



**21st Century Understanding Cancer Toolkit:  
Complementary and Alternative Medicine (CAM),  
Unconventional Treatments, Herbs, Vitamins,  
Diets, Naturopathic Medicine, Ayurvedic,  
Homeopathy**

*National Cancer Institute*

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## **21st Century Understanding Cancer Toolkit: Complementary and Alternative Medicine (CAM), Unconventional Treatments, Herbs, Vitamins, Diets, Naturopathic Medicine, Ayurvedic, Homeopathy** National Cancer Institute

This e-book presents a thorough review of the subject of complementary and alternative medicine (CAM) for cancer. Also known as natural, holistic, home remedy, Eastern medicine, or integrative medicine, techniques and remedies are offered for cancer outside of standard medical systems. CAM is any medical system, practice, or product that is not thought of as standard care. Standard medical care is care that is based on scientific evidence. For cancer, it includes chemotherapy, radiation, biological therapy, and surgery. Complementary medicine is used along with standard medical treatments. One example is using acupuncture to help with side effects of cancer treatment. Alternative medicine is used in place of standard medical treatments. One example is using a special diet to treat cancer instead of a method that a cancer specialist (an oncologist) suggests. Integrative medicine is a total approach to care that involves the patient's mind, body, and spirit. It combines standard medicine with the CAM practices that have shown the most promise. For example, some people learn to use relaxation as a way to reduce stress during chemotherapy. We are learning about CAM therapies every day, but there is still more to learn. Consumers may use the terms "natural," "holistic," "home remedy," or "Eastern medicine" to refer to CAM. However, experts use five categories to describe it.

**Mind-Body Medicines** - These are based on the belief that your mind is able to affect your body. Some examples are: Meditation: Focused breathing or repetition of words or phrases to quiet the mind; Biofeedback: Using simple machines, the patient learns how to affect certain body functions that are normally out of one's awareness (such as heart rate); Hypnosis: A state of relaxed and focused attention in which the patient concentrates on a certain feeling, idea, or suggestion to aid in healing; Yoga: Systems of stretches and poses, with special attention given to breathing; Imagery: Imagining scenes, pictures, or experiences to help the body heal; Creative outlets: Such as art, music, or dance.

**Biologically Based Practices** - This type of CAM uses things found in nature. This includes dietary supplements and herbal products. Some examples are: Vitamins; Herbs; Foods; Special diets.

**Manipulative and Body-Based Practices** - These are based on working with one or more parts of the body. Some examples are: Massage: Manipulation of tissues with hands or special tools; Chiropractic care: A type of manipulation of the joints and skeletal system; Reflexology: Using pressure points in the hands or feet to affect other parts of the body.

**Energy Medicine** - Energy medicine involves the belief that the body has energy fields that can be used for healing and wellness. Therapists use pressure or move the body by placing their hands in or through these fields. Some examples are: Tai Chi: Involves slow, gentle movements with a focus on the breath and concentration; Reiki: Balancing energy either from a distance or by placing hands on or near the patient; Therapeutic touch: Moving hands over energy fields of the body.

**Whole Medical Systems** - These are healing systems and beliefs that have evolved over time in different cultures and parts of the world. Some examples are: Ayurvedic medicine: A system from India emphasizing balance among body, mind, and spirit; Chinese medicine: Based on the view that health is a balance in the body of two forces called yin and yang. Acupuncture is a common practice in Chinese medicine that involves stimulating specific points on the body to promote health, or to lessen disease symptoms and treatment side effects; Homeopathy: Uses very small doses of substances to trigger the body to heal itself; Naturopathic medicine: Uses different methods that

help the body naturally heal itself. An Office of Technology Assessment report provides a review of a number of cancer-specific alternative therapies, including Vitamin C, laetrile, DMSO, Hoxsey, Gerson, and

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This 21st Century Understanding Cancer Toolkit: Complementary and Alternative Medicine (CAM), Unconventional Treatments, Herbs, Vitamins, Diets, Naturopathic Medicine, Ayurvedic, Homeopathy is great publication for you because the content that is full of information for you who also always deal with world and possess to make decision every minute. This particular book reveal it info accurately using great plan word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but challenging core information with attractive delivering sentences. Having 21st Century Understanding Cancer Toolkit: Complementary and Alternative Medicine (CAM), Unconventional Treatments, Herbs, Vitamins, Diets, Naturopathic Medicine, Ayurvedic, Homeopathy in your hand like obtaining the world in your arm, facts in it is not ridiculous just one. We can say that no guide that offer you world throughout ten or fifteen second right but this guide already do that. So , this is certainly good reading book. Hi Mr. and Mrs. stressful do you still doubt which?

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