

Dwight McKee, MD: 40 Years Practicing Integrative Cancer Medicine, Part 1

Dwight L. McKee, MD, is a board-certified oncologist-hematologist. In 1976 he was named associate medical director of Integral Health Services in Putnam, Connecticut—the first integrative medicine clinic on the East Coast. Over the next 12 years he studied and practiced nutritional and mind-body medicine, along with a full range of complementary medicine disciplines. Since completing training in medical oncology, hematology and immunology, Dr. McKee has been involved in the development of integrative cancer care, working to create a synthesis between conventional cancer medicine and alternative/complementary medicine. Dr. McKee's experience in medical research, nutritional science, immunology, chemistry, oncology and complementary medicine make him one of the most knowledgeable researchers and clinicians worldwide.

1. **00:00:50** Introduction
2. **00:02:20** Case for cancer rehab
 - a. comparison of the financial and health impacts of cardiac rehab (covered by insurance) to cancer rehab (not covered)
 - b. cardiac rehab benefits pale compared to cancer rehab
3. **00:09:40** Why don't we have cancer rehab?
 - a. environment within the cells and between the cells (tumor microenvironment)
 - b. carcinogens
 - c. mixtures of chemicals: Halifax Project
 - d. partial vs. complete carcinogens
 - e. devitalization of our food supply and the progressive toxification of our environment
 - f. exposures to chemicals, light, electromagnetic fields, etc.
 - g. body burden
 - h. no single cause of breast cancer—it is a matrix
 - i. combining diet, stress reduction, nutrition, etc.
 - j. practicing integral yoga impact on heart disease (Dean Ornish Program) and cancer
4. **00:22:09** Identifying and bringing together the components of cancer rehab
 - a. 4 pillars of health
 - b. bring meaning into your life
 - c. the power of love
 - d. creative expression
 - e. support groups (leader, process, participants' commitment)
 - f. cancer as a transformative experience—a wake-up call
 - g. reframe the War On Cancer to start listening to cancer

5. **00:55:00** The power of believing
 - a. Healing Circles role
 - b. find an oncologist who gives a sense of confidence
6. **01:01:50** McKee's diverse and broad path
7. **01:44:05** In review:
 - a. McKee's book *After Cancer Care* is the base for cancer rehab
 - b. first level of supplement individualization by cancer
 - c. individualization needed for the person as well as the cancer
 - d. getting the conventional cancer therapy right
 - e. start cancer rehab before treatment, continue during treatment and going forward
 - f. current belief that supplements may interfere with conventional cancer treatment may be going through some changes