

Chapter 1 : About alternative therapies - Information and support - Macmillan Cancer Support

Alternative medicine is a term that describes medical treatments that are used instead of traditional (mainstream) therapies. Some people also refer to it as "integrative," or "complementary."

Types of alternative therapy What are alternative therapies? Alternative therapies are different from complementary therapies. They are used instead of conventional medical treatments. They may claim to actively treat or even cure cancer. But there is no scientific proof to back up these claims. No alternative therapies have ever been proven to cure cancer or slow its growth. There have been cases where false claims about alternative therapies have led some people to refuse conventional treatments that could have helped them. No reputable alternative therapist will claim to be able to cure cancer. Alternative therapies are sometimes very cleverly marketed. This means that when you read about them or are told about them, they sound very effective. Therapists may use scientific language to make their claims sound more convincing. But many are based on unproven or disproven theories of how cancer begins or stays in the body. But this can differ greatly from how the therapy will affect a person with cancer. Claims that an alternative therapy has an anti-cancer action in the laboratory do not mean it will have any effect on someone with cancer. Very few suppliers of alternative medicines have carried out scientifically-controlled clinical trials for their products. This is called anecdotal evidence and is the least reliable type of evidence. This is because it is usually not possible to check whether the effect described is due to the treatment or something else.

Rupesh Why do some people consider alternative therapies? There are various reasons why some people may choose to try an alternative therapy. The idea of having cancer treatments and unpleasant side effects can be frightening for some people. However many people with early cancer can be cured by conventional medical treatments. Some people in this situation may look into alternative therapies. In this situation, some alternative therapies may do no harm, but some could be very harmful. Even when a cancer is advanced, conventional treatments can help to control it and help people live longer, often for many years. In this situation, some people find it helps to have a second medical opinion. The second doctor may be able to offer you another type of conventional treatment. Or they may confirm what you have already been told. This may help you to accept that everything that may help has been tried. If you still want to have treatment, you could ask if there are any cancer research trials that might be appropriate for you.

Back to contents Get advice and support before starting an alternative therapy If you are considering using alternative therapies, talk to your doctor for advice and support. Doctors are generally supportive of people using any complementary therapies that may help them cope better with their illness. But they usually advise against using alternative therapies. If you decide to use an alternative therapy, it is important to check it is safe. Always check the credentials of the therapist. Alternative therapies can be expensive and some can cause serious side effects. They can also make you feel unwell and be harmful to your health.

Back to contents Types of alternative therapy There are many types of alternative therapy. If you would like to talk to someone about alternative therapies, you can contact us. When amygdalin is processed by the body, it can be changed to cyanide, a type of poison. A man-made form of it is called Laetrile. It is also sometimes called vitamin B17, although it is not actually a vitamin. Many websites that sell Laetrile claim it can slow or stop the growth of cancer. They also claim it can poison cancer cells, without damaging normal cells and tissues. But there is no medical evidence to support this. A review of studies looking at the outcomes for people with cancer taking Laetrile found no evidence that it can control or cure cancer. Laetrile can have serious side effects. Some people have had cyanide poisoning while taking it and a few people have died as a result. So if you buy Laetrile, there is no way of knowing what it contains or if it is contaminated with other substances. If you are thinking of taking Laetrile, it is best to discuss this with your cancer doctor. Some websites claim Essiac can slow down the growth of cancer, or even cure it. But there is no medical evidence that taking Essiac helps treat cancer or improve your quality of life. Essiac interferes with an enzyme in the body that regulates hormones and vitamin D. It also has an effect on how the body deals with toxins. This may mean taking Essiac with other treatments could make them less effective or increase side effects. It is important not to take Essiac during cancer treatment or with any other medicines without

checking with your cancer doctor first. These therapies aim to combine conventional medicine with complementary therapies, including homeopathy and physical therapies. Mistletoe can be taken by mouth or as injections. It may be given by homeopaths and is sometimes described as a herbal or homeopathic remedy. It is claimed that mistletoe may have various effects, which include: There is no reliable medical evidence that mistletoe is effective in treating cancer or that it can reduce the side effects of treatment. In general, mistletoe therapy appears to be safe and any side effects are usually mild. If mistletoe is taken in large doses, it may cause more serious side effects. When given as an injection, mistletoe may cause mild swelling, redness, itching and pain around the injection site. Rarely, it can cause allergic reactions, which may be serious in some people. Because mistletoe extracts may stimulate the immune system, they could reduce the effectiveness of some medicines. This includes immunosuppressants, which people take after a donor stem cell or bone marrow transplant. It is important to check with your cancer doctor before using mistletoe extracts.

Metabolic therapy Metabolic therapists think cancer is caused by a build-up of toxic substances in the body. They claim they can treat it by removing toxins and strengthening the immune system. No medical evidence has shown that either of these claims are true. Metabolic treatments vary from one therapist to another. One of the most well-known is called Gerson therapy. These are said to flush toxins out of the body. But there is no medical evidence to show that they help treat cancer. One study compared the results of using a metabolic therapy with chemotherapy. The metabolic therapy included enzymes, nutritional supplements, detoxification and organic foods. The study found that the patients who had the chemotherapy survived three times longer and had better quality of life than those who chose metabolic therapy. If you have any questions about alternative diets or are thinking of following one, get advice from your doctor, specialist nurse or dietitian. Possible side effects of metabolic or Gerson therapy include nausea, vomiting, stomach cramps, a high temperature and headaches. The high levels of hormones and extracts used can sometimes make people feel unwell. Risks of using coffee enemas include infections. They can also cause serious damage to the large bowel. Diets that claim to treat cancer There are a number of diets, in addition to the Gerson diet that claim to treat cancer. Some claim to rid the body of toxins. Many of these diets are vegetarian or vegan. They involve eating food that is raw, sugar-free and low in salt. Sometimes vegetable or fruit juices, and high doses of vitamins, minerals or enzymes are used. It is understandable that some people are attracted to diets that seem to offer hope. But there is no medical evidence that these diets can cure cancer or help people with advanced cancer live longer. For example, if you follow a dairy-free diet it is important to replace the calcium that you would otherwise get from dairy products, with other calcium-rich foods. Diets that are high in fibre and low in calories and protein are not appropriate for people who have problems maintaining their weight because of cancer or its treatment. People who are underweight need protein and calories from any source of food. Talk to your specialist doctor, nurse or dietitian before cutting out any food group from your diet.

Megavitamin therapy This type of alternative therapy involves taking very large doses of vitamins as a way of preventing and treating cancer. However, there is no evidence that taking large doses of vitamins is helpful in treating cancer. Some vitamins can be harmful in high doses. High-dose vitamin C is one of the most common types of megavitamin therapy. High-dose vitamin C can make many cancer treatment drugs less effective. These include cisplatin, doxorubicin, imatinib and vincristine.

Chapter 2 : Complementary and Alternative Therapies in Nursing Education: Trends and Issues

Alternative therapies are used instead of conventional cancer treatments. For example, if you meditate before radiation therapy to help with anxiety, you're using meditation as a complementary therapy.

Alternative medicine is defined loosely as a set of products, practices, and theories that are believed or perceived by their users to have the healing effects of medicine, [n 1] [n 2] but whose effectiveness has not been clearly established using scientific methods, [n 1] [n 3] [4] [5] [6] [7] or whose theory and practice is not part of biomedicine, [n 2] [n 4] [n 5] [n 6] or whose theories or practices are directly contradicted by scientific evidence or scientific principles used in biomedicine. Unlike medicine, [n 4] an alternative product or practice does not originate from using scientific methods, but may instead be based on hearsay, religion, tradition, superstition, belief in supernatural energies, pseudoscience, errors in reasoning, propaganda, fraud, or other unscientific sources. The meaning of the term "alternative" in the expression "alternative medicine", is not that it is an effective alternative to medical science, although some alternative medicine promoters may use the loose terminology to give the appearance of effectiveness. Allopathic medicine Allopathic medicine or allopathy is an expression commonly used by homeopaths and proponents of other forms of alternative medicine to refer to mainstream medicine. It was used to describe the traditional European practice of heroic medicine, [34] but later continued to be used to describe anything that was not homeopathy. The meaning implied by the label has never been accepted by conventional medicine and is considered pejorative. Due to its many names the field has been criticized for intense rebranding of what are essentially the same practices: Traditional medicine Traditional medicine refers to the pre-scientific practices of a certain culture, contrary to what is typically practiced in other cultures where medical science dominates. Holistic medicine[edit] The words balance and holism are often used alongside complementary or integrative medicine, claiming to take into account a "whole" person, in contrast to the supposed reductionism of medicine. Due to its many names the field has been criticized for intense rebranding of what are essentially the same practices. Eisenberg, [67] characterized alternative medicine "as interventions neither taught widely in medical schools nor generally available in US hospitals". It is time for the scientific community to stop giving alternative medicine a free ride. There is only medicine that has been adequately tested and medicine that has not, medicine that works and medicine that may or may not work. Once a treatment has been tested rigorously, it no longer matters whether it was considered alternative at the outset. If it is found to be reasonably safe and effective, it will be accepted. But assertions, speculation, and testimonials do not substitute for evidence. Alternative treatments should be subjected to scientific testing no less rigorous than that required for conventional treatments. In the Australian context this is stated to include acupuncture; aromatherapy; chiropractic; homeopathy; massage; meditation and relaxation therapies; naturopathy; osteopathy; reflexology, traditional Chinese medicine; and the use of vitamin supplements. Sundhedsstyrelsen, uses the term "alternative medicine" for: Treatments performed by therapists that are not authorized healthcare professionals. Treatments performed by authorized healthcare professionals, but those based on methods otherwise used mainly outside the healthcare system. People without a healthcare authorisation are [also] allowed to perform the treatments. The shared feature is a claim to heal that is not based on the scientific method. Alternative medicine practices are diverse in their foundations and methodologies. Unscientific belief systems[edit] Alternative medicine, such as using naturopathy or homeopathy in place of conventional medicine, is based on belief systems not grounded in science.

Chapter 3 : Doctors should keep an open mind about alternative therapies

The field of alternative therapies is diverse: It encompasses practices spanning diet and exercise changes, hypnosis, chiropractic adjustment, and acupuncture. The benefits (or lack thereof) of.

What about alternative and holistic therapies? Please be aware that given recent publications and emerging evidence, this page is currently under review. Many people with M. Most alternative and complementary therapists are competent, ethical and caring. Provided there is no evidence of harm, Action for M. However, no-one can be certain whether or how a person might benefit from a treatment. One survey respondent told us: If you are thinking of seeing one, we recommend you consider the following. What are their qualifications? Always use a qualified therapist who belongs to a professional body. Most professional bodies will have a code of conduct which their members must follow. Ask what qualifications they have and which registered body they are affiliated to. Check that they have professional indemnity insurance. You could also contact the professional body to help you find a practitioner in your area. What experience do they have with people with M. How many people with M. What have their outcomes been? Will you feel at ease? Choose a therapy and a practitioner that you feel comfortable with. You could ask your local M. How much will it cost? What are the usual minimum, maximum and average costs of treatment over time? Ask specifically about the cost of tests, drugs or supplements. Explain that you would like to know about all possible costs before starting any treatment. Do they offer any concessions to patients on low incomes? Can they meet your health needs? When you are making your choice of practitioner you might want to think about your particular health needs. For example, if you use a wheelchair is there good access? If you have multiple chemical sensitivities, do they use air fresheners or other products which may cause you discomfort? What does your GP or specialist say? Talk to your GP or specialist and ask for their advice, especially if your treatment involves taking pills or medicines. Some treatments may interact so should not be taken together. It is a good idea to think of different approaches such as complementary medicine as something that can work alongside, instead of replacing, your usual medical care.

Chapter 4 : What Most Doctors REALLY Think About Alternative Cancer Treatments | The Truth About Cancer

Alternative therapies are used instead of conventional medical treatment. People with cancer have various reasons for wanting to try alternative therapies. There is no scientific or medical evidence to show that alternative therapies can cure cancer.

Read more about Laser Cancer Therapy. In IPT, a small amount of insulin is applied to open the glucose receptors in cancer cells. Chemotherapy drugs are then mixed with the glucose solution and applied directly to the cancer cells. Only the cancer cells receive the chemotherapy treatment, so a lower dose of chemotherapy drugs is required, and the patient does not feel the side effects of conventional chemotherapy. Rife Therapy Rife cancer therapy is a non-invasive treatment that uses bio-frequency to treat cancer and other diseases. In rife cancer therapy, the skin is not broken and healthy tissues and cells are not damaged. Read more about Rife Therapy cancer treatment. It repolarizes cancer cells and has anti-inflammatory effects, to reduce pain and discomfort. Biomagnetic therapy may also be used to treat chronic degenerative diseases. Hydrogen peroxide is used to infuse oxygen to the body to create an oxygen rich environment where cancer cells cannot survive. It is shown to be effective in treating pancreatic cancer. Read more about Enzymatic Cancer Therapy. Cancer cells thrive in low-oxygen environments, adding oxygen to the body creates an oxygen-rich condition in which cancer cells cannot survive. Read more about Oxygen Therapies for cancer treatment. Vitamin and Mineral Supplements We prescribe various dietary supplements to help patients fight cancer and enhance their quality of life while undergoing cancer treatment. We discuss diet with every patient, to determine if there are low levels of certain nutrients, and recommend dietary or nutritional supplements if necessary. Vitamin B17 Laetrile Therapy This therapy is one of the most popular and best known alternative cancer treatments. It is very simple to use and is very effective if used in high enough doses and if the product is of high quality and if it is combined with an effective cancer diet and key supplements. Laetrile works by targeting and killing cancer cells and building the immune system to fend off future outbreaks of cancer. In our process, leukocytes are exposed to the cancer antigen to make a dialysate. Anticancer vaccines may be made up of cancer cells, parts of other cells, or antigens. With Halo Therapy, the body takes in energy just like a plant takes in sunshine. As the body receives harmonic vibration energy it begins the healing responses in the body. The body responds as if the botanicals are actually in the body. Bemer Therapy Improves circulation and the oxygenation of tissues by increasing the electromagnetic energy of all cells.

Chapter 5 : What about alternative therapies? - Canadian Cancer Society

Complementary and alternative medicine therapies fall into five major categories, or domains: Alternative Medical Systems Alternative medical systems are built upon complete systems of theory and practice.

Lea Barbato Gaydos, Ph. RN, HNC Abstract Nurse educators are considering the inclusion of complementary and alternative therapies in nursing curricula with increasing frequency, motivated at least in part by the ever-increasing public enthusiasm for these therapies. This article addresses the differing paradigms between orthodox Western medicine and complementary and alternative therapies, describing the research, language, educational, legal, financial, and ethical issues related to the use of complementary and alternative therapies. Additionally, it presents sources of current standards, along with examples of teaching these therapies at the undergraduate, graduate and continuing education levels and suggests strategies for teaching these therapies. Online Journal of Issues in Nursing. Studies in both countries document this enthusiasm Ching, ; Eisenberg, et al. The conclusion of this Blue Ribbon Panel was that nursing and medical education should include information about complementary practices Kligler, Exactly what information and how much was not specified, although there was commitment to continuing the discussion through the formation of "Centers of Excellence" and to collaboration and the "synergy" of research, education and clinical practice related to CAT p. In addition to the widespread use of complementary and alternative therapies by the public, other reasons for pursuing the issue in nursing education include: Though skeptics may remain unconvinced, it seems the question at this point is not so much about whether or not complementary and alternative modalities should be included in curricula, but what are the issues and trends in teaching CAT. Additionally, both nursing students and nursing faculty are likely to be among the millions of people who have turned to CAT for a wide variety of reasons. Issues in teaching these therapies arise from the differing paradigms of biomedicine and most CAT. These issues are complex and are the source of much of the reluctance that remains regarding the inclusion of CAT in nursing curricula. Nevertheless, efforts are being made to integrate these therapeutics with nursing education in a variety of ways. This article will address the differing paradigms from which CAT and orthodox Western medicine derive along with research, language, educational, legal, financial and ethical issues relating to these differing paradigms. It will also present approaches that have been used to teach CAT in undergraduate and graduate programs as well as in continuing education offerings. In general, it can be said that the Scientific Revolution fostered the development of modern medicine in the West and as such the principles of that paradigm reductionism, determinism, objectivism have created a medical approach that is largely oriented to pathology and treatment aimed at the elimination or control of disease. This approach has been markedly successful with infectious disease and trauma. However, it has also created a dual system of treatment one for physical pathology and one for psychological pathology that emphasizes a split between the mind and body. This dual system, as well as increasing specialization, reinforces a mechanistic "parts" approach to treatment and care that is less successful with our increasing focus on chronic disease and wellness promotion; and in the United States, most people employing CAT are seeking to prevent illness or ameliorate the effects of chronic disease Purnell, Additionally, from the perspective of this Western medical paradigm, the relationship of provider and patient is one in which the patient is a more or less passive "recipient of care". Because the focus is on diagnosis and treatment, the relationship is not seen as having any significant bearing on the curative process Reed, et al. On the other hand, the new science paradigm, based on discoveries in fields as diverse as physics, biology, chemistry, mathematics, and language Capra, and the philosophies of the East from which other systems of medicine have developed, are likely to be identified as providing the philosophical and theoretical foundations for complementary and alternative therapies. The new science paradigm emphasizes systems, interrelationships, complexity, creativity, and subjectivity Capra, Likewise, Eastern philosophies tend toward a worldview in which holism is central Huxley, Thus, although CAT can be applied mechanistically, it is believed that the theoretical and philosophical foundations of these modalities result in a more holistic approach, emphasizing the integration of the bodymind and viewing the person within social and cultural contexts. Additionally, in contrast to orthodox medicine, the relationship of

the practitioner and patient is often viewed as central to a positive outcome Reed, et al. The integral nature of relationship and healing in both nursing and most CAT may provide the starting point for meaningful curriculum discussions and decisions regarding this content. Though nursing and medicine have a different focus, nursing has also developed within the scientific paradigm and the values of the paradigm are evident in nursing education. Many nursing theorists describe themselves as holistic Barnum, the availability of certification in holistic nursing as well as professional journals with a stated holistic agenda reveal a commitment to a holistic perspective in nursing. Nevertheless, Bartol and Eakes found that nurse educators and practitioners classify some illnesses as psychogenic or imaginary and others as true illnesses. These investigators also found that disparaging terms were applied by educators to illnesses classified as psychogenic, although these illnesses actually demonstrate the integration of the bodymind. Bartol and Courts suggest that even though many nurses theoretically endorse a holistic view, our language and practice may reveal an underlying paradigmatic conflict. This conflict is expressed in confusion regarding the terms comprehensive nursing and holistic nursing. Comprehensive nursing occurs when the person is seen as having bio-psycho-social and perhaps spiritual components. Holistic nursing occurs when the person is viewed as a spiritual being expressed in the world as an integrated bodymind Dossey, et al. These paradigmatically different positions are likely to influence curriculum design and the development of content regarding CAT.

Research Considerations The scientific paradigm has, of course, given rise to the scientific method and that ideal of medical research, the double blind study. Though other research methods are sometimes used, legitimacy of any treatment depends on the demonstration of its efficacy using this research method. Other systems of medicine have developed using an empirical approach to knowledge development; however, these systems are not based on the Western scientific method. The concern about the lack of research on CAT effectiveness warrants caution as nursing educators seek to integrate these therapies into nursing curricula. However, acceptable research methodologies need to be broadened. Keine and von Schon-Angerer argue that the idea of single causality inherent in double blind studies is incongruent with a holistic view in which multi-causality and non linearity are significant features. In some cases qualitative methods may be more useful for understanding the effects of these modalities. At a recent summit in Tucson, AZ, convened to "explore collaboration and enhance cooperation among the many stakeholders within the various CAM [Complementary and Alternative Medicine] communities", it was recommended that research methodologies with the broadest possible outcomes are those that best measure integrated care Weeks, , pp. Keegan has reviewed a significant number of studies regarding the effects of various CAT on patient outcomes. Presumably, as complementary and alternative practices become more integrated into nursing curricula, nurses will continue to lead the way to knowledge development regarding CAT.

Language The language of medicine and much of nursing has evolved from the allopathic model of medicine making it difficult to define or discuss other systems of medicine or therapeutics that do not fit this model. The issue of language is demonstrated in trying to make a decision about how to refer to those therapeutic practices that have not derived from allopathic medicine. The term "traditional" illustrates the difficulty of language since it may describe allopathic medicine or it may refer to other systems of medicine such as Ayurveda and Traditional Chinese Medicine, or to the health practices of indigenous peoples such as the traditional health practices of the Navajo. Terms used for therapeutics outside the boundaries of orthodox medicine range from the frankly pejorative, such as "quackery" to relatively benign terms such as alternative, complementary, adjunctive, and integrative Reed, et al. Although Kritek suggests "complementary" has "an interesting undertone of patronization in it" p. The term CAM complementary and alternative medicine is less inclusive because it connotes a system of medicine and many therapeutics are not within a system of medicine. Some schools of nursing may choose to address only those therapies used with current biomedical treatment while others may choose to consider the range of complementary and alternative approaches. In either case, the issue of language will need to be addressed.

Educational, Legal and Financial Considerations The Western paradigm has also given rise to specific educational, legal, and financial structures that reinforce the exclusivity of sanctioned practices. Practitioners are required to complete formal education culminating in appropriate degrees from institutions of higher learning. Furthermore, the legal structure includes practice acts, licenses,

registrations, certifications, and the development of various regulatory agencies charged with overseeing the institutionalization of the values, approaches, methods, and language of science in the disciplines of both nursing and medicine. Although some other systems of medicine and some therapies, such as chiropractic medicine and massage therapy, are regulated, many are not. Lastly, although the money spent on CAT now surpasses the money spent on conventional medicine and includes an estimated out of pocket expenditure of billions of dollars per year Eisenberg et al. Advanced practice nurses wishing to integrate complementary and alternative services in their practices should understand related third party reimbursement issues. All of these factors, educational, legal, and financial need to be considered in curriculum planning. Ethics Paradigms are not value free. In truth, they are the evidence of particular values. Capra notes "It is generally not recognized that values are not peripheral to science and technology but constitute their very basis and driving force" p. Nursing education both supports and challenges student values; and values clarification has been an integral aspect of nursing education for many years. Some CAT are based on values that are not congruent with traditional U. Achterburg has suggested that it is in answering these questions that societies determine what health and illness are, who can be the healers, what constitutes healing, and what healing methods can be employed. Teaching complementary and alternative practices typically challenges the prevailing Western worldview. It can bring the moral and ethical foundations of both students and faculty into question. Healing work is necessarily tied to societal values. They offer an argument that, if followed to its logical conclusion, suggests that any practice that arises from a belief system that is not based on Christian beliefs may be detrimental. This might pose challenges for the teaching of therapies that arise from the cosmological beliefs of other religious traditions. Examples of a few such practices include acupuncture, transcendental meditation, yoga, and certain herbal remedies. In addition to challenging religious beliefs, teaching these therapies will most certainly challenge scientific values, especially the beliefs that a good science can and should be objective, b phenomena are best understood by breaking them down into parts, and c single causes result in specific outcomes. At present, science is in the middle of a profound and very uncomfortable paradigm shift Capra, ; Dossey, ; Harman, Because nursing is a science, both faculty and students must wrestle with this discomfort in a way that honors everyone and discounts no one. This taboo is well understood by people who seek conventional medical care and the care of CAT practitioners. It results in underreporting of the use of these therapies to physicians. In a recent letter to the editor in the juried professional journal *Alternative Therapies*, www. However, until we are met with open minds, I and millions of other healthcare consumers shall continue to seek out intelligent, responsive, well-trained healers of many different stripes, and feel no obligation whatsoever to inform our primary care physicians of these activities Giblette, , p. This underreporting can be dangerous if the recommendations of practitioners are in conflict with each other, for example the use of certain herbal remedies might potentiate or exacerbate the effects of specific pharmaceuticals. Can nurses ethically not take CAT into consideration when they are assessing clients? While our moral position may be clearer when clients use frankly dangerous therapeutics, given the power of patient beliefs in healing and our charge to protect patient hopes, what is the morally insightful response to clients who use dubious CAT? They observe that once students have a better understanding of the physiology of stress and how to elicit the relaxation response, "closet users" feel free to disclose their use of these therapies. They note that the strong taboo against use of CAT indicates a need for educators to develop a nonjudgmental atmosphere where students can participate in open discussions on the topic. They further write that initially many students are skeptical of the modalities. The authors urge educators to cherish the few "hardcore" skeptics that may be in the classroom, noting that these students offer an alternative and important view. Interestingly, they have observed that some "hardcore skeptics begin to embrace holistic healing after the course has ended" p. The ethical dimensions of teaching CAT are varied and complex. If careful attention is not paid to the values challenging aspects of these practices, faculty may find themselves unprepared for the strong feelings that arise not only among students, but also among colleagues. Trends in Content and Strategies for Learning This next section will first address various standards and core curriculum that have been developed for CAT. Next approaches that have been used to teach these therapies in undergraduate and graduate programs will be discussed, along with strategies for teaching this content. Finally, continuing

education opportunities for learning about these therapies will be presented. Standards and Core Curriculum Guidelines to determine how and which complementary and alternative therapies should be included in nursing curricula are being developed in the US. Kligler reported that leaders in nursing, medicine, and complementary therapies in the New York area are working on guidelines for education. The American Holistic Nurses Association has established a task force to determine standards of practice for graduate-prepared nurses that should provide some guidance regarding advanced nursing practice and CAT, from which inferences regarding nursing education may be made. The current standards of practice for holistic nursing guidelines Frisch, et al. A core curriculum for holistic nursing Dossey, has been developed that also includes these therapies.

Chapter 6 : Alternative Cancer Treatments from Immunity Therapy Center |

One reason for the lack of research in alternative treatments is that large, carefully controlled medical studies are costly. Trials for conventional therapies are often funded by big companies that develop and sell drugs.

Learn the lingo and get the facts. Complementary medicine has never been more popular. Nearly 30 percent of adults report using complementary and alternative medicine CAM. Doctors are embracing CAM therapies, too, often combining them with mainstream medical therapies — spawning the term "integrative medicine. Natural products Other complementary health approaches Natural products Examples include dietary supplements and herbal remedies. These treatments use ingredients found in nature. Examples of herbs include ginseng, ginkgo and echinacea; examples of dietary supplements include selenium, glucosamine sulfate and SAmE. Herbs and supplements can be taken as teas, oils, syrups, powders, tablets or capsules. Mind and body practices Mind-body techniques strengthen the communication between your mind and your body. CAM practitioners say these two systems must be in harmony for you to stay healthy. Examples of mind-body connection techniques include meditation, prayer, relaxation and art therapies. Manipulation and body-based practices use human touch to move or manipulate a specific part of your body. They include chiropractic and osteopathic manipulation and massage. Some CAM practitioners believe an invisible energy force flows through your body, and when this energy flow is blocked or unbalanced, you can become sick. Different traditions call this energy by different names, such as chi, prana and life force. The goal of these therapies is to unblock or re-balance your energy force. Energy therapies include qi gong, healing touch and reiki. Other complementary health approaches There are other approaches to complementary health that focus on a system, rather than just a single practice or remedy, such as massage. These systems center on a philosophy, such as the power of nature or the presence of energy in your body. Examples of these approaches include: These healing systems arose long before conventional Western medicine and include ayurveda from India and traditional Chinese medicine. This approach focuses on noninvasive treatments to help your body do its own healing and uses a variety of practices, such as massage, acupuncture, herbal remedies, exercise and lifestyle counseling. Why are some doctors hesitant about CAM? Doctors also have good reason to be cautious when it comes to some CAM. Conventional medicine values therapies that have been demonstrated through research and testing to be safe and effective. While scientific evidence exists for some CAM therapies, for many there are key questions that are yet to be answered. In addition, some CAM practitioners make exaggerated claims about curing diseases, and some ask you to forgo treatment from your conventional doctor. For these reasons, many doctors are cautious about recommending these therapies. Why is there so little evidence about CAM? One reason for the lack of research in alternative treatments is that large, carefully controlled medical studies are costly. Trials for conventional therapies are often funded by big companies that develop and sell drugs. Fewer resources are available to support trials of CAM therapies.

Chapter 7 : Alternative Therapies in Health and Medicine - Wikipedia

Alternative therapies may be credited for perceived improvement through placebo effects, decreased use or effect of medical treatment (and therefore either decreased side effects; or nocebo effects towards standard treatment), or the natural course of the condition or disease.

Steven Novella on December 26, Shares Any sociological question is likely going to have a complex answer with many variables that are not easy to tease apart. We should therefore resist the temptation to make simplistic statements about X being the cause of Y. We can still, however, identify correlations that will at least inform our thinking. Sometimes correlations can be triangulated to fairly reliable conclusions. When the data is complex and difficult to interpret, however, evidence tends to be overwhelmed by narrative. The recent Sandy Hook tragedy is an excellent example. No one knows exactly why the shooter did what he did, so it is easy to insert your own preferred narrative as the explanation. Another example is the phenomenon of so-called complementary and alternative medicine CAM. Why has it been increasing in popularity and is it, really? The most common narrative I hear by far, however, is the latter "if people are turning to CAM it must be because mainstream medicine has failed them. This version of reality is often promoted by CAM marketing. The evidence that we have, however, simply does not support this narrative. Studies show that satisfaction with mainstream medicine is not an important factor in deciding to use CAM, that CAM users are generally satisfied with their mainstream care, and they use CAM because it aligns with their philosophy, and they simply want to expand their options. None of this is to imply that mainstream medicine has no problems or failings it does. This is often the false choice presented by CAM proponents, and is analogous to creationists pointing out alleged weaknesses in the theory of evolution as an argument for creationism as an alternative. We have to acknowledge how deeply the narrative has penetrated and resonated with the public. Even among those who are generally skeptical, pro-science, and scientifically literate, this is the default narrative. Further, many people have personal experiences with illness and health care, and personal experience can have a powerful influence on our beliefs even if we are generally science and evidence-based in our thinking. We are apparently hard-wired to find anecdotes compelling, and nothing is more compelling than our own personal anecdotes. I recently received an e-mail from a person generally skeptical of alternative medicine. I am a skeptic; have been an active Randi reader for over a decade. He was told that he needed surgery for a herniated disc, but was skeptical of this option. I should add this occurred 20 years ago, and much has changed since then. In the last two decades published studies have narrowed the range of patients in whom such surgery is deemed appropriate. Like many such questions in medicine, when to do surgery is complicated and the subject of intense research. I followed his treatment program, which involved completely foregoing standard treatment throw away the meds, do serious back exercises etc; because those mainstream treatments reinforce to the mind that the problem is physical and not psychosomatic, and this perpetuates the process. Within a couple weeks, I was completely pain free and have been for the past 20 years. There are other possible explanations, however. The e-mail admits to engaging in back exercises as part of the program. In my opinion, that alone is likely what resulted in his improvement. In fact that is perhaps the most effective long-term treatment of chronic back pain, and what I recommend to almost every patient with back pain. The surgeons I refer to when needed want patients to undergo an exercise regimen before they will consider surgery this does not include those with certain neurological complications that require immediate treatment. In other words, the e-mailer undertook what is now standard therapy for chronic back pain and it worked. Everything else is likely incidental and not important. It is the equivalent of telling someone who wants to lose weight, eat less, exercise, and say my magic phrase once a day, and you will lose weight because of the magic phrase. This is why we do studies that properly control for variables. The e-mailer goes beyond just interpreting his one personal anecdotal experience to make some broad conclusions about medicine and illness: Stress that did not exist 50, or years ago because our society has become so altered in recent years due to the internet, increased communications and technology. We tend to adapt and normalize to our situation, and find happiness and stress relative to our norm. They had to deal with problems that are much greater than

our own – the death of many of their children, many more untreatable and common illnesses, harder and longer working conditions, etc. We have it comparatively easy today, but obviously many people do not realize how relatively brutal life was in prior centuries and likely future centuries will look back at how brutal our lives are. You heard me right! Sorry, but if you read the labels of most of the food this nation consumes not to mention how it is produced, processed etc you cannot tell me with a straight face that it is as healthy as the food of or years ago. Add the water we drink, the air we breathe that in most cases is worse than in generations past, and there is definitely a problem. In terms of industrial pollution, that peaked in the middle of the 20th century. We have much less pollution today at least in many developed countries – developing countries are still reaching their peak. Yes, I can say with a straight face that there is no compelling evidence that the modern diet is less healthy than in previous centuries. In fact, the modern diet is better in many ways. We have access to fresh fruits and vegetable year round. We have a more varied and nutritious diet. Our problem is one of excess – mainly excess calories. Our food and water supplies are generally safe, safer than in the past. New York city water is famously pure and good tasting, for example. Water supplies are tested and treated – not so in the past. I believe one if not the main reason snake oil is so popular with the masses is that there is a recognition that medical science has failed us. We have wondrous technology, especially the computerized devices that dazzle us all. Yet, we have no good explanation for the most common maladies, such as acne, back pain, allergies etc. We have no complete understanding of some of the most dangerous and common ailments such as cancer or the common cold. As I pointed out above – this is simply not true. The evidence shows that it does not explain gullibility to CAM treatments. Our understanding is always partial and tentative, but can still be quite powerful and predictive. Some things in medicine are understood very well, and the application is so standardized and effective that people no longer even think about it. There is no question that modern medicine has many effective treatments that prolong and improve the quality of life. There is also no question that there remains much we do not know and cannot fix. The way forward is with science-based medicine, not abandoning science for a fantasy I know the e-mail is not suggesting this, only that others follow this logic. While some may commit this fallacy, most people still respect the role of evidence in medicine and want their treatments to be evidence-based. They are distorting the process and findings of science to meet their ideological agenda, and supporting that further will propaganda meant to confuse the public about the nature of medicine itself. Novella also has produced two courses with The Great Courses , and published a book on critical thinking - also called The Skeptics Guide to the Universe.

Chapter 8 : Alternative medicine - Wikipedia

Most alternative and complementary therapists are competent, ethical and caring. Provided there is no evidence of harm, Action for M.E. adopts an open-minded approach to complementary therapies, on the basis that people with M.E. report that different approaches do help some people.

Print Most physicians never forget their first Code Blue. I was on call in the hospital when it came over the loudspeaker. This alarm signals a violent patient, one that could pose a danger to staff and other patients. One of them was trying to restrain a highly agitated adolescent. His worried parents stood nearby. Andrew not his real name had been admitted a few days earlier for delirious behavior that may have been related to viral encephalitis – an infection in the brain. The night before the Code White, he had been agitated and aggressive, prompting the resident to give him an antipsychotic drug. One of the nurses asked if I wanted to repeat that treatment. I needed to assess him first. It looked to me like a panic attack. After examining him, I asked everyone except his parents and one nurse to leave the room. I then tried a guided imagery technique – one I had learned just a few weeks earlier at a course that covered mind-body approaches for children. I asked Andrew to imagine the last time he felt happy and relaxed. For him it was boating in the Caribbean with his family. With his eyes closed, I asked him to imagine what that moment looked like, felt like, even sounded like. As he imagined the scene, his breathing began to slow and deepen, and he became calmer. After a few minutes when Andrew opened his eyes, I asked if he needed something to help him sleep. He shook his head, saying he felt a lot better. He soon fell asleep. Afterward, his father told me that deep-breathing techniques had helped Andrew calm down before. The problem here was that no one ever asked what had worked for him in the past. In response, the clinic affirmed its emphasis on evidence-based medicine and noted plans to halt the sale of alternative medicine products. Controversies about alternative therapies and vaccines disproportionately affect children, who have little say in their own health choices. The debate over alternative therapies, which has been erroneously linked to the anti-vaccine movement, has largely ignored the conversation that needs to happen between physicians and their patients. Complementary health approaches, as they are called by the National Institutes of Health, include any healing approach that falls outside of the realm of conventional medicine. This can include botanical therapies, mind-body techniques, supplements, and more. The National Center for Complementary and Integrative Health provides updated summaries evaluating the evidence for or against many complementary health approaches in a way that is easy for both patients and physicians to understand. The center also has a clear stance in favor of vaccinations for children, and presents reputable links to information about vaccine safety and effectiveness. Mindfulness, which is considered to be a complementary health approach, has decent evidence supporting its use. Last September, the American Academy of Pediatrics released a detailed report summarizing the research behind various mind-body medicine techniques for children and adolescents, expanding on what we already know about mindfulness in children. For instance, yoga and guided imagery may work well for most children, while biofeedback has good evidence of effectiveness only for certain conditions. Up to 71 percent of children may use complementary health approaches at home, yet only 36 percent of parents disclose their child is using one, fearing stigma, physician judgement, or that it might affect the care their child receives. Naturopaths, often derided as quacks, push to go mainstream – with help from vitamin companies While there are few serious adverse events related to using complementary health approaches, when they occur they can be catastrophic – often a result of caregivers or alternative providers who are poorly informed on how to recognize the signs of serious illness, or choosing an unproven alternative approach over a proven one or a vaccine. Physicians might even explore mindfulness for their own work. This can be particularly helpful for challenging topics such as vaccines. What many alternative providers do well – likely due to additional communication training and the time they can allocate to patients through their practice structures – is listen and empathize.

Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard medical care. Some CAM therapies have undergone careful evaluation and have been found to be safe and effective. However there are others that have been found to be ineffective.

Contact Us What is integrative therapy? Examples of integrative therapies include acupuncture, guided imagery, chiropractic treatments, yoga, hypnosis, biofeedback, aromatherapy, relaxation, herbal remedies, massage and many others. There is some evidence that holistic treatment is effective for depression. Using holistic psychotherapies can help patients go back to the source of the depression in their lives and learn effective ways of using tools to manage the symptoms and in many cases improve their overall functioning. What are some integrative therapies used to treat depression? Herbal remedies Before recommending any substance to treat reported depression or mood imbalance, providers will take detailed medical history to look for biochemical causes that may contribute to mood imbalance. The blood tests may check levels of certain substances, such as Vitamin D and folate, which may play a role in mood imbalance. Of the wide variety of available herbal therapies, St. Ginkgo biloba is thought to improve memory and other intellectual functions, although the evidence is not consistent. Any herbal supplement requires caution and should be taken only after consulting your doctor. Your doctor can help you weigh the risks and potential benefits so you can make an informed decision. Acupuncture Acupuncture is an ancient Chinese method of healing that prevents and cures specific diseases and conditions by sticking very fine, solid needles into specific points on the body. It also prompts the body to produce chemicals that decrease or eliminate painful sensations. In a recent clinical study, acupuncture has been shown effective in decreasing depression at three months, compared to usual care. For people who suffer from both pain and depression, acupuncture is better than counseling and standard of care at reducing both symptoms. Acupuncture is highly effective at treating pain, such as headaches; menstrual cramps; and low back, neck, or muscle pain. It also can be used to treat menopausal symptoms, allergy symptoms, and side effects due to radiation and chemotherapy. Reflexology Reflexologists believe that the body has the capacity to heal itself. The nerves in the hands and feet are related to various parts of the body. Reflexologists believe that the healing process is stimulated by applying pressure to specific points on the hands and feet. Exercise Different forms of exercise can lower your stress; reduce depression; and increase your energy level, balance, flexibility, and ability to relax. In general, exercise is a safe and easy way to improve your well-being, but always check with your doctor before starting a new exercise program. Meditation Meditation is sometimes described as an altered state of consciousness. It is a form of relaxation that, unlike sleep, is entered into purposely. Meditation is usually practiced regularlyâ€”for at least 10 minutes each day. While the body is at rest, the mind is cleared by focusing on one thought, which could be a word, phrase, or particular scenery. Massage Massage uses touch to promote relaxation while decreasing tension and stress. The release of serotonin and dopamine, and the decrease of cortisol during a massage may help improve the symptoms of depression, lessen pain and improve sleep. Massage supports the mind-body connection, allowing for a better awareness of what is happening in our bodies. Some variations of massage that can support the mind-body connection and general relaxation are Swedish massage techniques, Reiki, aromatherapy, and craniosacral therapies. Guided imagery and relaxation Guided imagery is a form of focused relaxation that helps create harmony between the mind and body. Guided imagery coaches you in creating calm, peaceful images in your mindâ€”a "mental escape" for therapeutic purposes. It can help people cope withâ€”and possibly overcomeâ€”stress, anger, pain, depression, and insomnia with or without associated physical illness. Practicing yoga teaches you breathing techniques that can help to energize you when you are feeling down or to help calm you at the times you may be feeling anxiety. The breath is the link between your mind and your body. Changing your breath can help you feel better mentally and physically. The postures and movements in yoga teach you how to hold your body in a way that can make you feel stronger, better able to breathe and function, and to create an improved sense of overall well-being. Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland

Clinic products or services. A Randomised Controlled Trial. PLoS Med 10 9: Acupuncture, counseling or usual care for depression and comorbid pain; secondary analysis of a randomised controlled trial.