

Integrative Care for Cancer: Why It Is Essential

Julie Fischer/Joyessence Aromatherapy
Centre/My Personal Story September





2025

Integrative Cancer Care: Comprehensive Approach Overview

- Understanding integrative oncology and patient-centered care
- Phases of cancer treatment and emotional responses
- Nutrition and mind-body practices supporting healing
- Essential oils and psychotherapy benefits for symptom management
- Self-care strategies and complementary therapies in recovery

Who Am I

- Registered Nurse (1982)
- Certified Aromatherapist (2001)
- Certified Occupational Health Nurse (2002)
- Certified Reflexologist (2013)
- Joyessence Aromatherapy Centre (2015)
- Clinical Leader & Educator at Trillium Health Partners 2004-2021 (Staff H&S & Infection Control)
- Created Wellness Program at THC (2006)

- Wellness Co-Ordinator: Kingston Health Sciences 2021-22

Joyessence 2025



Breast Cancer is the most common cancer in



women in almost all countries WW (2.2 Billion) or 1-20

Risk of Breast Cancer is 3 times higher for females in high-income countries than in

Quick Facts low-income countries or 1-8 in Canada & USA

Mortality rates are decreasing due to early detection & improved treatments (exceeds 90%) or 1-34

Integrative Care Definition

- Is also known as integrative oncology, is a patient-centered approach that aims to address the whole person – body, mind and spirit.
- It involves the coordination of conventional cancer treatments with complementary modalities and life-style interventions to manage symptoms, reduce side effects, and promote overall health and well being.
- These modalities are used in conjunction with not a replacement for, conventional cancer treatments.

Phase 1: Diagnosis



- Fight/Flight/Freeze

When faced with stress we can't always control how we respond unless we are incredibly self-aware and have the tools to stay calm and process the information with rational thought.

- After the initial shock left my rational mind or my innate need to be in control took over.

Lavender helped to sooth my mind on many many occasions.

Stages of Grief in Cancer Care

- Denial: Patients may struggle to accept their diagnosis and may believe there has been a mistake.

- Anger: Patients may feel anger towards their situation, healthcare providers, or loved ones.
- Bargaining: Patients try to negotiate or make deals hoping to reverse their diagnosis.
- Depression: Patients experience deep sadness and a sense of loss.
- Acceptance: Patients come to terms with their diagnosis and focus on treatment and quality of life.



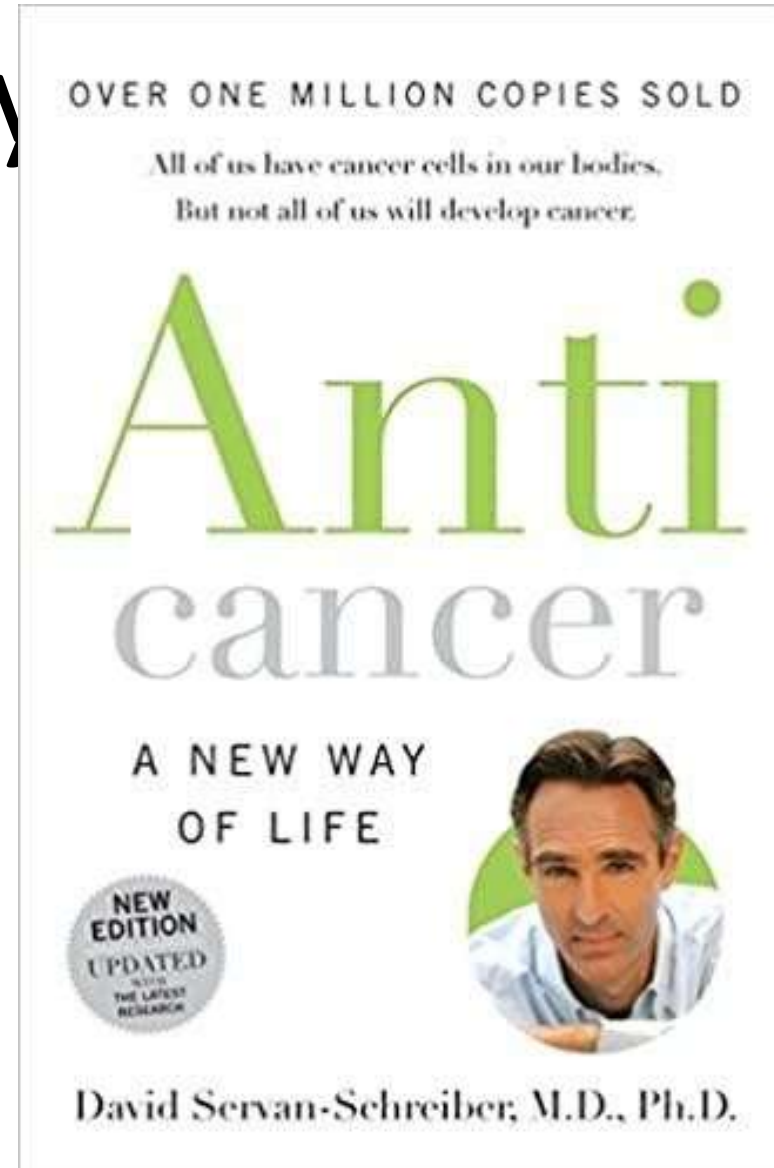
Phase 2: Surgery

As Clinical Educator at the time I was able to have surgery booked within 2 weeks.

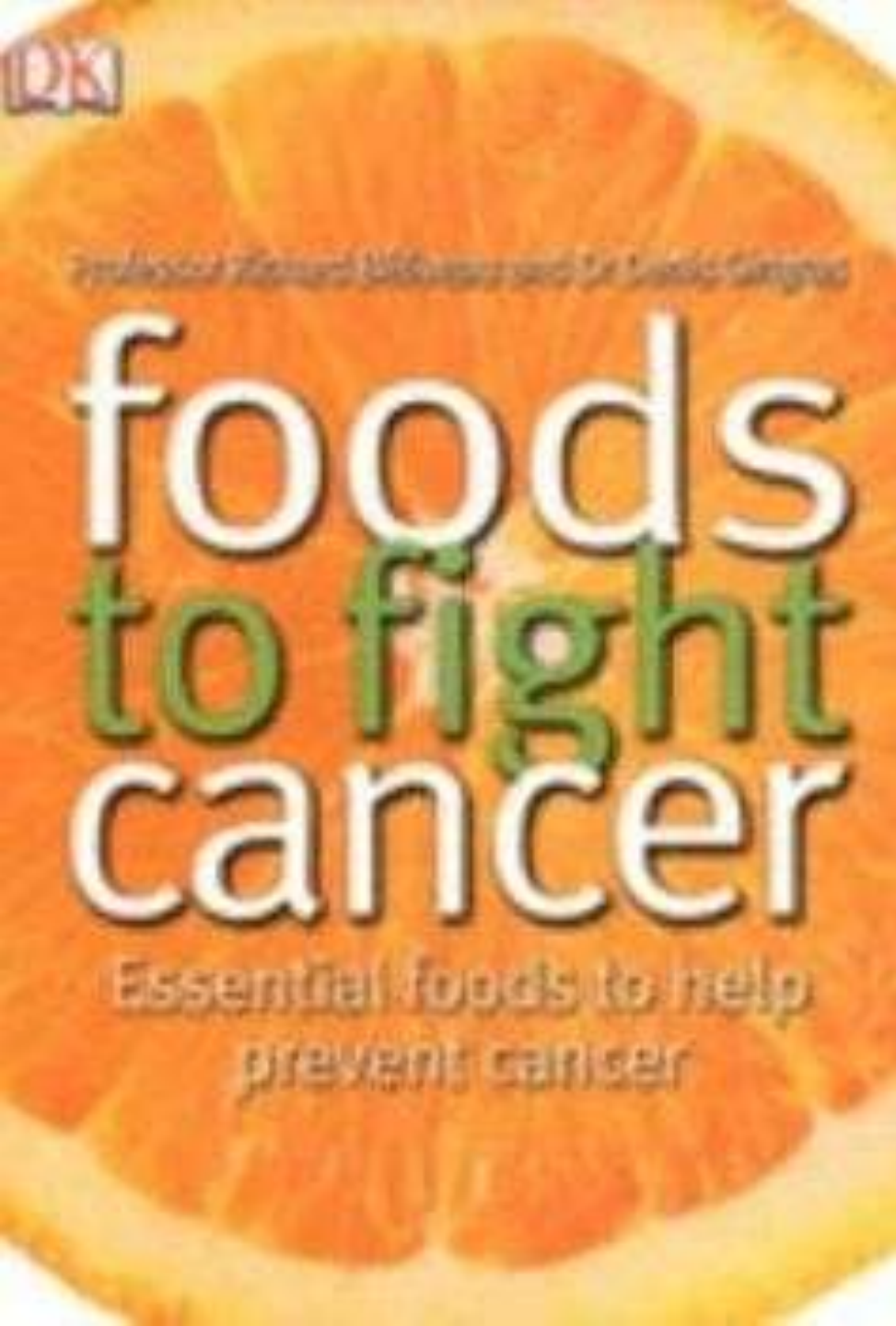
However, in hind-sight I don't think I truly took enough time to process the information and weigh my options.

With the surgery booked I started to look at next steps.

Anti-Cancer Strategy



- Body
- Mind
- Spirit
- Community: Throughout my journey I have been very fortunate to have incredible supports both personally and professionally.



Nutrition

- About 1/3 of all cancers are directly related to diet.
- Some foods contain cancer-fighting properties.
- Heat and cooking in too much water significantly reduce these benefits so rapid cooking techniques such as steaming or stir-frying are best.

Benefits of a Pescatarian Diet for Cancer Care

- Rich source of omega-3 fatty acids that reduce inflammation
- Provides high-quality protein essential for muscle maintenance
- Includes nutrient-dense foods with antioxidants and vitamins
- Lower in saturated fats compared to red meat diets
- Supports immune system function during cancer treatment



Mind-Body Practices

- Meditation promotes relaxation and reduces stress and anxiety.
- Yoga improves flexibility, strength, and mental clarity.
- Tai Chi enhances balance, coordination, and emotional well-being.
- Regular practice can boost mood, reduce fatigue, and improve sleep.
- These practices support holistic health by connecting body and mind.



Benefits of Essential Oils in Meditation

- **Promotes Relaxation:**
 - Essential oils like lavender, chamomile, and ylang-ylang have calming properties that can help reduce stress and anxiety, making it easier to enter a meditative state.
- **Enhances Focus:**
 - Oils such as rosemary and peppermint can improve concentration and mental clarity, helping to maintain focus during meditation.
- **Balances Emotions:**
 - Essential oils like frankincense and neroli can help balance emotions and provide a sense of grounding, which is beneficial for emotional wellbeing during meditation.
- **Supports Deep Breathing:**



- Oils like eucalyptus and peppermint can open up the airways, promoting deeper and more effective breathing, which is essential for meditation.
- **Creates a Sacred Space:**
- Using essential oils in a diffuser can create a serene and sacred environment, enhancing the overall meditation experience.

Joyessence 2025

Benefits of Psychotherapy for Cancer Care

- Provides essential emotional support during cancer treatment.
- Enhances coping strategies to manage anxiety and depression.



Joyessence 2025

- Reduces stress and promotes resilience throughout the journey.
- Improves overall quality of life and emotional well-being.
- Find the therapy and therapist best for you

Essential Oils in Psychot

Elevate your practice

TAPPING AND ESSENTIAL OILS GUIDE

1% blend is more than sufficient

TAPPING POINT	LOCATION	RECOMMENDED OIL	WHY
Karate Chop	On the fleshy edge of the palm, below the pinky finger, halfway between the base of the pinky and the wrist crease.	<i>Boswellia serrata</i> (Frankincense), <i>Lavandula angustifolia</i> (Lavender)	Calms the mind and sets the stage for releasing negative emotions.
Eyebrow	At the inner edge of the eyebrow, directly above the inner corner of the eye socket.	<i>Rosmarinus officinalis</i> (Rosemary), <i>Mentha piperita</i> (Peppermint)	Promotes mental clarity and focus, and helps relieve tension headaches.
Side of Eye	On the bone at the outer corner of the eye socket, approximately 1 cm away from the corner of the eye.	<i>Pelargonium roseum</i> (Geranium), <i>Anthemis nobilis</i> (Roman Chamomile)	Soothes emotional stress and supports relaxation.
Under Eye	On the bone directly below the pupil, about 1-2 cm below the lower eyelid.	<i>Citrus bergamia</i> (Bergamot), <i>Citrus limon</i> (Lemon)	Helps uplift mood and release fears or anxieties.
Under Nose	In the center of the philtrum, the small indentation between the base of the nose and the top of the upper lip.	<i>Salvia sclarea</i> (Clary Sage), <i>Citrus paradisi</i> (Grapefruit)	Supports confidence and helps release feelings of insecurity.
Chin	In the indentation between the lower lip and the chin, centered vertically along the face.	<i>Cananga odorata</i> (Ylang Ylang), <i>Santalum album</i> (Sandalwood)	Balances emotions and promotes inner calm.
Collarbone	Just below the collarbone, approximately 1 inch below and 1 inch outward from the center notch of the collarbone.	<i>Eucalyptus globulus</i> (Eucalyptus), <i>Lavandula angustifolia</i> (Lavender)	Eases feelings of overwhelm and supports respiratory health.
Under Arm	About 4 inches below the armpit, at the side of the torso, roughly in line with the nipple for men or the bra band for women.	<i>Melaleuca alternifolia</i> (Tea Tree), <i>Cupressus sempervirens</i> (Cypress)	Releases stored tension and supports energy flow.
Top of Head	At the crown of the head, at the intersection of the midline of the body and a line drawn from ear to ear.	<i>Boswellia serrata</i> (Frankincense), <i>Citrus limon</i> (Lemon)	Enhances overall energy alignment and supports clarity of thought.
Inner Wrist	On the inside of the wrist, about 2 finger-widths from the wrist crease, centered between the tendons.	<i>Mentha piperita</i> (Peppermint), <i>Zingiber officinale</i> (Ginger)	Relieves nausea and promotes a sense of grounding.
Back of Neck	At the base of the skull, in the indentation where the neck meets the head, centered along the midline.	<i>Lavandula angustifolia</i> (Lavender), <i>Eucalyptus globulus</i> (Eucalyptus)	Relieves tension and promotes relaxation in the body and mind.

ISABELSCHURCHILL.COM



- **Emotional Freedom Techniques (EFT):** This practice involves tapping on specific points on the body while focusing on distressing thoughts or feelings. It can help reduce anxiety and emotional distress 1.
- **Eye Movement Desensitization and Reprocessing (EMDR):** This therapy is used to help patients process and heal from traumatic experiences. It involves guided eye movements while recalling distressing memories

Phase 3 : Infection

- WTF
- Hospitalization x 2
- 10 months of intensive anti-biotic treatments

- Hearing loss

Aromatherapy -Self Care

Facial Serum Lavender:

Anxiolytic/Antidepressant/Sedative

Neroli: Anxiolytic/Helps regulate the nervous system/Known to help process repressed rage & provide emotional strength & comfort

Frankincense: Anxiolytic/Antidepressant/Sedative supports emotional healing

Jojoba: anti-inflammatory/antibacterial

Hydrolats: lavender, geranium, orange blossom

Aroma Stick/Diffuser/Aroma Stone

- Clary Sage: hypotensive/sedative/relaxant
- Marjoram: hypotensive/sedative/nervine
- Roman Chamomile: anxiolytic/sedative

- Interestingly each of these oils have been researched to be beneficial for those suffering from PTSD

- CBD: Game changer

Self Care



Self Care

Self-care is taking responsibility for your self

Self-care is about creating boundaries that enhance your well-being

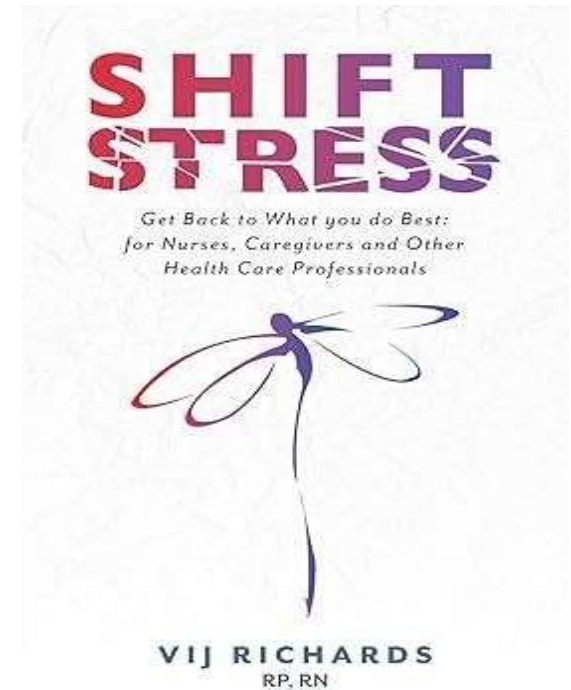
Self-care is about saying yes to things/people that create a sense of joy and a feeling of expanded energy inside you

Self-care is saying no to things/people that make your energy and mood contract and don't feel good inside you

Self-care is about creating your own "first aid kit" and using it when needed

Self-care is creating moments to fill up before you can give again

Self-care is learning to give to yourself first



Reflexology &/or Acupuncture

- Doctors may recommend reflexology or acupressure to people who have pain while receiving systemic therapy for cancer.
- Doctors may recommend acupuncture, reflexology, or acupressure to people experiencing peripheral neuropathy related to cancer treatment.
- Decreased pain levels
- Reduced nausea, vomiting & fatigue
- Decreased anxiety
- Reduced emotional & physical symptoms
- Increased relaxation
- Improved sleep

Guidelines for Cancer Pain from the American Society of Clinical Oncology & the



Society for Integrative Oncology
(September 2022)

Phase 4:

Rediagnosis

Surgery/Radiation

Radiation Support

Radiation Serum

Lavender: 9 drops

Helichrysum: 6 drops

Rose Otto: 6 drops

Nioauli: 5 drops

Rosehip Seed: 30 ml

Evening Primrose Oil: 10 ml

Aloe Vera Gel: 10 ml

Hydrolats: helichrysum/rose

- Apply rose hydrolat to the skin (helps with absorption) before applying the serum
- Apply serum 2x daily pre-treatment and 2-3 times daily during treatment (12 hours before treatment)
- Apply helichrysum hydrolat after treatment and as needed between treatments
- Apply 2-3 times daily after treatments end, effects continue

- Add 1 drop of German chamomile & 1 drop yarrow if skin irritated (cell regeneration/anti-inflammatory)
- Aroma Stick: Roman chamomile/marjoram/lavender
- Music/Meditation 528 HZ (Hertz)music during treatment

Phase 5: Hormonal Therapy/Naturopath

Tamoxifen: Estrogen Blocker

Hot Flashes • Night Sweats • Insomnia • Lack of Concentration • Poor Memory • Emotional Lability • Chemo Brain/Cognitive Fog • Weight Gain • Hair Loss

Letrozole: Stops Production of Estrogen

Hot Flashes • Muscle Pain • Joint Pain • Fractures

- 5 years
- Age dependent

Symptoms/Essential
Oils



Symptom	Essential Oils
Anxiety	Rose, lavender, frankincense, mandarin
Depression	Jasmine, rose, lavender, geranium, citrus oils
☐ Concentration & Memory	Rosemary, peppermint
☐ Decision Making Ability	Rosemary, lemon
Headaches	Lavender, peppermint, eucalyptus globulus, rosemary
Insomnia	Lavender, chamomile, ylang-ylang, marjoram
Irritability	Ylang-ylang, lavender, clary sage
Joint Pain	Lavender, marjoram, rosemary, chamomile, copaiba
☐ Libido	Sandalwood, jasmine
Mood Swings	Geranium, jasmine, rose



Fatigue

Rosemary, peppermint

Formulation/Application

Condition	Essential Oils	Number of drops	Carrier/ Application	Method	Instructions
Anxiety, insomnia, irritability	Geranium Rose Clary sage Ylang-ylang Lavender	12-15 Combine 4-5 of suggested oils	30 mL unscented lotion or carrier oil	Massage	Apply to neck & chest
	Roman chamomile	10-15	Aroma Stick	Inhalation	Inhale as needed
Hot Flashes	Lavender Peppermint Cypress	8-10 2-4 2-4	125 mL distilled water + 5ml glycerine or aloe vera jelly	Spritzer	Shake well, spray chest, neck, face as needed

Grief	Frankincense Tsuga Neroli	10-15	Aroma Stick	Inhalation Spritzer	Inhale as needed Combine as per Hot Flashes & spray in room, bedding or self
--------------	---------------------------------	-------	-------------	----------------------------	---

Formulation/Application

Symptom	Essential Oils	Number of drops	Carrier/Application	Method
Aches & Pains	Lavender Marjoram Rosemary R. Chamomile Peppermint	12-15	30 mL unscented lotion	Massage affected area 3-4 X daily
			15 mL carrier oil	Bath
Insomnia	Lavender R.Chamomile Ylang- ylang Marjoram	12-15	30 mL unscented lotion	Massage before bed
			None/Aroma Stick	Inhale as needed
Depression	Jasmine Rose Lavender Geranium	12-15	None/Aroma Stick	Inhale as needed
			15 mL carrier oil	Bath

Foggy Brain	Rosemary	12-15	None/Aroma Stick	Inhale as needed
	Peppermint Eucalyptus globulus Sweet orange/Grapefruit		15 mL carrier oil	Bath

Joyessence 2025

Phase 6: Reconstruction

Post-op Serum:

- Tsuga: 2 mL
- Helichrysum: 2 mL
- Lavender: 2 mL
- Copaiba: 2 mL
- Black Pepper: 2 mL
- Jojoba: 45mL
- Rosehip Seed: 45mL

Post-op Lotion:

- Frankincense: 2.5 mL
- Myrrh: 2.5 mL
- Copaiba: 2 mL
- Black Pepper: 2 mL
- Lavender: 1 mL
- Unscented Lotion: 90mL

Massage surgical sites to decrease or eliminate scar



tissue

Phase 7: Recovery

Reflection: Get the best possible team of health care professionals, get a second opinion if you don't feel comfortable.

- Body/Mind/Spirit
- Swimming/Walking/Yoga/Forest Bathing • Psychotherapy/Physio/Chiro
- Acupuncture/Reflexology/Aromatherapy
- Work Life Balance
- Daily use of essential oils for self-care

Integrative Care for Cancer: Embracing Holistic Healing

- Integrative care combines conventional and complementary therapies for holistic treatment.
- Addressing body, mind, and spirit enhances patient well-being and recovery.
- Nutrition, mind-body practices, and essential oils support symptom management.
- Psychotherapy and self-care empower patients throughout their cancer journey.
- Collaboration with healthcare professionals ensures comprehensive and personalized care.



Slide of Gratitude



References

Anticancer: A New Way of Life by Dr. David Servan-Schreiber

Aromatherapy and Post Traumatic Stress Disorder: How Essential Oils Can Support Therapy and

Provide Symptom Relief. Research paper by Natalie Neugebauer

Elevate Your Practice: Tapping and Essential Oils guide by Isabel Savoie Churchill RP, CAHP

Fundamental Chemistry: Presented by Dr. Joy Bowles

Nutrition: Foods to Fight Cancer by Dr. Richard Beliveau

Shift Stress: Support others with evidence-based tools for stress, anxiety , depression, trauma and loss by Vij Richards RP, RN

Q & A