

# Integrated Approach Based on Tumor Niche and Metabolic Vulnerabilities

— Lifestyle / Environment, Diet / Nutrition —

<stnv Basic Medical Laboratory>

Classification of Methods		Prevention of Tumor Niche Formation (Cancer prevention / recurrence prevention)	Collapse of Tumor Niche (Therapeutic approach)
Lifestyle / Environment	Things to Incorporate	Moderate physical activity	Sunlight exposure (infrared to ultraviolet)
		Sunlight exposure (infrared to ultraviolet)	Thermal therapy (bathing, warming the body)
		Thermal therapy (bathing, warming the body)	Light exercise
		Forest bathing (phytoncides)	Deep sleep
		Natural sounds (insects, birds, water)	Stress reduction
		Laughter / cheerful lifestyle	Forest bathing (phytoncides)
		Physical touch	Natural sounds (insects, birds, water)
		Regular sleep patterns	
	Things to Avoid	Chronic stress	Decreased body temperature
		Overloaded schedules	Excessive stress
		Sleep deprivation	Sleep deprivation
		Physical inactivity	Sympathetic overactivation
		Lifestyle that cools the body	Unnecessary medication use
		Air pollution (exhaust gas, tobacco smoke, soot)	
Long-term inflammation (e.g., periodontal disease)			
Diet / Nutrition	Foods to Consume	Vegetables & fruits (phytochemicals)	Low-GI foods (brown rice, multigrains)
		Brown rice ( $\gamma$ -oryzanol)	Anti-inflammatory foods (vegetables, fruits)
		Mushrooms & seaweeds (polysaccharides)	Antioxidant foods (vegetables, fruits, tea)
		Resistant dietary fiber	Resistant dietary fiber
		Fermented foods	Fermented foods
	Foods to Avoid	Processed meats	High-glycemic foods (rapid glucose spikes)
		Junk foods	High-fat / high-calorie diets
		Excessive animal products	Milk & dairy products
		Excess omega-6 (arachidonic acid)	Pro-inflammatory foods
		Milk & dairy products	
		High-sugar diets	
		Synthetic preservatives	
		Foods stored in plastic containers	