

# **S27: Harnessing Traditional Chinese Medicine for Oncology: Integrating Dietary and Herbal Therapies in Supporting Cancer Treatment and Survivorship**

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# DISCLOSURES

Michelle Loy – None

Jennifer Ashby – None

John Chen – Owner of Art of Medicine Press, Consultant of Evergreen Herbs

# Agenda

- Introduce principles of TCM dietary and herbal therapy and apply to clinical practice
- Describe Bao He Wan Formula's Role in GI cancer and oncology treatment side effects
- Discuss the current research and clinical application of the traditional formula Huang Qing Tang
- Discuss proper use of herbal formulas and provide resources for further education.
- Herbal Therapy Illustration Table



01

# **Introduction to TCM Dietary and Herbal Therapy**



**Weill Cornell Medicine**

# Introduction to TCM Dietary and Herbal Therapy

Michelle Loy, MD, DipABOIM, DipABLM, DABMA,  
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# 5 Principles and Practices of 5 Element TCM Dietary Therapy

## 1. FOUR TCM FOOD ENERGETICS 食物特性

- 5 Thermal Natures
- 5 Flavors
- 4 Food Qi Movements
- Meridian Affiliation

## 2. TCM HERBALISM 中草药

## 3. SEASONALITY 应季而食

## 4. INDIVIDUAL BODY CONSTITUTION AND CONDITIONS 因人而异

## 5. ENJOYMENT AND FLEXIBILITY 美观美味



## HEALTHY EATING PLATE

**HEALTHY OILS**  
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

**WATER**  
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**VEGETABLES**  
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

**WHOLE GRAINS**  
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

**FRUITS**  
Eat plenty of fruits of all colors.

**HEALTHY PROTEIN**  
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**  
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Harvard Medical School  
Harvard Health Publications  
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# Integrate TCM Dietary Therapy with Conventional Model

# What TCM Dietary Therapy Adds

Including all that Western Dietary Therapy offers:

- Macro/micro nutrients
- Fruits, vegetables, grains, protein,
- Eliminating obstacles like artificial processed foods, trans fats, sugar-sweetened beverages etc

Utilize Thermal Nature of Food



Five Flavors and Therapeutic Actions



Seasonal Based Eating and Activity



Honoring individual constitution, stage in life, season/climate to promote balance and healing.





# Food Energetics

- Western Dietetics :46 calories, 0.9g protein, 11g carbohydrate, 0.6g fiber, 9g sugar, 0.2g fat, 170mg potassium, 20% DV vitamin A, etc.
- TCM nutrition: cold, a summer or late summer fruit, sweet, heart/stomach/bladder meridian, down-bearing in nature.

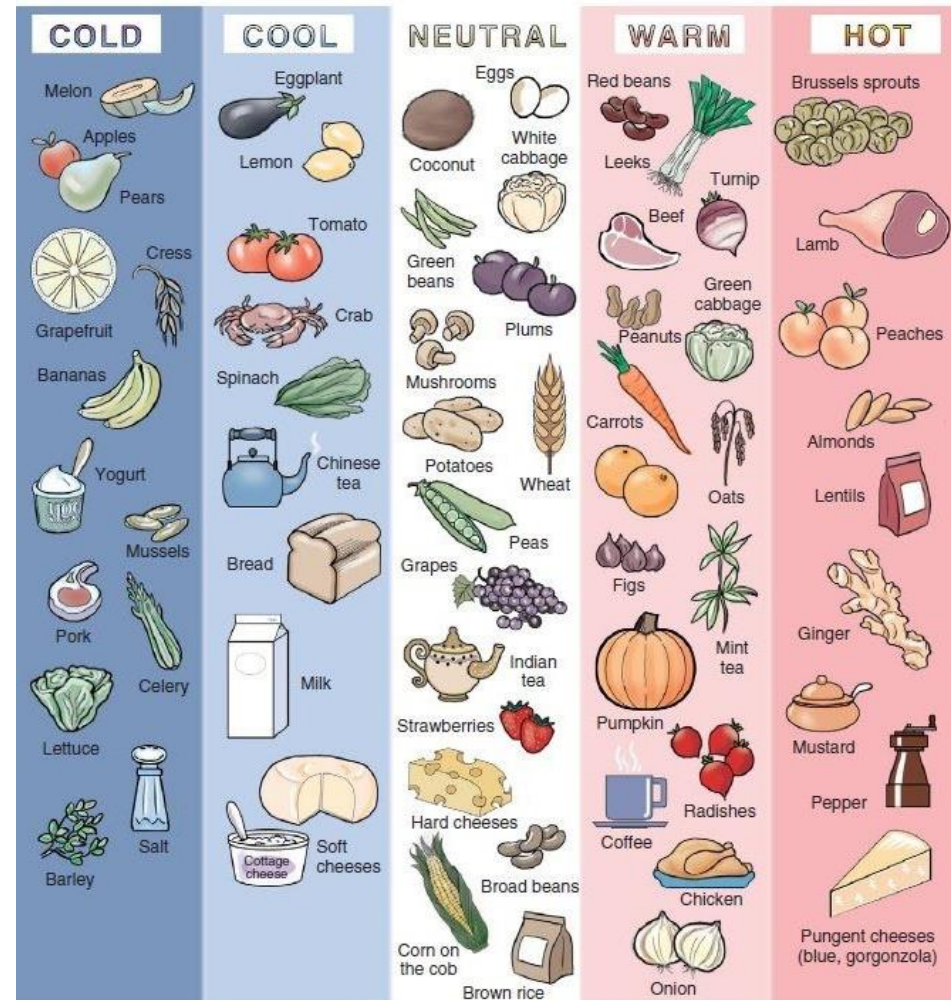


A traditional Chinese tea ceremony setup. In the foreground, a bamboo tray holds a small dark bowl of tea leaves and a glass teapot. In the background, a larger green teapot and a white teapot are visible on a wooden table. The scene is dimly lit, creating a warm and intimate atmosphere.

**5 Thermal Natures:  
cold, cool, neutral, warm, hot**









# 5 Thermal Natures

- Not related to the physical temperature of the food, but to the sensation our body feels after consumption of certain food.
- Use thermal nature/qi of our food (for strong shifts and to promote balance)
- Always need both cool and warm types of food... aim to stay around the fulcrum



# Using Thermal Nature of Food



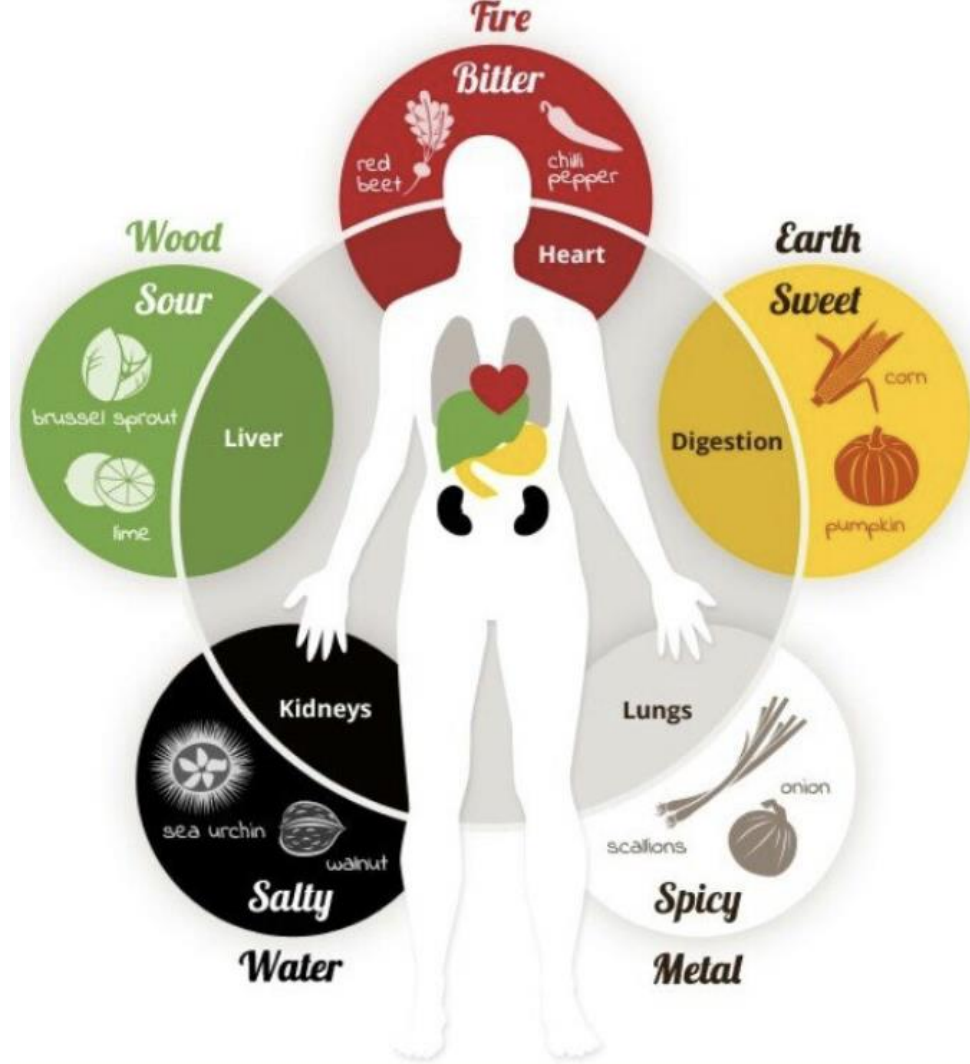
Basic Yin & Yang Food Natures		
Nature	Cold	Heat
Plant growth time	Fast growth: lettuce cucumber, radish spinach 	Long growth: carrot, parsnip, cabbage ginseng 
State	Raw 	Cooked 
Color	Blue purple green 	Orange yellow red 
Cooking method	Sprouting, fermenting marinating stir-fry (cool) 	Deep-fry, sauté pressure cooking steaming boiling 



**5 Flavors: sweet, spicy, salty, bitter, sour**

# Harnessing the 5 Healing Flavors

- Each food and herb is associated with a flavor, which implies certain actions on our body.
- Sweet: tonify (similar to strengthening), moistens, calms
- Acrid: disperses, invigorates, warms
- Salty: cools, softens, loosens
- Sour: astringes, preserves
- Bitter: dries, hardens, cools





# Sweet Flavor Foods in Chinese Medicine

- Actions: Ascending, harmonizing, relaxing, yin-building, fluid building for thin-dry weak people
- Indications: Stress, tension, nervousness, weak digestion, older and frail thin people
- Caution: Overweight, sluggish, damp signs

# Pungent (Spicy) Flavor Foods

- Actions: Disperses, expands, stimulates circulation, ascending and outward direction
- Indications: Digestion, common cold protection, induce sweat, increase energy, kill parasites
- Caution: weak, thin, dry or heat signs in body





# Salty Flavor Foods in Chinese Medicine

- Action: Cooling, descending, moistening, reduces stiffness, detoxifies, purges bowel
- Indications: Swollen lymph nodes, constipation, sore muscles, sore throat, no appetite
- Caution: Do not overdo if sluggish, overweight, edema, high blood pressure, signs of damp





# Bitter Flavor Foods in Chinese Medicine

- Actions: Cooling, descending, clears heat, dries fluid, drain dampness, induce bowel movement
- Indications: Inflammation, infection, high cholesterol, weight, high blood pressure, candida, excess mucus, skin eruption, swelling, constipation
- Caution: weak, thin deficient, dry, or cold

# Sour Flavor Foods in Chinese Medicine

- Actions: Cooling, contracting, astringent, preventing fluid leakage
- Indications: Incontinence, excess sweating, diarrhea, excess vaginal discharge or seminal emission
- Caution: Limit if there is constipation or tendon/joint problems



# Eat all 5 tastes as repeated exploration influences acceptance



**Repeating exposure can influence acceptance**, particularly in infancy. Study with mothers of 7 month olds – **By 8<sup>th</sup> repetition, intake of liked and unliked vegetable were identical** (Borowitz 2021)

Infants who are **offered different textures** while beginning to eat solids, are **more willing** to eat and enjoy **chopped or chunky foods** by age 1, and more likely to eat **variety of fruits and vegetables** by age 7.

## 4 Qi Movements



# Upward, Downward, Inward, Outward

- Food can influence how Qi moves throughout our body.
- Upwards: hot/warm, yang-replenishing foods, usually spicy or sweet
- Downwards: cool/cold, yin-nourishing foods, usually salty or bitter
- Inwards: sour foods, usually sour (think about a baby's "sour" face after tasting a lemon)
- Outwards: acrid yang foods, usually warming spices



# The Wasabi Challenge



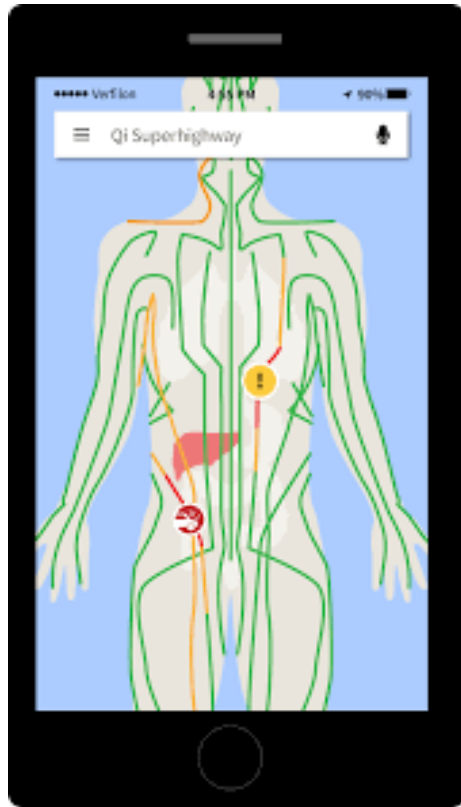
Wasabi (Japanese horseradish) is *warm* and very *pungent*.

The burst of heat and energy you experience in your nose and head when you eat a bit too much is a clear experience of this *upward and outward* movement of Qi from PUNGENT foods.



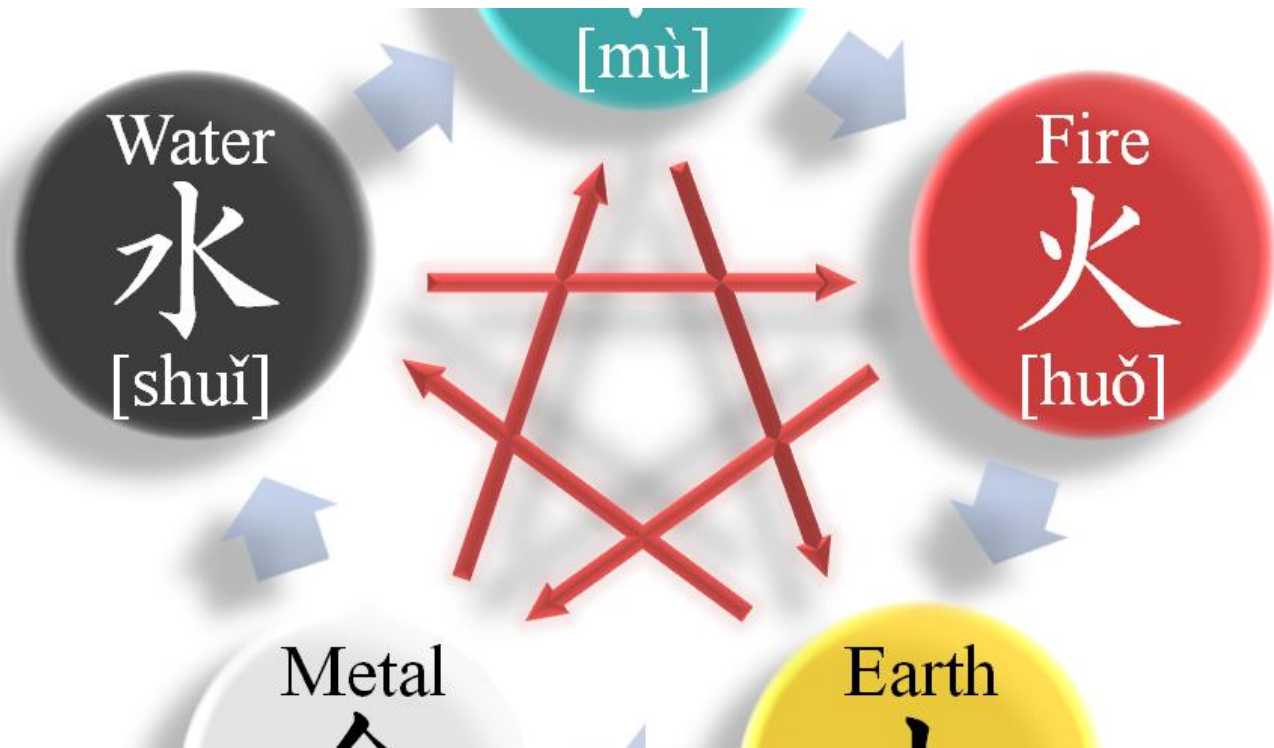
# MERIDIAN AFFILIATION





# Meridian Affiliation

- Each food can be associated with several meridians.
- Spleen/Stomach: sweet flavor, late summer food
- Lung/Large Intestine: acrid or spicy flavor, autumn food
- Kidney/Bladder: salty flavor, winter food
- Liver/Gallbladder: sour, flavor spring foods
- Heart/Small Intestine: bitter flavor, summer foods



**PUTTING IT ALL TOGETHER: FIVE ELEMENTS**



# TCM HERBALISM

## 中草药

# TCM Food Therapy vs TCM Herbalism

- TCM Food Therapy is not the same as TCM herbalism.
- TCM herbalism focuses on potent herbal decoctions vs. long-term, diet-based approach.
- Think - herbal decoctions as “pharmaceutical drug” and food therapy as “superfoods,”
- Similarities: use of 111 herbs (药食同源 food-medicine herbs), principles of combination and preparation method
- Ex: chrysanthemum, ginger, hemp seed are food-medicinal herbs that are used in both areas
- Ex: Curcumin – dosing of food vs medicine (potential CYP450 inhibitor, increasing effect of Taxotere)
- Many herbals are also made of food (ex: bao he wan).
- Think of TCM dietary and herbalism as a continuum?



**Table 2** Top reasons for herbal prescriptions

Reason	Prescriptions ordered	Dispensed (distribution)	Prescriptions picked-up rate
<b>GI symptoms</b>	<b>555</b>	<b>467 (37%)</b>	
Constipation	262	226	86%
Poor appetite, bloating/indigestion	182	148	81%
Nausea/vomiting and acid reflux	62	54	87%
Diarrhea	49	39	80%
<b>Pain and inflammation</b>	<b>446</b>	<b>353 (28%)</b>	
<b>Fatigue, mood, sleep</b>	<b>386</b>	<b>346 (27%)</b>	
Fatigue	186	168	90%
Mood	123	111	90%
Sleep	77	67	87%
<b>Other symptoms</b>	<b>115</b>	<b>100 (8%)</b>	
Hot flashes	31	30	97%
Dizziness	33	29	88%
Cold/allergy	33	27	82%
Other	18	14	78%
<b>Total</b>	<b>1502</b>	<b>1266 (100%)</b>	

# TCM Herbal Formulas

- Mood: Xiao Yao San
- Fatigue: Sheng Mai San/Bu Zhong Yi Qi Tang
- Insomnia: Suan Zao Ren Tang/Tian Wang Bu Xin Dan
- GI: Bao He Wan/Ban Xia Xie Xin Tang
- Myelosuppression: Dang Gui Bu Xue Tang
- Hot flash: Zhi Bai Di Huang Wan
- Dizziness: Ling Gui Zhu Gan Tang
- Constipation: Ma Zi Ren Wan
- Diarrhea: Sheng Ling Bai Zhu San
- Cough: Zhi Sou San
- Immunity: Yu Ping Feng San



# TCM Herbal Therapy



## TCM

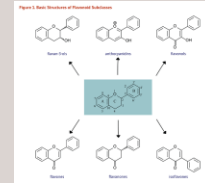


- Teas
  - Cook actual herbs
  - Granules
- Patented tablets
- Steam bath
- External/topical

## WESTERN



- Tinctures
- Extractions
- Purified single chemical



A vibrant collage of fresh vegetables including cucumbers, radishes, mushrooms, corn, and broccoli. The vegetables are arranged in a dense, overlapping pattern, showcasing a variety of colors and textures. A central white rectangular box with a thin black border contains the text.

**SEASONALITY**

应季而食



# Seasonal Eating in Chinese Medicine

## Spring



Less sour



More sweet & spicy



## Summer



Less bitter



More salty & cooling



## Autumn



Less spicy



More sweet & sour



## Winter




Less salty



More bitter & warming





# INDIVIDUAL BODY CONSTITUTION & AND CONDITIONS

因人而异

# INDIVIDUAL BODY CONSTITUTION AND CONDITIONS 因人而异

- TCM nutrition is personalized, unlike most diet trends.
- It encourages you to eat according to your own body constitution and health conditions, rather than merely following the recommended daily value of protein and calories, and fat.
- There are 9 body constitutions in TCM, and each deserves a slightly different approach to diet and lifestyle



A vibrant assortment of fresh vegetables including cucumbers, radishes, mushrooms, corn, and broccoli. The background is a close-up, high-angle shot of various fresh produce, creating a rich, colorful texture. A semi-transparent white rectangular box is centered over the image, containing the text.

# ENJOYMENT & FLEXIBILITY

美观美味



# ENJOYMENT AND FLEXIBILITY 美观美味

- Not about restriction; rather a flexible system that allows you to consume most of the things with moderation
- Encourages more of certain foods during certain seasons to address imbalances, and to limit certain foods that likely contribute to disharmonies.
- The principles and herbs are very easily applicable for cuisines all over the world.
- Ancient TCM recipe books state medicinal dishes should taste and look appetizing.
- Enjoy the process of learning about your body.



## **Principle of Yang Shen – Health Nurturing**

Tune into your body's unique wisdom to make better choices...Avoid being driven by trends.

# Chinese Proverbs on Eating



Pursue harmony between food elements

(不得其醬，不食)



Eat fresh and local (不時，不食)



Know the origin of your food 食饁而餲，魚餛而肉敗，  
不食.)



民以食為天 - “To the people, food is heaven” (Han  
Dynasty)



He that takes medicine and neglects diet, wastes the  
skills of the physician.

**“He who takes  
medicine and neglects  
to diet wastes the skill  
of his doctors.”  
~Chinese Proverb**



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## Integrative Health and Wellbeing



### Living Well with and after Cancer with Dr. Michelle Loy

Join us for an enlightening series delving into the world of integrative medicine and its pivotal role across every stage of cancer care. Discover the latest evidence-backed insights into how integrative medicine can optimize outcomes throughout surgery, chemotherapy, radiation, endocrine therapy, immunotherapy, and in preventing recurrence. Gain practical wisdom on enhancing quality of life amidst treatment challenges. Dive into the realm of Traditional Chinese Medicine (TCM), exploring the efficacy of medicinal herbs like MaZiRenWan for digestive health and Astragalus for immune support, and more.

Dates: Tuesday 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17

Time: 4pm-5pm, Virtual

We accept most insurances. Your insurance may cover the 1-hour group session. However, you will be responsible for a specialist copayment per session. You will also be responsible if you have a deductible or co-insurance.

For more information please contact Mary Acosta at: [maa2337@med.cornell.edu](mailto:maa2337@med.cornell.edu)

[nyp.org/integrative-health-program](http://nyp.org/integrative-health-program)

NewYork-Presbyterian

Weill Cornell Medicine

## Eating in Harmony with the Seasons

With Michelle Loy, MD

at Integrative Health and Wellbeing at NewYork-Presbyterian in Collaboration with Weill Cornell Medicine

Did you know that the sweet flavor of food, not sugar, such as the sweetness of winter squash and carrots have a positive impact on our digestion and helps us to relax? Did you know that the bitter taste is important for detoxifying and focus? Or that pungent foods help lift our vitality and move our qi? In this group visit, explore how the healing tastes, energetics, and actions of the Five Flavors within food can keep us healthy from a traditional Chinese medicine viewpoint.

Seasonal transitions are pivotal times in disease prevention and health maintenance.

#### Topics we will cover:

- Explore how to utilize and apply the thermal nature of food, stage of life, and season to an individual's constitution to promote optimal balance.
- Discover the health benefits of commonly found herbs in the modern grocery store and experiment with seasonal-based grocery lists, recipes, and activity recommendations.
- Watch or cook along with Dr. Loy in seasonal recipe demonstrations and enjoy the pleasure of new colors, flavors, and dishes.

#### Session Series:

Thursday 4:00-5:00 pm

January 25, 2024

April 18, 2024

July 25, 2024

October 17, 2024

We accept most insurances. Your insurance may cover the 1-hour group session. However, you might be responsible for a specialist copayment per session. You will also be responsible if you have a deductible or co-insurance.

#### To sign up:

Contact Mary Acosta at 646-697-9337 or Email: [maa2337@med.cornell.edu](mailto:maa2337@med.cornell.edu)



Integrative Health and Wellbeing at NewYork-Presbyterian  
436 East 69<sup>th</sup> Street between York and 1<sup>st</sup> Ave), New York, NY 10065



A Culinary Medicine Grocery Tour

Saturday, May 18  
2:00 - 3:00 PM

Meet at the front of...

**Jmart Little Neck**

249-26 Northern Blvd, Queens



Michelle H. Loy,  
MD, FAAP




Join Dr. Michelle Loy of Weill Cornell Medicine as she introduces you to the hidden culinary gems within an Asian market. Learn about the health benefits of various leafy greens, root vegetables, exotic fruits, mushrooms, herbs, spices, grains, tofu, beans, and other traditional Chinese products that are healthy, fresh, delicious, and affordable. We will go aisle by aisle, introduce different foods, discuss the health benefits, and answer any questions about nutrition, cooking, recipes, and ingredient swaps.

Register at: [bit.ly/3x9jsUa](http://bit.ly/3x9jsUa)

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# Living Well With and After Cancer



## Overview/Introduction

This session will introduce the major areas of integrative medicine and their supportive roles throughout all stages of cancer treatment, recovery, and prevention. Learn the latest evidence-based medicine about the role of integrative medicine in optimizing outcomes from surgery, chemotherapy, radiation, endocrine therapy, immunotherapy, and in reducing the risk of recurrence. Practical tips for improving quality of life will be discussed.



## Medicinal Mushrooms, Medical Cannabis and TCM Herbs For Common Distressing Symptoms

Learn about safe and effective food-based botanical herb formulas such as MAJESTIC® (mushroom) with clinical evidence for improving cognition, mood, increasing sleep frequency, and reducing constipation.

Add delicious immune boosting, mood lifting, and fatigue reducing benefits using the medicinal spotlight ingredient Astragalus in your dietary practices.

We will also explore various edible mushrooms and mushroom supplements including Reishi, Cordyceps, Lion's Mane, Maitake, Shiitake, and Agaricus. Learn which mushroom is best for fatigue, brain fog, immune strengthening, cancer, or hormone balance.

This session will also cover medical cannabis and its potential benefits in managing symptoms related to cancer.




## Acupuncture, Acupressure, Emotional Freedom Tapping: Points for Your Care

Acupuncture Medicine is a complementary therapy system used in the treatment of symptoms and conditions associated with cancer. In this session, you will learn about acupuncture's role in oncology. Practical hands-on information so that you may be able to learn some of the acupuncture points used to address issues ranging from weight to address fatigue, chronic pain, insomnia, neurocathy, hot flashes, joint pain and other symptoms.




## Botanicals, Vitamins, Supplements, and Culinary Herbs

This session will cover common herbs, supplements, and botanicals that can be useful in managing common cancer related symptoms including fatigue, anxiety, depression, brain fog, insomnia, pain etc. Learn about vitamin D, melatonin, curcumin, as well as common culinary herbs and teas that can be potentially beneficial to your overall wellness.



## Yoga for Stress Reduction, Muscle Strengthening, Better Balance, Restorative Sleep, and Symptom Management

In this session, we will stress a variety of breathing techniques, hand placements, body holds and mindful movements to help you feel more relaxed. The session will include a detailed approach of how to get into the most of meditation, yoga, and breathwork therapy. Yoga is a safe and low-impact fitness practice that strengthens muscles of the legs and core muscles, builds bone density, and promotes better stability. This class is a great option for people interested in trying yoga who need a gentle activity as they recover from surgery and treatment. Learn about specific asanas, body holds, and yoga tools for restorative sleep, breath practices, breathing techniques, and practices to help reduce treatment associated symptoms.



## Exploring Personal Metaphors - Narrative Medicine

Participants will find surprising insights into themselves-including the fact that all of us are poets. Using a creative approach of writing/sharing our story, participants will learn a process of accessing deeply held but rarely conscious beliefs and emotions-how do I see myself, how do others see me, who have I been, who am I becoming? We will use a non-analytical approach to metaphor and imagery to explore life before and after diagnosis, who we are, and what gives us meaning, joy, and wholeness.

Everyone has a story to tell. Everyone is a poet, some are writers in the books, and some are confined to beds.

Everyone Has A Story Quotes



## Honoring the Body through Food as Medicine

Hippocrates had it right all those years ago: "Let food be thy medicine and let medicine be thy food." We will discuss improving your diet with an emphasis on fiber rich plant foods and spices. We will also discuss how we can honor our bodies through mindful eating practices. How we eat is just as important as what we eat. Nutrition is an excellent way for cancer survivors to take action to contribute to better health. It is also an important factor in symptom management and survivorship.

# Herbs/Botanical Menu in 1:1 Consultations

- Nausea: ginger
- Constipation: ginger, flax, triphala
- Gastroparesis: ginger
- Fast Transit: peppermint, caraway
- Cramping Diarrhea: chamomile, apple pectin, tea
- Mixed constipation/diarrhea: psyllium
- Poor Appetite/digestion: bitters -artichoke, dandelion, orange peel,
- Excess Digestive Gas: angelica, anise, caraway, chamomile, fennel, ginger, peppermint
- Stress: adaptogens (cordyceps, holy basil, schisandra)
- Anxiety/Insomnia: nervines (chamomile, kava, lavender, lemon balm, passionflower)
- Skin irritation: emollients and demulcents (slippery elm, marshmallow)
- Sweating: sage (astringent), coriander



## TCM PANTRY HERBS TO IMPROVE DIGESTION



**Ginger**

Add a few slices to hot water + honey



**Cinnamon**

Sprinkle onto toast

**Black Pepper**

Sprinkle onto salads,  
use them in marinates  
+ any food you like!



**Clove**

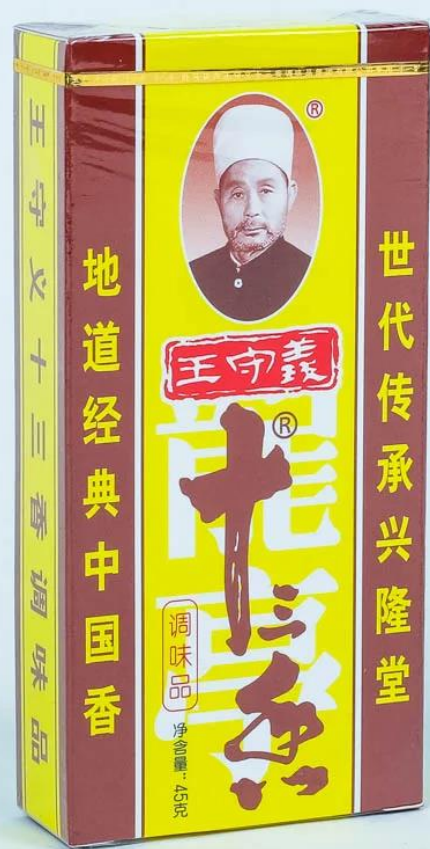
Steep a few of them in  
black tea for an aromatic blend



**Fennel**

Add in stews, soups or  
chew on them

# From Herbal Apothecary to Gourmet Grocery Store



# Cinnamon

- **Indications**

- Blood sugar, cramps/dysmenorrhea
- Tooth decay/halitosis
- Appetite stimulant, arthritis, inflammation, dyspepsia

- **Action**

- Anti-oxidant, anti-inflammatory, immunomodulatory, anti-microbial, anti-tumor, anti-estrogen

- **Safety**

- Safe when used in amounts used in foods
- Larger amounts: GI distress
- Allergic reactions, hepatotoxicity



# Cinnamon (*Cinnamomum verum*, *Cinnamomum cassia*)

- ***Cinnamomum verum*** (true cinnamon, Vietnamese, Ceylon): herbal, savory, not super sweet, crumbly, low in coumarin
- ***Cinnamon burmannii*** (Korintje Cinnamon): most common in US, mild, friendly
- ***Cinnamomum cassia*** (Saigon Cinnamon): quill bark – sweeter; contains coumarin
- ***Cinnamomum loureiroi*** (Royal Cinnamon): super sweet and spicy



# Commonly Found TCM Food Therapy Ingredients

- Ginger
- Cinnamon
- Scallions
- Mint
- Chysanthemum flowers
- Mung bean
- Watermelon
- Adzuki beans
- Hemp seeds
- Dried Tangerine Peel
- Star Anise
- Turmeric
- Goji berries (Wolfberries)
- Chinese dates
- Walnuts
- Black Sesame seeds
- Wood ear mushrooms
- Pumpkin seeds
- Garlic
- Mulberry
- Monk Fruit
- Saffron





# Chinese Four Herbs Soup



# Dr. Loy's Immune-Boosting Broth

- 1 leek sliced thin
- 4 stalks celery chopped
- 1 shallot chopped
- 1 T fresh turmeric root (or 1 tsp dried)
- 1 tsp cinnamon
- 1/2 tsp cardamon
- 1/2 tsp cumin
- 4T olive oil or avocado oil (or omit)
- 1/2C chopped medicinal mushroom (shitake, maitake, enoki, oyster, etc)
- 2C chopped rainbow chard separated into stems and leaves (or dandelion, kale, bok choy)
- 1C red lentils
- 4 C bone broth or vegetable stock
- 2T chopped astragalus root (keep separate in muslin bag or tea ball)
- 1 burdock, chopped (optional)
- Codonopsis (optional)  
(Provided by Dr. Michelle Loy, adapted from Dr. Anne Kennard)
- Or consider Shabu Shabu





Hot Pot/Shabu Shabu

吃药!

Eat Medicine “Chi Yao”

AND MAY IT BE DELICIOUS AND BRING YOU JOY...

02

## **Bao He Wan Formula**

**International Congress on Integrative  
Medicine:  
Harnessing Traditional Chinese Medicine for  
Oncology: Dietary and Herbal Therapies in  
Supporting Cancer Treatment and  
Survivorship**

**Jennifer Ashby, DAOM, MS**  
UCSF  
Osher Center for Integrative Health  
San F



# STATISTICS

- It is estimated that approximately 60%–100% of patients on high-dose chemotherapy will experience GI toxicities ([Cinausero et al., 2017](#); [Dahlgren et al., 2021](#); [Sonis, 2004](#)).
- Clinical symptoms typically manifest as nausea, constipation, vomiting, diarrhea, abdominal pain, weight loss and ulcerations within the mucosa ([Cinausero et al., 2017](#); [Kwon, 2016](#); [Sonis, 2004](#)).
- Treatment of patients is often limited to symptom management and palliative care as currently no preventative treatments exist. Clinicians are frequently left with the difficult choice of interrupting or altering the chemotherapy regimen or even prematurely discontinuing treatment, ultimately reducing desirable outcomes, increasing hospital stays, impairing patients' quality of life, and increasing their economic burden ([Cinausero et al., 2017](#); [Elting et al., 2003](#))

# Bǎo Hé Wán (Preserve Harmony Pill)

## 保和丸

### Origin:

- The Yuan dynasty was a period of Mongol rule over China that lasted from 1271 to 1368
- Stimulates digestion when food is unable to move properly (known as food stagnation in East Asian Medicine)
- 7 herbs in the formula



# Bảo Hé Wán

- **Actions:** Regulates gastroparesis, moves retained food (food stagnation), improves digestive juices, and strengthens the gut microbiome (the spleen and the stomach in East Asian medicine).
- **Clinical Manifestations:** Tongue- thick, greasy coating. Pulse- slippery
  - Fullness and pain in epigastrium and abdomen
  - Abdominal distention
  - Excessive belching, particularly with rotten smell
  - Acid regurgitation
  - Nausea and vomiting
  - Aversion to food
  - +/-Diarrhea
  - +/-Constipation
  - Bad breath
  - Intestinal mucositis

# How Chinese Herbal Formulations are Engineered

- Synergy of the herbs together as a single formulation
- Not the pharmacodynamics of each individual herb
- Change one herb and the effect of the formula changes.
- This is also why formulas have few side effects when properly prescribed.

# The 7 Herbal Ingredients of Bǎo Hé Wán

## **Shan Zha** (Fructus Crataegi/Hawthorn Fruit)

Helps digest food when there is reduced motility (reduces food stagnation and transforms accumulation), stops diarrhea, increases peristalsis- eases abdominal distention, abdominal cramping. *Meats, fats, greasy foods.*

## **Shen Qu** (Massa Fermentata/Fermented Wheat)

Helps digest food when there is reduced motility- eases epigastric and abdominal fullness, distention, lack of appetite, borborygmus, and diarrhea. Fermentation is used to assist the gut microbiome was employed 800 years ago. Especially helpful for spoiled food.

## **Lai Fu Zi** (Semen Raphani/Radish seed)

Helps move food, eliminates distention, descends qi, reduces fluid accumulation- eases belching, bloating, acid reflux, diarrhea and abdominal pain. *Helps with starches and carbohydrates.*

## **Ban Xia** (Rhizoma Pinelliae/Pinellia)

Reduces food build-up from lack of gut motility, directs digestion downward- symptoms nausea and vomiting, abdominal pain, pressure, distention, especially in the epigastrium.

## **Fu Ling** (Poria)

Harmonizes digestion, strengthens digestive organs (SP)- symptoms loss of appetite, epigastric distention, diarrhea, abdominal ascites

## **Chen Pi** (Tangerine peel)

Rectifies all discomfort and stagnation in the digestive tract- symptoms of fullness, bloating, distention, belching, nausea, and vomiting.

## **Lian Qiao** (Fructus Forsythiae/Forsythia Fruit)

Relieves heat and toxins, food stagnation- symptoms of diarrhea and infections.

# Bǎo Hé Wán Research

## 1. Bao He Wan Effect on Gastrointestinal Side Effects Associated with Chemotherapy;

- 110 patients
- Administration was Bao He Wan 10 day protocol of cooked decoction
  - 105 had complete relief of GI side effects of chemo, and 5 had improvement

# Bǎo Hé Wán Research

## 2. Bao He Wan for the Treatment of Functional Dyspepsia (FD)

- Therapeutic flavonoids, quercetin, kaempferol, luteolin, oleic acid, wogonin, and naringenin were identified
- All have anti-inflammatory, antioxidant, anti-tumor, and immunoregulatory functions.
- Regulate inflammatory factors through (RAGE/NF- $\kappa$ B/MAPK) pathways that regulate the expression of tumor necrosis genes and inflammatory mediators.
- It was found that ACTB is associated with the development of cancer and the dysregulation of ACTB expression: associated cancers such as esophageal cancer, pancreatic cancer, and gastric cancer.
- The active ingredients in the Bao He Wan can alleviate inflammatory response, reduce visceral hypersensitivity, improve psychological factors such as anxiety and depression, promote gastrointestinal health, and potentially then aid in the prevention of GI cancers.

This study demonstrated the mechanism of action of Bao He Wan in the treatment of FD, further proved the natural advantages of TCM in the treatment of diseases, and provided certain theoretical guidance for subsequent research.

# Bảo Hé Wán Toxicology

- Study 1: Administration of this formula to adults at 650x the normal dose did not contribute to any adverse reactions
- Study 2: Administration of this formula at 8, 16, and 32 g/kg 1 time daily for 4 weeks caused no abnormalities in blood work or organ labs such as liver, kidneys, heart, stomach, or intestines.

# Case One

- Abigail is a 54 yo female with colorectal cancer Stage 3A
- S/P laparoscopic low anterior resection with diverting loop, chemo (FOLFOX), and ostomy surgery
- Due to her resection- she is still having a hard time moving food through
- Nausea, no appetite, 'stomachache,' fatigue, belching, 10# weight loss, even small meals make her feel full, which makes her more nauseous
- BM - slow and incomplete after ostomy takedown- taking 30 minutes or more- some loose, some hard- Bowels are problematic with incomplete BM and difficulty with smearing on wiping
- BM 1-12 times a day
- No evidence of disease after treatment
- Currently on no medications, not in treatment
- Tongue - stiff, red, thick, greasy, light yellow fur
- Pulse - bowstring, weaker kidney pulses

# Case Two

- Lauren is a 53-year-old female with multiple myeloma not in remission- initial dx 2016
- Bone marrow transplant 2017
- Iron deficient anemia
- Neutropenic
- Extreme fatigue
- Diarrhea- urgent, explosive, burning, multiple times a day
- When taking Zofran for nausea- becomes constipated
- BMI 17.75, 5'11", 126#
- No appetite
- Low caloric intake
- Always feels full and distended- 'food feels 'stuck'
- Belching
- Tongue- thick, greasy white fur, pale floppy tongue
- Pulse- rapid, full



# Results

In both cases, Bǎo Hé Wán eased GI fullness and distention, reduced belching, increased appetite, and aided in more complete and well-formed bowel movements.

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03

**Huang Qing Tang**

# Huáng Qín Tāng (Scutellaria Decoction)

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John Chen, Pharm.D., Ph.D., O.M.D., L.Ac.

Evergreen Herbs: [www.evherbs.com](http://www.evherbs.com)

Lotus Institute: [www.elotus.org](http://www.elotus.org)

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17431 East Gale Ave.

City of Industry, CA 91748. USA

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## Chinese Medicine Goes Under the Microscope

Scientists studying a four-herb combination discovered some 1,800 years ago by Chinese herbalists have found that the substance enhances the effectiveness of chemotherapy in patients with colon cancer.



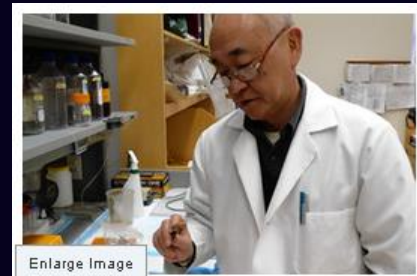
Photo Researchers Inc.

Early studies show a traditional four-herb combination has cancer-treatment benefits. The herbs are Chinese peony (pictured), Chinese jujube, Chinese licorice and baikal skullcap.

therapy. A scientific team led by Yung-Chi Cheng, an oncology researcher at Yale University, and funded in part by the National Cancer Institute, is planning to begin Phase II clinical trials to study PHY906's effectiveness in people with colon cancer.

The mixture, known in China as huang qin tang, has been shown in early trials to be effective at reducing some side effects of chemotherapy, including diarrhea, nausea and vomiting. The herbs also seem to bolster colon-cancer treatment: Tests on animals with tumors have shown that administering the herbs along with chemotherapy drugs restored intestinal cells faster than when chemo was used alone.

The herb combination, dubbed PHY906 by scientists, is a rare example of a plant-based product used in traditional folk medicine that could potentially jump the hurdle into mainstream American



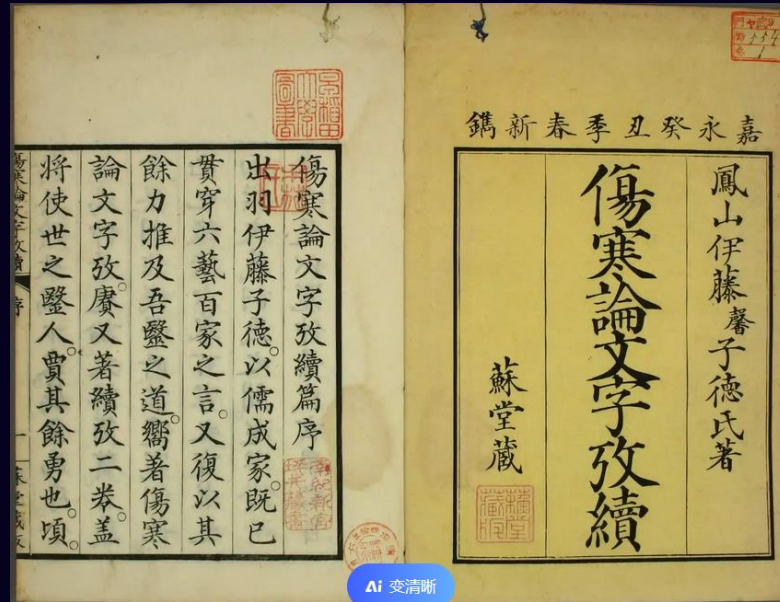
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# Huáng Qín Tāng (Scutellaria Decoction)

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- Traditional Chinese: 黃芩湯
- Simplified Chinese: 黄芩汤
- Pinyin: *Huáng Qín Tāng, Huángqín Tāng*
- English: Scutellaria Decoction
- Japanese: オウゴンソウのスープ  
Ougonsou no sūpu
- Korean: 스키텔라리아 바이칼렌시스 수프  
seukutellalia baikallensiseu supeu
- Pubmed: PHY-906, YIV-906

# Shang Han Lun (Discussion of Cold-Induced Disorders) by Zhang Zhong-Jing in the Eastern Han Dynasty (25-220 CE)



## *Huáng Qín Tāng* (Scutellaria Decoction)

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1. *Huáng Qín* 黃芩 (Radix Scutellariae), 9g  
baical skullcap root
2. *Bái Sháo* 白芍 (Radix Paeoniae Alba), 6g  
white peony root
3. *Gān Cǎo* 甘草 (Radix/Rhizoma Glycyrrhizae), 6g  
licorice root
4. *Dá Zǎo* 大棗 (Fructus Jujubae), 12 pcs  
Chinese date



# Huáng Qín Tāng (Scutellaria Decoction)

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1



2



3



4



# Huáng Qín Tāng (Scutellaria Decoction)

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- Actions:
  - Clears heat and stops diarrhea
  - Harmonizes the middle *jiao*
- Indications:
  - Damp-heat dysentery: mild fever, a bitter taste in the mouth, abdominal pain, diarrhea, dysentery, a red tongue with a yellow tongue coating, and a rapid pulse.

## A phase I study of the chinese herbal medicine PHY906 as a modulator of irinotecan-based chemotherapy in patients with advanced colorectal cancer

Shivaani Kumar <sup>1</sup>, M Sitki Copur, Michal Rose, Scott Wadler, Joe Stephenson, Mark O'Rourke, Wayne Brenckman, Robert Tilton, Shwu-Huey Liu, Zaoli Jiang, Tahmun Su, Yung-Chi Cheng, Edward Chu

Affiliations + expand

PMID: 21859559 DOI: [10.1016/j.clcc.2011.03.003](https://doi.org/10.1016/j.clcc.2011.03.003)

### Abstract

PHY906 is a novel Chinese herbal preparation that has been used in the Orient for over 1800 years to treat a wide range of gastrointestinal side effects including diarrhea, abdominal cramps, vomiting, fever, and headache. Preclinical and clinical studies were conducted to further investigate the biologic and clinical activities of this herbal medicine. To ensure standardization and maintain interbatch reliability of PHY906, high performance liquid chromatography (HPLC) was used to establish a "chemical fingerprint" of PHY906. In vivo preclinical studies using the murine Colon 39 tumor model showed that PHY906 protected against the weight loss associated with irinotecan treatment. In the presence of PHY906, mice were able to tolerate otherwise lethal doses of irinotecan. Significantly improved antitumor activity and overall survival were observed in animals treated with the combination of irinotecan and PHY906 versus irinotecan alone. The combination of PHY906 with irinotecan, 5-fluorouracil (5-FU), and leucovorin (LV) also resulted in at least additive antitumor activity with no increased host toxicity. Based on these in vivo studies, a phase I multicenter, double-blind, randomized, placebo-controlled, dose escalation, cross-over study of PHY906 as a modulator of the

# A phase I study of the chinese herbal medicine PHY906 as a modulator of irinotecan-based chemotherapy in patients with advanced colorectal cancer

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determine the safety and tolerability of PHY906 when administered concomitantly with the bolus, weekly IFL regimen. Treatment with PHY906 did not alter the pharmacokinetics of 5-FU, irinotecan, or the irinotecan metabolite SN-38.

[Oncologist](#). 2021 Mar; 26(3): e367–e373.

PMCID: PMC7930412

Published online 2020 Nov 25. doi: [10.1002/onco.13582](https://doi.org/10.1002/onco.13582)

PMID: [33140457](https://pubmed.ncbi.nlm.nih.gov/33140457/)

## A Phase II Clinical Trial on the Combination Therapy of PHY906 Plus Capecitabine in Hepatocellular Carcinoma

[Chun A. Changou](#),<sup>1, 2, 3</sup> [Her-Shyong Shiah](#),<sup>1</sup> [Li-Tzong Chen](#),<sup>4</sup> [Servina Liu](#),<sup>5</sup> [Frank Luh](#),<sup>5</sup> [Shwu-Huey Liu](#),<sup>6</sup> [Yung-Chi Cheng](#),<sup>7</sup> and [Yun Yen](#)<sup>1</sup>

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This study aimed to evaluate efficacy and safety of capecitabine combined with a PHY906 (a pharmaceutical-grade formulation of four traditional Chinese herbs) in the treatment of advanced hepatocellular carcinoma (HCC) in Asian patients who were positive for hepatitis B virus (HBV).

### Conclusion

Our data showed that PHY906 increases the therapeutic index of capecitabine by enhancing its antitumor activity and reduces its toxicity profile in advanced HCC.



## Clinical Trials Using Chinese Herbal Formulation PHY906

### YIV-906 (Formerly PHY906/KD018) With Sorafenib in HBV(+) Hepatocellular Carcinoma (HCC)

The aim of this study is to compare the efficacy and safety of YIV-906 plus standard-of-care sorafenib versus those of sorafenib alone as a first-line systemic treatment for patients with Hepatitis B (+) associated advanced hepatocellular carcinoma. YIV-906 (PHY906, KD018) is an immune system modulator. Clinical and preclinical research suggests that YIV-906 could act to enhance the body's immune response to fight cancer and increase the anti-tumor activity of sorafenib and protect and repair the gastrointestinal tract by reducing inflammation and promoting tissue regeneration. Inspired by a 1,800-year-old traditional medicine still in use today, YIV-906 is a botanical drug candidate, composed of an extract of four herbs and administered in oral capsule form. The CALM (Combination of YIV-906 and Sorafenib to treat Advanced Liver cancer in a Multi-center study) trial is a multi-regional, randomized, placebo-controlled study.

## Huáng Qín Tāng (Scutellaria Decoction)

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- PHY906 exhibited **anti-inflammatory effects** by decreasing the infiltration of neutrophils or macrophages, tumor necrosis factor- $\alpha$  expression in the intestine, and proinflammatory cytokine concentrations in plasma.
- Chemical constituents of PHY906 potently **inhibited nuclear factor  $\kappa$ B, cyclooxygenase-2, and inducible nitric oxide synthase.**
- **PHY906 had restored the intestinal epithelium by promoting the regeneration of intestinal stem cells**

# Huáng Qín Tāng (Scutellaria Decoction)

Herb	TCM function	WM function
<i>Huáng Qín</i> 黃芩 (Rx Scutellariae)	Clears damp-heat	Antibiotic Anti-inflammatory Anticancer
<i>Bái Sháo</i> 白芍 (Rx Paeoniae Alba)	Nourishes yin	Restores the “form”
<i>Gān Cǎo</i> 甘草 (Rx et Rz Glycyrrhizae) <i>Dá Zǎo</i> 大棗 (Fr Jujubae)	Tonifies qi	Restores the “function”



# Additional Resources

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- NIH's Office of Dietary Supplements <https://ods.od.nih.gov>
- U.S. Pharmacopeial Convention <http://www.usp.org>
- PubMed <http://www.ncbi.nlm.nih.gov/pubmed>



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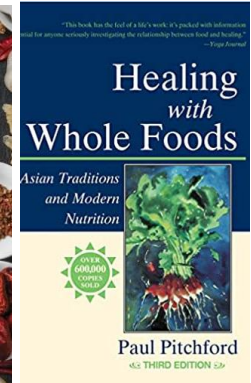
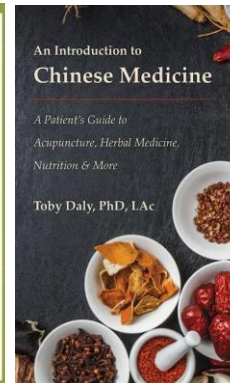
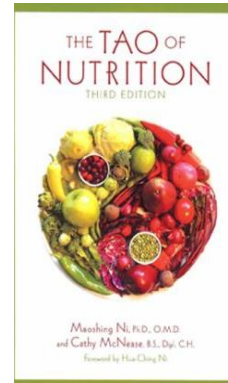
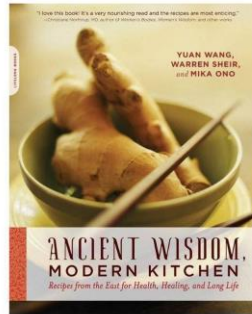
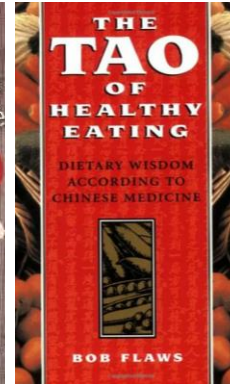
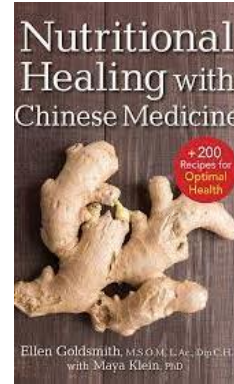
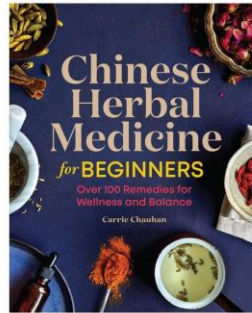
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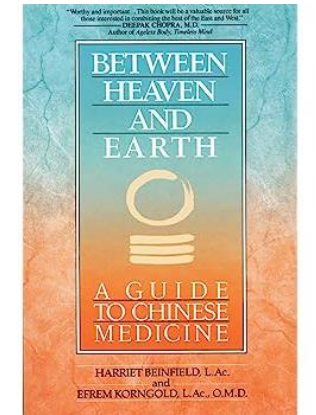
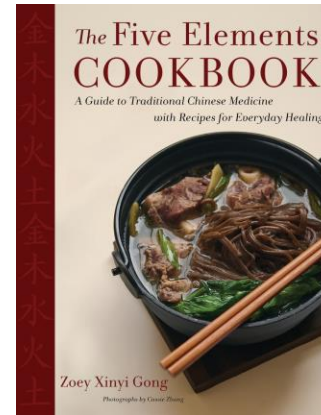
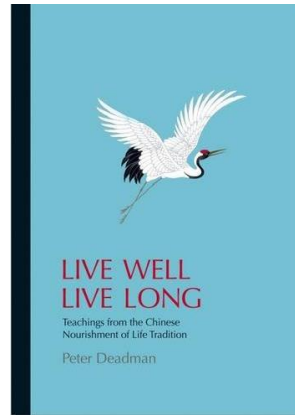
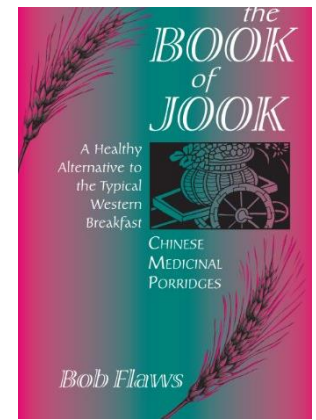
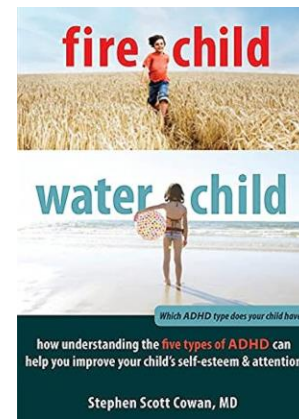
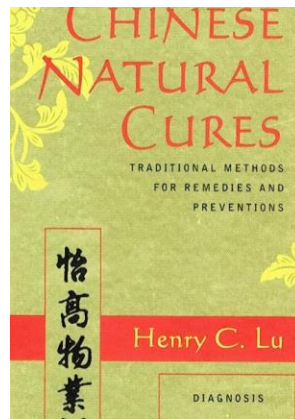
# 04 **RESOURCES**

For Professional Development

# Resources



# Resources



## Implementation of Virtual Integrative Oncology Shared Medical Appointment Series (VIOSMAS) Within Mixed Diagnosis Population

Integrative Cancer Therapies  
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DOI: 10.3389/ict.2024.1232947  
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Michelle H. Loy, MD<sup>1,2,3</sup>, Lauren Prisco, BA<sup>1</sup>, and Chiti Parikh, MD<sup>1,2</sup>

### Abstract

**Background:** Integrative oncology (IO) is sought-after by patients, endorsed by clinical guidelines, and valued within National Cancer Institute Centers. Shared Medical Appointments (SMA) leverage health education and social connection to deliver enhanced patient experience, population health, cost-reduction, and clinician well-being. Integrative Oncology Shared Medical Appointments increase access to integrative medicine but delivering these services via telehealth were not been evaluated. **Objective:** We created, and pilot tested a Virtual Integrative Oncology Shared Medical Appointment Series (VIOSMAS) to assess its feasibility, acceptability, and efficacy at an urban academic teaching hospital. **Methods:** The 7-session hour-long Living Well with and after Cancer series included didactics, multi-disciplinary experiential sessions, and group discussion. Topics included (1) Introduction, (2) Herbs/Botanicals/Fungi, (3) Mindful Movement, (4) Acupuncture, (5) Narratives and Nature, (6) Diet and Culinary Medicine, and (7) Vitamins/Supplements. Virtual visits via telehealth were offered to enhance patient participation during the pandemic. Outcome measures included recruitment, retention, pre/post-series patient survey and qualitative clinician feedback. **Results:** Between 9/2021 and 4/2023, 72 unique patients were recruited to 5 cohorts and had a total of 332 VIOSMAS visits. A total of 50 patients (69%) attended 3 or more of the 7-session series; 40 (83% were women); patients ranged in age from 28 to 93 years (median 64); 36 (50%) lived outside the city center; the most common cancer diagnoses were breast, lymphoma, and lung cancer. Patients were from diverse demographics. Pre-program, patients reported desiring assistance in addressing diverse symptoms including fatigue, insomnia, pain, gastrointestinal (GI) symptoms, anxiety, and depression. Post-series, patients reported that the VIOSMAS addressed their goals and symptoms; they also reported incorporating recommended lifestyle changes in diet, exercise, sleep, and stress management; they were satisfied with the number of sessions and telehealth format. The participating clinicians reported high levels of satisfaction with VIOSMAS. Revenue to the institution from VIOSMAS exceeded the revenue potential of equivalent time spent for individual visits while supporting extended physician-patient contact. **Conclusion:** VIOSMAS is feasible for patients and clinicians, addresses patients' symptoms and questions about lifestyle and complementary therapies, and generates more revenue than individual visits. Larger implementation trials with appropriate comparison groups are recommended.

## Oncology SMA

### Innovations in Mind-Body Research: Remote Delivery of Mindful Movement Interventions - Original Article

Global Advances in Integrative Medicine and Health  
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DOI: 10.3389/igim.2024.1232947  
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## Exploring the Feasibility and Acceptability of Telehealth Qi Gong Shared Medical Appointments: A Novel Approach to Expand Access

Michelle H. Loy, MD<sup>1,2,3</sup> and Tim Fattao, MA<sup>1,3</sup>

### Abstract

**Background:** Research on Qi Gong (QG) supports promoting health benefits. Both interest and use of QG in U.S. adults has increased over the past decade. Shared Medical Appointments (SMA) are a novel, cost-effective, and time-efficient health care delivery approach associated with patient and clinician satisfaction. **Objectives:** A telehealth-delivered QG SMA was pilot tested among a diverse demographic population within an integrative medicine practice at an academic medical center to assess feasibility and acceptability. **Methods:** This was a feasibility/acceptability pilot study conducted at a large New York City academic medical center's Integrative Health and Wellness center from January to July 2023. A QG instructor-acupuncturist and an integrative medicine physician-acupuncturist co-led 3 separate series (5 Element QG, Eight-Section Brocade, and Joint-Mobilizing/Slow Strengthening exercises) of weekly 30-45-minute sessions of QG SMA on a weekday afternoon via telemedicine. The first session included an overview of QG and Traditional Chinese Medicine (TCM) research while follow-up sessions included a check-in, didactic demonstration followed by QG practice, and a debrief to answer questions. Video links were provided for home practice. Surveys assessing satisfaction were sent pre/post series. **Results:** 18 sessions of QG SMA were offered over a 6-month period. A total of 40 unique participants from diverse demographics (gender, race/ethnicity, primary residence) attended, for a total of 197 virtual visits. A total of 50 participants enrolled in Series 1 (8 weeks), 23 enrolled in Series 2 (7 weeks), and 14 enrolled in Series 3 (3weeks). For each session, group attendance ranged from 8-16 with an average of 11 participants. Attendance was high with participants attending an average of 72% of the sessions. Participants attended 88% of the first 8-week series, 54% of the second 7-week series, and 60% of the third series. Participant interest persisted over time with 35% of the 40 participants attending more than 1 series, and 12.5% attending all 3 series. Participant diagnoses and health symptoms included pain (62.5%), cancer (45%), mood/depression (40%), cardiovascular disease (CVD) or metabolic conditions (32.5%), gastrointestinal (GI) symptoms/diagnoses (27.5%), stress (22.5%), sleep/insomnia/autism (17.5%), and trauma (17.5%). The series (n = 27) participants endorsed symptoms including sleep disturbances, fatigue, pain, stress, weakness, GI symptoms, psychological symptoms, hot flashes, and brain fog. Post-program survey results (n = 11) suggested QG program addressed common symptoms including fatigue, insomnia, anxiety, stress, pain, weakness, and gastrointestinal symptoms. Participants reported incorporating QG, breathing techniques, and meditation into their daily routine. All participants reported their goals were met and that they would recommend the program to others. Regarding delivery preferences, 73% preferred telehealth, 17% hybrid, and none preferred in-person. Participants appreciated the format, new skills, community, and instructors.

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## Qi Gong

## Culinary Medicine/Teaching Kitchens for Advancing Food Equity and Preventing Chronic Disease

Michelle Loy, MD FAAP

### Abstract

Culinary medicine is an evidence-based field that combines nutrition and culinary skills to help patients prevent diet-related disease by choosing healthy food. Taught in a teaching kitchen, it employs hands-on learning of basic cooking techniques and other self-care topics such as enhanced nutrition, mindfulness, physical activity, and gardening. Studies show that such affordable, healthy meals using accessible whole food plant-based foods are feasible in vulnerable populations with ongoing health and economic benefits. This article examines three ways culinary medicine can support food equity and health among vulnerable populations through food policy, partnerships, and practice pearls.

**Keywords:** food, nutrition, culinary medicine, food insecurity, access, diet, chronic disease, health equity

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## From plate to planet: culturally responsive culinary practices for health system innovation

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The field of culinary medicine has gained significant attention for its potential to improve health outcomes through the integration of nutrition and medical practice. However, the cultural dimensions of this interdisciplinary field remain underexplored. Emphasizing the role of sociocultural practices, this paper highlights how culturally appreciative culinary practices can meet the societal aim of healthcare system innovation. By examining diverse cultural traditions and their contributions to culinary medicine, this review underscores the importance of culturally attuned approaches in promoting human health. The integration of cultural food wisdom into healthcare practices offers a pathway to more effective and personalized care, stronger patient-provider relationships, diversity/equity/inclusion/belonging, and sustainable food systems.

### INTRODUCTION

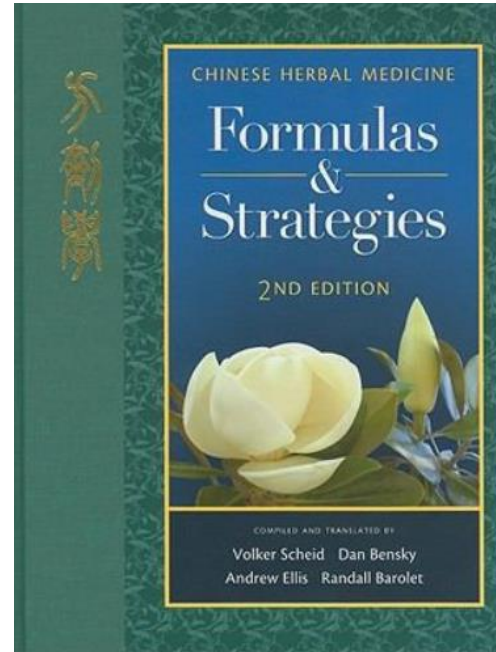
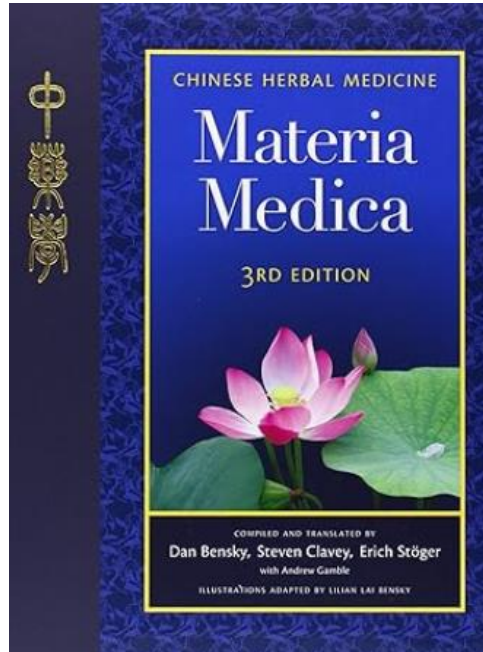
Cultural practices, culturally responsive care, sociocultural health practices, cultural competence, culinary medicine, diversity equity inclusion belonging, environmental sustainability, healthcare system equitable aims

### 1 Introduction

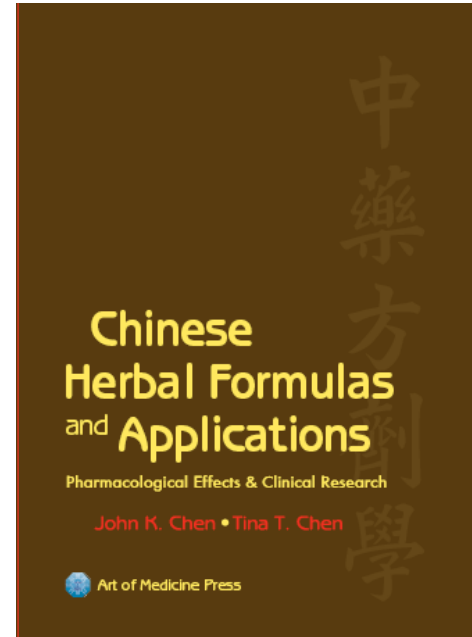
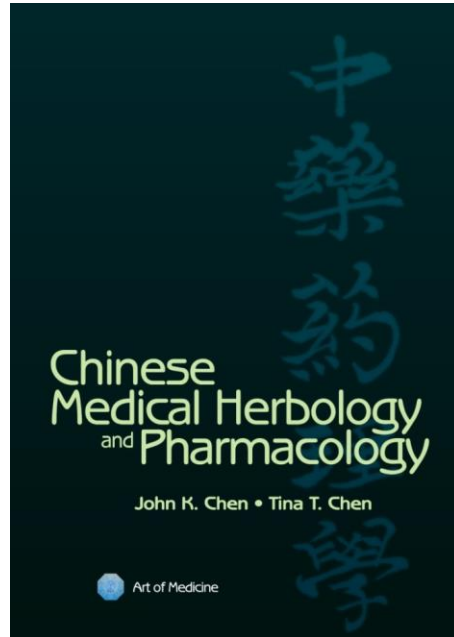
## Culinary Medicine

## Cultural Practices

# Eastland Press



# Art of Medicine Press





# Apps



## Chinese Nutritional Strategies <sup>12+</sup>

Toby Daly

#109 in Medical  
★★★★★ 4.9 • 10 Ratings

\$8.99

### iPhone Screenshots



## Chinese Medical Characters <sup>4+</sup>

Learn Core Terms and Concepts

Toby Daly

★★★★★ 4.6 • 7 Ratings

\$8.99

### iPhone Screenshots



# References

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- Frenkel M, Morse MB, Narayanan S. Addressing Patient Requests to Add Dietary Supplements to Their Cancer Care—A Suggested Approach. *Nutrients*. 2023; 15(24):5029. <https://doi.org/10.3390/nu15245029>
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# RESOURCES ON HERBS AND SUPPLEMENTS

## Office of Dietary Supplements (ODS) at the NIH

- Published, international, scientific literature on vitamins, minerals, botanicals
- Over 676,000 unique scientific citations abstracts
- Three databases (Peer Reviewed Citations, IBIDS, and Consumer)
- Full International Bibliographic Information on Dietary Supplements (IBIDS)
- <https://ods.od.nih.gov>

## US Pharmacopeia Convention

<http://www.usp.org>

## PubMed

<http://www.ncbi.nlm.nih.gov/pubmed>

- Natural Medicines Research Collaboration  
<https://naturalmedicines.therapeuticresearch.com/>
- Has patient handouts, half life useful when to stop before chemo/radiation, but tends to overcall interactions )
- About Herbs (MSK)
- [www.consumerlab.com](http://www.consumerlab.com)
- [www.nccih.nih.gov](http://www.nccih.nih.gov)
- Ibooks- Herbs at a glance
- [www.herbmed.org](http://www.herbmed.org)
- [www.herbs.org](http://www.herbs.org)

# MSK CME COURSE: HERBAL FORMULATIONS IN CANCER SUPPORTIVE CARE

## Herbal Formulations in Cancer Supportive Care

[Share](#) 

Cancer and its treatments can cause symptoms such as fatigue, sleep disturbance, and digestive tract dysfunction that impact patients' quality of life. Although prescription drugs are often the mainstay of symptom management, there are clinical scenarios in which a patient cannot tolerate a particular drug due to its side effects or does not respond adequately to the drug. Therefore, non-drug interventions need to be explored.

Evidence suggests that certain Traditional Chinese Medicine (TCM) herbal formulas can help reduce common symptoms. This course is designed for healthcare professionals who wish to acquire knowledge about these formulas, understand the current evidence base, and assess clinical scenarios where these may be helpful.

### Learning Objectives

- 1** Recognize the properties and current evidence of six Traditional Chinese Medicine (TCM) herbal formulations for cancer treatment-related side effects.
- 2** Identify appropriate treatment-related complications and quality of life indications which may be improved with the herbal formulations.
- 3** Explain the mechanisms of action for each herbal formula.
- 4** Distinguish the properties, benefits, and contraindications of each herbal formulation to support delivery of personalized, patient-centered care.
- 5** Apply gained knowledge to clinical scenarios where these herbal formulations may be helpful.

### Course Agenda

Modules in this course include:

- An introduction and welcome message
- A Primer on Traditional Chinese Medicine Herbs
- One module on each of the six TCM herbal formulas for common cancer symptoms
- Virtual Clinic and Herbal Resources
- Course Exam

### Credit

Memorial Sloan Kettering is an approved Professional Development Activity (PDA) provider #299 of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

The NCCAOM designates this distance online education program for a maximum of 7.5 PDA points.

### Target Audience

- Oncologists
- Advanced Practice Providers
- Doctors of Osteopathic Medicine
- Hospitalists
- Family Medicine Physicians
- Hospice and Palliative Medicine Specialists
- Registered Nurses
- Social Workers
- Psychiatrists and Psychologists

# HERB DRUG INTERACTIONS

- Ask about herbs and supplements in H and P
- Review adverse effects, H/S and drug interaction at every visit
- Checking interaction: Pubmed - “Silybum or milk thistle and CYP” or “Tamoxifen and CYP” metabolism, filter clinical study, human (no need for in vitro or preclinical studies)
- Learn what is the enzyme and whether herb inhibits or augments
- Look at other supplements and do the same
- Check up to date drug interaction checker - double check risk and rating, health notes interaction
- Ask pharmacist to do drug herb and herb herb interaction - but often use invitro and pharmacokinetic so tends to be conservative.



Gilmour J, Harrison C, Asadi L, Cohen MH, Vohra S. Natural health product-drug interactions: evolving responsibilities to take complementary and alternative medicine into account. *Pediatrics* 2011;128 (suppl 4):S155– S160

Posadzki P, Watson LK, Ernst E. Adverse effects of herbal medicines: an overview of systematic reviews. *Clin Med* 2013;13:7-12.

# TCM HERBS ILLUSTRATION TABLE

- Decoctions
- Powder Extract
- Pill
- Raw Herbs



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