January 16, 2021

Integrative Oncology

**Daily Ritual Summary/check list**

1. Stress management
3. Good sleep. Plenty of rest
4. Optimizing Nutrition
5. Exercise. Yoga. Breathing Techniques
6. Honoring our emotions. Allowing them to move through us
7. Embracing uncertainty
8. Feeling in Control. Empowerment
11. Sense of purpose. Gratitude
12. Clearing old traumas: ours, our parents and our ancestor’s traumas that we carry (epigenetically, etc.)
13. Create your own daily “check list”

**REMINDER:**

- Honor all your feelings
- Trust your powerful inner wisdom, your *intuition*.
- Be with those who make you feel *good*, who support your *inner peace* in the midst of all the challenges
- You are *unique*. Please do not compare yourself with others
- Accept *help*. You are always giving
- See medicines, chemotherapy, surgery, radiation, etc. as *Healing* treatments, tools in your healing journey
- Visualize your potential for *infinite* possibilities and healing
- Message of *hope*: for any condition considered “incurable” at this time, an answer may be around the corner
- Miracles do happen. *Spontaneous remissions*

Sending best wishes and many blessings,

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