Yoga vs. Chemo: The Breast Cancer Approach

Yasin Perez1, Taylor Mautner2, Amanda Passareli3, Zaakirah Barry4, Andrilusa Jones5, Chelsea Whitney6
1 Engineering, 2 Biological Sciences, 3 Exercise Science, 4 Biological Sciences, 5 Biochemistry/ Psychology, 6 Nursing
Sponsored by Dr. Peter Horvath, Ph.D., Dept. of Exercise and Nutrition Sciences

Abstract
Breast cancer is the second most common cancer in women in the U.S. Methods of treatment vary by geographic location. Holistic medicinal approaches for the treatment of breast cancer may be more effective and have fewer side effects than allopathic. Holistic medicine treats the patient as a whole person, taking into consideration their physical, mental, spiritual, and emotional well being. Holistic medicine such as nutrition, exercise, homeopathy, prayer, and acupuncture emphasizes healing the body without the overuse of medications. Whereas, allopathic medicine attempts to treat symptoms and diseases using a more targeted approach with drugs, radiation, and surgery. It is imperative that alternative modalities and adjunctive therapies are used to reduce the side effects of breast cancer treatment and increase its efficacy.

Introduction
For this study, we will be observing treatments for all types of breast cancer, from the most invasive to the least invasive types. As of now, there are many “complementary” medicine techniques that have been observed, and only a limited amount have been tested.

Homeopathic Treatments

Some breast cancer treatments are more useful and come into play during the beginning stages when the cancer is trying to be removed and treated. These treatments like herbal and botanical preparations, along with dietary supplements help to preserve life, and different types of food to help alter pH. Other allopathic treatments are more effective when trying to create a better quality of life towards the later stages. These treatments can include but are not limited to:

- Lowering the pH of the body, the use of turmeric, Cat’s claw extract, and Laetrile.
- Medical marijuana is a herb that can be inhaled or ingested to help stop pain and produce an appetite.
- Lifestyle counseling helps the patient to cope with the news of their diagnosis and helps them find solutions to questions regarding...