴](#))

ELLAGIC ACID

"Ellagic acid, a phenolic compound, exerts anti-angiogenesis effects in breast cancer ([READ MORE¹⁵](#))"

- I use the brand Source Naturals ([READ MORE/ORDER¹⁶](#))

BITTER MELON EXTRACT

"These results show that bitter melon extract modulates signal transduction pathways for inhibition of breast cancer cell growth and can be used as a dietary supplement for prevention of breast cancer ([READ MORE¹⁷](#))"

- I use the brand Source Naturals ([READ MORE/ORDER¹⁸](#))

FOOTNOTES

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4127621/>

2. <https://amzn.to/2MwT5ME>

3. <https://www.ncbi.nlm.nih.gov/pubmed/20848558>

4. <https://amzn.to/2FP33IU>

5. <https://journals.sagepub.com/doi/abs/10.1177/1534735414564425?paper=1>

6. <https://amzn.to/2ROaxSF>

7. <http://www.ncbi.nlm.nih.gov/pubmed/24613622>

8. <https://amzn.to/2MzCUHq>

9. <https://www.ncbi.nlm.nih.gov/pubmed/15897583>

10. <https://amzn.to/2WcZ0ea>

11. <https://www.ncbi.nlm.nih.gov/pubmed/25395275>

12. <https://amzn.to/2FQajKV>

13. <http://www.ncbi.nlm.nih.gov/pubmed/23754570>

14. <https://amzn.to/2WvisEPk>

15. <http://link.springer.com/article/10.1007/s10549-012-1977-9/fulltext.html>

16. <https://amzn.to/2MyHxIN>

17. <https://www.ncbi.nlm.nih.gov/pubmed/20179194>

18. <https://amzn.to/2WgMs5A>

- **QUERCETIN**

“Quercetin targets and destroys breast cancer stem cells ([READ MORE¹](#))”

 - I use the brand Doctor’s Best ([READ MORE/ORDER²](#))
- * ➤ **IODINE ([READ MORE³](#))”**

 - I use the brand Life Extension ([READ MORE/ORDER⁴](#))
- * ➤ **FUCOIDAN**

“These findings demonstrate that fucoidan inhibits breast cancer progression ([READ MORE⁵](#))”

 - I use the brand Doctor’s Best ([READ MORE/ORDER⁶](#))
- **MELATONIN**

“Melatonin may have the potential to help slow the growth of certain breast cancer tumors ([READ MORE⁷](#))”

 - I use the brand Life Extension ([READ MORE/ORDER⁸](#))
- **LUTEIN**

“Lutein promotes growth inhibition of breast cancer cells... Dietary lutein supplementation may be a promising alternative or adjunct therapeutic candidate against breast cancer. ([READ MORE⁹](#))”

 - I use the brand Life Extension ([READ MORE/ORDER¹⁰](#))
- **HONOKIOL**

“Honokiol inhibits the invasion and migration of breast cancer cells ([READ MORE¹¹](#))”
- **THYMOQUINONE**

“In general, thymoquinone showed sustained inhibition of breast cancer cell proliferation with long term treatment. ([READ MORE¹²](#))”

As a twenty-four year cancer survivor myself, I can honestly say that cancer management about living an anti-cancer lifestyle comprised of the following elements:

- 1. Superior nutrition**
- 2. Ongoing detoxification**
- 3. Managing the Mind-Body interface through anti-stress practices and cultivating a sense of purpose**

Even though DCIS is technically stage 0, remember that there is a 50% chance of developing invasive breast cancer. It is critical to cultivate an evidence-based, anti-cancer lifestyle in order to have the best chances of not developing invasive breast cancer.

FOOTNOTES

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5788241/>
2. <https://amzn.to/2TfeE6V>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2703618/>
4. <https://amzn.to/2MyjdBX>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5166552/>
6. <https://amzn.to/2Tg5CXl>
7. <https://www.sciencedaily.com/releases/2014/01/140128103117.htm>
8. <https://amzn.to/2Te7OP1>
9. <https://www.ncbi.nlm.nih.gov/pubmed/29662002>
10. <https://amzn.to/2FQbrb3>
11. <https://breast-cancer-research.biomedcentral.com/articles/10.1186/bcr3128>
12. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3719263/>



Let's start with nutrition:

Whether to prevent a diagnosis of cancer, manage therapies, side effects or prevent a cancer relapse or treatment related secondary cancer numerous studies document the importance of nutrition to the cancer patient or survivor.

If my own cancer experience is any indication, the good news is that eating “cleanly” or nutritiously will help you lose weight, feel more energetic, and enhance your mood among other things.

Nutrition And Cancer:A Review of the Evidence for an Anti-Cancer Diet

“When a diet is compiled according to the guidelines here it is likely that there would be at least a 60–70 percent decrease in breast, colorectal, and prostate cancers, and even a 40–50 percent decrease in lung cancer, along with similar reductions in cancers at other sites. Such a diet would be conducive to preventing cancer and would favor recovery from cancer as well.”

1) Consume fewer calories - “Eating too much food is one of the main risk factors for cancer. This can be shown two ways: (1) by the additional risks of malignancies caused by obesity, and (2) by the protective effect of eating less food.

2) Consume as little refined sugar as possible - “Case-control studies and prospective population studies have tested the hypothesis that there is an association between a diet with a high glycemic load and cancer...”

3) Eat more fruits and vegetables - “One of the most important messages of modern nutrition research is that a diet rich in fruits and vegetables protects against cancer...”

4) Include cruciferous vegetables in your diet - “Cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts) contain sulforaphane, which has anti-cancer properties...” ([READ MORE!](#))

ANGIOGENESIS: angiogenesis in cancer

“New growth in the vascular network is important since the proliferation, as well as metastatic spread, of cancer cells depends on an adequate supply of oxygen and nutrients and the removal of waste products. New blood and lymphatic vessels form through processes called angiogenesis and lymphangiogenesis, respectively... The discovery of angiogenic inhibitors should help to reduce both morbidity and mortality from carcinomas... ([READ MORE!](#))”

FOOTNOTES

1. <https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-3-19>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1993983/>

Can we eat to starve cancer?

“William Li presents a new way to think about treating cancer and other diseases: anti-angiogenesis, preventing the growth of blood vessels that feed a tumor. The crucial first (and best) step: Eating cancer-fighting foods that cut off the supply lines and beat cancer at its own game. ([WATCH^{1\)}](#))”



FIBER: dietary fiber and cancer prevention

“A large body of literature suggests that eating a variety of foods containing high fiber has a protective effect against colon cancer. Evidence also indicates that a high fiber-containing diet may be protective against breast, ovary, endometrial, and gastrointestinal cancer...For cancer prevention, the emphasis for dietary recommendation should be on a dietary pattern rather than on an isolated dietary fiber supplement. ([READ MORE^{2\)}](#))”

FRUITS AND VEGETABLES: Fruit, vegetables, and cancer prevention: a review of the epidemiological evidence

“Approximately 200 studies that examined the relationship between fruit and vegetable intake and cancers of the lung, colon, breast, cervix, esophagus, oral cavity, stomach, bladder, pancreas, and ovary are reviewed. A statistically significant protective effect of fruit and vegetable consumption was found in 128 of 156 dietary studies in which results were expressed in terms of relative risk...It would appear that major public health benefits could be achieved by substantially increasing consumption of these foods. ([READ MORE^{3\)}](#))”

PROBIOTICS: the potential role of probiotics in cancer prevention and treatment

“The human gut microbiota has a significant effect on many aspects of human physiology such as metabolism, nutrient absorption, and immune function. Imbalance of the microbiota has been implicated in many disorders including inflammatory bowel disease, obesity, asthma, psychiatric illnesses, and cancers. As a kind of functional foods, probiotics have been shown to play a protective role against cancer development in animal models. Clinical application of probiotics indicated that some probiotic strains could diminish the incidence of postoperative inflammation in cancer patients. Chemotherapy or radiotherapy-related diarrhea was relieved in patients who were administered oral probiotics...At present, it is commonly accepted that most commercial probiotic products are generally safe and can improve the health of the host. By modulating intestinal microbiota and immune response, some strains of probiotics can be used as an adjuvant for cancer prevention or/and treatment. ([READ MORE^{4\)}](#))”

FOOTNOTES

1. https://www.ted.com/talks/william_li
2. <https://www.ncbi.nlm.nih.gov/pubmed/1851150>

3. <https://www.ncbi.nlm.nih.gov/pubmed/1408943>
4. <https://www.ncbi.nlm.nih.gov/pubmed/27144297>



According to studies only 5-10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90 - 95% of cancer diagnoses are attributed to the environment and lifestyle. We eat, drink and breathe in toxic substances that can cause cancer. Therefore I expel toxic build-up from my body. I have always viewed detoxification as an essential component of my anti- cancer lifestyle.

I sauna weekly, I eat and supplement to help my liver detoxify and I exercise daily to help my blood, liver and colon also detox.

Blood, urine, and sweat (BUS) study: monitoring and elimination of bioaccumulated toxic elements

“Induced sweating appears to be a potential method for elimination of many toxic elements from the human body... (READ MORE¹)”

Whole body hyperthermia in the treatment of neoplastic disease

“Generally, temperatures in excess of 41 degrees C (105 F) in vitro will kill neoplastic cells exponentially as a function of time... (READ MORE²)”

Arsenic, cadmium, lead, and mercury in sweat: a systematic review

“Arsenic, cadmium, lead, and mercury may be excreted in appreciable quantities through the skin, and rates of excretion were reported to match or even exceed urinary excretion in a 24-hour period. This is of particular interest should renal compromise limit urinary excretion of toxic elements... (READ MORE³)”

The synergistic upregulation of phase II detoxification enzymes by glucosinolate breakdown products in cruciferous vegetables

“Cruciferous vegetables contain secondary metabolites termed glucosinolates that break down to products that upregulate hepatic detoxification enzymes... (READ MORE⁴)”

Milk thistle in liver diseases: past, present, future

“In animals, silymarin reduces liver injury caused by acetaminophen, carbon tetrachloride, radiation, iron overload, phenylhydrazine, alcohol, cold ischaemia and Amanita phalloides. Silymarin has been used to treat alcoholic liver disease, acute and chronic viral hepatitis and toxin-induced liver diseases... (READ MORE⁵)”

The importance and regulation of hepatic glutathione

“Glutathione plays a key role in the liver in detoxification reactions and in regulating the thiol-disulfide status of the cell. Glutathione synthesis is regulated mainly by the availability of precursor cysteine and the concentration of glutathione itself which feeds back to regulate its own synthesis... (READ MORE⁶)”

FOOTNOTES

1. <https://www.ncbi.nlm.nih.gov/pubmed/21057782/>

2. <https://www.ncbi.nlm.nih.gov/pubmed/2648462>

3. <https://www.hindawi.com/journals/jep/2012/184745/>

4. <https://www.ncbi.nlm.nih.gov/pubmed/11446830>

5. <https://www.ncbi.nlm.nih.gov/pubmed/20564545>

6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2596047/>

Can exercise detox your body? It's not about the sweat.

“A healthy lifestyle - eating healthy, drinking plenty of water and exercising - is important to detoxifying because it enables our body to do what is intended to do... ([READ MORE¹](#))”

Ask Well: Is Rebounding Good Exercise?

“Many websites do tout almost miraculous benefits from jumping on a rebounder or, as it is also known, a mini-trampoline, claiming that such workouts improve fitness, build bone, spur lymphatic drainage, fight depression, and goose the health of every cell in your body, since they supposedly experience beneficial G-force pressure during a workout... ([READ MORE²](#))”

Exercise has 'astounding' effect on breast cancer recurrence, mortality

“Exercise reduced breast cancer recurrence and mortality by 40%, whereas weight gain of more than 10% after diagnosis appeared associated with increased mortality risk... ([READ MORE³](#))”

Regression of Ductal Carcinoma In Situ After Treatment with Acupuncture

“This report describes a case of DCIS in a perimenopausal woman, treated by excisional biopsy followed only by CAM care without the use of chemotherapeutic agents or further surgery. The patient experienced a 75% reduction in volume of her DCIS between diagnosis in 2009 and November 2011, concomitant with the use of alternative therapies... ([READ MORE⁴](#))”

Whole-body hyperthermia in the treatment of breast cancer

“In the control group (105 patients-chemotherapy/radiation) 12 patients died and 61 developed metastasis within a mean period of 36 months. On the contrary, in the hyperthermia group (35 patients) no patient died and only three developed metastasis within 52 months... ([READ MORE⁵](#))”



Living with a cancer diagnosis can be mentally and psychologically taxing. Taking care of your mental health can be as important as taking care of your physical health. And as you'll see from some of the studies below, mental and physical health overlap sometimes.

1) TAKE RESPONSIBILITY FOR YOUR HEALTH.

I don't mean to sound trite here. You make all decisions about your body. Your doctor and others can make recommendations but you are the final say. There was a fundamental shift in my thinking when I decided that my oncologist was no longer in charge of my cancer, in the fall of 1997.

FOOTNOTES

1. <https://www.today.com/health/can-exercise-detox-your-body-its-not-about-sweat-1C7634616>
2. <https://well.blogs.nytimes.com/2015/01/16/ask-well-is-rebounding-good-exercise/>
3. <https://www.healio.com/hematology-oncology/breast-cancer/news/online/%7Bb37384be-ddc6-4019-846a-3536a45c24ce%7D/exercise-has-astounding-effect-on-breast-cancer-recurrence-mortality>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3842867/>
5. <https://breast-cancer-research.biomedcentral.com/articles/10.1186/bcr379>

2) FIND A SENSE OF PURPOSE.

There has got to be more of a goal for you than remission or even a cure. It can be seeing your daughter/son graduate/ marry, it can be achieving a goal within an organization, it can be most anything. But your “sense of purpose” must be more than your health. For me it is PeopleBeatingCancer. Researching and writing about cancer, coaching cancer patients, survivors and caregivers, all of it is extremely gratifying for me. ([READ MORE¹](#))

A diagnosis of cancer is hard both on one’s mind and one’s body. Each stage of cancer care can be demanding both physically and mentally. Conventional oncology limits its therapies to the body. My experience as a long-term cancer survivor is that the mind needs therapies along with the body’s therapies. Below are the therapies that I have researched and practice myself that I have found to support my mind as I live with cancer.

3) UNDERSTAND AND LIVE POSITIVE PSYCHOLOGY.

This is not about being cheerful or thinking happy thoughts. The field of Positive Psychology described by Dr. Martin Seligman in the video linked below brought a fundamental shift in how I thought about the ups and downs that come with cancer (explanatory style). ([READ MORE²](#))

4) GROW SPIRITUALLY.

Please notice that I didn’t say to become spiritual or “you need some churchin’ up” (Blues Brothers-Cab Calloway). I said to “grow spiritually.” The simple experience of facing death will help you grow spiritually. ([READ MORE³](#))

5) BE PROUD TO BE A CANCER SURVIVOR.

The two cancer philosophies that I disagree with most often are “Cancer as war or She beat cancer to the end...” and “I don’t want people to define me by my cancer...” I feel the exact opposite. I look at cancer as a chess match, as if I need to out-think cancer, not beat it. Further, I’m proud of my scars, both mental and physical. I no longer sweat the little stuff. I’m more spiritual. I give more. Has cancer made me a better person? ([READ MORE⁴](#))

6) MODERATE DAILY EXERCISE.

In many ways, moderate daily exercise is the ultimate mind-body therapy. Before, during and after active therapies, countless studies prove that moderate exercise changes how your genes express themselves, help you lose weight, help you sleep (see #8), just feel better... ([READ MORE⁵](#))

7) BE SOCIAL.

Whether in a marriage or a committed relationship, cancer survivors live longer if you and your primary caregiver are partners. ([READ MORE⁶](#))

8) GET QUALITY SLEEP.

Is sleep a physical or a mental therapy? Some the most commonsense therapies can be the most effective for cancer patients and survivors. A good night’s sleep for instance. The articles linked below cite that sleep is difficult during therapy and lack of restful sleep may worsen your cancer... ([READ MORE⁷](#))

FOOTNOTES

1. www.ncbi.nlm.nih.gov/pmc/articles/PMC2168592/

2. www.ted.com/talks/martin_seligman_on_the_state_of_psychology#t-121904

3. www.peoplebeatingcancer.org/spirituality-and-religion-for-cancer-patients-survivors-and-caregivers/

4. www.peoplebeatingcancer.org/12146/

5. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2885882/>

6. www.peoplebeatingcancer.org/mind-body-therapy-for-cancer-marriage/

7. www.peoplebeatingcancer.org/sleep-as-cancer-therapy-learn-how-to-get-quality-over-quantity/

9) PRACTICE RELAXATION TECHNIQUES.

Breathing exercises, mindfulness, meditation, massage, aromatherapy, sauna- I consider all of these as being relaxation therapies... ([READ MORE¹](#))

10) RECEIVE PSYCHOTHERAPY.

It took me a few years to figure it out but talking to someone about my cancer experiences helped me. A lot. I still have “a bit of the OCD” and I think there may be a little PTSD still drifting around my head but talking to a professional psychologist was important therapy for me. ([READ MORE²](#))

11) MIND-BODY SUPPLEMENTATION

Curcumin Shows Promise as Depression Treatment

“Chronic inflammation can decrease levels of serotonin and dopamine and lead to degeneration in certain brain areas. It is possible that the antioxidant and anti-inflammatory effects of curcumin can restore these neurotransmitters and protect the brain, eventually leading to improvements in mood... ([READ MORE³](#))

Natural Mood Foods: the actions of polyphenols against psychiatric and cognitive disorders

“Abundant in green tea, EGCG is a natural catechin polyphenol that has been utilized in China as medicine for at least 4000 years. Now available in botanical supplement form, EGCG is most renowned for its high antioxidant activity and its ability to alleviate symptoms of stress and depression. ([READ MORE⁴](#))

Omega-3 Fatty Acids and Mood Disorders

“Deficits in omega-3 fatty acids have been identified as a contributing factor to mood disorders and offer a potential rational treatment approach. ([READ MORE⁵](#))

Effects of Exercise on Anxiety, Depression and Mood

“The meta-analyses of correlational and experimental studies reveal positive effects of exercise, in healthy people and in clinical populations (also in patients with emotional disorders) regardless of gender and age. The benefits are significant especially in subjects with an elevated level of anxiety and depression because of more room for possible change... ([READ MORE⁶](#))

FOOTNOTES

1. www.cancer.org/publications/54-relaxation_techniques_and_mind_body_practices_how_they_can_help_you_cope_with_cancer
2. en.wikipedia.org/wiki/Psychotherapy
3. <http://www.psychiatryadvisor.com/mood-disorders/curcumin-depression-treatment/article/459501/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC335196/>
5. <https://www.ncbi.nlm.nih.gov/pubmed/16741195>
6. <https://www.ncbi.nlm.nih.gov/pubmed/15518309>