Integrative Oncology resources

Here are several recommendations to consider reviewing:

1. Information and resources available on our SDCRI nonprofit website: [www.sdcri.org](http://www.sdcri.org)
2. You can watch these three video interviews on Integrative Oncology:
   b. Conversation with Dr. Mimi Guarneri: [https://www.youtube.com/watch?v=jYbLGKlxXic&t=182s](https://www.youtube.com/watch?v=jYbLGKlxXic&t=182s)
   c. Zoom video on Friday November 20, 2020 with Dr. Shamini Jain from the Consciousness and Healing Initiative (CHI: [www.chi.is](http://www.chi.is)). Here is the YouTube link: [https://www.youtube.com/watch?v=jspzj_T0FqY&t=12s](https://www.youtube.com/watch?v=jspzj_T0FqY&t=12s)
   d. Slides shown on the above Zoom video with Dr. Jain from the Consciousness and Healing Initiative: [Slide 1 (sdcri.org)](https://www.sdcri.org)
3. Educational and inspirational videos on our SDCRI website: [https://sdcri.org/edu-art/edu-vids/](https://sdcri.org/edu-art/edu-vids/)
4. “Commentary on a recent JNCI article about alternative medicine”
5. “INTEGRATIVE MEDICINE” websites:
   a. Academy of Integrative Medicine & Medicine: [https://aihm.org](https://aihm.org)
   b. NIH National Center for Complementary and Integrative Health: [https://www.nccih.nih.gov](https://www.nccih.nih.gov)
   c. Consciousness and Healing Initiative: [https://www.chi.is](https://www.chi.is)
   d. T. Colin Campbell Center for Nutrition Studies: [https://nutritionstudies.org](https://nutritionstudies.org)
   e. UCSD Center of Excellence for Research and Training in Integrative Health: [https://medschool.ucsd.edu/som/fmph/research/centers/integrativehealth/pages/default.aspx](https://medschool.ucsd.edu/som/fmph/research/centers/integrativehealth/pages/default.aspx)
   f. UCSD Center for Integrative Medicine: [https://medschool.ucsd.edu/som/fmph/research/cim/Pages/default.aspx](https://medschool.ucsd.edu/som/fmph/research/cim/Pages/default.aspx)
   g. UCLA Integrative Medicine Collaborative: [https://www.uclahealth.org/integrative-medicine](https://www.uclahealth.org/integrative-medicine)
   h. UCSF Osher Center for Integrative Medicine: [https://osher.ucsf.edu](https://osher.ucsf.edu)
6. INTEGRATIVE ONCOLOGY and Integrative Medicine recommended websites:
   a. [https://sdcri.org/educational-links/#IntOnc](https://sdcri.org/educational-links/#IntOnc)
7. Mary Hollander, R.N. nutrition sites:
   b. [Mary's Reality Based Nutrition | "Let food be thy medicine and medicine be thy food" Hippocrates](https://www.sdcri.org)
8. During challenging moments, you can consider searching online and/or on YouTube meditations with:
   a. Jon Kabat Zinn (founder of mindfulness meditation)
   b. Eckhart Tolle
   c. Belleruth Naparstek
   d. Wayne Dyer, Deepak Chopra and many others you may resonate well
9. Thriving Beyond Cancer with Belleruth Naparstek: [https://www.youtube.com/watch?v=9ZnuDXRxYY8](https://www.youtube.com/watch?v=9ZnuDXRxYY8)
10. Deepak Chopra’s YouTube channel: The Chopra Well [https://www.youtube.com/channel/UC6d0RMVcoXNCkTpG8PW2dBA](https://www.youtube.com/channel/UC6d0RMVcoXNCkTpG8PW2dBA)
11. Deepak interview with Rodrigo Niño on cancer: [https://www.youtube.com/watch?v=CbdvB3sQjxe&list=PLNTS_Y835LgYUV74PAL5suexnXaaGx3e&index=2&t=146s](https://www.youtube.com/watch?v=CbdvB3sQjxe&list=PLNTS_Y835LgYUV74PAL5suexnXaaGx3e&index=2&t=146s)

Sending best wishes and many blessings,

Daniel Vicario, M.D., ABIHM
Medical Oncology and Integrative Oncology
Director, Integrative Oncology
Board Member
SDCRI: San Diego Cancer Research Institute. 501 (c) (3)