

# 5 Foundations of Integrative Oncology Support



**Strengthen** the immune system to fight cancer.



**Fight** cancer cells directly using nutrients and treatments.



**Potentiate** conventional treatments using nutrients and treatments.



**Decrease** negative side effects you may experience from conventional oncology treatments.



**Support** the immune system and related organ systems for optimal health in general.



**Ian D. Bier, N.D., Ph.D., L.Ac, FABNO**  
Fellow, American Board of  
**Naturopathic Oncology**  
is a naturopathic doctor, licensed acupuncturist  
& naturopathic oncologist.

Dr. Bier is one of the few doctors nationwide to become a Fellow of the American Board of Naturopathic Oncology (FABNO), a certification which helps patients differentiate between general-practice naturopaths and those with a specialized knowledge of oncology.

He has a strong belief in the need to provide Complementary and Alternative Medicine in an integrative fashion with a patient's Oncology Care team, and to use Evidence Based Medicine to guide clinical decision making.

He has lectured and written extensively, is a published nutrition researcher, and is an active member of the *Oncological Association of Naturopathic Physicians*.

He began his undergraduate work in Chemistry with a specialization in Biochemistry before transferring to Bastyr University, where he earned a *Masters of Science in Acupuncture* and a *Doctorate in Naturopathic Medicine*. He completed a residency in *Family Practice* at Southwest College of Naturopathic Medicine, and earned a *Ph.D. in Human Services* with a focus on *Therapeutic Nutrition* from Capella University.



Human Nature Natural Health  
155 Borthwick Ave, West Suite 102  
Portsmouth, NH 03801  
603-610-7778 fax: 603-610-7787  
[www.humannaturenaturalhealth.com](http://www.humannaturenaturalhealth.com)

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## Integrative Oncology Support



“Integrative oncology is an evolving evidence-based specialty that uses complementary therapies in concert with medical treatment to enhance its efficacy, improve symptom control, alleviate patient distress and reduce suffering.”

-J Soc Integr Oncol 2006;4(1):27-39

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Integrative Oncology Support

An Individualized Approach  
As Unique As You Are!<sup>sm</sup>

# Cancer Care

**World-Class Support for  
Living With or  
Preventing Cancer.**



Expert Naturopathic care for patients with cancer, or those with an interest in cancer prevention.

**This integrated approach gives cancer patients the best chance to enjoy a healthy future.**

We welcome patients at every stage of diagnosis and treatment; whether newly diagnosed, currently receiving treatment, in remission, or with advanced disease.



Weekly Updates  
on the  
Latest Research in Cancer Treatment

Sign-up for our  
Newsletter:  
Integrative Oncology Support  
at our website.

# 3 Components of Integrative Oncology Support



## Dietary Therapy

Proper diet is crucial for altering the terrain in the body to disadvantage cancer cell growth and boost the immune system.



## Nutritional Supplements

Nutrients have been shown to have numerous anti-cancer mechanisms, and can help improve outcomes of conventional treatments such as chemotherapy and radiation.



## Treatments

Cutting-Edge Treatments for  
cancer care & managing side effects:  
Intravenous Vitamin C  
Hyperbaric Oxygen  
Hyperthermia

## Naturopathic Oncology

On the forefront of cancer medicine using natural methods in conjunction with conventional medical treatments such as surgery, radiation, and chemotherapy.

Naturopathic medicine makes use of time-tested, scientifically grounded, natural methods to strengthen the body's ability to heal itself.

**Also called Integrative Oncology Support, the goal of this blending of approaches is to enhance survival and quality of life.**



The *Oncology Association of Naturopathic Physicians* states that the role of the naturopathic doctor is to:

- Support normal metabolism during treatment
- Decrease and manage side effects
- Boost your body's immune system after treatment to help prevent progression and recurrence.
- Provide strategies for long-term cancer prevention and health maintenance
- Educate patients about complementary and alternative treatments
- Communicate with other members of the treatment team