

Fighting Cancer with Natural Therapies

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What is Naturopathic Medicine?

- Naturopathic Medicine is a distinct system of health care. Practitioners seek to understand and educate their patients about the cause of illness, and use natural therapies to bring about greater health and wellness.
- Naturopathic interventions are evidence based, intended to support the body's inherent healing processes and uniquely chosen for each patient.

Naturopathic Medical Education

- **Naturopathic Medical Education**
 - **4 year pre-med undergraduate education**
 - **4 years of Naturopathic medical school**
 - **2 years basic sciences**
 - **2 years clinical sciences**
 - **Board Exams**
- **Residency**

Accredited Naturopathic Medical Schools

- **United States**
 - **Bastyr University- Seattle, Washington**
 - **National College of Naturopathic Medicine-Portland, Oregon**
 - **Southwest College of Naturopathic Medicine- Tempe, Arizona**
 - **University of Bridgeport College of Naturopathic Medicine- Bridgeport , Connecticut**
- **Canada**
 - **Boucher Institute of Naturopathic Medicine- New Westminster, British Columbia**
 - **Canadian College of Naturopathic Medicine- Toronto, Ontario**

Licensed States / Territories

- Alaska
- Arizona
- California
- Connecticut
- Florida
- Hawaii
- Kansas
- Maine
- Oregon
- New Hampshire
- Puerto Rico
- Utah
- Vermont
- Washington
- Washington DC
- Virgin Islands

Naturopathic Medical Principles

- **The Healing Power of Nature**
- **Identify and Treat the Cause**
- **First Do No Harm**
- **Doctor as Teacher**
- **Treat the Whole Person**
- **Prevention**

Naturopathic Medical Modalities

- **Diet/Exercise**
- **Nutritional Supplementation**
- **Botanical Medicine**
- **Homeopathy**
- **Counseling**
- **Hydrotherapy**
- **Physical Medicine**
- **Acupuncture/ Acupressure**

How does Naturopathic Medicine fit within the healthcare model?

- Naturopathic Doctors are nutrition and complementary healthcare specialists
- The principles and philosophies of Naturopathic Medicine are based on Patient Empowered Medicine and an Integrative Care Model
- Naturopathic Doctors are trained as physicians, providing a medical bridge between conventional and complementary care

Principles of Fighting Cancer Naturally

- **Nutrition**
 - fiber, vegetables, fruit, fat, water
- **Exercise**
 - waist management, blood glucose.
- **Natural Therapeutics**
 - botanicals and nutrients such as garlic, green tea extract, vitamin D, calcium, curcumin.

Nutrition

*“Let food be thy
medicine, and let thy
medicine be thy food.”*

HIPPOCRATES



Healthy Eating Tips

- Choose a variety of foods
- Eat plenty of fruits and vegetables
- Use nonfat or low-fat dairy products
- Go lean with protein
- Limit intake of saturated fat, cholesterol and salt
- Watch the size of your portions
- Select high fiber foods and whole grains
- Choose water, milk, tea instead of soda

(American Dietetic Association)

Nutrition

- Studies in cancer prevention show a strong connection between dietary habits, lifestyle and risk of carcinoma.
 - Consumption of fruit is negatively associated with cancer of the lung.
 - Consumption of vegetables, mainly onion and garlic, probably reduces the risk of the intestinal stomach cancer.
 - Consumption of red and processed meat is positively associated with colorectal cancer and stomach cancer in those infected by *Helicobacter pylori*.
 - Fish intake is negatively associated with colorectal cancer risk.
 - High alcohol intake increases the risk of breast cancer.
- Gonzalez, Carlos A. Riboli, Elio. Diet and cancer prevention: where we are, where we are going. Nutrition & Cancer. 56(2):225-31, 2006.

The New American Plate™



2/3 (or more)
vegetables,
fruits,
whole grains
and beans

1/3 (or less)
animal
protein



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