



## Four Cornerstones Recommendations

The “Four Cornerstones” are the basis for integrative oncology for women with breast cancer. If your diet, exercise, sleep, and stress management techniques are not keeping you healthy, then any supplements, treatments, or “detox” strategies will not help you beat your cancer. The Four Cornerstones are like the foundation of your house: they keep the corners up so that the weight of the house is balanced. Your body is the same way. Without a good foundation, nothing else will change your health trajectory. In the case of cancer, making sure you are tending to the four cornerstones will help improve and optimize your “biochemical terrain,” that internal milieu that can either help your body kill your cancer or promote it.

### Whole Foods Nutrition

- Eat an organic, plant-based, quality protein, low carbohydrate, Mediterranean-style diet.
- Consume more Omega 3 fatty acids to decrease inflammation (cold water fish, nuts, ground flax) and fewer Omega 6 fatty acids (conventional animal products, cheese, vegetable oils). Fats like olive oil and coconut oil are great choices.
- Drink green tea, green drinks, and water (half of your body weight in ounces) to help cleanse your system and stay hydrated. Water, fiber 30 gm (beans/lentils), cruciferous vegetables (cabbage, kale, broccoli, cauliflower) and fruits help to trap and expel toxins and hormones, and helps to decrease inflammation.
- Practice intermittent fasting.
- Use glass containers, buy fresh in bulk, and seek out locally-sourced organic options.
- Avoid the ‘Dirty Dozen’ heavily pesticided fruits and veggies. (Environmental Working Group-[www.ewg.org](http://www.ewg.org)—has up-to-date lists.)

### Physical Activity

- Engage in 30-45 min daily with an elevated heart rate.
- Engage in all four of the following: resistance, stretching, moderate aerobic, and balance exercises.
- Helps to reduce risk of recurrence of breast cancer by up to 50%!
- Manages excess weight and abdominal fat. Seek to keep BMI less than 26.
- Provides cardiovascular benefits and combats chronic health issues such as hypertension and diabetes.
- Helps to regulate hormones and neurotransmitters
- Helps with quality sleep
- Feels great!

### Sleep

- Practice a sleep-promoting lifestyle: good sleep hygiene, exercise, healthy diet, limit stimulants, and stress management!
- Target to get eight hours nightly
- With physician guidance, try herbs (valerian, hops, passion flower, kava, skullcap, chamomile, lavender, lemon balm, oats), supplements (calcium, magnesium, inositol), or neurotransmitters and hormones (melatonin, 5HTP, GABA.)

### Decrease Stress

- Change your attitude about what is stressful.
- Engage in stress-reduction activities such as meditation, yoga, biofeedback, visualization, acupuncture, counseling, or Tai Chi.
- Do something nurturing you enjoy daily, even if you have limited time.
- Work on “Being a Human Being, not a Human Doing.”
- Stress hormones can increase systemic inflammation and influence insulin balance, which are cancer promoters (growth factors.)