

January 11, 2021

Integrative Oncology resources

Here are several recommendations to consider reviewing:

1. Information and resources available on our **SDCRI** nonprofit website: www.sdcricri.org
2. You can watch these three video interviews on Integrative Oncology:
 - a. Conversation with Dr. Paul Mills at UCSD: <https://www.uctv.tv/shows/Comprehensive-Cancer-Care-Integrative-Oncology-with-Daniel-Vicario-MD-and-Paul-J-Mills-UC-Wellbeing-Channel-32223>
 - b. Conversation with Dr. Mimi Guarneri: <https://www.youtube.com/watch?v=tjYbLGKIXic&t=182s>
 - c. Zoom video on Friday November 20, 2020 with Dr. Shamini Jain from the Consciousness and Healing Initiative (CHI: www.chi.is). Here is the YouTube link: https://www.youtube.com/watch?v=jspzj_TOFqY&t=12s
 - d. Slides shown on the above Zoom video with Dr. Jain from the Consciousness and Healing Initiative: [Slide 1 \(sdcricri.org\)](#)
3. Educational and inspirational videos on our SDCRI website: <https://sdcricri.org/edu-art/edu-vids/>
4. "Commentary on a recent JNCI article about alternative medicine"
 - a. <https://sdcricri.org/edu-art/current-integrative-research-news/commentary-alt-med/>
5. "INTEGRATIVE MEDICINE" websites:
 - a. Academy of Integrative Medicine & Medicine: <https://aihm.org>
 - b. NIH National Center for Complementary and Integrative Health: <https://www.nccih.nih.gov>
 - c. Consciousness and Healing Initiative: <https://www.chi.is>
 - d. T. Colin Campbell Center for Nutrition Studies: <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>
 - f. UCSD Center for Integrative Medicine: <https://medschool.ucsd.edu/som/fmph/research/cim/Pages/default.aspx>
 - g. UCLA Integrative Medicine Collaborative: <https://www.uclahealth.org/integrative-medicine>
 - h. UCSF Osher Center for Integrative Medicine: <https://osher.ucsf.edu>
6. INTEGRATIVE ONCOLOGY and Integrative Medicine recommended websites:
 - a. <https://sdcricri.org/educational-links/#IntOnc>
7. Mary Hollander, R.N. nutrition sites:
 - a. [Mary's Reality Based Nutrition – San Diego Cancer Research Institute \(sdcricri.org\)](#)
 - b. [Mary's Reality Based Nutrition | "Let food be thy medicine and medicine be thy food" Hippocrates](#)
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>
10. Deepak Chopra's YouTube channel: The Chopra Well
<https://www.youtube.com/channel/UC6d0RMVcoXNCKTpG8PW2dBA>
11. Deepak interview with Rodrigo Niño on cancer:
https://www.youtube.com/watch?v=CbdvB3sQjxE&list=PLNTS_Y835LgGyUV74PAL5suexnXaaGx3e&index=2&t=146s

Sending best wishes and many blessings,

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