

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

×



Memorial Sloan Kettering
Cancer Center

[Make an Appointment](#)
[Back](#)

[About Mind-Body Therapies](#)
[Learn About Cancer & Treatment](#)

ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

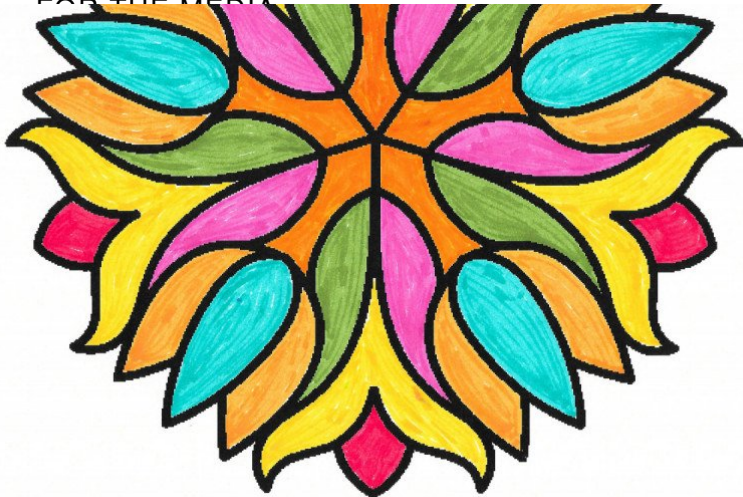
[History](#)

[Inclusion & belonging](#)

[Annual report](#)

[Give to MSK](#)

FOR THE MEDIA



Common Names

- Mindfulness
- MBSR
- Lovingkindness

- Metta
- Focused attention

Jump to:

[For Patients & Caregivers](#)

[For Healthcare Professionals](#)

For Patients & Caregivers

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is
it?

What are the potential uses and
benefits?

What else do I need to
know?

For Healthcare Professionals

Clinical
Summary

Purported Uses and
Benefits

Mechanism of
Action

Adverse
Reactions

Practitioners and
Treatments

References

Email your questions and comments to aboutherbs@mskcc.org .

Last Updated

Wednesday, July 27, 2022

© 2026 Memorial Sloan Kettering Cancer Center