Integrative Oncology –
Using Evidence-Based Naturopathic Medicine in Cancer Care
Facilitator: Dr. David Oster, ND, FABNO

**Bio:** Dr. David Oster, ND, FABNO, is a Doctor of Naturopathic Medicine and founder of Oster Oncology, which provides integrative oncology for individuals facing a cancer diagnosis, and guidance for those interested in prevention and after-treatment care. Dr. Oster is highly experience in the integrative cancer hospital setting.

**Syllabus:**

Integrative oncology is the evolving evidence-based specialty that uses complementary natural therapies in concert with conventional cancer treatments (which have historically been strictly exclusive) to enhance its efficacy, improve symptom control, protect quality of life, alleviate patient distress and reduce suffering.

In this 4-session course participants will learn about evidence-based integrative oncology, and how this approach can safely dove-tail with conventional therapies in the various clinical scenarios of cancer prevention, treatment, and after-treatment care.

**Session One:** - In this session I will describe integrative oncology, best-practice standards that guide integrative oncology, and share a variety of natural approaches to support patients and deliver anti-tumor potential validated by the clinical research.

**Session Two:** - In this session we will focus on cancer prevention. I will highlight preventative strategies – lifestyle, dietary and supplements – most richly supported by research.

**Session Three:** - In this session I will focus on supplement strategies employed to assist patients when they are in cancer treatments. Priorities of safety, drug-herb interactions, quality of life protection, and specific treatment tolerance essentials will be highlighted. Several clinical scenarios will be presented.

**Session Four:** - In this session I will highlight the top-tier natural compounds (based on the published evidence) & lifestyle strategies for anti-tumor activity. We will focus on the potential that these supplements have for decreasing the risk of recurrence, while also setting realistic expectations of them.

At the end of this course attendees will:

1) have a greater understanding of how natural treatment approaches can be safely integrated with conventional oncology therapies for the ultimate goal of protecting the quality of life of patients through treatment; and,

2) be better equipped to compare evidence-based natural anti-cancer treatments to the numerous unfounded cure claims that misled and harm patients. A realistic set of expectations for their anti-tumor potential will be gained, and their role as complementary, rather than alternative, to conventional therapy will be understood.