

## COMPLEMENTARY THERAPIES AND INTEGRATIVE MEDICINE

### DEFINITIONS:

- **Complementary Therapies**
- CAM: Complementary and Alternative Medicine
- **Integrative Medicine:** bringing it all together
- Treating, Healing and Cure.
- **Optimal Healing Environment (OHE)**

### CAM (Complementary/Alternative Medicine):

- Why are so many people with cancer seeking these therapies?
- Billions of dollars are spent each year
- There is no good business model when we talk about **true** “healing”

### The dangers/disadvantages of CAM:

- Some people choose **not** to receive standard medical therapy that could significantly help their prognosis and even cure their cancer
- May potentially **counteract** with medical therapies
- Time wasted in potentially ineffective treatment
- False representation confusing Patients

**Integrative Medicine:** “Bringing together the best that Medicine *and* Science have to offer, with the riches of nature, wisdom of the human body, the best in natural, complementary, multidisciplinary and multidimensional approaches, the strength of social interactions and the power of the Human **Spirit** to **Heal** the whole person in an optimal healing environment (OHE).”

**Healing:** *Healing* is the dynamic process of recovery, repair, restoration, renewal and transformation that increases resilience, coherence and wholeness. *Healing* is an emergent process of the person’s **whole** system: physical, mental, social, spiritual and environmental. It is a unique personal and communal process and experience, that **may** or **may not** involve curing.

### The issues:

- Medicine and Science have advanced dramatically. Significant advances in Technology.
- Medical System may have become too “mechanical”
- “The **emotional trauma** of cancer is, many times, worse than the disease itself”
- People with cancer need:
  - To feel heard, to be nurtured
  - Empowerment, feel in control
- “All complementary therapies work one way or another. What can dramatically **help** one person may be totally ineffective for another, or potentially harmful.”
- Each person will need a different approach: customized, personalized therapy

### **Optimal Healing Environment (OHE):**

- ✓ Group of integrated and coordinated staff and practitioners with a **strong intention and desire** to help patients in their healing journey in a harmonious way
- ✓ Each member of the team is exceptional in their knowledge, **training** and experience
- ✓ Focus on **connecting** with **Heart**, Mind and **Spirit**
- ✓ **Nurturing** programs for all those involved: patients, staff, practitioners, nurses, MD's
- ✓ Power of three I's: Intention, Intuition, Inspiration
- ✓ **Integrative Medicine in a serene, healing and nurturing physical environment**

### **Integrative Medicine Approaches:**

1. Medicine *and* Science
2. Molecular Oncology
3. Basic and Clinical Research
4. The Power of **Patient-Practitioner Relationship and Partnership** in the healing process
5. Metronomic chemotherapy
6. Aerobic and gentle exercise
7. Nutrition
8. Herbal Medicine.
9. Nutritional supplements, vitamins, minerals
10. Rest and Relaxation
11. Emotional and psychological **support**: individual therapy, support groups
12. Family and Social support: social workers, counselors, therapists, volunteers
13. Caregiver support
- 14. Spiritual support, Spiritual Healing**
15. Massage Therapy
16. Yoga. Tai-chi
17. Acupuncture, Acupressure
18. Oriental Medicine
19. Ayurvedic Medicine
20. Meditation, Contemplation, Guided Imagery
21. Visualization, Mindful relaxation
22. Energy Medicine: HT, TT, Reiki, Qi Gong, several different names and techniques
23. Palliative care. Symptom management.
24. REHABILITATION MEDICINE, Physical Therapy, Occupational Therapy
25. Chiropractic Medicine
26. Applied Kinesiology
27. NLP (Neuro-linguistic programming)
28. EMDR (Eye Movement Desensitization and Reprogramming)
29. Biofeedback
30. Medical Hypnosis
31. Self hypnosis
32. Art Therapy
33. Music Therapy
34. Sound Therapy (i.e. Tibetan Bowls)
35. Pet Therapy

- 36. Aromatherapy
- 37. Stress reduction. **Relaxation** techniques
- 38. Family constellation (Bert Hellinger)
- 39. Laughter therapy
- 40. Journaling
- 41. The Power of Touch**
- 42. Power of **Prayer** (interfaith)

### **Integrative Medicine Program at the San Diego Cancer Center:**

- Our Integrative program is possible thanks to the generous and heartfelt dedication of 40 **volunteer** practitioners of the different healing arts who come to the Center.
- The complementary modalities are complimentary (free) and open to the cancer community, not only to those patients treated at our center.

### **Energy Medicine**

- ◆ Being of service to what the person truly needs
- ◆ Helps silence the mind
- ◆ *Being Fully Present*, connecting with our Heart
- ◆ Enhances awareness of our body, feelings, emotions
- ◆ Helps clear areas of resistance
- ◆ Decreases stress, anxiety, fear, pain
- ◆ Increases compassion and connection
- ◆ Peace of mind, harmony. Sense of WELL-BEING

### **IMPORTANT REMINDER:**

- ✓ All these modalities, *in the right hands* and in the *correct circumstances*, can be very effective in helping patients with cancer enjoy an improved quality of life (QOL)
- ✓ Avoiding anything that could potentially be harmful
- ✓ Under appropriate medical supervision and guidance
- ✓ We should not rely completely on **statistics** when it comes to **prognosis**. Statistics are a guide, and overtime become old data. The current outcome of cancer patients is better than the quoted statistics.
- ✓ Hope, faith, trust, belief cannot be measured or quantified
- ✓ Results are “**Practitioner dependent**”. **True Healers. Entrainment.** Limbic resonance.
- ✓ **The power of the placebo effect:** percent response
- ✓ **In the medical profession, we have medico-legal, ethical and social responsibilities.**
- ✓ Fortunately we have seen significant advances in Medicine and Science, with newer and better medical therapies
- ✓ Educating patients, CAM practitioners and society about the **importance of always incorporating Standard Medicine and Science.**

### **What can we tell Patients**

- The importance of **nurturing** yourself
- Honor **ALL** of our **FEELINGS AND EMOTIONS**
- Be with those who make you feel **joyful** and at **peace**
- Create a community that will Support you
- **Accept** help and support from others

- FEEL EMPOWERED, YOU ARE IN CONTROL
- You are the only one who “**really**” knows what you need at all times. You have all answers and resources within. Our needs often keep shifting and changing.
- You cannot compare your condition and your treatment with the therapies others receive
- **TRUST** your powerful **inner** authority, intuition, wisdom
- Balance between Information and **Inspiration**
- Message of hope: for any condition that may be considered “incurable” now, a **cure** may be around the corner at any time

### What can we tell Caregivers

- Your love, attention and intention has great power
- See the medicines and treatments you give as **healing** medicines
- Your expressions, touch, words can be very comforting
- While you nurture your loved one, remember to take care of yourself as well
- Dealing with our own **helplessness**.
- Respect, trust and honor your loved ones treatment decisions.

### Summary

- Honor yourself, **your** inner truth and wisdom.
- We need to figure out what really causes us stress, anxiety, discomfort and disharmony.
- Many people on their healing journey HEAL in ways and levels we cannot see. Profound healing may be occurring, even when cancer may seem to be progressing.
- **What can we do in those most difficult, challenging and uncertain moments?**
- **What can help us when things are not going the way we want them to? When cancer grows, recurs or when it doesn’t respond to treatment?**
- Physicians get sued for being too optimistic. **Waiver**, letter of release to your doctor
- Homeostasis. Harmony. Peace of mind. **CONGRUENCE**.
- **Entrainment. Resonance. Synchrony.**
- **Epigenetics. Stem cells.**
- You have a powerful **SPIRIT**
- **KNOW** you can do better than expected
- You choose your care team
- Write down all your questions, concerns.
- Journaling
- Balance between Information and **Inspiration**
- Every day spend some time in silence. Mindful.
- **YOU** and your caretakers are an **inspiration** to all of us in the medical profession. It is our honor and privilege to work with you.

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