

Centre for Integrative Care

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Centre for Integrative Care / Holistic Approach to Cancer

Holistic Approach to Cancer

This is a 4 week patient education course for people with a diagnosis of cancer who are looking for ways to support themselves holistically.

- Week 1 - provides information and research about how cancer can develop and so begins to provide an understanding of how to help create an anti-cancer environment. Introducing Mindfulness Meditation and Visualisation as tools for support.
- Week 2 - focuses on diet and nutrition-what foods have natural anti-cancer properties and what foods we should limit. Also looking at toxic substances to avoid in your environment. There is an important role of exercise in cancer, so week 2 explores this also
- Week 3 - explores creating an anticancer mind. Looking at the role of life events and stress in cancer as well as examining unhelpful patterns of thinking and behavior and finding ways to reduce their impact on life.
- Week 4 - Making the most of Life. This week focuses on knowing your support network, emotionally intelligent communication and introducing Heartmath, as well as encouraging people to live their life to its full.

The course runs for 2 and a half hours and participation and discussion of the material is encouraged, so the environment feels alive and supportive.