

Dwight McKee, MD: 40 Years Practicing Integrative Cancer Medicine, Part 2

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. **00:00:40** The terrain of cancer:
 - a. improving the terrain though nutrition, exercise, social support, stress reduction and avoidance of toxics
2. **00:01:18** Principles of integrative cancer medicine:
 - a. oncology vs integrative cancer medicine
 - b. conventional vs CAM
 - c. role of the immune system
 - d. how to evaluate integrative oncology
3. **00:08:14** Proposed 6 phases of comprehensive cancer treatment:
 - a. building health and vitality: diet, exercise, adaptogens, supplements, acupuncture, energy medicine
 - b. maximal tumor cytoreduction (debulking): surgery, chemo, radiotherapy, engineered T cells, checkpoint antibodies
 - c. inflammation and angiogenic effects of tumor debulking
 - d. immune stimulation
 - e. immune education for specific and durable antitumor response
 - f. specific anticancer stem-cell therapies
4. **00:17:35** Personalized chemotherapy
5. **00:30:00** “Watch and wait” treatment approaches:
 - a. breast cancer, prostate cancer, kidney cancer, and cervical cancer
 - b. tissue organization field theory (TOFT)
6. **00:45:04** Developing the terrain:
 - a. vitamin D, micronutrients, botanicals, 2-hydroxylated estrogens, high zinc, low copper, exercise, meditation/relaxation training
 - b. toxics: high sugar/insulin/IG, obesity, micronutrient deficiencies, high copper, low zinc, 4-hydroxylated estrogens, chronic inflammation

- c. evaluating alternative therapies
- 7. **01:00:00** Suggestions for the future:
 - a. study 'plateaus' of Kaplan-Meier curves in clinical trial
 - b. complex systems
 - c. whole food diets, relaxation practices and exercise
- 8. **01:07:00** Michael Lerner and Dwight McKee in conversation:
 - a. McKee has retired from clinical practice
 - b. website: Solutions4Health.com