Integrative Treatment Strategies to Ease the Cancer Journey

Annual West Michigan Cancer Nursing Conference
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WWW.holisticcareapproach.com

Objectives
- The Learner will gain an understanding of what integrative medicine is for the care of the cancer patients and their families
- The learner will be able to identify six holistic methods to consider of the care of the cancer patient and how they work
- The participant will articulate why these therapies are important of whole person care and self care

My Why
In the past 30 years, science has made advances and has demonstrated that all of us have the ability to protect ourselves from cancer and to contribute to healing it. Not educating people that we have this ability leads to hopelessness.
Chinese Medicine: Crisis = "Danger + Opportunity"
We need to grasp the creative potential to heal from within.
Rethinking Cancer
"All of us have cancer cells in our bodies. But not all of us will develop cancer. So what are the circumstances necessary for cancer growth?

Creating Anti-Cancer Biology

- Cancer is more than one disease
- It takes 5-40 years for the seed of cancer in the form of a cellular anomaly to become a detectable tumor.
- Cancer is a breakdown in the balance between dormant cancer cells and the natural defenses that normally keep them at bay.
- 40% are preventable by changes in lifestyle, nutrition, activity, environment

How Integrative Medicine is being Practiced in Clinical Centers in US

The most frequently prescribed interventions:
- Mind/Body/Spirit Therapies
  - Acupuncture and Traditional Chinese Medicine, Yoga, Tai Chi, Qigong
- Energy Therapies
  - Energy Medicine, Healing Touch, Reiki, Mindfulness Meditation, Self Hypnosis, Feldenkrais Method
- Manipulative and Body Based Practices
  - Massage therapy, Osteopathic Manual Manipulation
- Holistic Systems
  - Homeopathy, Naturopathy, Ayurveda
“Cancer treatment can be an invasive, fragmenting experience. People sometimes feel as if no one is at home in their body.”

3- Prong Approach

- Belief System
  - Deal with Emotions
  - Kindness
- Nutrition
  - Reduce Inflammation
  - Detoxification
  - Cleanse
- Reduction of Stress/Anxiety
- Maintain physical stamina during treatment
- Increase the effectiveness of conventional treatments
- Reduction of Symptoms and Side Effects (Pain, Nausea, Sleep)
- Survivorship (begins at Diagnosis)
Galvanize this Quartet

- The anti cancer body
- The anti cancer foods
- The anticancer environment
- The anticancer mind

Anti-Cancer Body: Creating a Bodily Environment which is Inhospitable to cancer

1. Eat Well
2. Feet First
3. Optimize your Immune System
4. Stop putting bad things in your body
5. Cleanse
6. Learn to Meditate
7. Eliminate your Allergies
8. Deal with your Emotional Baggage
9. Monitoring
10. Avoid Getting Sick
11. Maintenance is forever!

Anti-Cancer Foods: Edible Healing to Reduce Inflammation

- Hydration
- Sea Salt
- Healthy Proteins
- Healthy Fats
- Organic
- Non-GMO
- Fruits, Veggies, Berries
- Reduce Sugar
- Reduce Processed Grains
- Avoid Dairy
- Lose Weight
- Cultivate the Garden of Bowel Flora
Optimize your Immune System

- Vitamin C
- D3
- Vitamin A
- Iodine
- Alpha Lipoic Acid
- Dark Chocolate
- Mushrooms
- Green Tea
- Essential Fatty Acids
- Prebiotics
- Probiotics
- Minerals
- Herbs
- Spices
- DIM

Herbal/Mineral/Spice Therapies

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The Anti-Cancer Environment:
Stop Putting Bad Things in Your Body

- Persistent Organic Pollutants
- Smoking
- Tap Water
- Pop/Soda
- Cosmetics
- Household cleansers
- Processed Foods
- Hydrogenated oils
Anti-Cancer Mind: Mindfulness Meditation

- A way to tame stress: Wired into us naturally
- Deliberate undoing of our conscious, anxious wandering into the past and future.
- Being fully present in the moment. With practice, you discover the only moment you can find relaxation and freedom is in the present.

Benefits of Meditation

- Anxiety and depression
- Insomnia
- Chronic Pain
- High Blood Pressure
- Heart Disease
- Cancer treatment and recovery
- Demands of Life

Even Beginners Can Curb Pain with Meditation

REST + PAIN

MEDITATION + PAIN
Holistic Methods to Consider
- Meditation
- Breathing
- Laughter
- Guided Imagery
- Massage
- CST
- Lymphatic
- Acupuncture
- Nutrition
- Naturopathy
- Energy Medicine
- Essential Oils
- Exercise
- Optimize Your Immune System

Acupuncture/TCM
4000 year old practice using complex set of points, meridians, and flow of Qi or energy. Needles simulate certain points along the course of these meridians which helps restore the normal balance and flow of Qi so organs and bodily systems can work together in harmony as intended.

How does Acupuncture Work?
- Acupuncture creates equilibrium, balance, and spaciousness by restoring the flow of energy.
- This sets the stage for the body to repair itself and maintain its own health.
- Qi- Vital Force/Life Energy
- Meridians- 14 Major Energy Channels that circulate Qi
What is Qi?
- Energy force/Vital force: the presence of which separates the living from the dead.
- Its balanced unimpeded flow is critical to good health. It circulates via the meridians. It is invisible. It powers function in the body throughout the meridian network. This influences the organs as well as the body systems: skeletal, muscular, endocrine, circulatory, digestive, respiratory, urinary, reproductive and nervous.
- When Qi flows smoothly and harmoniously each bodily system interacts in an integrated fashion.

How does energy become blocked?
- Toxins, poor nutrition, dehydration, (Brain is 80% water), internal and external stressors, immune system dysfunction, decreased health in the gut, infections, repetitive injuries, auto injuries, trauma, excessive dampness, cold, heat, wind, emotional responses to life such as worry, anxiety, and stress.

Four Gates
Enhances the circulation of Qi and blood throughout the body and has a calming and analgesic effect.
- LI 4- Headaches
- LV3- Detoxification
- Baihui for Clarity- top of head, clears the mind, calms the spirit, improves focus
- Yintang for Calmness- the third eye- smooth emotion and promote sleep
- GV 26- Universal Anaphylaxis Point

Objectives of Acupuncture
- Relieve pain ( Recent Study in Spain published in Journal of Acupuncture- among 5690 patients who completed treatment, the mean success rate was 79%, the mean reduction in pain intensity amounted to a 67% fall from baseline levels.
- Strengthen the immune system
- Balance, Harmonize, Integrate functions of organs, making for a unified healthy person rather than a collection of fragmented disharmonious parts.
Types

- Traditional Chinese Acupuncture (TCM)
- Low Level Laser Therapy (LLL)
- Electrical Stimulation (E-Stim)
- Auricular (5 point ear)
- Acupressure
- Seeds placed in ears

Laser Acupuncture

Pediatric Acupuncture
Conditions Helped by Acupuncture: WHO
- Addictions
- Infertility
- Pain of all types, Migraine, Sciatica, Shingles
- Depression, Asthma
- ADHD
- Carpal Tunnel
- Acute Injuries
- PMS
- Fibromyalgia
- Digestive Disorders

The Essential Oils: Medicine From the Earth
- Essential oils are volatile liquids
- Single oil contains hundreds of constituents that are molecularly aligned in exactly the right manner to trigger responses in the human
- Quality of the oil is affected by climate, soil, altitude, distillation process

Yoga/TaiChi/Qigong
- Balance
- Flexibility
- Reduce Stress
- Calmness
Energy Medicine

- Healing Touch
- Reiki
- Energy Touch

The Heart Center is the strongest Vibrational Field in the Body!

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Healing Touch

- Janet Mentgen RN started energy based care in 1980
- Bio-Field Therapy that uses touch to influence the energy field that surrounds the body (Aura) and the energy centers (Chakras)
- Pain, wound healing, depression, anxiety, preparation for medical procedures and post-op care

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Reiki

- Japanese form hands on treatment that assists in balancing major energy centers by channeling energy versus unblocking
- Rei=chi=energy
- Balance, integration
- Attunement with symbols
- Anxiety, depression, tension, cancer, post-op healing, grief, physical and emotional abuse, trauma and fractures
“If I had to limit my advice on living, to just one tip, it would be simply to learn how to breathe correctly.”

Andrew Weil MD

Massage Therapy

- Therapeutic Massage
- Lymphatic Drainage
- Reflexology

Body Work/Therapeutic Massage

- 5,000 years old
- 250,000 massage therapists
- Massage scored higher in treating pain
- Same report stated growing acceptance within the medical community.
- More employers contracting massage as an employee benefit.
- Hospital Based Massage Programs
Conditions Helped by Massage

- Muscle/Joint Pain
- Migraine/Headache
- Back Pain
- Poor Circulation
- Fibromyalgia
- Injuries
- Sleep Disorders
- Repetitive Motion Injuries i.e. carpal tunnel
- Anxiety, Stress, Depression

No single therapeutic agent can be compared in efficiency with this familiar but perfect tool….THE HUMAN HAND. If half as much research had been expended on the principles governing manual treatment as upon pharmacology, the hand would be esteemed today on a par with drugs in acceptability and power”

J. Madison Taylor MD

Detoxification: Lymphatic Drainage

- Uses a lighter touch to stimulate the lymphatic s flow, which can improve the immune system. It’s great for people who’ve been inactive due to injury or illness.
- Removes toxins, reduces lymph edema, improves scar consistency, stimulate the formation of new blood vessels, promotes mobility and increase skin elasticity, opens up collateral lymphatic channels
Reflexology

- 5000 years old from Chinese dynasty
- Pain relief and stress reduction
- Feet and Hands are maps that reflect the whole body
- Reflex is an area of tissue
- Evokes a parasympathetic Response by zones

“Medical Care accounts for only 10% of all our health outcomes, and the way we live determines the other 90%”.

Richard Palmer
Past President of AMA

Monitoring

- Nourishing and strengthening our “terrain” - lifestyle creates the soil within
- What should your soil look like: Well hydrated, Alkaline, Low sugar
- Awareness- the body speaks the body heals
- Our Inner Physician-Sleep, Exercise
- Testing/Labs, Eliminate your allergies
- Avoid getting Sick
- Maintenance is Forever
Self Care: Finding Time and Balance
Healing ourselves while we facilitate healing in others
Body
Mind
Spirit +
YOU = Whole Health Care System

Integrative Treatments at Spectrum Health
- Acupuncture
- Music therapy
- Expressive Arts
- Yoga
- Pet Therapy
- Massage

Closing the Gap
"Integrative therapies are the skillful blending of the best evidenced-based conventional care with the best evidence-based holistic interventions to heal the whole person. It is the mix of intuition, experience, and science and is most interested in what works and what is safe"