

Prostate Cancer

Reference to Integrative Therapies :



Integrative Medicine

Cranberry juice or extract, Medical cannabis and cannabinoids, Grapeseed Extract, Curcumin, Melatonin

Risk reduction : Grape seed extract, Lycopene, Quercetin



Medical Treatment

- Surgery
- Ablation
- Chemotherapy
- Hormone Therapy
- Immunotherapy
- Biophosphonate therapy
- MRI-guided transurethral
- ultrasound ablation
- Cryosurgery

Radiation therapy- It involves :
External beam radiation

- Proton therapy
- Brachytherapy

7 Wellness Framework



- Eating fish with a high omega-3 fatty acid content, such as sardines, wild salmon and anchovies.
- Adding of freshly ground flaxseed to foods

Having a plant-based diet or Mediterranean diet and whole-foods diet involving:

- Reducing saturated fats found in dairy foods, meat and lard
- Avoiding whole-milk products such as milk, cheese, butter
- Eating food sources containing lycopene, such as cooked tomatoes, strawberries, watermelon, pink grape fruit, guava, and papaya.
- Eating less red meat, which is cooked at a low temperature.
- Avoiding consumption of smoked and cured meats



Physical Fitness

Physical fitness for prostate cancer patients mainly includes participating in vigorous activities, which can help induce sweating and increase heart & respiratory rates among the patients



Emotional Wellness

Mind-body approaches

- Meditation
- Relaxation techniques
- Yoga
- Music therapy
- Tai chi
- Hypnosis
- Expressive art techniques
- Cognitive Behaviour Therapy (CBT)
- Stress management

Body-manipulative therapies

- Acupuncture

Energy therapies

- It includes Reiki.



Healing Environment

- Reducing exposure to chemicals including pesticides, dioxins, PAHs, and solvents
- Increasing exposures to green natural areas and sunlight (being mindful of skin cancer risks)



Community Support

It involves the development of social support network involving:

- Support groups
- Participating in supportive-expressive therapy
- Social skills training for Cognitive Behavior Therapy (CBT)