Complementary therapies for treating Cancer

Complementary therapies are used in addition to your main treatment(s) and can be used to:

• Augment your main cancer treatment
• Reduce treatment side-effects

Note: Some of these may not be suitable treatment for you.

Categories:
Pain Reduction
Immune Boosters
Stress Reduction
Overall Wellbeing
Other

Pain Reduction

Acupuncture
The technique of inserting thin needles through the skin at specific points on the body to control pain and other symptoms. It is a type of complementary and alternative medicine.

Hypnotherapy
Hypnosis has been suggested to be a useful adjunct for pain reduction in cancer patients and can significantly reduce cancer-related pain, antiemetic use, nausea and emesis (vomiting) during medical procedures, as well as anxiety related to all of the mentioned symptoms occurring in cancer patients.

Massage
Massage treatment is the manipulation of muscles and soft tissue through kneading, rubbing, pressing, etc. Studies have shown that a massage will decrease stress, anxiety, depression, pain, and fatigue. Therefore, it is very beneficial in any cancer protocol. The connection among physical well-being, touch, and relaxation is very strong and can enhance the body’s own abilities to heal.

Progressive Muscle Relaxation
Progressive Muscle Relaxation (PMR) therapy involves sequential tensing and relaxation of major skeletal muscle groups and aims to reduce feelings of tension, to lower perceived stress, and to induce relaxation.
Reports of patients who participated in PMR training following cancer treatment indicate that they experienced reduced state anxiety, pain, and symptoms of depression, as well as improvements in sleep parameters and overall quality of life.

Reiki
Reiki is a natural non-invasive therapy that promotes healing through stress reduction, relaxation and balancing of your energy systems. Reiki helps the muscles and tissues relax resulting in an increase in the blood flow to the treated area. This helps to reduce stress and pain and quickens the healing process.
Reflexology
Reflexology is a therapy involving the physical application of pressure to the feet with the premise that massaging certain zones positively affects other areas of the body. A small study funded by the National Cancer Institute found that the ancient therapy may be an effective way to deal with cancer-related pain.

Immune Boosters

714X (Immune Booster)
714X is categorized as an immuno-modulator health product aiming to both support a weak immune system or to slow down an over-active one. It intends to restore the body’s immune defenses without side effects.

AHCC (Active hexose correlated compound) (Immune Booster)
This mushroom extract has an ability to be helpful in supporting the body’s two basic types of immunity: innate and adaptive. Innate immunity is the first-on-the-scene defense against an intrusion to the immune system while adaptive immunity provides a specific response to a specific attacker.

Aloe Vera (Immune Booster)
In oncology, it is mostly advocated as a topical treatment to prevent or treat skin irritation after radiotherapy. Early laboratory studies suggest that some of the chemicals found in aloe may help to boost the immune system. Its constituents inhibit the process of skin cell proliferation that accompanies skin cancer.

Arginine (Immune Booster)
Arginine is being studied as a nutritional supplement in the treatment and prevention of cancer and other conditions. Also called L-arginine.

Avemar (Immune Booster)
Avemar is an all-natural, clinically proven, dietary supplement for cancer patients. Medical experts recognize Avemar as an effective supportive cancer treatment and recommend complementing the diet of concerned patients with Avemar.

Beta Glucans (Immune Booster)
Beta glucans are sugars that are found in the cell walls of bacteria, fungi, yeasts, algae, lichens, and plants, such as oats and barley. They’re used for high cholesterol, diabetes, cancer, and HIV/AIDS. Beta glucans are also used to boost the immune system.

Cesium Chloride (Immune Booster)
Improves Immune System by making cancer cells highly alkaline, typically 8.0 and above, thus killing the cancer cell. Cesium chloride not only kills cancer cells, but it immediately stops the metastasis of the cancer, can shrink tumor masses within weeks, and almost always stops the pain of cancer within 12 to 36 hours.

Coenzyme Q10 (Immune Booster)
Studies suggest that CoQ10 may help the immune system work better. Partly because of this,
CoQ10 is used as adjuvant therapy for cancer. Adjuvant therapy is treatment given following the primary treatment to lower the risk that the cancer will come back.

**Colloidal Silver** (Immune Booster)
Colloidal silver is a health supplement that is created by immersing tiny particles of silver in a colloidal base solution. Colloidal silver can kill certain germs by binding to and destroying proteins.

**Curcumin** (Immune Booster)
Curcumin can suppress tumour initiation, promotion and metastasis. Extensive research over the last 50 years has indicated it can prevent and treat cancer.

**Dong quai** *(Angelica sinensis)* (Immune Booster)
Dong quai stimulates the immune system.

**Echinacea** (Immune Booster)
Echinacea is a proven herb that helps boost the immune system. In cancer, it also seems to help during radiotherapy and chemotherapy and may even help with brain cancers, or brain tumours.

**Essiac Tea**
Essiac tea has shown the ability to strengthen the immune system and improve its ability to respond to infection. It also helps the body to eliminate toxins and provides pain relief which is welcome to anyone suffering from a chronic disease.

**GcMAF** (Immune Booster)
GcMAF is a human protein. It acts as a “director” of your immune system. But viruses and malignant cells like cancer send out an enzyme called Nagalase that prevents production of your GcMAF: that neutralises your immune system. So diseases become chronic, and cancer cells grow unchecked.

**Ginger Extract** (Immune Booster)
Ginger is a cousin spice of super anti-cancer substance turmeric, is known for its ability to shrink tumors. Astoundingly, it is even more effective than many cancer drugs, which have been shown to be completely ineffective and actually accelerate the death of cancer patients.

**Ginseng** (Immune Booster)
Root extracts derived from Asian and American ginseng (Panax ginseng C.A. Meyer and P.quinquefolius L.) are traditionally used as a tonic for strengthening and invigoration in cases of fatigue and weakness as well as for reduced performance and concentration. A number of studies have found that Asian ginseng seems to slow down or stop the growth of tumors, although researchers aren’t yet sure how it might work in humans.

**Grape Seed Extract** (Immune Booster)
Studies have found that grape seed extracts may prevent the growth of breast, stomach, colon, prostate, and lung cancer cells in test tubes. However, there is no clear evidence yet whether it works in humans. Antioxidants, such as those found in grape seed extract, are thought to reduce the risk of developing cancer.
**Haelan 951 (Immune Booster)**
A fermented soybean-derived phytochemical beverage with potential antineoplastic activity. Fermented soybean protein beverage is reported to exhibit immunostimulatory, anti-viral, pro-apoptotic, anti-angiogenic, anti-proliferative, and anti-inflammatory activities and to enhance the cytotoxic effects of natural killer (NK) cells.

**Homeopathy (Immune Booster)**
Lycopodium Clavatum (a homeopathic remedy), has an anti-cancer effect on infected cells while protecting normal blood cells. Psorinum – an immunotherapy treatment in which the medicine is in liquid form and the technique of consumption is oral can be used to treat more than 30 types of cancers.

**Immuno-Augmentive Therapy (IAT) (Immune Booster)**
The objective of IAT is to restore the cancer patient’s immune competency to a level by which it can control cancer. The therapy involves injecting patients with blood fractions (deficient in cancer patients) to redress the deficiency. Patients continue to self-administer the injections from serum for whatever length of time is necessary.

**Isoprinosine (Immune Booster)**
Isoprinosine is an immunomodulator and is currently approved for immunorestoration in chemotherapy in some countries. Patients on chemotherapy are particularly susceptible to different viral infections as a result of chemotherapy-induced immunodepression. Adjuvant therapy with Isoprinosine can restore the cell-mediated immune response to the individual’s baseline levels.

**LifeOne (Immune Booster)**
LifeOne is a new, state-of-the-art treatment, developed and produced in the USA, specially formulated and scientifically proven to boost the body’s natural immune system and directly attack cancerous cells.

**Maitake (Immune Booster)**
Ongoing research with human cancer patients has shown that a specific portion of the maitake mushroom, called the ‘MD-fraction,’ can inhibit tumor growth. Maitake also enhance the activity of cells, thereby increasing the production of interleukins (immune cells) that are know to prevent cancer growth and can even improve the effects of chemotherapy.

**MGN-3 (Immune Booster)**
BIOBRAN MGN-3, a non-toxic glyconutritional food supplement (or functional food) made from breaking down rice bran with enzymes from the Shitake mushroom, has been clinically proven to help powerfully enhance depleted immune systems.

**Milk Vetch (Astragalus) (Immune Booster)**
Milk vetch (Astragalus mongholicus) is a medicinal herb that originates from traditional Chinese medicine. It is believed to have immunostimulating properties. It is mostly used in combination with other herbs, depending on the diagnosis. Milk vetch induces apoptosis, inhibits cell proliferation, induces a pro-inflammatory response, and augments phagocytic functions.

**Modified Citrus Pectin (Immune Booster)**
Modified Citrus Pectin has had the pectin molecules broken into smaller polysaccharide
Polysaccharides are known to be important in cellular communication and in boosting the immune system. MCP would appear to have anti-cancer, immune boosting and heavy metal detoxification abilities.

**MSQ Nutritional Therapy** (Immune Booster)
MSQ 15F is a unique energy tonic product developed for various conditions of immune deficiency.

**Noni** (Immune Booster)
Noni is a natural fruit that has enormous uses especially in the treatment and prevention of cancer. Noni fruit juice has folk uses as a general health tonic and for cancer and chronic conditions such as cardiovascular disease and diabetes. Success rates for supplemental oleander over the past five years have been reported to be 85% for stage III and IV cancers and 95% for stage I and II cancer patients.

**Papaya Leaf** (Immune Booster)
Papaya leaf tea might prove effective as a cancer preventative and treatment, according to a study published in the “Journal of Ethnopharmacology.” In the tissue culture study, papaya leaf tea reduced inflammation and activated immune system toxic effects toward cancer cells, inhibited tumor cell growth and stimulated genes that modulate the immune system’s anti-tumor effects.

**Peskin Protocol** (Immune Booster)
Peskin Protocol PEOs are a (patent-pending) plant-based proprietary formulation unlike any in the world and can be obtained organically from precise mixtures of sunflower, safflower, pumpkin, and evening primrose seed oils and coconut oil.

**Pomegranate** (Immune Booster)
Pomegranate (Punica granatum) is an edible fruit originating in the Middle East. Pomegranate extracts have shown significant anti-tumour activity against human prostate cancer cells. A range of effects on various cancer cell lines, including breast, colon and prostate cells. Pomegranate juice, peel and oil have been shown to interfere with tumour cell proliferation, cell cycle, invasion and angiogenesis effects.

**Psorinum Therapy** (Immune Booster)
The investigational drug psorinum is non-toxic. The results of a study show clinical efficacy of psorinum therapy in treating patients with Metastatic Bladder Cancer. It’s an immunotherapy treatment in which the medicine is in liquid form and the technique of consumption is oral.

**Qigong** (Immune Booster)
Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

**Reishi Mushrooms** (Immune Booster)
Reishi mushroom contains chemicals that seem to have a variety of potentially beneficial effects, including activity against tumors (cancer) and beneficial effects on the immune system.
**Saw Palmetto** *(Immune Booster)*
Enlarged prostate and prostate cancer is caused, not by testosterone, but by excessive DHT. This is where saw palmetto works and can make a big difference. A high quality saw palmetto can help you prevent prostate problems from developing in the first place.

**Shiitake mushroom (Lentinus edodes)** *(Immune Booster)*
According to the Sloan-Kettering Cancer Center, shiitake mushrooms contain an active compound called lentinan (a form of beta-glucan) that stimulates the immune system, which in turn activates cells and proteins that can inhibit cancerous growths.

**Soy** *(Immune Booster)*
Soy disrupts an important signaling pathway that spurs tumor growth and malignancy during colon cancer development, involving the Sfrp2, Sfrp5 and Wnt5a genes. At the same time, soy isoflavones can also act as antioxidants in normal tissues, which protect them against unintended damage from radiotherapy.

**St Johns Wort** *(Immune Booster)*
An herbal extract prepared from the plant Hypericum perforatum (St. John’s wort) with photodynamic, antineoplastic, and antidepressant activities. Hypericin, one of the active compounds found in Hypericum perforatum, is a photosensitizer that, when exposed to a particular wavelength and intensity of light, may induce tumor cell apoptosis. Another compound, hyperforin, induces caspase-dependent apoptosis in certain tumor cell lines.

**Sun’s Soup-Selected Vegetables** *(Immune Booster)*
“Selected Vegetables” and “Sun’s Soup” are different mixtures of vegetables and herbs that are being studied as treatments for people with cancer.

**Tian Xian** *(Immune Booster)*
Tian Xian is an extract of 14 Chinese medicinal herbs (ingredients may vary depending on manufacturers) and is used for cancer treatment in traditional medicine. In vitro studies demonstrated that Tian Xian has immunomodulating and anticancer effects.

**Ultraviolet Blood Irridation** *(Immune Booster)*
Ultraviolet Blood Irradiation (UBI) is a procedure that exposes the blood to light to heighten the body’s immune response and to kill infections. With exposure to UV light, bacteria and viruses in your bloodstream absorb five times as much photonic energy as do your red and white blood cells.

**Vitamin D therapy** *(Immune Booster)*
Vitamin D is essential to our bodies. It helps regulate the absorption of calcium and phosphorus in our bones, strengthens the immune system and helps cell communication. Cancer patients who have higher levels of vitamin D when they are diagnosed tend to have better survival rates and remain in remission longer than patients who are vitamin D-deficient according to a new study.

**Wheat Grass** *(Immune Booster)*
It appears that wheatgrass works by activating growth factors that have a powerful effect at the cell membrane. What results is a broad spectrum of physiological and biochemical effects that can boost your immune system, stimulate your bone marrow (blood production), and kill
cancer cells (at least in laboratory studies). Taking wheatgrass can also reduce the side effects of chemotherapy.

**Zeolite (Immune Booster)**
Zeolites are natural volcanic minerals with an unique, complex crystalline structure. It’s honeycomb framework of cavities and channels (like cages) works at the cellular level trapping, heavy metals and toxins. In fact, because it is one of the few negatively charged minerals in nature, zeolites act as magnets drawing toxins to it, capturing them in its cage and removing them from the body.

**Stress Reduction**

**Aromatherapy**
Aromatherapy is the use of essential oils from plants to support and balance the mind, body, and spirit. It is used by patients with cancer mainly as a form of supportive care that may improve quality of life and **reduce stress and anxiety**.

**Art therapy**
Art Therapy is the spontaneous use of paint, pastels, clay or other art materials to help people communicate and **overcome emotional and psychological difficulties**. It is now considered a valuable therapeutic aid for people coping with illnesses and provides a means of communicating feelings and experiences, which may sometimes be difficult to put into words.

**Autogenic therapy**
Autogenic therapy refers to a particular technique of mental exercises involving relaxation and autosuggestion, which aims to teach individuals to **switch off the fight/flight/fight stress response** at will.

**Laughter Therapy**
A type of therapy that uses humor to **help relieve pain** and stress and **improve a person’s sense of well-being**. It may be used to **help people cope with a serious disease, such as cancer**. Laughter therapy may include laughter exercises, clowns, and comedy movies, books, games, and puzzles.

**Massage**
Massage treatment is the manipulation of muscles and soft tissue through kneading, rubbing, pressing, etc. Studies have shown that a massage will **decrease stress, anxiety, depression, pain, and fatigue**. Therefore, it is very beneficial in any cancer protocol. The connection among physical well-being, touch, and relaxation is very strong and can enhance the body’s own abilities to heal.

**Mindfulness**
Core practices are: sitting meditation (breath awareness, focused attention), body scan (awareness of sensations in the body, 45 minute exercise), Hatha Yoga (mindful movement), walking meditation and insight meditation. The two most used mindfulness-based clinical interventions in oncology are: mindfulness-based stress reduction and mindfulness-based cognitive therapy.
**Progressive Muscle Relaxation**
Progressive Muscle Relaxation (PMR) therapy involves sequential tensing and relaxation of major skeletal muscle groups and aims to **reduce feelings of tension, to lower perceived stress, and to induce relaxation**. Reports of patients who participated in PMR training following cancer treatment indicate that they experienced reduced state anxiety, pain, and symptoms of depression, as well as improvements in sleep parameters and overall quality of life.

**Psychological Stress and Cancer**
Psychological stress describes what people feel when they are under mental, physical, or emotional pressure. People who are able to use effective coping strategies to deal with stress, such as relaxation and stress management techniques, have been shown to have lower levels of depression, anxiety, and symptoms related to the cancer and its treatment.

**Reiki**
Reiki is a natural non-invasive therapy that promotes healing through stress reduction, relaxation and balancing of your energy systems. Reiki helps the muscles and tissues relax resulting in an increase in the blood flow to the treated area. This helps to reduce stress and pain and quickens the healing process.

**Spirituality**
In cancer care, being spiritual can have a powerful positive effect on your outcome. Researchers with the Washington University School of Medicine have found that ovarian cancer patients had less stress and depression plus lower levels of certain factors related to tumor growth.

**Yoga**
Yoga is a form of nonaerobic exercise that involves a program of precise postures, breathing exercises, and meditation. Yoga can be a useful method to help relieve some symptoms of chronic diseases such as cancer and can lead to increased relaxation and physical fitness.

**Overall Well-being**

**Faith Healing**
There are two types of prayer – that which the individual does for themselves, and that which is received – either knowingly or not – from others. Numerous studies show that in the former case, those who pray contemplatively or meditate – in both Western and Eastern traditions – can positively influence their health.

**Fasting**
What we eat and when we eat it can affect the way our bodies absorb and react to medications, sometimes to the extent of altering treatment outcomes. Food intake, therefore, is an important variable when determining the optimal treatment for many diseases. Cancer researchers are now exploring whether manipulating food intake could help reduce the side effects of some treatments or make them more effective.

**Hands-on Healing**
Often known as spiritual healing, it is not to be confused with spiritualism. You may find healers who work with what they call “spirit guides” but mainstream healing is not a religion, but a therapy that harnesses the energy around and within us to combat disease. A
healer does not heal of himself; he is simply a channel through whom the energy flows when he is at work.

**Myers Cocktail**
The “Myers Cocktail” is an intravenous vitamin and mineral protocol developed in the 1970s by physician John Myers at Johns Hopkins University in Baltimore, Maryland. Myers pioneered the use of intravenous vitamins and minerals as part of the overall treatment of a wide variety of medical conditions, including cancer treatment alternatives.

**Naturopathy**
A system of disease prevention and treatment that avoids drugs and surgery. Naturopathy is based on the use of natural agents such as air, water, light, heat, and massage to help the body heal itself. It also uses herbal products, nutrition, acupuncture, and aromatherapy as forms of treatment.

**Physical Exercise**
DAILY light to medium exercise was of significant benefit to cancer patients. **Women with breast cancer who do daily exercise survive 50 per cent longer than women doing none.** Research has found no harmful effects on patients with cancer from moderate exercise and, in fact, has demonstrated that those who exercised regularly had 40% to 50% less fatigue, the primary complaint during treatment.

**Simonton Method**
The Simonton method focuses on interactions between the mind and the body—how beliefs, attitudes, lifestyle choices, spiritual and psychological perspectives can dramatically affect our health, the course of our disease, and our overall well-being.

**Tai Chi**
Tai chi is often described as “meditation in motion,” but it might well be called “medication in motion.” There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. Although tai chi is slow and gentle and doesn’t leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning.

**TCM**
Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM practitioners use herbal medicines and various mind and body practices, such as acupuncture, tai chi, massage (Tui na), exercise (qigong), and dietary therapy to treat or prevent health problems.

**Therapeutic Touch**
Therapeutic Touch is based on the belief that “energy fields” (also known as chi, qi, ki or prana) surround and penetrate the human body. Therapeutic Touch practitioners are taught that disease or disorder can be detected in the energy system and affected therapeutically by smoothing or relieving congested energy.
Other

**Cimetidine (Tagamet)**
Cimetidine belongs to a class of drugs commonly called H2 blockers. It works by reducing the amount of acid in your stomach. This medication is also available without a prescription.

**Probiotics**
Probiotics may protect and support the intestinal stem cells that help cancer patients survive toxic chemotherapy.

**Pulsed Electromagnetic Field Therapy**
An electromagnetic field is a physical field produced by moving electrical charges. So, a magnetic field passing through our whole body will have an electromagnetic effect on each of our 70 trillion cells. As a result, magnetic fields act in basic and fundamental ways on molecules and tissues.

**Oxygen – Ozone Therapy**
Methods of introducing oxygen into the body as part of a health or therapeutic regimen. Based on the idea that disease states are caused by a lack of oxygen at the cellular level, the oxygen therapies aim to get more oxygen into your body than you get through normal breathing and thereby to promote health and healing.