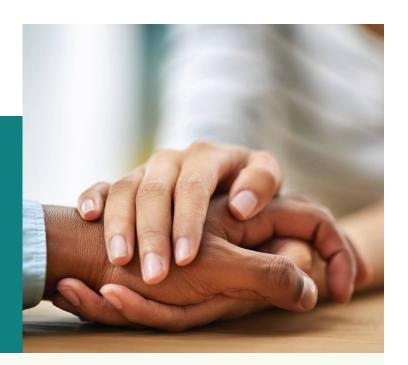


Begin Here

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 <u>database of 60+ supplements and therapies</u> to review the research behind popular and emerging cancer therapies

I'm experiencing side effects. How do I manage them with natural approaches? Our <u>side effects guides</u> provide extensive lists of evidencebased 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 <u>7 Lifestyle</u> <u>Practices</u> pages describe the research and provide tips on getting started with healthy lifestyle practices.
- In addition, consider exploring optimizing your <u>Body Terrain</u>
 <u>Factors</u> 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 <u>Expert Q&A session</u> with Dr. Mary Hardy and ask your questions about integrative approaches to cancer
- Our <u>"Meet the practitioner" podcast</u> series is a way to hear from experienced practitioners and learn about their approach to cancer care
- Learn about the <u>types of integrative practitioners and find</u> directories

I want to explore deeper healing or need emotional support

- Healing Circles Global offers free <u>"Living with Cancer"</u>
 <u>support circles</u>. Join one to find a supportive community
- Attend a week-long <u>Cancer Help Retreat</u> 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 <u>CancerChoices.org</u> to explore evidencebased 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.







