

Integrative approach to cancer care

A new integrative cancer centre, [Hummingbird](#), offers a fully integrated holistic way of tackling cancer based upon global research. The centre creates individual strategies for patients and brings together leading registered doctors, dietitians, clinical psychologists, naturopaths, yoga practitioners and an angel support network of cancer survivors to partner with patients through their journey to recovery.



“We critically enhance the body’s innate healing ability and when all these modalities are integrated, the effect is greater than the sum of all parts,” says Dr James la Porta, Hummingbird's integrative medical practitioner.“

According to the [Medical Research Council](#), lung cancer accounts for 17% of all cancer deaths in Sout Africa. This is followed by oesophagal (13%), cervical (8%), breast (8%) and liver (6%). And, while new technologies and research proves increasingly promising, there is little sign that lifestyle factors will diminish these figures.

[Cancer.org](#) also estimates that by 2030, the global cancer burden is expected to nearly double, growing to 21,4m cases and 13,2m deaths. And while that increase is the result of demographic changes – a growing and ageing population – it may be compounded by the adoption of unhealthy lifestyles and behaviour related to economic development, such as smoking, poor diet, and physical inactivity.

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