

## INTERVIEW: MANUELA BOYLE



Manuela Boyle PhD MHS Sc MPhil NMD FIO is a world-renowned integrative medicine oncologist who has a fellowship from the University of Arizona, United States, and master degrees from the University of Queensland and the University of New England, Australia. Manuela has over 20 years of clinical experience as an international consultant (particularly with cancer patients) and is the creator of the evidence-based Inspired Cancer Care Program. She is also a sought-after author and speaker and was recently accepted as an external expert by the European Centre for Disease Prevention and Control in Stockholm, Sweden, an honorary position that aims to “provide independent scientific opinions, expert advice, data and information” and “to maintain scientific excellence at all times through the best expertise available.” The Art of Healing spoke to Manuela about her life, and her current work and progress with cancer patients.

### **Firstly Manuela, where were you born and can you talk us through your education?**

I was born in Milano, Italy. The high school I attended was the exclusive 'class liceum', a school which is dedicated to the teaching and learning of subjects such as literature, Ancient Greek and Latin, philosophy and physics. During the last year at this school I entered a national literacy competition and was one of 10 students who won, which catapulted me into the limelight. I subsequently enrolled at the University of Milan to study journalism.

My life path then took a new turn when I chose to come to Australia for a holiday with my boyfriend, who was also an Australian doctor. I travelled extensively around Australia with him and fell in love with the colours, the space and the freedom of the landscape. I then decided to complete my studies. But I needed to learn how to read, write and speak English first, so at the age of 24, I enrolled in a language school and started learning, helping myself by watching hours of television and trying to make sense of a new language with a 'difficult' accent! I eventually graduated with a Bachelor of Arts from the Queensland University and also went on to complete a Post-Graduate degree in TESOL (Teaching English to Speakers of Other Languages) at Charles Sturt University.

It was also about this time that I began suffering from chronic health issues. Whilst I realised that this was partly because of issues I was having in my personal life, it also prompted me to pursue further study in medicine. I went on to complete a Bachelor of Health Science followed by a Masters of Health Science at the University of New England.

I then moved to London with my family where I practised at the renowned Hale Clinic and the St George Hospital. However, following a breakdown in my relationship I decided to return to Australia, which is when I met the love of my life ... we met whilst I was walking a new puppy at a local park. It was a life-changing experience.

Our new family moved to Singapore where I was appointed the head of department of an exclusive and large integrative wellness clinic. Unfortunately, my new husband became severely ill so we returned to Australia.

Once settled back in Australia, I proceeded with further study to obtain a Master of Philosophy. I also spent several months in Arizona where I obtained my Fellowship of Integrative Oncology. Finally, I have completed my PhD on the correlation of Health Literacy and Oncology. I am also not ruling out a post-doctorate in the future. But more recently I have secured a consultancy position in Dubai, Milan and Sri Lanka.

### **What were the professions of your parents?**

My mother is a renowned psychotherapist with two offices in Milan, Italy. My father is a retired executive.

### **Have you any siblings?**

Yes. I have a sister and a brother. My sister is a trained medical doctor and the owner of a medical clinic in Milan specialising in neurophysiology. My younger brother is a captain in a major European airline.

### **Who and what were your early influencers?**

My children have always been my passion and my inspiration. In harder times, they have been the reason to continue my daily commitments. My husband is my ongoing life-long support and my closest friend. Growing up, we had many inspiring people visit our home as my mother and father often invited interesting and influential people for dinner. I learnt from quite a young age that no matter how old I was, my thoughts and opinion counted.

During my life I have also had the opportunity to work alongside people such as Henry Osiecki (research and development) and other biochemist/researchers including Dr Daniel Weber, Dr Andrew Weil and Dr Dean Ornish. I have also met Deepak Chopra and Dr Jeffrey Bland several times. These people are the true giants of integrative medicine so I feel very honoured to have met them.

**My patients however, are a constant source of inspiration. They teach me how to love, and how to make the most of every single day with joy and gratitude.**



### ***Why and when did you decide you wanted to enter the medical profession?***

I always wanted to be a doctor - since the day I was born just about. But also, it has been traditional in my family to either become a medical doctor or a lawyer. (My younger brother completed his Bachelor of Law before becoming a pilot). And it may sound naïve, but I love health care. I see medicine as a form of art. It is an ongoing and dynamic process that requires ongoing research and enthusiasm. Caring to improve the health of those around me by translating research into practice and educating patients is my lifelong mission.

### ***And why did you choose integrative medicine?***

Integrative medicine is a style of clinical practice that is best defined as “the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing.” I choose this type of medicine because I believe that by applying evidence-based research in a holistic clinical practice, significant beneficial outcomes can be achieved.

### ***Can you also touch on the importance of what happens to people ‘from a psychological perspective’ when they are given a cancer diagnosis, and what you build into your consultative strategy to help people with this?***

A range of physical, social, psychological, and existential stressors are associated with cancer diagnosis and treatment. These multiple and often chronic stressors can cause cancer patients and survivors to experience considerable distress. Distress is a generic term that encompasses

a variety of psychological responses including depression, sadness, anxiety, fear, worry, anger, or panic. The experience of distress in the immediate aftermath of a cancer diagnosis is not unexpected. Nor is it surprising that cancer patients may experience distress while undergoing treatment for their disease. I support my patients with positive psychological responses including enhanced self-esteem, greater life appreciation and meaning, heightened spirituality, benefit-finding, or greater feelings of peacefulness and purposefulness. Interestingly, some evidence suggests that distress and growth are not mutually exclusive.

### ***Can you tell us more about your own approach to cancer treatment?***

Yes. My approach to cancer treatment focuses on integrative evidence-based therapies to correct metabolic dysfunction at the cellular level. The process I have developed focuses on supporting the structure and integrity of collagen tissue which surrounds cells. I have found that by blocking the activity of the collagen-digesting enzyme, a high degree of prevention of metastasis can be obtained. I also believe improving immune system function is of critical importance along with:

- decreasing inflammatory markers
- decreasing platelet aggregation
- reducing infection and any viral load
- improving stress management
- actively helping to resolve trauma and side-effects caused by chemotherapeutic drugs/pain/irradiation
- improving detoxification and supporting tissue oxygenation



At my satellite clinics on the Gold Coast (Australia), Milano (Italy) and Dubai (UAE) and more so at our private oncology clinic in Sri Lanka, we utilise targeted and personalised medical care to achieve better outcomes for patients. From diagnostics to treatment technology, we have created and implemented the highest personalised forms of integrative medicine treatments. Based on our unique assessments and treatment plans, we aim to create individualised protocols based on genetic markers, immune system function and metabolic markers by using a combination of sophisticated technology with the latest scientific evidence.

**Can you tell us more about the Inspired Cancer Care Program you created?**

Yes. The Inspired Cancer Care Program includes seven phases which we suggest are the most beneficial to combat cancer:

- Individualised medical blueprint investigation based on advanced diagnostics such as genetic tumour profiling collected in real-time; targeted immunotherapy and fractionated low-dose metronomic therapy; next generation sequencing; metastatic analysis; and oncogenomics biologics testing.
- Nutritional direct delivery of dose-dependent bio-available and complex nutrients/botanicals. Specific anti-cancer diets based on the metabolic rate of each cancer.

- Specific liquid herbal extract – to be checked and reassessed every two weeks and comprising of dose-dependent anti-inflammatories, selected adaptogens, and specific immuno-modulating Western herbal and TCM medicinal herbs. Herbs are used in combination with hyperthermia treatments. Immunotherapy at its best!
- Pancreatic enzyme therapy
- Immunotherapy with intravenous and injectable therapies such as antibiotics; mannitol; ozone and complex botanicals; mistletoe therapy; artemisinin.
- Relaxation and mind visualisation
- Elimination via chelation therapy
- Diet and lifestyle nutritional plan aimed at restoring enduring wellness.

It is so exciting to be part of the growing field of integrative oncology which is constantly changing. There is an emerging understanding of the healing power of nutrients and botanicals and further, we now have the science that explains - at the molecular and genetic level - exactly how nutrition impacts the biology of cancer.