

# INTEGRATIVE ONCOLOGY SELF-CARE GUIDE

What follows is a summary of some basic behaviors shown to facilitate healing.

They involve changes you can make in everyday life to feel and function better. Food, movement and social connection can be powerful medicine. Read on for more information to support healing.



## BASIC NUTRITION PRINCIPLES

### EAT MORE

- Eat breakfast—start the day fueled.
- Drink more water—flavor with a twist of citrus or slice of cucumber.

#### PROTEINS AND FAT SOURCES

- Cold water fish such as salmon, sardines, herring, black cod (sablefish), or mackerel
- Fish oil, olive oil, coconut oil, grapeseed oil, flax oil
- Nuts and seeds: pumpkin seeds, ground flax seeds, almonds, walnuts, etc.

#### FOODS WITH A LOW GLYCEMIC LOAD\*

- **Whole grains:** barley, bulgur, brown rice, quinoa, oats (steel cut or rolled)
- **Legumes:** beans, chickpeas, lentils
- Whole wheat tortillas, pumpernickel bread, 100% whole grain bread

#### VEGETABLES AND FRUITS HIGH IN ANTIOXIDANTS

- Make a rainbow on your plate
- Yellow, orange and red vegetables
- Dark leafy greens
- Broccoli, Brussels sprouts, cauliflower, cabbage
- Onions and garlic
- Berries and pomegranates
- Citrus fruits (not juices)

#### HEALTHY SPICES, HERBS, SWEETS AND OTHERS

- **Herbs and Spices** with anti-inflammatory properties
  - **Cinnamon:** ½ tsp. daily for blood sugar control
  - **Ginger:** 1 gram per day, fresh or dried
  - **Turmeric:** 1-3 grams per day of powder
  - **Garlic:** 1-2 grams per day, fresh, or aged and deodorized
  - **Green and white teas**
  - **Others:** rosemary, cayenne, pepper
- **Dark Chocolate:** 1-2 ounces daily of 70% cocoa content or greater
- **Probiotics—discuss with your provider**
- **Fermented Foods:** kombucha, miso, sauerkraut, yogurt, kefir, and kimchi
- **Try These:** [28 Anti-Inflammatory Recipes](#)

### EAT LESS

- Don't eat dinner too late—don't eat for a period of 10-12 hours, if possible.
- Avoid added sugar—in drinks and in food (check labels)

#### PROTEINS AND FAT SOURCES

- Red Meat
- Dairy products (made with cow's milk)
- Partially hydrogenated oils such as margarine or shortening
- Soybean, corn, safflower and sunflower oils
- Processed and fried foods

#### FOODS WITH A HIGH GLYCEMIC LOAD\*

- White bread
- Instant rice and instant oatmeal
- Rice and corn cereals
- High fructose corn syrup
- Soda and sugary beverages
- Fruit juices
- Sweets: cookies, cake, pastries, donuts

#### FOODS KNOWN TO TRIGGER INTOLERANCE REACTIONS

- Wheat\*\*
- Dairy\*\* (especially from cows)
- Eggs
- Corn
- Artificial colors and flavors
- Sucralose and aspartame

**\*GLYCEMIC LOAD (GL):** The measure of quality and quantity of a carbohydrate. This uses the glycemic index in combination with the amount of carbohydrate in a serving of that food to assess the impact of eating it on glucose production and insulin release. A goal is to eat more food with low glycemic load and less with a high load. Glycemic Index (GI): The measure of how fast a food turns into sugar once you eat it. You can look up the glycemic index of foods at [www.glycemicindex.com](http://www.glycemicindex.com).

**\*\*INTOLERANCE REACTIONS:** An abnormal physiologic response to a particular food or compound. It can result from an abnormality in the body's ability to digest or absorb nutrients. It is a non-allergic food hypersensitivity that is different from true food allergies. Best test is to eliminate the food and see how you feel. For many patients they feel much better very rapidly when they are able to do that. This is called and "Elimination Diet" and takes some supervision and guidance.



## OTHER HEALTH PROMOTING AND HEALING BEHAVIORS TO CONSIDER

### Exercise (Physical Activity)

- At least 150 min per week of moderate-intensity
- 2 or more days per week of muscle-strengthening activities

### Social Connection

- Who do you rely on in times of need who hasn't heard from you lately? Reach out today.
- Who do you need to support you in achieving your health goals? Let them know.

### Behavior Management

- Plan ways to increase fun, time spent in nature and exposure to art and music
- Seek support to break addiction to sugar, smoking, alcohol and drugs

### Supplements

- Always discuss any supplement use with your provider—preferably before you buy them! If you do purchase supplements, always be sure to purchase quality supplements from reputable brands. Look for the NSF International, US Pharmacopeia or Consumer Lab seal. These organizations verify what's inside the product.



## HEALTHY MIND AND STRESS MANAGEMENT

The goal is to learn how to induce the “relaxation response” for 20 min, 1-2 times a day. This can be done through prayer, meditation, breathing/yoga practice, etc. Like physical exercise, mental fitness practices enhance health. Consider these resources others have found useful in managing stress and improving mental resilience and social happiness.

**Guided Imagery:** Guided imagery is a mind-body practice that uses the imagination and sensory memory to induce a state of relaxation and physiological, emotional and attitudinal responses. Visit [drwaynejonas.com/meditate](http://drwaynejonas.com/meditate) to access free tracks to reduce stress, promote healing, sleep soundly, lessen pain and more. [www.healthjourneys.com](http://www.healthjourneys.com)

**Meditation/Mindfulness:** Meditation and mindfulness typically go hand-in-hand. Sometimes, mindfulness is frequently attached to movement practices.

- [Recharge Your Mind and Body with Therapeutic Yoga](#)
- [Meditate with Dr. Jonas: Breathing Healing Meditation](#)
- [Enhance your mind-body connection with a Tai Chi video from Dr. Jonas](#)

**Journaling:** Journaling techniques can help you heal, grow and thrive.

- [Creates a safe space to write private thoughts](#)
- [A healthy habit to take time for yourself](#)
- [15 journaling exercises to help you heal, grow, and thrive](#)

**Sleep:** Sleep plays an important role in our health and wellness.

- [Benefits from a healthy sleep habit](#)
- [Your surroundings can impact how well you sleep](#)