

Mitchell L. Gaynor, M.D., P.C.

Mitchell Gaynor, MD is a board certified medical oncologist, internist and hematologist. Currently, a Clinical Assistant Professor of Medicine at Weill Cornell Medical College, Dr. Gaynor also served as the medical director and director of medical oncology at the Weill Cornell Center for Complementary and Integrative Medicine. He is founder and president of Gaynor Integrative Oncology (GIO) and is also affiliated with New-York Presbyterian/Weill Cornell Medical Center. Dr. Gaynor has served on the Executive Review Panel at the Department of Defense – Alternative Medicine for Breast Cancer Sector and the Smithsonian Institute's Symposium on New Frontiers in Breast Cancer and the Environment. He is a frequent speaker and lecturer at hospitals, conferences, and universities throughout America and abroad.

Dr. Gaynor has been listed consecutively in The Best Doctors in New York since 1997. He is an advising board member at many organizations: the Sass Foundation for Medical Research, the Journal of Cancer Integrative Medicine, and Healthy Living Magazine. He is also the senior health advocate for the Carriage House Foundation.

Dr. Gaynor has received the Environmental Advocate of the Year award from the Breast Cancer Options Foundation as well as a certificate of recognition from the New York State Assembly for his work on cancer and the environment. Dr. Gaynor delivered an invited lecture at the United Nations on the medical implications of water pollution in 2003, and he has written and lectured extensively on environmental pollution and human illness.

Dr. Gaynor is a leading oncologist who has pioneered new strategies for both the treatment and prevention of cancer. He is the author of numerous scientific papers and five books: Sounds of Healing (Broadway Books 1999); Dr. Gaynor's Cancer Prevention Program (Kensington Health 1999); Healing Essence (Kensington Health 2000); The Healing Power of Sound (Shambhala 2002); Nurture Nature, Nurture Health: Your Health and the Environment (Nurture Nature Press 2005)

His work has been featured in Newsweek, USA Today, The New York Times, Healthy Living, Vegetarian Times, and many other publications. He has also been a featured guest on The Dr. Oz Show, Martha Stewart Show, Good Morning America, The Today Show, The Edge with Paula Zahn, Discovery Health, CNN, and Fox News.

Over the last 30 years, Dr. Gaynor has studied the mechanism of bioactive nutrients on cancer-related gene expression, as well as signaling proteins and transcription factors that also affect these genes. These nutrients have powerful effects on inflammation, hormone regulation, toxin metabolism, cell growth, and angiogenesis – all at the level of our gene expression.

Dr. Gaynor is a well respected pioneer in Integrative Oncology. His practice offers cutting edge personalized cancer therapies and diagnostics. This includes chemotherapy, monoclonal antibodies and targeted therapy. In addition, Dr. Gaynor customizes a targeted nutritional program for each patient that focuses on several areas:

- Cell and blood vessel growth
- Inflammation
- Immunity
- Hormone regulation
- Toxin metabolism

The practice also provides music-based meditation sessions and educational conferences for music therapy, yoga, chi-gong, and other alternative therapy instruction. Patients may participate in both group classes as well as see individual practitioners. Patients can thus incorporate meditation, healing sounds, guided imagery, and cognitive behavioral therapy, in concert with activities such as restorative physical therapy, aerobic exercise, chi-gong as well as botanical and nutritional counseling.

This type of practice meets individual patient needs, which are unique to patients confronting cancer. No other disease, with the possible exception of AIDS, generates as much fear and apprehension as cancer. Gaynor Integrative Oncology has as its mission to treat the entire person by emphasizing healing in a way that acknowledges the complex nature of chronic illness. As a result, Dr. Gaynor works with every level of the body's healing processes (physiologic, genetic, psychosocial and spiritual) to create an optimal state of well-being. Gaynor Integrative Oncology is making available to patients the tools needed to enhance health through state-of-the-art diagnostic procedures and assessments, dietary and life-style changes, use of nutritional counseling, and mind-body health supporting techniques.

A riveting keynote speaker and workshop leader, Dr. Mitchell Gaynor is adept at mesmerizing both professional and lay audiences, as he illuminates the concept that "alternative medicine" is not secondary medicine: Everything that can heal is an *imperative*, not an alternative.

"As a cancer doctor," Gaynor notes, "I see suffering every day. But I also see the infinite possibilities of healing discovered by people who use inner power to transform themselves spiritually and physically. I learn from my patients that awareness of our essence – *awareness alone* is enough to set the healing process in motion."