

Dr. Donald Abrams' Recommended Reading List for Integrative Cancer Care



Dr. Donald Abrams is an integrative oncologist at the UCSF Osher Center for Integrative Health. He is Professor Emeritus of Medicine at UCSF and is a general oncologist at Zuckerberg San Francisco General Hospital and Trauma Center, where he served as Chief of Hematology-Oncology from 2003-2017. He is a previous President of the Society of Integrative Oncology and has served on several education sub-committees of the American Society of Clinical Oncology. Dr. Abrams is also long-time member of the National Cancer Institute PDQ Integrative, Alternative, and Complementary Therapies Editorial Board.

Dr. Abrams is world-renowned for his contributions to the integrative oncology field.

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Anti-Cancer Living, Lorenzo Cohen, PhD and Alison Jefferies, MD

Cancer as a Wake-Up Call, M. Laura Nasi, MD

The Definitive Guide to Cancer, Lise N. Alschuler, ND, and Karolyn A. Gazella

Foods to Fight Cancer, Richard Beliveau, PhD

The Cancer-Fighting Kitchen, Rebecca Katz, MS, and Mat Edelson

Clean Soups, Rebecca Katz, MS, and Mat Edelson

Nourishing Connections, Cathryn Couch and JoEllen DeNicola

Zest for Life, Conner Middlemann-Whitney

Forks Over Knives, Del Sroufe

How to Not Die Cookbook, Michael Greger, MD

The Cancer Diet Cookbook, Dionne Detraz, RDN

Marijuana Gateway to Health, Clint Werner

Medical Marijuana, Mikhail Kogan, MD, and Joan Liebmann-Smith, PhD

Medical Mushrooms: The Essential Guide, Christopher Hobbs, LAc, AHG

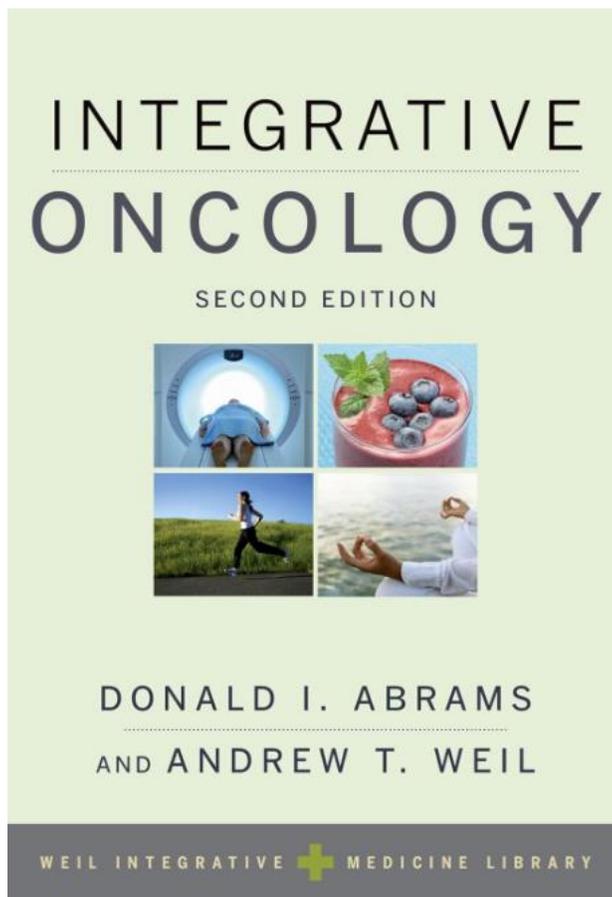
Healing Night, Rubin Naiman, PhD

Enjoy Every Sandwich, Lee Lipsenthal, MD

Leaves Falling Gently, Susan Bauer-Wu, PhD, RN

Disclaimer:

All resources are meant to be educational and supplemental to existing care. Please consult your doctor before making any serious changes to your lifestyle or treatment plan.

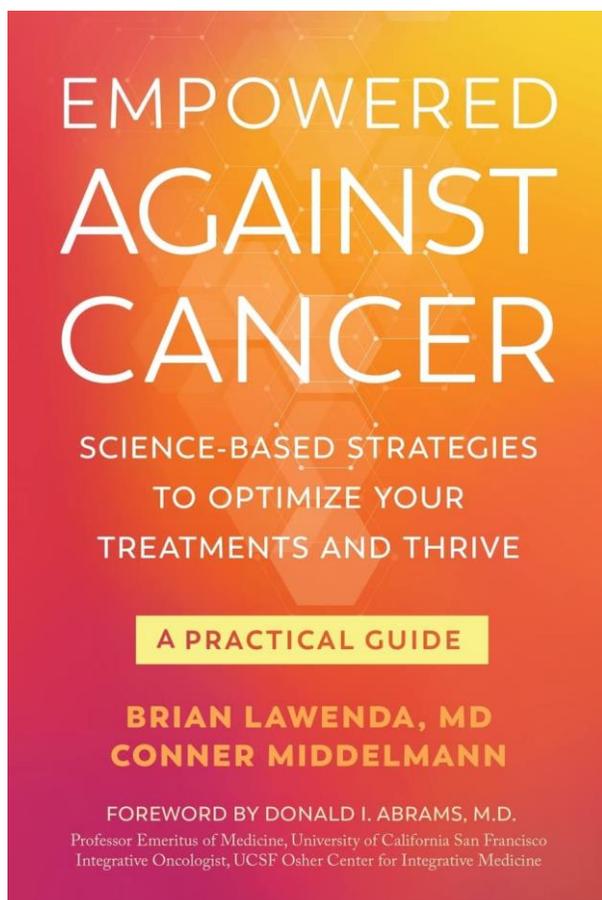


Integrative Oncology

By Donald Abrams, MD, and Andrew Weil, MD

Publication year: 2014

This second edition of the highly successful Integrative Oncology provides the reader with the most updated information available with new chapters on Music and Expressive Arts Therapies, Naturopathic Oncology, and an integrative approach to Lung Cancer. Each volume focuses on a particular specialty and features well-recognized and authoritative editors and chapter authors. The text is presented in an easy-to-read format featuring case histories, clinical pearls, and useful tables, with all key information highlighted.



Empowered Against Cancer

By Brian Lawenda, MD, and Conner Middlemann

Publication year: 2022

People often feel disempowered and overwhelmed by a cancer diagnosis, treatments and what to do after treatment. With this book, we want to put you in the driver's seat, no matter where you are in your cancer journey. In an easy-to-read, actionable format, Empowered Against Cancer lays out evidence-informed integrative approaches to support you through treatment and beyond.

"The health care revolution continues... an accessible, science-based approach to wellness."

—ANDREW WEIL, MD

Anti cancer Living

TRANSFORM YOUR LIFE AND
HEALTH WITH THE MIX OF SIX



Lorenzo Cohen, PhD
Alison Jefferies, MEd

Anti-Cancer Living

By Lorenzo Cohen, PhD and
Alison Jefferies, MEd

Publication year: 2018

Introducing the concept of the Mix of Six, Cohen and Alison Jefferies make an informed case that building social and emotional support; managing stress; improving sleep, exercise, and diet; and minimizing exposure to environmental toxins work together to promote an optimal environment for health and well-being. While each plays an independent role, the synergy created by all six factors can radically transform health; delay or prevent many cancers; support conventional treatments; and significantly improve quality of life as many testimonies and stories of those in the anticancer community eloquently show.

Cancer as a Wake-Up Call

By M. Laura Nasi, MD

Publication year: 2022

Dr. M. Laura Nasi presents a new way of looking at how we view and treat cancer. With current advances in medicine, we're learning more about the ways different aspects of our lives and health impact and interact with one another—why does one long-term smoker get diagnosed with stage-4 lung cancer while another remains cancer-free? Why does someone exposed to a known carcinogen get sick while someone else is apparently immune? What seemingly unrelated factors end up playing key roles in disease etiology, progression, and prognosis?

CANCER AS A WAKE-UP CALL

AN ONCOLOGIST'S INTEGRATIVE
APPROACH TO WHAT YOU CAN DO
TO BECOME **WHOLE AGAIN**

M. Laura Nasi, MD

Foreword by LISSA RANKIN, MD

"For anyone interested in a holistic approach to cancer care."

—Gary K. Schwartz, MD, Chief of Hematology and Oncology, Columbia University

"This is a remarkable survey of holistic cancer treatment. If I had cancer, I would read this book."

—Mehmet C. Oz, MD, FACS, author of
You: The Owner's Manual

Revised and
Updated

THE DEFINITIVE GUIDE TO Cancer

An Integrative Approach to
Prevention, Treatment, and Healing

THIRD EDITION

Previously published as *Alternative Medicine Magazine's
Definitive Guide to Cancer, Second Edition*

by LISE N. ALSCHULER, ND, FABNO, and KAROLYN A. GAZELLA

Foreword by DONALD L. ABRAMS, MD, Chief, Hematology-Oncology,
San Francisco General Hospital and Director of Integrative Oncology Research,
UCSF Osher Center for Integrative Medicine

The Definitive Guide to Cancer

By Lise N. Alschuler, ND, and
Karolyn A. Gazella

Publication year: 2010

When you or a loved one is faced with a cancer diagnosis, the need for accurate and trusted medical information becomes urgent. Naturopathic physician Lise N. Alschuler and medical journalist Karolyn A. Gazella present an overview of what cancer is, its causes and preventative strategies, an in-depth approach to integrative treatment options, descriptions of key body functions, and discussions of more than twenty specific cancers. The Definitive Guide to Cancer, now in its third edition, encourages you to take an integrative approach that embraces both alternative and conventional therapies across the spectrum of cancer prevention, treatment, and healing.



Richard Béliveau, Ph.D. and Dr. Denis Gingras

FOODS to FIGHT CANCER

What to eat to reduce your risk
A diet supported by the latest scientific research

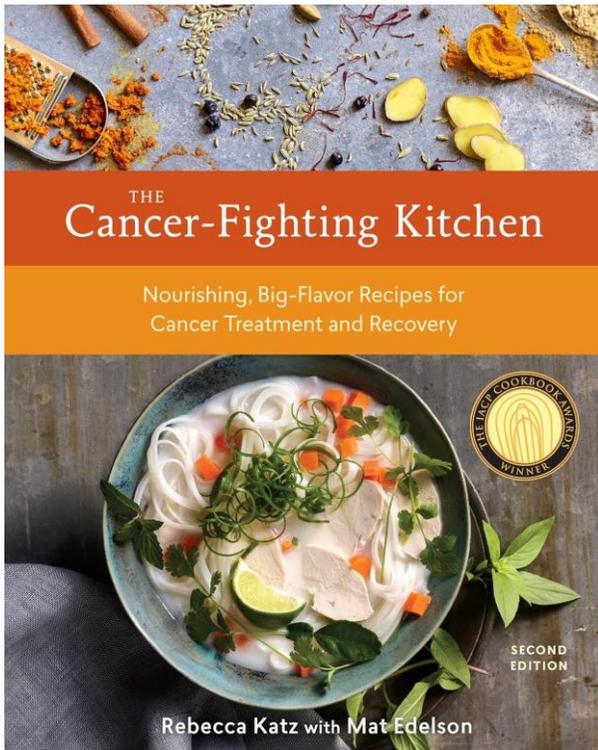
Fully updated edition of this international bestseller

Foods to Fight Cancer

By Richard Beliveau, PhD

Publication year: 2017

Discover the facts behind reducing your risk of cancer with cancer-fighting foods in this informative and visual guide supported by the latest cancer research. With more than 700,000 copies sold worldwide, *Foods to Fight Cancer* explores the link between diet and cancer with information backed by the scientific community. Written by internally recognized experts Richard Béliveau, Ph.D., and Dr. Denis Gingras, you will learn how to eat well to be well and reduce your risk. Updated and expanded to include the latest oncological research, this guide reveals how using simple dietary changes and preventative nutrition with everyday foods that are scientifically proven to contain anticancer properties work in your body to fight and prevent cancer.

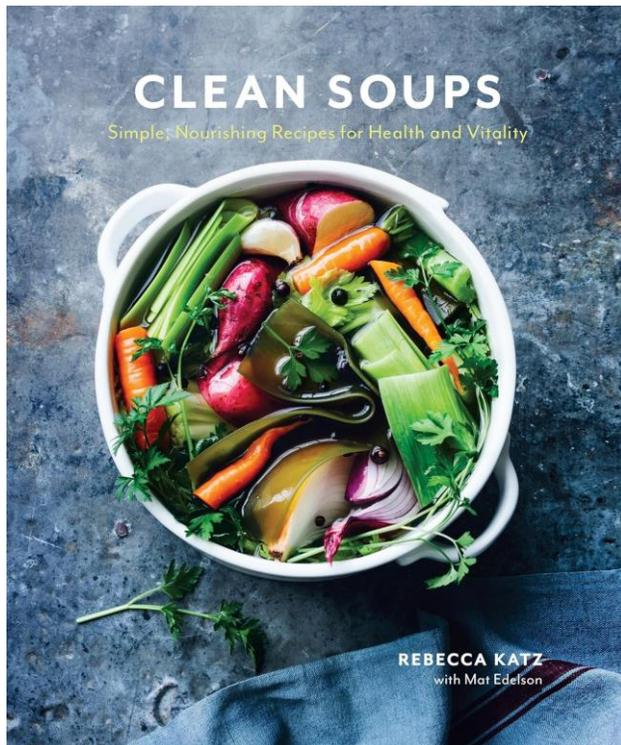


The Cancer-Fighting Kitchen

By Rebecca Katz, MS, and
Mat Edelson

Publication year: 2014

This new and revised edition of the IACP award-winning cookbook brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal, through 150 new and updated recipes. Featuring science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss.

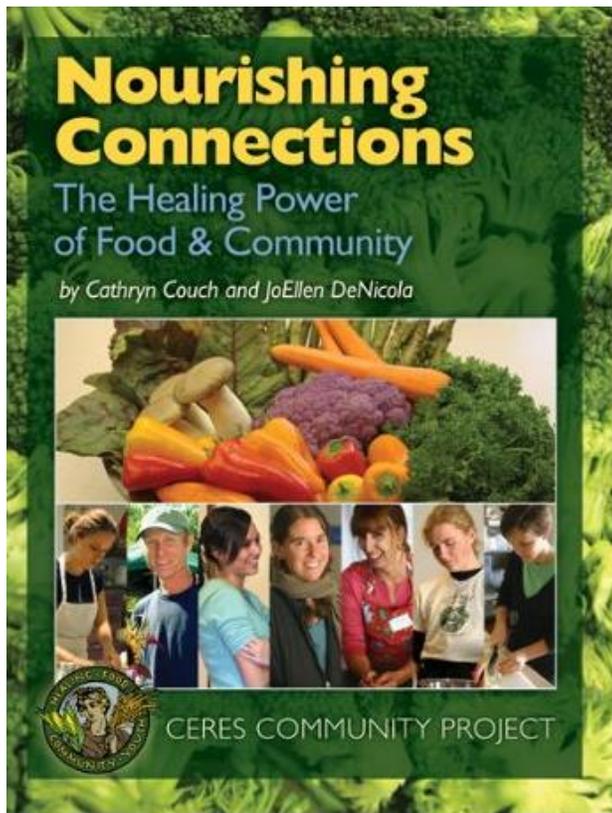


Clean Soups

By Rebecca Katz, MS, and
Mat Edelson

Publication year: 2016

Soup has a unique ability to nourish and heal the body. In *Clean Soups*, author Rebecca Katz shows you how to use wholesome stocks and soups to naturally detox and stay energized year-round. She also explains the building blocks for creating deliciously balanced soups, such as Moroccan carrot soup, kale soup with coconut and lime, and simplest chicken pho. With foundational broths, blended soups, and traditional healing soups, as well as a two-day cleanse, *Clean Soups* shows how one simple bowl can make a huge difference in how you feel.

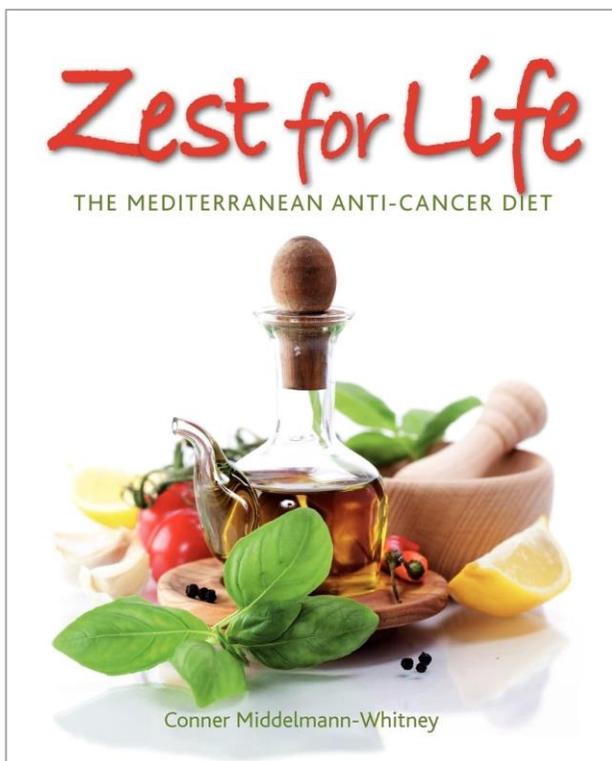


Nourishing Connections

By Cathryn Couch and JoEllen DeNicola

Publication year: 2009

Nourishing Connections offers over one hundred nutrient rich, delicious recipes as well as vital information about the link between what we eat and our health. Its pages are filled with a wealth of simple, practical suggestions about how to improve your diet. For those with limited energy, each recipe comes with suggestions for how to break down the preparation tasks into smaller steps over several days. More than simply a cookbook, it is the inspiring story of how a community gathered its resources to creatively address an array of needs.

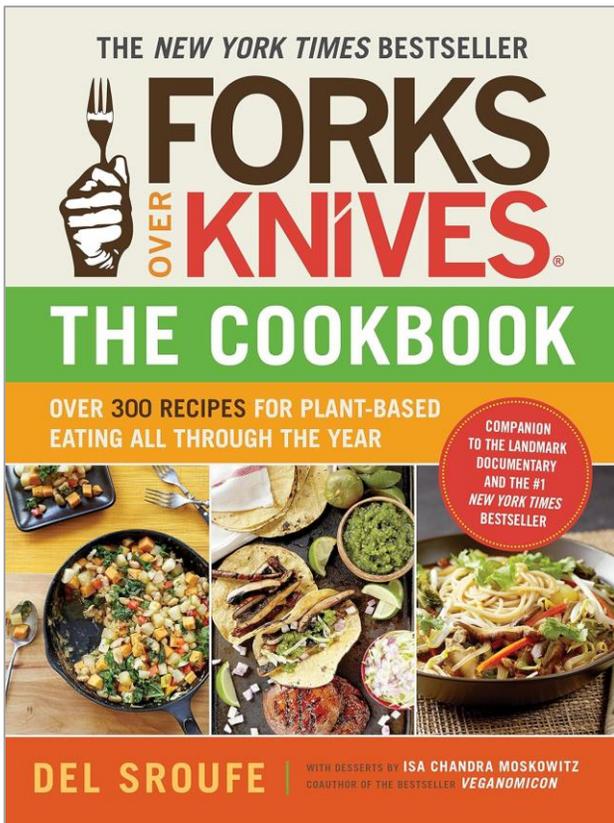


Zest for Life

By Conner Middelmann-Whitney

Publication year: 2011

Zest for Life does not propose a short-term "diet" of hunger or imbalanced eating. On the contrary, it shows how easy it is to enjoy a wide variety of tasty, healthy foods every day and in doing so to reduce not only your cancer risk, but also the risk of heart disease, obesity and diabetes. The *Zest for Life* diet emphasizes vegetables and fruits, fish, olive oil, legumes, fresh herbs and spices, and highlights the importance of conviviality and the guilt-free enjoyment of food, thus nourishing both body and soul. The healthy, modern recipes are inspired by rich culinary traditions from around the Mediterranean: Italy, France, Spain, Greece, Turkey, Morocco, and more.

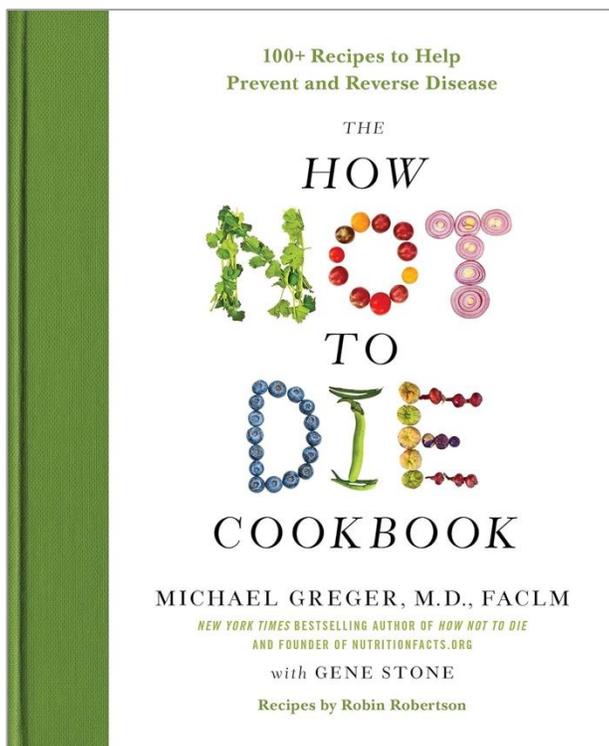


Forks Over Knives

By Del Sroufe

Publication year: 2012

The groundbreaking *New York Times* bestseller that will transform your health—with 300 whole-food, plant-based recipes to help you lose weight, prevent disease, and thrive. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine—and the Forks Over Knives way is your solution. Forks Over Knives—the book, the film, and the movement—is the international phenomenon that first emphasized the benefits of plant-based eating, and thousands of people have cut out meat, dairy, and oils from their diet and seen amazing results. If you're one of them, or you'd like to be, you need this cookbook.

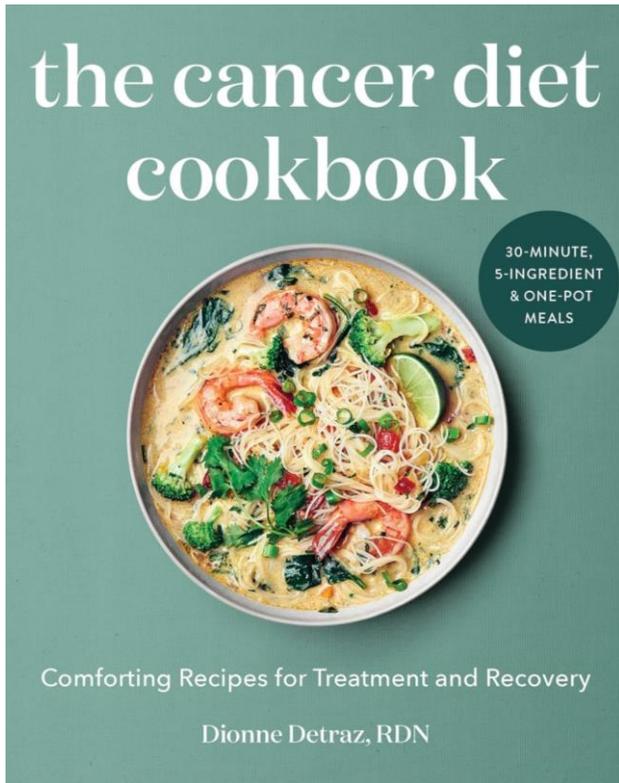


How to Not Die Cookbook

By Michael Greger, MD

Publication year: 2017

Dr. Michael Greger's bestselling book, *How Not to Die*, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, *The How Not to Die Cookbook* puts that science into action. From Superfood Breakfast Bites to Spaghetti Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in *The How Not to Die Cookbook* offers a delectable, easy-to-prepare, plant-based dish to help anyone eat their way to better health.

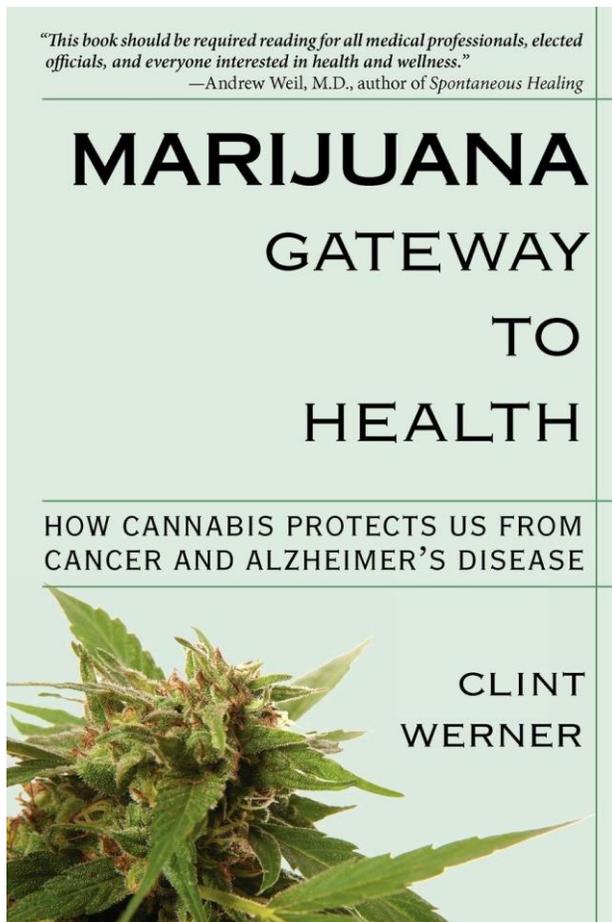


The Cancer Diet Cookbook

By Dionne Detraz, RDN

Publication year: 2020

100 easy, nourishing meals for cancer patients and caregivers during treatment and recovery. No matter what your cancer journey may be, it's essential to make sound dietary choices during this incredibly challenging time. The Cancer Diet Cookbook can help you during treatment and recovery by offering tons of healthy and tasty meal options made in 30-minutes or less, with five simple ingredients, or all in one pot.



Marijuana Gateway to Health

By Clint Werner

Publication year: 2011

The author, Clint Werner, begins by describing how cannabinoids interact with the endocannabinoid system. Certain cannabinoids inhibit inflammation and the growth of some types of cancer and can even kill some cancer cells. He also describes how tetrahydrocannabinol (THC) inhibits the growth of plaques around neurons that are associated with Alzheimer's disease, according to preliminary research.

Medical Marijuana

DR. KOGAN'S EVIDENCE-BASED
GUIDE TO THE HEALTH BENEFITS OF
CANNABIS AND CBD



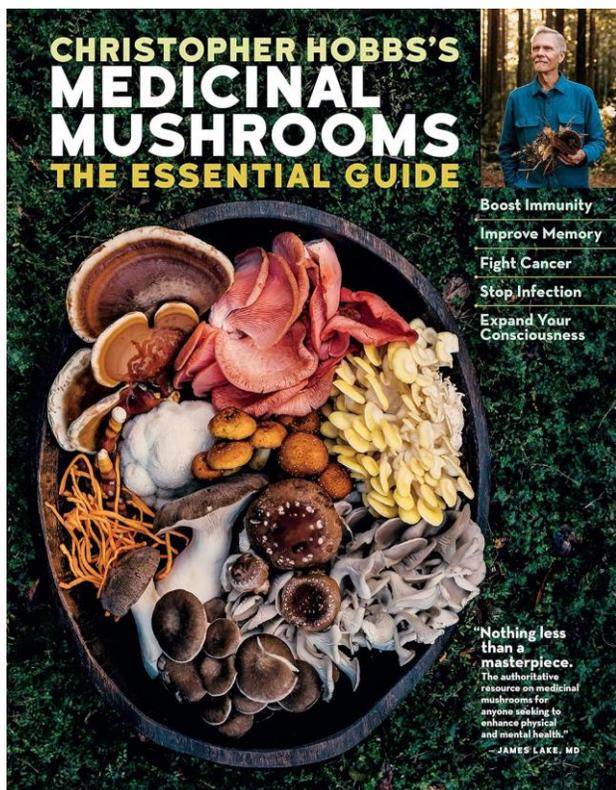
MIKHAIL KOGAN, MD
and JOAN LIEBMANN-SMITH, PhD
Foreword by Andrew Weil, MD

Medical Marijuana

By Mikhail Kogan, MD, and
Joan Liebmann-Smith, PhD

Publication year: 2021

Marijuana has been used for thousands of years as a medicine, but pot has been illegal in the U.S. for most of our lives. Almost all states have now legalized its medical use, and many consumers and physicians are exploring it as an alternative to conventional treatments. There's substantial evidence that marijuana is a safe and effective treatment for chronic pain, chemo side effects, sleep and mood disorders, MS, and Parkinson's disease, among others. But there's also misinformation about marijuana on social media. And most physicians have limited knowledge on the subject, while dispensary staff (aka "budtenders") lack medical training. *Medical Marijuana* demystifies marijuana and other forms of cannabis in a user-friendly guide.



Medical Mushrooms: The Essential Guide

By Christopher Hobbs, LAc, AHG

Publication year: 2021

Mushrooms have been used as medicine for thousands of years and their value in boosting immunity, improving memory, and even fighting cancer is being recognized and documented in scientific research. Christopher Hobbs, a mycologist and herbalist at the forefront of contemporary research, profiles the most powerful medicinal mushrooms and explains the nutritional and medicinal compounds in each one. Detailed instructions cover how to select, store, and prepare each variety for use. Whether readers are growing or foraging their own mushrooms, or sourcing them from a local provider, this essential handbook will guide them in making health-boosting medicine.

"Dr. Rubin Naiman is truly a pioneer in integrative sleep and dream medicine."
ANDREW WEIL, M.D.



RUBIN R. NAIMAN, Ph.D.

Healing Night

*The Science and Spirit of Sleeping,
Dreaming, and Awakening*

SECOND EDITION

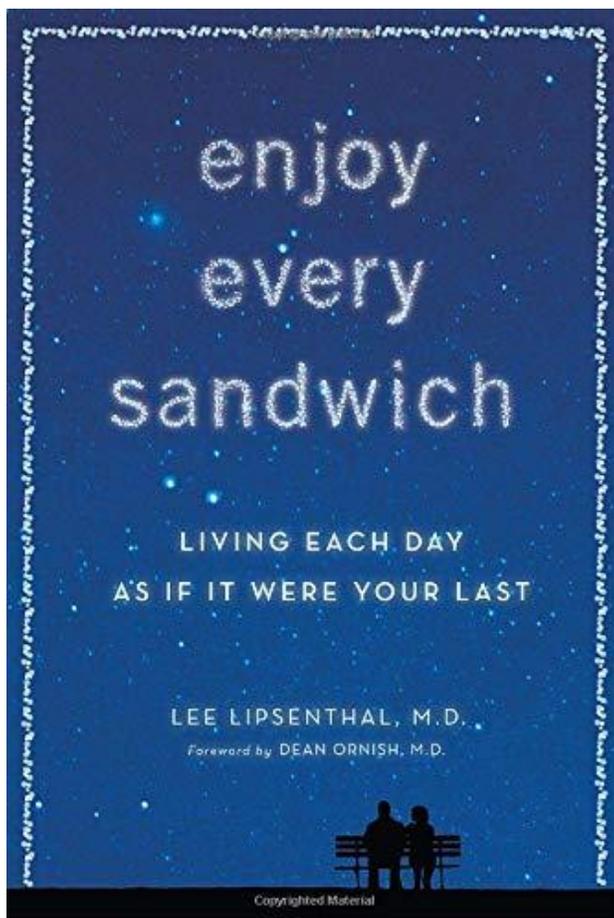
FOREWORD BY HUGH PRATHER

Healing Night: The Science and Spirit of Sleeping, Dreaming, and Awakening

By Rubin Naiman, PhD

Publication year: 2016

In *Healing Night*, sleep and dream expert Rubin Naiman explores sleeping, dreaming, and awakening, going far beyond the science of sleep medicine to reflect on what he believes is the profoundly spiritual nature of night consciousness. Naiman reveals how the erosion of night by artificial light and the devaluation of sleep and dreaming have led to an epidemic of sleep disorders and consequent days of chronically dazed waking consciousness. Drawing on both clinical experience and personal explorations, Naiman offers a fresh look at sleep and dreams, and provides alternative healing practices for sleep disturbances.



Enjoy Every Sandwich

By Lee Lipsenthal, MD

Publication year: 2011

As medical director of the famed Preventive Medicine Research Institute, Lee Lipsenthal helped thousands of patients struggling with disease to overcome their fears of pain and death and to embrace a more joyful way of living. In his own life, happily married and the proud father of two remarkable children, Lee was similarly committed to living his life fully and gratefully each day.

SUSAN BAUER-WU, PHD, RN
FOREWORD BY JOAN HALIFAX, PHD

LEAVES
FALLING
GENTLY



LIVING FULLY WITH
SERIOUS & LIFE-LIMITING ILLNESS THROUGH
MINDFULNESS, COMPASSION
& CONNECTEDNESS



Leaves Falling Gently

By Susan Bauer-Wu, PhD, RN

Publication year: 2011

Leaves Falling Gently is a comforting guide to the mindfulness and compassion practices that will help you embrace the present moment, despite your illness. With each simple practice, you'll deepen your appreciation for the experiences that bring you joy and enhance your capacity for gratitude, generosity, and love. As you work through each personal reflection and guided meditation, you'll regain the strength to live fully, regardless of the changes and challenges that come.