

Begin Here

Tools for whole person
cancer care



A loved one or integrative practitioner suggested I take a supplement - how do I know if it's safe and effective?

- Search our [database of 60+ supplements and therapies](#) to review the research behind popular and emerging cancer therapies

I'm experiencing side effects. How do I manage them with natural approaches?

- Our [side effects guides](#) provide extensive lists of evidence-based integrative approaches to managing side effects and symptoms.

I want to prevent cancer from coming back, what lifestyle changes make a difference?

- There is incredibly strong evidence for the power of nutrition and exercise in decreasing risk of recurrence. Our [7 Lifestyle Practices](#) pages describe the research and provide tips on getting started with healthy lifestyle practices.
- In addition, consider exploring optimizing your [Body Terrain Factors](#) such as inflammation, your microbiome and immune system to heal after treatment and increase your resilience.

**I want to hear directly
from a healthcare
professional about
what works**

- Join our monthly [Expert Q&A session](#) with Dr. Mary Hardy and ask your questions about integrative approaches to cancer
- Our “[Meet the practitioner](#)” [podcast](#) series is a way to hear from experienced practitioners and learn about their approach to cancer care
- Learn about the [types of integrative practitioners and find directories](#)

**I want to explore
deeper healing or need
emotional support**

- Healing Circles Global offers free “[Living with Cancer](#)” [support circles](#). Join one to find a supportive community
- Attend a week-long [Cancer Help Retreat](#) to nourish your mind, body, and spirit with movement, nutritious food, massage, and group sessions at the stunning Commonweal retreat center in Bolinas, CA
- Explore our [Mind-Body page](#)

Subscribe to [our weekly newsletter](#) for the latest research and events.

Visit [CancerChoices.org](#) to explore evidence-based approaches to your cancer care.

CancerChoices is a program of the nonprofit Commonweal. We are independently funded and create unbiased, evidence-based resources to empower your whole-person approach to cancer.

