

# How Do I Know If I Am Doing It Right? How Lifestyle Can Help You From Diagnosis Through Survivorship

*It's all about balance and the basics*

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I have nothing to disclose

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# How Do I Know If I Am Doing It Right?

**This is such a common question I hear during, but mostly after treatment.**

When we are in treatment, we are held. We are told where to be and when. We have people there to ask questions when things do not feel right. After treatment, we are released on our own. This can be a confusing time. It is both relief and fear.

# What if I told you that you can use your energy to tell you if you are doing it right? (as much as you are able)

Your daily, physical energy, the energy you use to move, think, eat, speak, do all your activities is like a gas gauge telling you how much go-juice you have on the daily. And you can use it to determine how well you are managing your current situation just for today. When your body is speaking, we can learn so much about how to help manage it. Today, I will teach you how to measure this energy and how to replenish it, again, as much as you are able.

# But first...

a couple of necessary definitions in East Asian medicine.

# The Two Types of Energy

## *Pre-Natal- FINITE*

Prenatal Energy: we are born it and it is all we will ever have

1. Determines growth and development
2. Aging and decline, and life span
3. Genetics
4. Emergencies
5. Illness and surgery recovery
6. Childbirth



# Two Types of Energy

## *Post-Natal- INFINITE (ADL'S)*

Post Natal Energy: replenishable every day

1. Responsible for the energy we have for activities of daily living (ADL's)
2. It helps keep our immune systems strong
3. Helps our moods stabilize (as much as possible)
4. Totally replenishable

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~ replenish based on the ***Epic 8 Domains***

# The Epic 8: Domains

*Guidelines for daily living: replenishing Post Natal Energy*

In a time of complexity, it is really about going back to the basics

1. Diet
2. Hydration
3. Sleep
4. Breathwork
5. Exercise/Movement
6. Bowel Movements/Gut Health
7. Joy and Awe
8. Tools for Not Embodying Stress

# Domain #1

## *EAM Diet*

We cannot be healthier than what we eat  
Essence of the food we eat (beyond  
nutrients)

Diet is tailored to your constitution

Eat local

Eat seasonal

Do you recognize it?

AI- plant dominant

## **Spleen/Stomach (gut microbiome)**

~Worry, pensiveness,  
and insecurity





# Diet Research

Cancer- 296,000,000 hits

While diet can significantly influence cancer risk, its impact on cancer treatment and patient outcomes is a complex area of ongoing research.

There's no one-size-fits-all dietary plan for cancer patients, certain dietary approaches have shown promise in improving quality of life, managing treatment side effects, and potentially enhancing (or decreasing) treatment efficacy.

<https://doi.org/10.1038/s41392-024-01771-x>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8546934/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8928964/> Keto and cancer- adjuvant therapy

# Domain #2

## Hydration

\*RULE: Your weight in lbs, divided by 2=  
of the  
the min # of ounces of water/day\*  
feet

Or 2.5 liters for women and  
3.5 liters for men  
34 oz= 1 liter

*The vessel is important!*

Hydration: head to toe-

Mucous membranes

Skin

Eyes

CSF

Breast milk

Blood

Urine

Feces

Gastric juices

Saliva

Ear wax

Connective tissue

Detoxification

Bile

Lymphatic fluid

Organs moist

Discs

Joints

Treatment dries you out

Water is the element

kidneys=



# Hydration Research

Cancer- 94,700,000 hits

- **Managing Side-Effects**
- **Immune System Support**
- **Organ Function During Treatment**
- **Maintains Overall Well-being**
- **Fluid Overload**

[https://journals.lww.com/co-supportiveandpalliativecare/abstract/2010/12000/hydration\\_in\\_cancer\\_patients.11.aspx](https://journals.lww.com/co-supportiveandpalliativecare/abstract/2010/12000/hydration_in_cancer_patients.11.aspx)

<https://academic.oup.com/oncolo/article/22/5/609/6438896>

# Domain #3

## *Sleep*

Yin time of day- restoration

- 7-8 hours of sleep per night
- Sleep is the time of rejuvenation- so many physiological processes take place while we sleep-
- Find your sleep hygiene- down time, no screens, stretching, reading, low light, warm bath or shower
- Circadian rhythm
- Healthy immune system
- \*Detox- brain & lymph



# Sleep Research

Cancer- 801,000,000 hits

- Sleep issues are more prevalent in cancer patient than the general population.
- Numerous studies have highlighted the significant impact of sleep on cancer patients.
- Here are some key takeaways:
  - **Improves quality of life**
  - **Improves immune function**
  - **Decrease treatment side effects.**
  - **Speeds recovery**

<https://aacrjournals.org/cancerres/article/74/5/1329/599356/Fragmented-Sleep-Accelerates-Tumor-Growth-and>

<https://bmccancer.biomedcentral.com/articles/10.1186/s12885-018-5025-y>

# Domain #4

## *Breathing*

Efficient breathing:

- Boosts the body's immune system

- Oxygenates blood fully- healthy organs

\*Diaphragmatic breathing:

- Uses all lobes of lungs

- Manages healthy heart rate- no release of adrenaline

- Reduces anxiety

- Calms the mind

- Fully oxygenates blood

\*Cyclic Sighing- 5 minutes reduce anxiety/improve mood

Lungs- Grief, sadness,  
depression,  
loss, sorrow,  
immunity, K  
health



# Breath Work Research

Cancer- 972,000 hits

While the direct impact of breathwork on cancer itself is still under investigation, numerous studies have shown its positive effects on various cancer-related symptoms and overall quality of life.

- **Stress Reduction and Anxiety Management:**
  - Mind-Body Therapies and Cancer
  - Yoga Breathing for Cancer Chemotherapy-Associated Symptoms
- **Improved Quality of Life**
  - Breathing Exercises for Postoperative Lung Cancer Patients
- **Pain Management:**
  - The Effect of 5-Min Mindful Breathing on Pain in Palliative Care Cancer Patients
- **Potential Impact on Cancer Progression:**
  - Morning Breathing Exercises Prolong Lifespan

<https://jtd.amegroups.org/article/view/88767/html#:~:text=This%20study%20has%20confirmed%20that,in%20postoperative%20lung%20cancer%20patients.>

<https://pubmed.ncbi.nlm.nih.gov/28079815/#:~:text=Morning%20breathing%20exercises%20prolong%20lifespan,people%20living%20with%20respiratory%20cancer>

# Domain #5

## *GI and Bowel Health*

Signals of imbalanced GI and bowels:

gas

bloating

belching

nausea

vomiting

reflux

What is

normal/abnormal?

constipation

diarrhea loose

stools

*\*we cannot be healthier than our gut\**

*Gut Microbiome- SP/ST*





# BM's Research

Cancer- 26,200,000 hits

While there isn't direct research linking healthy bowel movements to the *treatment* of cancer, there is a significant body of evidence suggesting that maintaining regular bowel function can influence *cancer risk*.

## Why Bowel Health Matters for Cancer Patients:

- Reduced Exposure to Carcinogens
- Improved Digestive Health
- Enhanced Quality of Life

[https://www.cghjournal.org/article/S1542-3565\(21\)01137-X/fulltext](https://www.cghjournal.org/article/S1542-3565(21)01137-X/fulltext) <https://www.cancer.gov/about-cancer/treatment/side-effects/constipation#:~:text=Cancer%20treatments%20such%20as%20chemotherapy,of%20some%20types%20of%20chemothera>  
[py](#).

<https://link.springer.com/article/10.1007/s11912-022-01267-3>

# Gut Microbiome Research

Cancer- 29,300,000 hits

A growing body of research suggests a strong link between the gut microbiome and cancer. A healthy gut microbiome can significantly impact cancer treatment outcomes and overall patient health. Here are some key areas of research:

## 1. Impact on Cancer Treatment:

- Immune Checkpoint Inhibitors (ICIs)
- Chemotherapy

## 2. Cancer Prevention:

- Inflammation
- Carcinogen Metabolism

## 3. Potential Therapeutic Interventions:

- Probiotics and Prebiotics
- Fecal Microbiota Transplantation (FMT)

<https://ccr.cancer.gov/news/horizons/article/human-microbiome-in-cancer>

<https://www.mdpi.com/1422-0067/23/1/488#:~:text=Increasing%20evidence%20support%20the%20role,therapies%20%5B37%2C38%5D.>

<https://www.mdpi.com/1718-7729/26/6/5177>

# Domain #6

## *Movement and Exercise*

\*The recommendation is **150 minutes** a week.\* *of elevated heart rate*

1. What does this really mean? 4 types
2. Why is movement important in EAM?
3. What happens if we push through too hard?



**Qigong** uses simple poses and breathing patterns to promote a healthy flow and reduce stagnation of qi. Proper flow of qi can help the body engage its own healing processes. One movement for one purpose.

**Tai chi chuan** is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Called a moving meditation, it also utilizes deep breathing.

**Yin Style Yoga**- replenishes

**Walk in Nature**- green therapy- immune system, regulation of nervous system

Both practices boost your energy and mood, make it easier to fall asleep, and improve immunity, strength and mobility.

# Movement & Exercise Research

Cancer- 866,000,000

Numerous studies have shown the significant benefits of exercise for cancer patients.

## Improving Quality of Life and Physical Function:

- **Physical Activity and Cancer Care—A Review:** This comprehensive review highlights how physical activity can improve quality of life, reduce fatigue, and enhance physical function in cancer patients.
  - Link: <https://pubmed.ncbi.nlm.nih.gov/34150323/>

## Enhancing Treatment Efficacy:

- **Effects of Exercise on Cancer Treatment Efficacy: A Systematic Review of Preclinical and Clinical Studies:** This review explores how exercise can potentially boost the effectiveness of cancer treatments, such as chemotherapy and radiation therapy.
  - Link: <https://pubmed.ncbi.nlm.nih.gov/34792723/>

## Reducing Cancer-Related Fatigue:

- **The Benefit of Exercise in Patients With Cancer Who Are Receiving Chemotherapy: A Systematic Review and Network Meta-Analysis:** This study demonstrates the effectiveness of exercise in reducing fatigue, a common side effect of cancer treatment.
  - Link: <https://pubmed.ncbi.nlm.nih.gov/37792792/>

# Domain #7

*Joy Joy Joy Awe Awe Awe Heart Heart Heart*

Finding

\*Joy:

Mood

Immune system modulation/positive outlook

Joy and the Heart

Gratitude can lead to joy

Connection

Support

\*Awe: Nature- grounds us to the earth- connects us  
beyond ourselves

HEART- restlessness,  
anxiety mania



# Joy & Awe Research

Cancer- 1,520,000 hits

The direct relationship between joy/awe and cancer has not been studied.

**Joy and Awe have many health benefits, including:**

- **Reduced inflammation**
- **Reduced anxiety**
- **Improved nervous system**
- **Increased oxytocin**

While studies don't directly examine the impact of joy and awe on cancer, they provide insights into the potential benefits of positive emotions on health and well-being. It's important to note that more research is needed to fully understand the specific mechanisms through which these emotions may influence cancer outcomes.

<https://journals.sagepub.com/doi/pdf/10.1177/17456916221094856>

# Domain #8

## *Not Embodying Stress*

Limbic/Sympathetic Nervous

System: F/F/F

Stress Happens:

Blocks the flow of qi

Decreases immune function

Increases anxiety

Sleeplessness

Overwhelm

Physical symptoms

Liver/Heart

anger, stifled emotions,  
swallowing feelings,  
irritability, anxiety, panic



**MBSR/Meditation/Movement/Breath**

# Stress Research

Cancer- 237,000,000 hits

## Stress Management and Cancer Outcomes:

- **Improved Quality of Life**
- **Enhanced Immune Function**
- **Reduced Side Effects**

[https://pmc.ncbi.nlm.nih.gov/articles/PMC6467795/#:~:text=These%20results%20also%20highlight%20the,significantly%20suppressed%20CMI%20\(32\).](https://pmc.ncbi.nlm.nih.gov/articles/PMC6467795/#:~:text=These%20results%20also%20highlight%20the,significantly%20suppressed%20CMI%20(32).)

[https://pmc.ncbi.nlm.nih.gov/articles/PMC5476783/#:~:text=Large%20bodies%20of%20evidence%20indicate,et%20al.%2C%202016\).](https://pmc.ncbi.nlm.nih.gov/articles/PMC5476783/#:~:text=Large%20bodies%20of%20evidence%20indicate,et%20al.%2C%202016).)



So...how do you know if you're doing it right  
and what do you do when you feel you might be  
able to do a bit better?

## Postnatal (infinite)

- Daily energy
- Strong immune system
- Stable moods
- Avoid disease
- Better outcomes to treatments
- Avoid recurrence of disease
- Epigenetics

## Prenatal (finite)

- Growth & Development
- Aging & Decline
- Emergencies
- Recovery
- Childbirth
- Genetics

## Epic 8

- 1. Diet
- 2. Hydration
- 3. Sleep
- 4. Breathwork
- 5. Exercise & Movement
- 6. Bowel Movements & GI
- 7. Joy & Awe
- 8. Stress management

**Avoid borrowing from a finite source when possible**

# We now have a toolbox to be in control as much as we are able.

The Epic 8 are your new tool box and you get to check in and ask:

1. What did I eat and when?
2. How much water have I been able to drink?
3. Do I need more sleep?
4. Have I practiced my breathwork today?
5. Have I been able to move my body today?
6. How does my gut feel and have I pooped or pooped too much?
7. Have I been able to muster joy or look for awe today?
8. Have I been able to access my tools to reduce the effect of stress on my body?

# “I want my life back”

Should that be the goal?

Lack of Balance vs Rebalance

**\*AVOID TAKING THE LOAN\***

And ALL effort counts! It is not about perfectionism!

# Questions

