

Contents

1	Introduction.....	1
	Reference	3
2	25+ Observations Over 25+ Years for Surviving and Thriving in the Dietary Supplement Quality Control and/or Perception Versus Reality World.....	5
	Introduction.....	5
	Conclusion	49
	References.....	59
3	The Ideal 7-Step Breast Cancer Diet, Lifestyle, and Dietary Supplements Program for Prevention/Recurrence: Heart Healthy = Breast Healthy!	69
	Introduction (Heart Health = Breast Health = All Healthy)	69
	Conclusion	114
	References.....	128
4	S.A.M. and Breast Cancer—Focus on Statins, Red Yeast Rice, Sterols, and Other Integrative Cholesterol Medicines: The Real “Natural” Options	141
	Introduction.....	141
	Red Yeast Rice (RYR)	151
	Conclusion	163
	References.....	164
5	S.A.M. and Breast Cancer—Focus on Aspirin and Other Integrative Aspirin-Like Medicines: The Real “Natural” Options	173
	Introduction.....	173
	Conclusion	186
	References.....	191

6	S.A.M. and Breast Cancer—Focus on Metformin and Other Integrative Metformin-Mimic Medicines:	
	The Real “Natural” Options	195
	Introduction—Basic and Interesting Facts About Metformin	195
	Conclusion	212
	References	218
7	Rapid Review of Breast Cancer Treatment Side Effects and Dietary Supplement/Integrative Options from A to Z:	
	What Helps, Harms, or Does Nothing?	225
	Introduction	225
	Conclusion	310
	References	322
8	Supplements/Diet/Other Integrative Method Vernacular and Controversies from A to Z:	
	What is the Latest or Greatest, or Not So Great?!	343
	Introduction	343
	References	375
	Index	385



<http://www.springer.com/978-3-319-23421-2>

Integrative Medicine for Breast Cancer

An Evidence-Based Assessment

Moyad, MD, MPH, M.A.

2016, X, 395 p., Hardcover

ISBN: 978-3-319-23421-2