

Brian Bouch, MD: Integrative Oncology, Part 1

Brian Bouch, MD, retired several years ago from an integrative medicine practice in Sonoma, California. After he received a difficult cancer diagnosis, he developed a specialty in integrative oncology. Dr. Bouch was the first medical director of Commonweal. In three videos, he talks with Michael Lerner about how he developed his practice, used certain therapies and how he worked with people with cancer.

1. **2:47** Dr Bouch's experience with a cancer diagnosis:
 - a. malignant growth in his neck
 - b. primary cancer unknown, 5 years later the source was known
 - c. ENT oncologist recommended surgery and radical lymph-node dissection
 - d. embarked on his own program detox (Optimal Health Center), diet and exercise
 - e. talked with Renneker, Block, Broffman, McKee
 - f. contact provided with MD Anderson with latest research recommending 80 percent with his type of cancer do well with chemo and radiation
 - g. experience with his wife's cancer journey and supporting her choices
2. **11:45** How his cancer experience has changed him internally and his practice:
 - a. importance of exercise (qigong, yoga, vegan diet, Zen Buddhism)
 - b. respect for spirituality and how to bring it to our daily lives
3. **15:00** Michael & Brian discuss integrative cancer therapies:
 - a. importance of the 7 pillars of health promotion
 - b. creating a healthier person who may be living with cancer, extending their life, or improving their life
 - c. more information on the etiologic factors: genomes (what we are born with) and epigenetic factors that influence our genes
 - d. measuring the toxic load is one part of functional medicine
4. **26:46** What is happening in our bodies: toxicity, inflammatory markers
 - a. functional medicine looks at microbiome, leaky gut, mercury, lead and cadmium
 - b. urine and stool sample can provide information on toxicity
 - c. hydrocarbons
 - d. biotoxins (such as from mold) can impact the autoimmune system
5. **35:00** Detox before and after chemo
 - a. body/mind retreat center
 - b. all raw vegan diet, paleo, ketogenic diet
 - c. exercise 150 min/week; heart rate for person in their 70s would be 116 bpm
 - d. spiritual practice, tai chi, qigong, Buddhist meditation,
 - e. sauna treatments
6. **41:20** The healing properties of love