

## HOW TO USE THIS BOOK

This book was structured following the syllabus for a three-day practitioner training hosted by the Physicians' Association for Anthroposophic Medicine (PAAM). The chapters highlight several of our key lectures in a condensed form. The book serves as an introductory summary of—and not a replacement for—those intensive professional trainings. While this book should not be regarded as a treatment or diagnostic manual, it is intended to better prepare practitioners to begin mistletoe therapy training. Practitioners who read this book before attending a PAAM training will glean more from their experience and have greater confidence as they begin the one-to-one mentoring phase of their training.

As we foster a community where practitioners and patients work together to cultivate health, we welcome patients to read this work as well! Patients who read this book will be empowered with a deeper awareness of the immune system's role in cancer treatment, a foundational understanding of mistletoe therapy, and a basic introduction to integrative medicine concepts.

The text is science-rich, but intentionally written with enough contextual cues that a self-educated patient should follow along well. You do not need a science background to understand the majority of the content. But it helps if you tend to take a deep interest in your own health concerns. It is always good to take notes. After reading this book, follow-up by asking questions of a clinician well trained in these extensions of modern medicine.

The book is constructed as a journey, and it is ideal to read it in its entirety. We hope that every reader, whether a patient, practitioner, or supporter of integrative oncology, has a chance to do that. We also realize that, whatever way your life has been altered by cancer, your days are full of dueling priorities. Here are a few tips that can help you journey through this book along the most efficient path.

### *Practitioners*

**Part 1:** If you have specialized in oncology, immunology, and immunotherapy, and you have some basic familiarity with mistletoe, you may wish to skim chapters 1 through 3. Chapter 2 is not intended as medical textbook content or as an in-depth exploration of immunologic changes in the presence of cancer. Rather it is a basic review of immunology, appropriate for sharing with patients who want a deeper understanding of the immune system and how mistletoe components interact with the immune response. Regardless, do take some time with the second half of chapter 2, which focuses on mistletoe's constituents and specific methods of action.

**Parts 2–4:** If you are new to mistletoe therapy and integrative care, you will spend the lion's share of your time reading and digesting chapters 4 through 7. If you want to take a much deeper dive into anthroposophic medicine, mistletoe therapy, and integrative principles, you may wish to focus more on the robust clinical material in chapters 8 through 11.

- Chapters 4 and 5 will provide a foundational understanding of how VAE products are selected for each patient and how to monitor patients' labs with a more holistic mindset.
- Chapters 6 and 7 open the door to anthroposophic medicine (AM) and principles. If you pursue training in VAE therapy, your mentor will likely be an AM practitioner. Please take time to learn about our medical philosophy; this will help you better understand how to administer mistletoe effectively for far better outcomes.

- Chapters 8–11 include several detailed case stories, along with the science and lab-informed insights behind integrative care choices. These chapters elucidate real-world clinical decisions regarding how and when to use mistletoe therapy and other anthroposophic remedies that may be new to you, as well as common integrative modalities. Dedicate significant time to digesting these chapters, and you will find yourself far better equipped to discuss individualized patient care plans with a PAAM-assigned mentor from the course or other trained professionals.

At the end of this book, chapter 12 provides vision-casting resources and ways to become involved with the integrative and anthroposophic oncology community. It takes time to network with other like-minded physicians, but we all have better patient outcomes when we work together and share insights!

### ***Patients and Loved Ones***

**Part 1:** Chapters 1 and 2 provide an overview of integrative oncology and a mistletoe practitioner's perspective on immunology. The immunology content is written in an accessible style that does not require a science background. We encourage you to take time with this material to self-educate on how mistletoe therapy affects your body. You may wish to skim the Study Summaries in chapter 3, but do take time to read the Implications sections. The two case story reports toward the end of this chapter are captivating and encouraging as well.

**Parts 2–3:** Chapter 4 examines the importance of mistletoe host trees. Your VAE therapy practitioner will choose the right host tree for you. Take time with this chapter so you can understand this nuanced decision. Know that all practitioners have their own personalized approach to treatment choices. Chapters 5 through 9 describe your mistletoe practitioner's strategies, treatment recommendations, and care philosophy. You may wish to skim these chapters, but do take time to familiarize yourself with the general principles in each one.

Particularly, chapters 5, 8, and 9 describe how mistletoe therapy fits within your larger integrative care plan.

**Part 4:** Chapters 10 and 11 explore more complex mistletoe administration methods and AM principles related to specific cancer types and scenarios. This material may be a stretch for lay readers. If the theoretical content is too heavy, it's fine to skip through to the case stories at the end of these two chapters. Chapter 12 is highly practical. It provides specific actions you may take and organizations you may connect with to learn more about mistletoe and integrative care. There is a whole community caring for each other and sharing tips about mistletoe access. Please join us!