

## 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:
    - 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://youtu.be/tjYbLGKIXic>
    - 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://youtu.be/jspzj\\_ToFqY](https://youtu.be/jspzj_ToFqY)
    - d. Slides shown on the above Zoom video with Dr. Jain from the Consciousness and Healing Initiative: [Slide 1 \(sdcri.org\)](#)
  3. Educational and inspirational videos on our SDCRI website: <https://sdcri.org/edu-art/edu-vids/>
  4. “Commentary on a recent JNCI article about alternative medicine”: <https://sdcri.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://sdcri.org/educational-links/#IntOnc>
  7. Mary Hollander, R.N. nutrition sites:
    - a. [Mary’s Reality Based Nutrition](#): San Diego Cancer Research Institute (sdcri.org)
    - b. [Mary’s Reality Based Nutrition](#): “Let food be thy medicine and medicine be thy food”
- Hippocrates
- c. Mary’s Reality-Based Nutrition Facebook: <https://www.facebook.com/realitybasednutrition>
8. During challenging moments, you can consider searching online and/or on YouTube meditations with:
  - a. Carl Simonton, M.D. (Pioneer in Psycho-neuro-immunology)
  - b. Jon Kabat Zinn (founder of mindfulness meditation)
  - c. Eckhart Tolle
  - d. Belleruth Naparstek
  - e. Wayne Dyer, Deepak Chopra and many others you may resonate well
9. Paul Brenner, M.D. (Resources on our SDCRI website)
10. Nine Surviving and Thriving Beyond Cancer with Belleruth Naparstek: <https://youtu.be/9ZnuDXRxYY8>
11. Deepak Chopra’s YouTube channel: The Chopra Well <https://www.youtube.com/channel/UC6doRMVcoXNCKTpG8PW2dBA>
12. Deepak interview with Rodrigo Niño on cancer: <https://youtu.be/CbdvB3sQjxE>