WHICH MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?

WHAT ARE THE TOOLS FOR EVALUATION?

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be reduced by combining conventional cancer treatment with natural and supportive therapies. Naturopathic oncology practitioners may use a variety of tools to evaluate the patient's condition and determine the best treatment plan.

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

Naturopathic oncology practitioners work to improve a patient's health and well-being, reduce the side effects associated with conventional treatment, and provide education for an improved healthy lifestyle. They aim to support immune health, and promote collagen recovery.

ALL PROGRAMS PROVIDED FREE

SUPPORT GROUPS

MIND-BODY CLASSES**

EDUCATIONAL PROGRAMS***

SUPPORT GROUPS

MIND-BODY CLASSES**

EDUCATIONAL PROGRAMS***

OUR PROGRAMS

**Exercise and group programs are open to all affected by cancer and their caregivers.
***Educational programs are open to all.
Discuss recommendations to reduce the risk of cancer recurrence.

Lifestyle components are varied and can include nutrition, movement, stress management, and avoiding preventable risk factors.

For more information about naturopathic oncology, please visit www.oncanp.org.

Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be safe and effective when paired with conventional cancer therapies. Naturopathic medicine can be safely paired with conventional cancer treatment to achieve the best possible outcomes for patients.

Which modalities are utilized by naturopathic doctors?

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies may include fatigue, nausea, and vomiting. These and other symptoms can be managed through integrative approaches.

What are the goals of naturopathic oncology care?

Naturopathic doctors who specialize in oncology are board certified by the American Board of Naturopathic Medicine to the field of cancer care and cancer prevention. According to the Oncology Association of Naturopathic Physicians, this integrative medicine emphasizes prevention and holistic care.
### EDUCATIONAL PROGRAM DESCRIPTIONS

**EDUCATIONAL PROGRAM DESCRIPTIONS**

A reservation is required for all educational programs. If you are new to Hope Connections, contact us at info@hopeconnectionsforcancer.org, or 301-634-7500.

**EDUCATIONAL PROGRAM DESCRIPTIONS**

#### Touch, Caring & Cancer:
**Massage for People Diagnosed with Cancer and Their Caregivers**
- One of the most comforting forms of support you can offer a loved one with cancer is the use of touch. Lee Blank, LMT, is a licensed oncology massage therapist. She has many years of experience in the field of oncology massage, and she will provide safe and simple techniques anyone can learn and apply. These techniques were developed with support from the National Cancer Institute.

**Love Thyself**

This interactive workshop provides an opportunity for participants to identify, acknowledge and embrace positive aspects of themselves and encourage self-care. We hope you will join us for this in-person program (Bethesda).

**Death & Dying Conversations**

Janie Rakow has been a hospice volunteer since 2001, providing emotional and spiritual support to patients and their loved ones through the end-of-life process. She has also worked as a doula privately in her community to both raise awareness of the end-of-life doula field, and to educate others about the dying process. To date, Janie has worked with hundreds of patients and their loved ones as they journey through their terminal diagnosis. We hope you will join us for an interactive discussion.

**Cancer Related Fatigue**

Yes, Cancer-Related Fatigue is Real, and it can be all consuming and distressing. Dr. Jessica Engle, D.O who is the Assistant Professor of Physical Medicine and Rehabilitation at the Johns Hopkins University School of Medicine, will help us to better understand this common condition as well as provide some helpful strategies and tools.

We hope you will join us!

**Navigating Work & Cancer**

Join us for a talk led by Dr. Cheung as she discusses the M–B** Translating Hope program (Bethesda).

**Gentle Yoga**

Weekly: 10:00 am & 11:15 am

**Guided Meditation**

Weekly: 10:00 am & 11:15 am

**Hypnosis For Symptom Reduction**

Bi-Monthly: 1st & 3rd 1:30 pm

**Relaxation & Tranquility**

Weekly: 12:30 pm

**Tai Chi**

Weekly: 10:00 am

**Yin Yoga**

Weekly: 8:00-9:00 pm

**MIND-BODY (M–B)**

**Special: GI Cancers Patient Summit, Hybrid**

Saturday, July 15, 10:00 am-1:00 pm

**Special: Young Adult Social at Smith Center (DC)**

Saturday, July 22, 2:00 pm-5:00 pm

**Touch, Caring & Cancer: Massage for People Diagnosed with Cancer and Their Caregivers**

7/19, 6:30-8:00 pm

**Love Thyself**

9/12, 6:30-8:00 pm

**Cancer Related Fatigue**

9/20, 6:30-8:30 pm

**Hot Topics for Young Adults: Advancing Anti-Racist Patient Engagement in Young Adult Oncology Research**

7/12, 6:00-7:00 pm

**Death & Dying Conversations**

9/13, 6:30-7:30 pm

**Navigating Work & Cancer**

9/27, 6:30-7:30 pm

---

**SUPPORT**

**Advanced Cancer Group**

Weekly: 6:30-7:30 pm

**Bereavement Group**

Weekly: 6:30-7:30 pm

**Bladder Cancer Group**

Monthly: 3rd, 6:00-8:00 pm

**Blood Cancers Group**

Monthly: 1st, 6:30-7:30 pm

**Breast Cancer Group**

Weekly: 6:30-7:30 pm

**Caregivers Group**

Bi-Monthly: 1st & 3rd 6:30-7:30 pm

**Gastrointestinal Cancers Group**

Bi-Monthly: 2nd 6:30-7:30 pm

**Metastatic Breast Cancer Group**

Bi-Monthly: 2nd & 4th 6:30-7:30 pm

**Coping Conversations**

Bi-Monthly: 2nd & 4th 1:00-2:00 pm

**Ovarian/GYN Cancers Group**

Monthly: 2nd, 12:30-1:30 pm

**Young Adults with Cancer Group**

Weekly: 6:30-7:30 pm

---

**LANDOVER – Virtual**

**PROGRAM DESCRIPTION**

**EDUCATION**

**Programs**

**All Cancers Group**

Weekly: 6:30-7:30 pm

**Caregivers Group**

Weekly: 6:30-7:30 pm

**Men’s All Cancers Group**

Monthly: 1st, 6:30-7:30 pm

**Gentle Yoga**

Weekly: 10:00 am & 11:15 am

**Mind/Body Boxing**

Weekly: 6:30-7:30 pm

**Pink Ribbon Pilates**

Weekly: 12:30 pm

**Yin Yoga**

Weekly: 8:00-9:00 pm

**EDUCATION**

**Programs**

**All Cancers Group**

Weekly: 6:30-7:30 pm

**Caregivers Group**

Weekly: 6:30-7:30 pm

**Men’s All Cancers Group**

Monthly: 1st, 6:30-7:30 pm

**Hot Topics for Young Adults: Advancing Anti-Racist Patient Engagement in Young Adult Oncology Research**

7/12, 6:00-7:00 pm

**Death & Dying Conversations**

9/13, 6:30-7:30 pm

**Navigating Work & Cancer**

9/27, 6:30-7:30 pm

---

**SUPPORT**

**Programs**

**Advanced Cancer Group**

Weekly: 6:30-7:30 pm

**Bereavement Group**

Weekly: 6:30-7:30 pm

**Bladder Cancer Group**

Monthly: 3rd, 6:00-8:00 pm

**Blood Cancers Group**

Monthly: 1st, 6:30-7:30 pm

**Breast Cancer Group**

Weekly: 6:30-7:30 pm

**Caregivers Group**

Bi-Monthly: 1st & 3rd 6:30-7:30 pm

**Gastrointestinal Cancers Group**

Bi-Monthly: 2nd 6:30-7:30 pm

**Metastatic Breast Cancer Group**

Bi-Monthly: 2nd & 4th 6:30-7:30 pm

**Coping Conversations**

Bi-Monthly: 2nd & 4th 1:00-2:00 pm

**Ovarian/GYN Cancers Group**

Monthly: 2nd, 12:30-1:30 pm

**Young Adults with Cancer Group**

Weekly: 6:30-7:30 pm
Lifestyle components are varied and can include nutrition, movement, stress management, and sleep. The tools for evaluation may include specialized tests, such as biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, and special urine tests. Supportive nutrients can help with healing of incisions, reduce swelling and inflammation, support immune health, and promote collagen recovery.

What are the goals of naturopathic oncology care?

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies include sleep disruption, fatigue, nausea and vomiting, diarrhea and constipation, peripheral neuropathy, stomatitis, and hot flashes. Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies. Naturopathic medicine can be safely paired with conventional cancer treatments. Naturopathic doctors who specialize in oncology are board-certified by the American Board of Naturopathic Oncology after completing a two-year residency or a minimum of five years in specialized naturopathic oncology practice. They are designated as Fellows of the American Board of Naturopathic Oncology (FABNO).

What are the goals of naturopathic oncology care?

Reducing the side effects associated with conventional treatment.

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies include sleep disruption, fatigue, nausea and vomiting, diarrhea and constipation, peripheral neuropathy, stomatitis, and hot flashes.

Support recovery following surgical procedures.

Supportive nutrition helps to support healing of incisions, reduce swelling and inflammation, support immune health, and promote collagen recovery.

Provide education for an improved healthy lifestyle.

Maintaining a healthy lifestyle is important for immune support, cancer-inhibiting effects, improved energy levels, improved quality of life, and improved treatment outcomes. Healthy lifestyle components are varied and can include nutrition, movement, stress management, and sleep. Discuss recommendations to reduce the risk of cancer recurrence.

Increased intake of fruits and vegetables, exercise, and intermittent fasting have all been associated with reducing the risk of recurrence in certain cancer types by reducing inflammatory levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

What are the tools for evaluation?

Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:

- Standard tests, such as blood analysis, urinalysis, and stool tests.
- Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MR technology.
- Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomic testing.

Which modalities are utilized by naturopathic doctors?

Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors include the following therapeutic tools for care:

- Dietary and lifestyle modifications
- Botanical medicine
- Intravenous vitamin therapy
- Homeopathy
- Acupuncture
- Supplementation
- Psychological support

For more information about naturopathic oncology, please visit www.oncanc.org.
Increased intake of fruits and vegetables, exercise, and intermittent fasting have all been associated with reducing the risk of recurrence in certain cancer types by reducing inflammatory levels, reducing the level of certain growth and biological factors, and other important roles in reducing the risk of cancer recurrence. Supportive nutrients help to support healing of incisions, reduce swelling and inflammation, and special external treatments can also play an important role in reducing the risk of cancer recurrence.

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?
Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can include sleep disruption, fatigue, nausea and vomiting, diarrhea and constipation, peripheral neuropathy, stomatitis, and hot flashes.

Support recovery following surgical procedures. Supportive nutrition helps to support healing of incisions, reduce swelling and inflammation, support immune health, and promote collagen recovery.

WHAT ARE THE TOOLS FOR EVALUATION?
Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:
- Standard tests, such as blood analysis, urinalysis, and stool tests.
- Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
- Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomic testing.

WHICH MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?
Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors include the following therapeutic tools for care:
- Dietary and lifestyle modifications
- Intravenous vitamin therapy
- Homeopathy
- Acupuncture
- Supplementation

For more information about naturopathic oncology, please visit www.oncanp.org.
NATUROPATHIC ONCOLOGY

Dr. Aminah Keats, ND, FABNO

Naturopathic oncology is the application of evidence-based natural medicine to the field of cancer care and cancer prevention. According to the Oncology Association of Naturopathic Physicians, this integrative approach to oncology care provides patients with safe options for combining conventional cancer treatment with natural and supportive therapies. Naturopathic medicine can be safely paired with conventional treatment to achieve the best possible outcomes for patients.

Licensed naturopathic doctors are educated at four-year, post-graduate medical schools. Naturopathic doctors who specialize in oncology are board-certified by the American Board of Naturopathic Oncology after completing a two-year residency or a minimum of five years in specialized naturopathic oncology practice. They are designated as Fellows of the American Board of Naturopathic Oncology (FABNO).

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

Reduce the side effects associated with conventional treatment.

Common side effects from chemotherapy, radiotherapy, and pharmaceutical drug therapies can include sleep disruption, fatigue, nausea and vomiting, diarrhea and constipation, peripheral neuropathy, stomatitis, and hot flashes. Maintaining a healthy lifestyle is important for immune support, cancer-inhibiting effects, and reducing the high level of stress that comes with a cancer diagnosis, stage of disease, age, economic status, race, religion, and sex, sexual orientation, gender identity or where they receive medical care.

Naturopathic oncology aims to reduce the risk of recurrence in certain cancer types by reducing inflammatory levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

WHAT ARE THE TOOLS FOR EVALUATION?

Perform patient evaluation. This may include the following:

• Standard tests, such as blood analysis, urinalysis, and stool tests.
• Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
• Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomic testing.

WHICH MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?

Naturopathic treatment plans are individualized based on patient evaluation. Treatment can include nutrition, movement, and stress management.

• Intravenous vitamin therapy
• Acupuncture
• Supplementation

More information about naturopathic oncology, please visit www.oncolog.org.

BOARD OF DIRECTORS

Katelyn Grogan, Chair
K&G Enterprises
Abigail Bortnick, Vice Chair
Lindrea
Joe Clarke, Chair Emeritus
EagleBank
Gary Altmann, Vice Chair Emeritus
Altman & Associates
Joshua Aronson, Treasurer
Community Realty Company, Inc.
Jim Barta – Secretary
S Freedman & Sons of Landover
Michael Aquilino
Retired
Larry Bricker
Hope Connections for Cancer Support
Brenda Brody
PineRock, Inc.

Pam Clark
Clark Concepts
Holly Fungar, LCSW-C
All Points North Lodge
Maureen H SOUR
Retired
Rahul Khoshe
Shah & Khoshe
Jacki Kwan, MSW
Community Volunteer
Cathy Kwart
Artist
Colette Magnant, MD, FACS
Retired
Scott Samborn
IT Consultant
Mary K. McCusker
President & CEO
Hope Connections for Cancer Support

Medical Advisory Board

Manish Agrawal, MD
Sunstone Therapies
Chile Agb功ma, MD, MBA, EMHL, FACS
MedStar Southern Maryland Hospital Center
Andrea B. Apolos, MD
National Cancer Institute
Melissa Camp, MD
Johns Hopkins Hospital/University Hospital
Kashif A. Firozvi, MD
Cepit Oncology & Hematology Associates
Christopher Gallegher, MD
Medical Director of Cancer Services
MedStar Washington Hospital Center
Anu Gupta, MD
Cancer Center at Gaithersburg
Regina Hampton, MD
Broadwell Center
Laurie Herscher, MD
Medical Director of the Integrative Medicine 
Program at the Allouche Cancer Center
Patricia Horning PT, DPT, CLT, CDNT
NovaCare Rehabilitation
Rebecca Kallman, MD
Inova Health System

Jeffrey Y. Lin, MD
Sibley Memorial Hospital
Stephen Liu, MD
Thoracic Medical Oncology 
Lombardi Comprehensive Cancer Center
John L. Marshall, MD
Physician Executive Director MedStar Washington DC Integrated Hematology Oncology Division
Meghan Milburn, MD, FACS
Anne Arundel Medical Center, Fortney Breast Center
Dr. Elizabeth Nicholas
University of MD, School of Medicine
Elizabeth Pfaffenroth, MD
Kaiser Permanente
Inger Lara Rooser, MD
Walter Reed National Medical Center
Kym Sevilla, CET, E-PYT
Medical Exercise Specialist
Frederick P. Smith, MD
Medical Oncologist
Sandra M. Swain, MD
Georgetown University Medical Center

Hope Connections, for Cancer Support, is a 501(c)(3) tax-exempt nonprofit organization.

PS: Yes, we do accept donations of women’s new or gently used seasonal clothing, accessories & jewelry, handbags, and small giftware items. They can be dropped off at our Bethesda location, 10100 Laureate Way. For more details, contact us at info@hopeconnectionsforcancer.org.
Increased intake of fruits and vegetables, exercise, and intermittent fasting have all been techniques, sleep hygiene strategies, and more. Lifestyle components are varied and can include nutrition, movement, stress management, and more. Changes in lifestyle can be adjusted based on symptom presentation, conventional treatment changes, lab results, and more. Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to support healing. Naturopathic doctors are educated at four-year, post-graduate medical schools.

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

• Reduce the side effects associated with conventional treatments
• Provide education for an improved healthy lifestyle
• Support recovery following surgical procedures
• Supportive nutrition

WHAT ARE THE TOOLS FOR EVALUATION?

Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:

• Standard tests, such as blood analyses, urinalysis, and stool tests.
• Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
• Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomics testing.

WHERE DO WE GO FROM HERE?

First, we think about your personal goals. What do you want to achieve through naturopathic care? Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors incorporate various healing modalities to support healing and reduce the risk of recurrence. Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

NATUROPATHIC ONCOLOGY

Dr. Aminah Keats, ND, FABNO

Naturopathic oncology is the application of evidence-based natural medicine to the field of cancer treatment and prevention. According to the Oncology Association of Natural Physicians, this integrative approach to oncology care provides patients with safe options for combining conventional cancer treatment with natural and supportive therapies. Naturopathic medicine can be safely paired with conventional therapies. Naturopathic medicine can be safely paired with conventional cancer treatments and studies have shown that combining conventional cancer treatment with natural and supportive therapies can be effective in reducing the risk of recurrence.

WHAT MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

• Reduce the side effects associated with conventional treatments
• Provide education for an improved healthy lifestyle
• Support recovery following surgical procedures
• Supportive nutrition

WHAT ARE THE TOOLS FOR EVALUATION?

Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:

• Standard tests, such as blood analyses, urinalysis, and stool tests.
• Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
• Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomics testing.

WHERE DO WE GO FROM HERE?

First, we think about your personal goals. What do you want to achieve through naturopathic care? Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors incorporate various healing modalities to support healing and reduce the risk of recurrence. Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

NATUROPATHIC ONCOLOGY

Dr. Aminah Keats, ND, FABNO

Naturopathic oncology is the application of evidence-based natural medicine to the field of cancer treatment and prevention. According to the Oncology Association of Natural Physicians, this integrative approach to oncology care provides patients with safe options for combining conventional cancer treatment with natural and supportive therapies. Naturopathic medicine can be safely paired with conventional therapies. Naturopathic medicine can be safely paired with conventional cancer treatments and studies have shown that combining conventional cancer treatment with natural and supportive therapies can be effective in reducing the risk of recurrence.

WHAT MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

• Reduce the side effects associated with conventional treatments
• Provide education for an improved healthy lifestyle
• Support recovery following surgical procedures
• Supportive nutrition

WHAT ARE THE TOOLS FOR EVALUATION?

Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:

• Standard tests, such as blood analyses, urinalysis, and stool tests.
• Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
• Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomics testing.

WHERE DO WE GO FROM HERE?

First, we think about your personal goals. What do you want to achieve through naturopathic care? Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors incorporate various healing modalities to support healing and reduce the risk of recurrence. Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

NATUROPATHIC ONCOLOGY

Dr. Aminah Keats, ND, FABNO

Naturopathic oncology is the application of evidence-based natural medicine to the field of cancer treatment and prevention. According to the Oncology Association of Natural Physicians, this integrative approach to oncology care provides patients with safe options for combining conventional cancer treatment with natural and supportive therapies. Naturopathic medicine can be safely paired with conventional therapies. Naturopathic medicine can be safely paired with conventional cancer treatments and studies have shown that combining conventional cancer treatment with natural and supportive therapies can be effective in reducing the risk of recurrence.

WHAT MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

• Reduce the side effects associated with conventional treatments
• Provide education for an improved healthy lifestyle
• Support recovery following surgical procedures
• Supportive nutrition

WHAT ARE THE TOOLS FOR EVALUATION?

Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:

• Standard tests, such as blood analyses, urinalysis, and stool tests.
• Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
• Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomics testing.

WHERE DO WE GO FROM HERE?

First, we think about your personal goals. What do you want to achieve through naturopathic care? Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors incorporate various healing modalities to support healing and reduce the risk of recurrence. Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

NATUROPATHIC ONCOLOGY

Dr. Aminah Keats, ND, FABNO

Naturopathic oncology is the application of evidence-based natural medicine to the field of cancer treatment and prevention. According to the Oncology Association of Natural Physicians, this integrative approach to oncology care provides patients with safe options for combining conventional cancer treatment with natural and supportive therapies. Naturopathic medicine can be safely paired with conventional therapies. Naturopathic medicine can be safely paired with conventional cancer treatments and studies have shown that combining conventional cancer treatment with natural and supportive therapies can be effective in reducing the risk of recurrence.

WHAT MODALITIES ARE UTILIZED BY NATUROPATHIC DOCTORS?

Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.

WHAT ARE THE GOALS OF NATUROPATHIC ONCOLOGY CARE?

• Reduce the side effects associated with conventional treatments
• Provide education for an improved healthy lifestyle
• Support recovery following surgical procedures
• Supportive nutrition

WHAT ARE THE TOOLS FOR EVALUATION?

Naturopathic doctors utilize conventional, functional, and specialized diagnostic tests to perform patient evaluation. This may include the following:

• Standard tests, such as blood analyses, urinalysis, and stool tests.
• Evaluation of diagnostic imaging results which may include ultrasound, X-ray, CT scan, PET/CT scan, thermography, and MRI technology.
• Specialty tests are regularly utilized which may include food sensitivity testing, biochemical analyses (e.g., methylation, oxidation, detoxification), metabolic pathways, comprehensive stool analysis, toxins and toxic load, advanced hormone testing, neurotransmitter testing, and nutrition genomics testing.

WHERE DO WE GO FROM HERE?

First, we think about your personal goals. What do you want to achieve through naturopathic care? Naturopathic treatment plans are individualized based on patient evaluation. Treatment can be adjusted based on symptom presentation, conventional treatment changes, lab results, and other factors. Naturopathic doctors incorporate various healing modalities to support healing and reduce the risk of recurrence. Common side effects from radiotherapy, chemotherapy, and pharmaceutical drug therapies can be associated with reducing the risk of recurrence in certain cancer types by reducing inflammation levels, reducing the level of certain growth and biological factors, and other proposed mechanisms. Maintaining healthy sleeping habits consistently may also play an important role in reducing the risk of cancer recurrence.