

**INTEGRATING COMPLEMENTARY AND ALTERNATIVE  
THERAPIES FOR CANCER PATIENTS**

**A Cancer Patient's Guide to Complementary and Alternative Medicine**

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## I. UNDERSTANDING YOUR CHOICES

### A. The Scope of this Handbook

When confronted with the diagnosis of cancer, one of the greatest challenges for patients involves choice of therapy. *This handbook is about your options and choices.* From your physicians, you have undoubtedly heard about standard, or conventional, treatment techniques such as surgery, radiation therapy and chemotherapy. You may also have heard about experimental options using new forms of these standard treatments or novel therapeutic approaches. In the past decade, there has been increasing interest in "alternative" or "complementary" treatments which are 'out of the mainstream' of Western-style medicine.<sup>1</sup> For some cancer patients, interest in complementary therapies comes from a desire to improve overall health and quality of life while offering opportunities to adopt an active role in one's own health care. For others, interest in complementary therapies stems from a search for hope when they have a type of cancer with a relatively poor prognosis with conventional therapies.

You and your family are likely to face many decisions, one of which may be whether or not to choose a complementary or alternative therapy. When should this choice be made? What types of treatments should be considered and who should provide them? How successful is the therapy being considered? Will committing to an "unproven" therapy provoke criticism from your physicians and/or your family? These questions are difficult to answer. The difficulty lies in the fact that there is so much information to gather, understand and use in making these choices. Additionally, you may find this to be a complicated decision due to the range of differing opinions as to what is considered a complimentary or alternative therapy. Your health care providers,

family, friends and/or and national institutions such as the National Cancer Institute (NCI) and the American Cancer Society (ACS) may each offer a different perspective.

Currently, cancer patients use a wide variety of complementary or alternative therapies. **The purpose of this handbook is not to suggest that any of the reviewed therapies *should* be pursued. Instead, the goal is to help you get the information you need to make *informed* choices.** The starting point for making informed choices is the recognition that you can play a critical role in your battle with cancer.<sup>2</sup> Scientifically, it is not known whether personal efforts at healing make a difference in life extension. However, most psychotherapists report that cancer patients who are actively engaged in personal healing methods can make a difference in the quality of their lives.

"There is no such thing as false hope for a cancer patient. Hope is as unique with each individual as a fingerprint. For some it is the hope to make a complete recovery. But it might also be the hope to die peacefully; the hope to live until a specific event happens; the hope to live with the disease; the hope to have their doctor with them when needed; the hope to enjoy today. Just as each case of cancer is unique, each person is different. Each individual has the right to be told all their options and then decide for themselves." (Richard A. Bloch, Co-founder and Honorary Chairman of the Board of H&R Block, Inc.)

Increasing amounts of scientific evidence suggest that a strong desire to live and active steps taken to improve the healthful quality of life do help some people in their efforts towards physical recovery.<sup>3</sup> Within this broad category of complementary and alternative therapies are relatively safe approaches, geared towards improving quality of life and tolerance of standard cancer treatments, to much more radical approaches which possess significant toxicity and unknown benefits. This handbook will provide guidance in obtaining, understanding and evaluating information available about these approaches to treatment.

What you do with the information presented to you in this handbook is your responsibility. Each one of you must take the responsibility to make informed health care

choices. No one cancer therapy holds or health care provider knows the miraculous cure for cancer. Because every patient is a unique individual physically, mentally, emotionally and spiritually, a treatment that is effective for one patient may not work at all for another patient with the same condition. Your overall health and well-being are vital components in your battle with cancer. As part of your cancer journey, we therefore encourage you to listen to your body, learn about the therapies that may be of interest to you and communicate your needs to those involved in your care. We hope that this handbook is a resource for you in this process.

## **B. Wellness and Integrative Medicine**

Central to complementary and alternative medicine is the concept of *wellness* and the relationship between the mind, body and spirit. Wellness is not simply defined as the absence of disease. Instead, it is a continual process of searching for and using those tools which enable you to achieve a sense of well-being and a feeling of wholeness, even in the face of illness. Wellness programs and complementary and alternative medicine (CAM) therapies focus on what comprises health, causes illness and promotes emotional, physical and spiritual well-being. These therapies are the foundation of our progress toward a system of integrative medicine, a combination of the best offerings of both conventional and alternative therapies. Integrated medicine uses an individualized approach to treatment and involves the patient in his or her recovery.<sup>4</sup>

## **C. Comparing CAM and Conventional Medicine Philosophies**

Many complementary and alternative therapies rely on the natural healing ability of the human body. These therapies are founded on the belief that within all of us is a

natural ability to heal. This philosophy is in sharp contrast to conventional medicine's traditional focus on the techniques and technology needed for healing. CAM practitioners may therefore take the approach of supporting and stimulating the healing potential within each individual, recognizing that certain stimuli may enhance this natural healing.<sup>5</sup> Healing can take place at the physical, emotional, mental or spiritual level.<sup>6</sup> Other unifying themes of complementary and alternative medicine include:<sup>7</sup>

- Importance of spiritual values to health
- Maintaining the injunction to do no harm
- Achieving and maintaining health is very different from fighting disease
- Personal experience is as reliable as scientific study in determining whether something is effective.

At the 1996 American Medical Association National Leadership Conference, Dr. Jeremiah Barondes stated that many physicians might not deal effectively enough with illness, elements he identifies as symptoms, anxieties and concerns that make people feel sick. Instead of an emphasis on promoting overall wellness, there has traditionally been a focus on treating disease, defined in biochemical terms that are too far removed from the person being examined.<sup>8</sup>

It has been suggested that "the soothing attention of complementary practices, including psychosocial care, along with the technical expertise of oncology practice is a merger that can greatly enhance patients' quality of life and satisfaction with care."<sup>9</sup> Within integrated medicine, a patient is evaluated and treated as a whole, with attention paid to all physical, mental, emotional and spiritual signs of dysfunction. Because it draws from both conventional and alternative therapies, integrated medicine has a wider range of therapeutic options than either one alone. Treatment generally starts with the safest, less invasive therapies and moves to more invasive interventions as it becomes necessary.<sup>10</sup>

#### **D. Changing Times and Attitudes**

Our nation's current health care system is built upon a tradition of treating disease rather than restoring wellness. Despite phenomenal technical and pharmaceutical advancements in treatment of illness and disease, the limitations of the "high tech" approach are now becoming more obvious. These limitations include ignoring the impact of mental and spiritual health and well-being on disease. Accordingly, up to fifty percent of cancer patients in the U.S. now use complementary and alternative medicine, mostly in addition to their conventional treatment despite limited evidence of efficacy.<sup>11</sup> This percentage may be even larger if lifestyle changes such as prayer, journaling, diet and exercise are taken into account.

The increase in the use of alternative medicine has been accompanied not only by growing patient interest but also by more accepting attitudes of physicians. In 1998, the American Medical Association (AMA) ranked alternative medicine as the third most important topic for continuing research efforts. Thirty-four of the 125 U.S. medical schools offer training in alternative medicine. Residency programs (continuation of training after medical school) in "Integrated Medicine" are becoming increasingly available for physicians.<sup>12</sup> Such programs are being developed or are already in place at Duke, Harvard, University of Arizona, University of Massachusetts, Thomas Jefferson, University of California San Francisco and the University of Minnesota.<sup>13</sup>

#### **E. Terminology and Treatment Types**

Part of the difficulty in exploring treatment options is the confusing terminology used in medical literature. Terms used to describe different categories of treatment

include *standard, conventional, proven, investigational, experimental, clinical trial, alternative, complementary, integrative, questionable, unconventional* and *unproven*.<sup>14,15</sup>

Understanding these terms will help you to evaluate the different options you are considering.

*Standard, or conventional,* treatments are those which employ a type of treatment taught in Western medical schools. They have been tested following a strict set of guidelines and found to be effective on a specific population of patients. Presently, surgery, radiation therapy and chemotherapy are the most common conventional treatments for cancer. However, standard treatments are culturally defined. What is considered standard in one culture may be different from another. For example, cancer therapy in the U.S. is more aggressive than any other technologically advanced nation.<sup>16</sup> The aggressiveness of American cancer therapy does extend life for some patients, but for other patients, the effect on quality of life issues outweighs the benefits of the aggressive approach. Other countries, such as France and Germany, take a gentler approach to cancer treatment and are very open to the use of homeopathy and naturopathy. Very few studies have been done to compare the differences in efficacy of cancer therapies in other advanced nations, but currently there is no known difference in treatment outcome between advanced nations.<sup>17</sup> For some types of cancer, standard therapy may lead to elimination of disease and/or significantly prolong survival. For other types of cancer, standard therapy may only have a small likelihood of extending life expectancy.

*Proven* treatments, generally the first type of treatment prescribed by doctors, have been shown to have some benefit to patients with a specific type of cancer through a series of carefully controlled research studies. These research studies evaluate the

treatment first for safety and dosage, next for response by specific cancer types and finally in comparison to standard treatments for a specific cancer type. The results of these studies have been published in peer-reviewed journals, and the treatment has been approved by the U.S. Food and Drug Administration (FDA). The FDA is the agency charged with enforcing the Federal Food, Drug and Cosmetic Act which states that all treatments must be conclusively proven to be safe and effective for their stated purpose before they can be legally distributed in the United States.<sup>18</sup>

*Investigational, or experimental,* treatments are those going through a carefully structured, closely monitored process to determine if they are effective treatments for cancer. Before a drug can be used regularly to treat patients, it is first studied and tested in laboratory test tubes and then in animals to determine whether it is a promising treatment. When a new drug treatment begins the *experimental* process in humans, it is labeled an investigational new drug (IND) and is registered and approved by the FDA for testing. A *clinical trial* is a research study in which patients volunteer or agree to participate in order to evaluate a new treatment or combination of treatments. This is a long process and involves three phases, each with a different goal, to evaluate the efficacy of the new treatment.

In Phase I clinical trials, the new drug is given to a small number of patients. The goals are to determine the best method of drug administration and the appropriate dosages that can be safely administered. Doses of the drug increase throughout Phase I treatments until the maximum dose that can be safely administered to patients is determined. The information from Phase I clinical trials is used to design the next step, Phase II trials. In Phase II testing, the researchers want to determine the efficacy of the treatment on various types of cancer. If the treatment provides some efficacy in Phase II

trials, it may go on to Phase III testing where it will be compared directly with a standard treatment to determine which is most effective. Through this lengthy and careful process, *investigational* treatments become *proven* treatments and are incorporated as part of the standard treatment for a specific type of cancer.

*Complementary and alternative medicine (CAM)* includes a broad range of healing approaches, therapies and philosophies. CAM therapies are practiced to try to prevent illness, reduce stress, improve well-being, prevent or reduce side effects and symptoms or to control or cure disease. According to the NCI, a treatment is called *complementary* when it is used in conjunction with conventional treatments to enhance well-being or help with symptom control.<sup>19</sup> *Alternative* therapy refers to treatments that are *unproven* because they have yet to be scientifically tested or were tested and found to be ineffective. *Alternative* therapies are often used in place of conventional treatments.<sup>20</sup> Depending on how they are used, some therapies are considered either complementary or alternative.

*Integrative* therapy is a term used to describe the combined offering of conventional and complementary therapies to stimulate the body's natural healing process. Stressing prevention and self-care, it neither rejects conventional medicine nor blindly accepts alternative practices. *Integrative* medicine is different than complementary medicine, which emphasizes the use of unconventional treatments as an adjunct to conventional medicine. Instead, *integrative* medicine seeks to combine those modalities and treatments, including the science and technology of conventional cancer medicine and the holistic approach of complementary medicine, in attempts to meet a patient's unique and individualized needs for healing. Lastly, and ideally, a fully integrated medical approach encourages the development of relationships between health

care providers, whether CAM or traditional practitioners, so as to provide patients with individualized, coordinated and team-oriented care.

## **F. Our Approach**

We recognize that cancer is a complex disease and that your experiences with cancer will differ from others around you. We also can appreciate the limitations of a medical system that is not integrative in nature as there is no one method that meets all needs of all people. Medical treatment that integrates several different types of treatment options, including conventional and CAM therapies, may be important to you. It is therefore our belief that integrative medicine is the most compassionate and comprehensive treatment approach to cancer and have designed this handbook with integrative medicine being the central focus.

There are several reasons why integrating CAM therapies with conventional treatments are increasing in popularity. The growing interest in alternatives may reflect a general dissatisfaction with the technologic and impersonal nature of modern medicine.<sup>21</sup> Many patients are looking for ways to manage the potential symptoms related to conventional treatments. Others are interested in learning more about the CAM therapies proposed to treat cancer. In an effort to address these reasons, we have chosen to discuss the uses of CAM therapies based upon their placement in the following categories:

### **1. To promote wellness and optimize overall health**

Therapies in this category are generally regarded as theories and practices which try to prevent the development of cancer through lifestyle changes that promote overall wellness and health. Health-promoting lifestyle changes, appropriate for

all people, cancer patients or not, may offer benefits such as decreased pain and depression, improved cardiovascular status, improved immune function, greater mobility and physical independence, improved quality of life and, potentially, a longer life.<sup>22</sup> The healthier your body, cancer aside, the better able you will be to withstand the side effects of conventional therapy.

**2. To manage specific symptoms of cancer, side effects of conventional therapies and/or to control pain**

Therapies in this category are generally used in conjunction with conventional treatments to manage symptoms, side effects and pain. Similar to the category above, objectives include achieving a higher quality of life, better response to standard therapy, fewer side effects of treatment and symptoms of disease, control of pain with less medication and, potentially, to experience a more lasting or partial remission.<sup>23</sup>

**3. To treat cancer**

Therapies in this category are considered to be true alternative therapies, treatments which are used in place of conventional medicine. Mainstream physicians generally frown upon this approach if the patient has not tried conventional therapy first. If conventional therapies have been exhausted, participation in alternative treatments may increase your sense of control and well-being.

We have chosen this type of classification system to discuss CAM therapies and their intended uses. This approach may be different from others you have seen or used. For example, to organize the wide and fast changing realm of CAM therapies, the National Center for Complementary and Alternative Medicine (NCCAM) groups them into five categories<sup>24</sup>. We have included a brief discussion and listing of those CAM therapies applicable to cancer as categorized by the NCCAM in Appendix A.

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<sup>1</sup> Flint, Vivekan (1996). "How to Use Alternative and Complementary Medicine." [Online]. Available WWW: <http://my.webmd.com/content/article/1680.50158>. Accessed November 6, 2001.

<sup>2</sup> Lerner, Michael. *Choices in Healing*. Cambridge, MA: The MIT Press, 1998; pg. 16.

<sup>3</sup> Lerner, Michael. *Choices in Healing*. Cambridge, MA: The MIT Press, 1998; pg. 14-15.

<sup>4</sup> Duke University's Integrated Medicine Program. "What is Integrated Medicine?" [Online]. Available WWW: [http://dukehealth.org/health\\_services/integrative\\_medicine.asp](http://dukehealth.org/health_services/integrative_medicine.asp). Accessed November 6, 2001.

<sup>5</sup> American Medical Association (1999). "CSA Reports. Report 12 of the Council on Scientific Affairs, Alternative Medicine." [Online]. Available WWW: <http://www.ama-assn.org/ama/pub/article/2036-2523.html>. Accessed November 6, 2001.

<sup>6</sup> Lerner, Michael. *Choices in Healing*. Cambridge, MA. The MIT Press, 1998, pp. 13-14.

<sup>7</sup> Dossey L, Swyers JP. *Introduction to Alternative Medicine: Expanding Medical Horizons*. Washington, DC: US Government Printing Office; 1994. NIH 94-066.

<sup>8</sup> American Medical Association (1999). "CSA Reports. Report 12 of the Council on Scientific Affairs, Alternative Medicine." [Online]. Available WWW: <http://www.ama-assn.org/ama/pub/article/2036-2523.html>. Accessed November 6, 2001.

<sup>9</sup> Cassileth BR, Chapman CC. Alternative and Complementary Cancer Therapies. *Cancer* 1996; 77(6):1026-1034.

<sup>10</sup> Integrated Medicine. "Defining Integrated Medicine." [Online]. Available WWW: <http://www.integratedmedicine.com/brochure.htm>. Accessed November 6, 2001.

<sup>11</sup> Richardson MA. Discovering the Science Behind Alternative Medicine. *CALGB Newsletter*, Summer 1998, pgs. 6- 9.

<sup>12</sup> Richardson MA. Discovering the Science Behind Alternative Medicine. *CALGB Newsletter*, Summer 1998, pgs. 6- 9.

<sup>13</sup> Sullivan MJ, Duke University Integrative Medicine Program. "Integrative Medicine - Current Trends and Future Applications." [Online]. Available WWW: [http://dukehealth.org/int\\_med/article1.asp](http://dukehealth.org/int_med/article1.asp). Accessed November 7, 2001.

<sup>14</sup> CA - A Cancer Journal for Clinicians, News and Views. On the ACS Web Site: Information about Alternative and Complementary Therapies. *CA*, Nov/Dec 1998,48(6):323-325.

<sup>15</sup> American Cancer Association. "Complementary and Alternative Therapies." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_1\\_Introduction](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_1_Introduction). Accessed November 7, 2001.

<sup>16</sup> Lerner, Michael. *Choices in Healing*. Cambridge, MA: The MIT Press, 1998; pg. 43.

<sup>17</sup> Lerner, Michael. *Choices in Healing*. Cambridge, MA: The MIT Press, 1998; pg. 44.

<sup>18</sup> American Cancer Association. "How to Know What Is Safe: Choosing and Using Dietary Supplements." [Online]. Available WWW:

[http://www.cancer.org/eprise/main/docroot/eto/content/ETO\\_5\\_3x\\_How\\_to\\_Know\\_What\\_Is\\_Safe\\_Choosi ng\\_and\\_Using\\_Dietary\\_Supplements](http://www.cancer.org/eprise/main/docroot/eto/content/ETO_5_3x_How_to_Know_What_Is_Safe_Choosi ng_and_Using_Dietary_Supplements). Accessed November 7, 2001

<sup>19</sup> National Cancer Institute (2001). "Cancer Facts - Complementary and Alternative Medicine in Cancer Treatment: Questions and Answers." [Online]. Available WWW: [http://cis.nci.nih.gov/fact/9\\_14](http://cis.nci.nih.gov/fact/9_14). Accessed November 7, 2001.

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<sup>20</sup> National Cancer Institute (2001). "Cancer Facts - Complementary and Alternative Medicine in Cancer Treatment: Questions and Answers." [Online]. Available WWW: [http://cis.nci.nih.gov/fact/9\\_14](http://cis.nci.nih.gov/fact/9_14). Accessed November 7, 2001.

<sup>21</sup> Cassileth BR, Chapman CC. Alternative and Complementary Cancer Therapies. *Cancer* 1996; 77(6):1026-1034.

<sup>22</sup> Harwood, Kerry and Seskevich, Jon. "Complementary Therapies for Cancer Survivors."

<sup>23</sup> Lerner, Michael. Choices in Healing. Cambridge, MA: The MIT Press, 1998; pg. 111.

<sup>24</sup> National Center for Complementary and Alternative Medicine (2001). "Major Domains of Complementary and Alternative Medicine." [Online]. Available WWW: <http://nccam.nih.gov/fcp/classify/>. Accessed November 7, 2001.

## **II. INFORMATION: WHERE YOU CAN OBTAIN INFORMATION ON VARIOUS CANCER THERAPIES**

Before you can evaluate the various CAM therapies, you need to know where to obtain reliable information. This list contains both organization and literature sources available at many medical centers and libraries and over the Internet. The following are some of the best sources available.

### **A. Organizations and Libraries**

#### **1. American Cancer Society (ACS)**

The American Cancer Society is a voluntary organization that provides information about activities and services offered in your local area. The Society has documents available on "questionable therapies" through their Health Information System. They support research, educational programs and services for patients and provide family members with information. You can request free booklets and informative documents by email, mail or phone. Their telephone hotline is open 24 hours a day. Spanish speaking staff and services are available.

American Cancer Society  
1599 Clifton Road, N.E.  
Atlanta, GA 30329  
Telephone: 1-800-ACS-2345  
Web site: <http://www.cancer.org/>

#### **2. National Cancer Institute (NCI) Cancer Information Service**

The Cancer Information Service is a nationwide telephone service for anyone wanting accurate, up-to-date information on cancer. This service is not just for cancer

patients. The trained staff answers questions and will send written information about cancer treatments (the staff members are not physicians, but are trained to help answer your questions). This is a free service provided by the National Cancer Institute. There is Spanish speaking staff available.

Cancer Information Service  
Building 31, Room 10A16  
9000 Rockville Pike  
Bethesda, MD 20892  
Telephone: 1-800-4-CANCER  
Web site: <http://www.nci.nih.gov>

### **3. National Center for Complementary and Alternative Medicine (NCCAM)**

The National Institutes of Health's NCCAM facilitates research and evaluation of complementary and alternative therapies and has information about a variety of therapeutic methods.

NCCAM Clearinghouse  
Post Office Box 7923  
Gaithersburg, MD 20898  
Telephone: 1-888-644-6226 (toll free)  
Web site: <http://nccam.nih.gov/>  
Email: [info@nccam.nih.gov](mailto:info@nccam.nih.gov)

### **4. The University of Texas M.D. Anderson Cancer Center**

M. D. Anderson Cancer Center's Complementary/Integrative Medicine Education Resources (CIMER) Web site contains reviews of complementary or alternative cancer therapies as well as links to other authoritative resources. These evidence-based reviews evaluate the design and the results of published research. Information is available in English and Spanish.

University of Texas M.D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: 1-800-392-1611 (M.D. Anderson Cancer Center Information Line)  
1-713-745-4277.(CIMER)  
Web site: <http://www.mdanderson.org/departments/CIMER/>

#### **5. Food and Drug Administration (FDA)**

The FDA regulates drugs and medical devices to ensure safety and efficacy for the public at large.

U.S. Food and Drug Administration  
5600 Fishers Lane  
Rockville, MD 20857-0001  
Telephone: 1-888-463-6332 (toll free)  
Web site: <http://www.fda.gov/>

#### **6. The Federal Trade Commission (FTC)**

The Federal Trade Commission (FTC) enforces consumer protection laws. Numerous publications are available including "Who Cares: Sources of Information About Health Care Products and Services" and "'Miracle' Health Claims: Add a Dose of Skepticism."

Federal Trade Commission  
CRC-240  
Washington, DC 20580  
Telephone: 1-877-382-4357  
Web site: <http://www.ftc.gov/>

#### **7. R.A. Bloch Cancer Foundation**

This is a national foundation funded by Richard Bloch and staffed by volunteers. They will not discuss therapies on the telephone but will send information to you. They operate a cancer information network in which you can talk with other cancer patients

and volunteers. They also provide a listing of institutions that give multidisciplinary second opinions. The web site contains contact information for local support groups. Three books written by cancer survivor Richard Bloch can be obtained free of charge. Call or write for information.

R.A. Bloch Cancer Foundation  
4400 Main Street  
Kansas City, MO 64111  
Telephone: 1-800-433-0464  
Web site: <http://www.blochcancer.org>

## 8. Medical School Libraries

There are computer information services available at medical school libraries. You should be able to use a medical database such as OVID Online or MedLINE. Through such medical databases, you will have access to the cancer literature of the world. You can search for articles on any medical subject, display the titles of the articles and read brief abstracts if you wish. You can also order the full text of any article from the on-line service. Sometimes the database will have the full text available for printout at your computer.

Medical school libraries will also have a widely used textbook titled Cancer: Principles and Practices of Oncology, edited by Vincent T. Devita, Jr., Samuel Hellman and Steven A. Rosenberg (Philadelphia: Lippincott Williams & Wilkins, 2001). It is a comprehensive medical textbook on all the specific cancers and the major types of treatment. With this book you can look up information about your disease. After researching and reading information written, often times, for health care professionals, discuss with your physician any questions you may have and how the information you retrieved applies to your specific situation.

## 9. Hospital Libraries

Many major hospitals have libraries with patient education materials. Patient care coordinators and the librarian may provide patients with written, video and audio educational material as well as access to computer information and educational resources. A librarian can help you with a computer search.

## 10. Comprehensive Cancer Centers

The National Cancer Institute established comprehensive cancer centers around the country to act as leaders in laboratory, clinical and cancer control and prevention research. Part of the mission of comprehensive cancer centers is to provide education to cancer patients, their families and the community in which the center is located. Centers have been established all over the country. In Southern California, comprehensive cancer centers include UCSD Cancer Center, Jonsson Comprehensive Cancer Center (University of California, Los Angeles), USC/Norris Comprehensive Cancer Center and Chao Family Comprehensive Cancer Center (University of California, Irvine). For further information please call the National Cancer Institute Information Service (1-800-4-CANCER) or visit their Web site at <http://www.nci.nih.gov/cancercenters/>.

## B. Web Sites

On the Internet the following web sites offer general information on cancer, including treatment and support services available to cancer patients.

- **Alternative Medicine - Health Care Information Resources**

- <http://www-hsl.mcmaster.ca/tomflem/altmed.html>

- Included are resources on specific topics such as acupuncture, Chinese Medicine, aromatherapy, Ayurveda, chiropractic, flower remedies, herbal medicine, homeopathy, naturopathy and more.

- **The Alternative Medicine Homepage**

<http://www.pitt.edu/~cbw/altm.html>

This site contains a comprehensive listing of alternative medicine resources in the both the U.S. and Canada.

- **American Medical Association**

<http://www.ama-assn.org>

This site provides access to the AMA reference library and AMA Physician Select which enables the public to verify physicians' credentials.

- **Cancer News on the Net**

<http://www.cancernews.com/>

This site contains many original articles on several types of cancer. There are also several links to sites containing information for cancer patients.

- **Cansearch: A Guide to Cancer Resources on the Internet**

<http://www.cansearch.org>

The National Coalition for Cancer Survivorship (NCCS) is an organization founded by cancer survivors. The NCCS produced Cansearch to provide cancer survivors and patients with information and navigation through the many cancer resources found on the web.

- **CBS HealthWatch**

<http://www.healthwatch.medscape.com>

A commercial website with search results ranked according to their level of difficult of reader understanding.

- **Dr. Bower's Complementary Medicine Web Page**

[http://www.peterbower.com/Complementary\\_Practices.shtml](http://www.peterbower.com/Complementary_Practices.shtml)

This is a good information source on many alternative therapies and offers links to other complementary medicine sites.

- **Intercultural Cancer Council**

<http://iccnetwork.org>

This site is designed to provide cancer-related information to minority and medically underserved populations.

- **Internet Health Watch**

<http://www.reutershealth.com>

Reuters Health Information Service provides evaluations of a number of health-related Web sites. Each week, three Web sites are reviewed for the quality of health information each provides.

- **Medlineplus**

<http://www.medlineplus.gov>

Medlineplus is the National Library of Medicine's consumer-health site. Most of the millions of articles available come from the National Institutes of Health, journals, research centers and medical associations.

- **National Cancer Institute**

<http://www.nci.nih.gov/>

This is the primary web site of the NCI and contains information about the Institute and complementary and alternative medicine.

<http://newscenter.cancer.gov/>

This NCI site includes news, upcoming events, educational materials and publications for patients, the public and the media.

<http://cancertrials.nci.nih.gov/>

This is a comprehensive clinical trials information center run by the NCI for patients, health professionals and the public.

- **National Library of Medicine**

<http://www.nlm.nih.gov>

This site offers links to more than 40 data bases, NLM publications, research programs and grants.

- **OncoLink**

<http://www.oncolink.com/>

Sponsored by the University of Pennsylvania, OncoLink was founded to provide cancer patients, families, health care professionals and the general public with accurate cancer-related information at no charge.

- **Wellness Web**

<http://www.wellnessweb.com/>

This site offers extensive consumer health information resources, toll-free numbers and listings of federal resources, online resources and support groups.

## C. Search Engines

Search engines on the Internet are a way to assemble a list of relevant Web sites after typing in a few key words. The derived list is usually ranked in order of relevancy and usefulness. There are several search engines that have significant health-related sites.

Some to try include:

- **Achoo**  
[www.achoo.com](http://www.achoo.com)
- **Alta Vista**  
[www.altavista.com](http://www.altavista.com)
- **Excite**  
[www.excite.com](http://www.excite.com)
- **Galaxy**  
<http://www.galaxy.com/>
- **Health AtoZ**  
[www.healthatoz.com](http://www.healthatoz.com)
- **Healthfinder**  
[www.healthfinder.gov](http://www.healthfinder.gov)
- **Lycos**  
<http://point.lycos.com>
- **MedWebPlus**  
[www.medwebplus.com](http://www.medwebplus.com)
- **The Med Engine!**  
[www.themedengine.com](http://www.themedengine.com)
- **WebCrawler**  
[www.webcrawler.com](http://www.webcrawler.com)
- **WebMedLit**  
[www.webmedlit.com](http://www.webmedlit.com)
- **Yahoo (Yet Another Hierarchically Officious Oracle)**  
[www.yahoo.com/health/index.html](http://www.yahoo.com/health/index.html)

### **III. EVALUATING AND CHOOSING AN ALTERNATIVE**

#### **A. Clearing the Confusion**

Many patients are finding that CAM therapies have a great deal to offer, and an increasing amount of information is available to help you make personal, informed choices about integrating these therapies with Western medicine. Additionally, greater numbers of licensed physicians and other credentialed health care practitioners are offering complementary and alternative therapies as part of their services. The number of complimentary and alternative therapies now available as well as the different types of practitioners can, however, be overwhelming. We hope to lessen the confusion by providing you with the “tools” you need to feel you can reasonably and wisely make informed choices. In this section we will discuss the difficulties associated with evaluating CAM therapies, the barriers related to researching these therapies and the questions and information you will need to evaluate the different therapies and practitioners so as to avoid being misinformed.

#### **B. Difficulties Evaluating Complementary and Alternative Therapies**

Complementary and alternative medicine can, in some instances, be evaluated with the same methods used in conventional medicine. However, many of the CAM therapies cannot be scientifically evaluated because the effects of treatment are more subjective, based on how a patient feels, both physically and emotionally. Subjective responses include improved energy, appetite and well-being. Scientific medicine has just begun the difficult task of trying to evaluate these kinds of "quality of life" responses. It

is reasonable to assume that more sophisticated evaluations of these responses will be developed in time, but currently few scientific studies of CAM therapies have been conducted.

To gain acceptance by the medical “mainstream,” scientific evaluation is important in understanding if, when and how complementary and alternative therapies work. In 1992 by congressional mandate, the National Institutes of Health (NIH) established the Office of Alternative Medicine (OAM). In 1998, the OAM expanded into the National Center for Complementary and Alternative Medicine (NCCAM)<sup>1</sup>. The purpose of this office, as outlined in the Senate Bill, is "to facilitate the evaluation of alternative medical treatment modalities." The NCCAM is funding several medical centers to evaluate complementary and alternative therapies by developing scientific studies to test them.

Often, less is known about the safety and effectiveness of complementary and alternative medicine compared to conventional medical approaches because few CAM therapies have undergone rigorous scientific evaluation. However, some have found a role in cancer treatment, not as cures, but as complementary therapies that may help patients feel better and recover faster. Dr. Michael Lerner, author of Choices in Healing and president of Commonweal, a health and environmental research institute, believes caution is the best approach when using alternative therapies.<sup>2</sup> It is his opinion that the best CAM treatments tend to be those that increase quality of life, promote general health and engage the patient in psychologically and physically beneficial ways. The worst treatments are those offered by unscrupulous people for financial gain. Between these two extremes are many therapies with both positive and negative effects.

### C. Barriers to Complementary and Alternative Medicine-Related Research

According to the American Cancer Society, acceptable therapies are ones which have been subjected to extensive laboratory (*in vitro*) and subject (*in vivo*) testing in both animals and humans and whose results have been published in peer-reviewed journals.<sup>3</sup> Unfortunately this limited definition excludes many important factors believed to be benefits of CAM therapies. While clinical trials can and do provide the medical community with important information on the effects of new treatments, the lack of scientific proof alone is perhaps not reason enough to dismiss the possibility that a new treatment might be valuable or effective.<sup>4</sup>

The lack of scientific data may partly be the result of the medical community's past skepticism of the possible validity of a treatment with which it is unfamiliar. For instance, some alternative clinicians cannot present research data because they have difficulty finding an interested publisher. However, even after having published in peer-reviewed literature, controversial ideas have a difficult time gaining acceptance from the "mainstream" medical community. The lack of scientific evidence may also be due to the small numbers of physicians and scientific researchers willing to take the huge professional risk to his/her career and/or reputation to pursue research in CAM therapies. While this situation is gradually changing because of increased public interest in CAM therapies, clinical trials are time intensive and costly. Because many CAM therapies cannot be patented, there is little financial incentive for pharmaceutical companies to fund research.<sup>5</sup> As a result, anecdotal evidence remains the major source of information.<sup>6</sup>

Other factors make data difficult to gather. For example, many alternative medical clinics are in Mexico and Europe. Collecting follow-up data can be difficult to

impossible. For example, patients may complete a therapy but do not maintain contact with the clinic. There are also high costs associated with generating follow-up data. It is apparent that alternative clinics face many hardships in gaining public acceptance, but this does not mean they are beyond inspection. Every alternative medicine clinic and/or health care provider should be questioned thoroughly by the patient before any treatment is agreed upon.

Another problem CAM therapies face is the difficulty in determining what constitutes a positive response to treatment in the eyes of the medical community. The NCCAM believes that CAM therapies need to be investigated using the same scientific methods applied in conventional medicine. The NCCAM encourages "applying at least as rigorous, and in some cases, even more rigorous research methods than the current standard in conventional medicine. This is because research often involves novel concepts and claims, and uses complex systems of practice that need systematic, explicit, and comprehensive knowledge and skills to investigate."<sup>7</sup> Unfortunately, many CAM therapies are very difficult to fit into standard double-blind clinical trials, the gold standard for proof of effectiveness in medical research. For instance, with acupuncture, massage and chiropractic, it is apparent to both patient and physician who is receiving the "real" treatment.<sup>8</sup>

Unfortunately, many responses patients may have to CAM therapies are difficult to measure in scientific units. If the treatment is not shown to be curative or increase life expectancy but does appear to promote and enhance quality of life issues such as increased energy, appetite, sleep and general well-being, how can these be quantified and proven by the scientific method? For a few therapies, most notably psychological

treatments such as psychotherapy, imagery and cancer support groups, scientific studies have reported improved quality of life and possible survival advantages for patients using those treatments.<sup>9</sup> The available scientific documentation will most probably promote psychotherapy into mainstream medical practices. If so, its use will become part of the standard treatment protocol for cancer.

#### **D. Making the Decision to Pursue Complementary and Alternative Therapies**

There is no consensus in the medical community as to when to consider CAM treatment. Certainly, complementary therapies to promote wellness and optimize overall health are encouraged at any point in time. If you are considering CAM therapies to manage specific disease symptoms and/or to treat cancer, discuss them with your conventional medical doctor(s). Great care must be exercised if you decide to forego standard treatments and choose to use only an alternative treatment. Generally, patients who forego conventional medicine do so because doctors have said that standard treatments can no longer help them or they have had poor experiences with "mainstream" medicine.<sup>10</sup> As will be discussed in later sections, we encourage you to involve your medical team in any decisions you make about your cancer treatment. Together you can decide what the potential benefits and/or risks associated with combining the options you are considering with, or in place of, standard treatments.

When researching the different CAM therapies, a distinction between words like "effective" versus "palliative," and "not curative," should be made. When assessing a treatment, the word "cure" should be viewed with skepticism because its use can be extremely ambiguous and misleading. Generally, "cure" refers to a medical treatment

that relieves the patient of his/her disease. If the wording of a study is confusing, asking a health care provider for assistance might offer some clarity.

The American Cancer Society supports that "cure" or "remission" statements associated with alternative treatments can be misleading for the following reasons:<sup>11</sup>

1. Patients may have a form of cancer that is progressing slowly and not manifesting any symptoms, but the alternative treatment is still credited with extending life span.
2. Patients may have had a nonmalignant tumor that has essentially disappeared by itself, but credit is given to the alternative treatment for curing the malignancy.
3. Patients who have just recently received a course of standard therapy, then switched over to a CAM program, may be experiencing regression due to the effects of the original treatment. But again, credit is given to the alternative therapy.

However, in cases where there is unusual progress of a patient who begins an alternative therapy immediately after conventional treatment, and odds were significantly against such progress, some success may be credited to the alternative therapy.

## **E. Final Considerations**

When considering complementary and alternative therapies, you should feel free to ask numerous questions of your health care providers. Questions might include:

- How effective is and what benefits can be expected from this therapy?
- Is the therapy meant to cure cancer or to help conventional treatments work better?
- What types of cancer respond best to the therapy?
- What is the duration of the treatment?
- What are the risks associated with this therapy?

- Do the known benefits outweigh the risks?
- What side effects can be expected?
- What are the cure or remission rates and how are the statistics/data generated?
- Are there any medical records or clinical trials offering scientific support of treatment?
- Will the therapy interfere with conventional treatment?
- What are the doctors' credentials? Are they recognized experts in cancer treatment?
- Will the therapy be covered by health insurance?

You should also ask and expect to speak with former patients. Former patients may provide valuable information on a clinic or treatment. Often, former patients can provide more legitimate and quantifiable results regarding treatment than clinics actively recruiting patients. However, keep in mind that it is less likely you will be put in contact with people who were not helped by the treatment than those who experienced dramatic positive results. The patient you are allowed to speak with may be one out of one hundred who actually benefited from the treatment.<sup>12</sup> Ask to be put in contact with several former patients if possible. Remember that patient testimonials used alone do not adequately assess the effectiveness of a CAM therapy, and great care should be taken when deciding whether or not it is your exclusive criteria for selecting a therapy.

Once you commit to an alternative therapy, it should be given a fair chance to work. The duration of different treatments can vary significantly and therefore, you must fully understand the time involved in the therapy and organize your daily activities accordingly. Strong support from family and friends is vital to help patients complete treatments. All too often, patients discontinue treatment because family members are not

willing to conform to guidelines designated by many therapies. Patients are encouraged to reach an agreement and discuss potential difficulties with family members before treatment begins.

As with conventional treatments, costs are an important factor to consider. Most insurance companies will not cover the costs of alternative, experimental or unproven cancer therapies, but some are beginning to offer coverage of some of the more widely accepted complementary methods of treatment such as acupuncture and chiropractic therapy. In 2000, 30 major insurers, including Blue Cross and Medicare, covered at least one complementary method of treatment.<sup>13</sup>

Contact your insurance company to find out what, if any, CAM therapies are covered by your plan. Financial arrangements should be carefully discussed with both the alternative care center and the insurance company before beginning treatment. It is a good idea to have all costs agreed upon and in writing ahead of time.

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<sup>1</sup> National Center for Complementary and Alternative Medicine (2001). "NCCAM's History and Related Legislation." [Online]. Available WWW: <http://nccam.nih.gov/an/general/>. Accessed November 12, 2001.

<sup>2</sup> Lane, Laura (1999). "Cancer Physicians Discuss the Use of Alternative Therapies." [Online]. Available WWW: <http://www10.cnn.com/HEALTH/cancer/9905/24/cancer.therapies/index.html>. Accessed November 12, 2001.

<sup>3</sup> American Cancer Society (1999). "American Cancer Society Operational Statement on Complementary and Alternative Methods of Cancer Management." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3x\\_American\\_Cancer\\_Society\\_Operational\\_Statement\\_on\\_CAM?sitearea=&level=](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3x_American_Cancer_Society_Operational_Statement_on_CAM?sitearea=&level=). Accessed November 8, 2001.

<sup>4</sup> Wellness Web (1999). "Alternative/Complementary Medicine." [Online]. Available WWW: <http://www.wellweb.com/ALTERN/overview.htm>. Accessed November 12, 2001.

<sup>5</sup> WebMD Electronic Library Collection (1998). "Separating Hype from Hope: Making Sense of Complementary Medicine Research." [Online]. Available WWW: <http://my.webmd.com/content/article/1680.50246>. Accessed November 12, 2001.

<sup>6</sup> Wellness Web (1999). "Alternative/Complementary Medicine." [Online]. Available WWW: <http://www.wellweb.com/ALTERN/overview.htm>. Accessed November 12, 2001.

<sup>7</sup> National Center for Complementary and Alternative Medicine. "What is CAM?" [Online]. Available WWW: <http://nccam.nih.gov/an/general/>. Accessed November 12, 2001.

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- <sup>11</sup> Barrett, Stephen. Dubious Cancer Treatment. American Cancer Society, Florida Division, 1991.
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- <sup>13</sup> American Cancer Society (2001). "Guidelines For Using Complementary and Alternative Methods." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3x\\_Guidelines\\_For\\_Using\\_Complementary\\_and\\_Alternative\\_Methods?sitearea=&level=](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3x_Guidelines_For_Using_Complementary_and_Alternative_Methods?sitearea=&level=). Accessed November 8, 2001.

## **IV. EVALUATING AND INTERPRETING INFORMATION ON THE INTERNET**

### **A. The Benefits and Pitfalls Encountered by Internet Consumers**

The Internet can be a wonderful source of information, linking you to the computers of medical centers, libraries, government organizations, advocacy groups and other patients. However, you can also get information from people who are misinformed or who care more about your money than your health. This section will suggest some ways to find and evaluate information on the Internet.

In 1996, the Internet emerged as a valuable source of consumer health information.<sup>1</sup> One recent survey estimates that greater than 60 million U.S. residents used the internet to get health information in 2000.<sup>2</sup> There are thousands of sites to choose from that offer health-related information. These sites may use medical books, journals, professional organizations, advocacy groups, patient/family discussion groups and individuals or companies promoting their products or services as sources of information. The material present ranges in its accuracy, reliability and value from very good to very bad.

Although the Internet provides many benefits as an information resource, it is an unregulated network. Anyone with access to a computer, modem and necessary software can create a Web site. Unlike most traditional forms of information, the content of a Web site does not need to be approved. Information can therefore be published and made available for the public even if it is false and/or misleading. Unfortunately, no regulatory body exists to ensure that consumers are not taken advantage of on the Internet. Given

this situation, it is in your best interest as an Internet user to evaluate the information you locate in order to determine both its quality and value for your needs. On the Internet, "caveat emptor" - let the buyer beware - are words to live by for the foreseeable future.<sup>3</sup>

The explosion of information on the Internet led several federal and international agencies to become concerned that private companies and individuals might take advantage of unsuspecting healthcare consumers using persuasive Web sites. In 1995, an international conference on the use of the Internet in healthcare resulted in the creation an international initiative, Health on the Net Foundation (HON). HON is a non-profit organization dedicated to "promote the effective and reliable use of the new technologies for telemedicine in healthcare around the world."<sup>4</sup> To assist healthcare consumers sift through the thousands of medical Web sites offering advice and services, HON has developed a Code of Conduct for the provision of medical Web sites. The principles of conduct are:<sup>5</sup>

**1. Authority**

Any medical or health advice provided and hosted on this site will only be given by medically trained and qualified professionals unless a clear statement is made that a piece of advice offered is from a non-medically qualified individual or organization.

**2. Complementarity**

The information provided on this site is designed to support, not replace, the relationship that exists between a patient/site visitor and his/her existing physician.

**3. Confidentiality**

Confidentiality of data relating to individual patients and visitors to a medical/health Web site, including their identity, is respected by this Web site. The Web site owners undertake to honor or exceed the legal requirements of medical/health information privacy that apply in the country and state where the Web site and mirror sites are located.

**4. Attribution**

Where appropriate, information contained on this site will be supported by clear references to source data and, where possible, have specific HTML links to that data. The

date when a clinical page was last modified will be clearly displayed (e.g. at the bottom of the page).

#### **5. Justifiability**

Any claims relating to the benefits/performance of a specific treatment, commercial product or service will be supported by appropriate, balanced evidence in the manner outlined above in Principle 4.

#### **6. Transparency of authorship**

The designers of this Web site will seek to provide information in the clearest possible manner and provide contact addresses for visitors that seek further information or support. The Webmaster will display his/her E-mail address clearly throughout the Web site.

#### **7. Transparency of sponsorship**

The designers of this Web site will seek to provide information in the clearest possible manner and provide contact addresses for visitors that seek further information or support. The Webmaster will display his/her E-mail address clearly throughout the Web site.

#### **8. Honesty in advertising and editorial policy**

If advertising is a source of funding it will be clearly stated. A brief description of the advertising policy adopted by the Web site owners will be displayed on the site. Advertising and other promotional material will be presented to viewers in a manner and context that facilitates differentiation between it and the original material created by the institution operating the site.

The goal of the “HONcode” is to improve the accuracy and quality of consumer healthcare information available on the Internet. The blue and red HONcode seal on Web sites complying with the above basic ethical standards helps consumers identify sources of reliable information.<sup>6</sup>

### **B. Suggestions to Help Filter Web Sites and Information**

There are three basic ways to find information on the Internet. You can browse casually, look in a more focused fashion under categories/subjects, or search using search engines such as Yahoo and Excite.<sup>7</sup> There is a tendency to assume that information retrieved by a search engine has been previously evaluated as part of the selection

process, but this is a misconception. Regardless of how you find information on the Internet, it will be important for you to know how to evaluate it. Also, it is a common assumption that a search engine will retrieve all applicable information. Search engines are not exhaustive, and each search engine will retrieve different information. Using a medical search engine, such as Achoo or MedWebPlus, will often result in more appropriate results.

Traditionally, there are three ways in which written information is filtered.<sup>8</sup> First, if information is written and/or issued by a reliable organization such as the federal government, it is accepted as having validity. Second, if the material is validated as part of an editorial or peer review process, it is generally accepted as reliable. Lastly, if the information is evaluated by experts or subject specialists/librarians as part of a collection development, it is considered credible. When you begin to evaluate the information you find on the Internet, consider these two questions:

1. Is this “good” information—accurate, fair and balanced- provided by a reliable source?
2. Is this information relevant to my situation and needs?

As you can see, there is no single or perfect indicator of reliability, truthfulness or value. You must make your own decision based on a collection of your observations. Several organizations have put together some suggestions to help you determine the reliability of a Web site. Questions for you to consider include:<sup>9,10</sup>

### **1. Who maintains the site?**

You are more likely to get legitimate information from an established medical institution like a hospital, research-oriented university or governmental organization. Private

medical practitioners and organizations may have marketing, social or political agendas that can influence the type of material they offer. Try to weigh the information you receive against what you think is the intent of the author(s). According to Robert Harris, Professor of English at Southern California College, "information pretending to objectivity but possessing a hidden agenda of persuasion or a hidden bias is among the most common kind of information in our culture."<sup>1</sup>

**2. Is there a listing of names and credentials of those responsible for preparing and verifying the site's contents?**

Look for a listing of the source of the information whether it is an author, editorial board or sponsoring organization. What is the education, training and/or experience in the field of these individuals? Answering the above questions may help to determine the author's reputation or standing among peers. Also look to see if the site is sponsored by a known and respected organization. Contact information should also be provided so visitors to the site can acquire additional information or have questions answered.

**3. Does the site link to other sources of medical information?**

In general, a reputable organization will not declare itself to be the only source of information on a specific health issue. Quality sites often feature more than one perspective on a health topic. Additionally, it is in your best interest to also compare the information you find on one site with others. Using other sources is a way of confirming the credibility of the information you previously found.

#### **4. When was the site last updated?**

Usually, the more current the site, the more likely it is to provide timely material. If you are looking for treatment information, look for sites that are updated weekly or monthly so that they contain accurate, up-to-date information. If a site has not been modified in months, it might contain outdated material. This is not so much a concern with information that focuses on the emotional and support aspects of cancer.

#### **5. Does the site promote products?**

You should be cautious when sites promote specific products that you can buy over the Internet. Because the Internet is constantly changing, the site you purchase from one week might not be in existence the following week if you have questions about the product.

Once you have found information on the Web that you believe to have credibility and are interested in, write down the name and web address of the site, print out the information and bring it to your health care provider.<sup>12</sup> Your doctor can help to answer any remaining questions you may have, help you determine whether the information is legitimate and if it would be an appropriate therapy for you. It is also important to check with your doctor to make sure that it is safe for you to begin a new treatment, especially if you are currently undergoing another type of therapy.

Assessing the credibility of health and medical information in Internet news and chat groups is exceedingly important. Information in these forums is shorter-lived and often, the source is unidentifiable. Although these news and chat groups can provide

reliable information about cancer and offer support to patients, they can also perpetuate misinformation.<sup>13</sup> Most services do not verify what is posted in their newsgroups or control what is "said" in chat rooms.<sup>14</sup> A Wall Street Journal article stated that, "Online communication has been widely heralded as a boon for the ill. Patients form support groups, sharing large pains and small triumphs; they critique wheelchairs and feeding tubes, discuss symptoms and doctors, or simply comfort and inspire each other. But...desperate patients can spread untested treatments and questionable practices...."<sup>15</sup> Treatment testimonials read about in chat rooms should never be the sole source of information used when making a decision about a potential treatment. Corroboration by your physician or other medical sources is exceedingly important.

In summary, when evaluating Web sites, use your best skeptical judgment to avoid quacks and misinformation. Selecting sources that provide as much of the following information as possible will help you to obtain reliable information on the Internet:<sup>16</sup>

- Name of author(s), editorial board and/or sponsoring organization
- If an author is listed, his/her title or position and organizational affiliation
- Date of page creation or version
- Contact information
- Indicators of information quality

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<sup>1</sup> Rees, Alan M. "Consumer Health on the Internet" in Consumer Health Information Source Book. Oryx Press, Phoenix, AZ; 1998. pp. 74.

<sup>2</sup> Fox S, Rainie L. The Online Health Care Revolution: How the Web Helps Americans Take Better Care of Themselves. Washington, DC: Pew Charitable Trusts; 2000.

<sup>3</sup> FDA Consumer (1998). "Health Information On-Line." [Online]. Available WWW: <http://www.cfsan.fda.gov/~dms/fdonline.html>. Accessed October 29, 2001.

<sup>4</sup> Health on the Net (HON) (1999). "About Health on the Net Foundation." [Online]. Available WWW: <http://www.hon.ch/Global/>. Accessed October 29, 2001.

<sup>5</sup> Health on the Net (HON) (1997). "HONcode: Principles." [Online]. Available WWW: <http://www.hon.ch/HONcode/>. Accessed October 29, 2001.

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- <sup>15</sup> Bulkeley, W.M. "Untested Treatments, Cures Find Stronghold on On-Line Services." *Wall Street Journal*. February 27, 1995, p.3.
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## **V. CREATING GOOD RELATIONSHIPS WITH YOUR HEALTH CARE PROVIDERS**

### **A. The Importance of a Good Partnership**

Your relationships with your health care providers, whether they are conventional or complementary/alternative practitioners, are essential to your receipt of good care.

Fundamental to good medical care is the respect of your rights as a patient. The precepts of the Patients' Bill of Rights holds true for any provider-patient relationship. As a consumer in the health care system, you have a right to:<sup>1</sup>

- Be treated fairly and openly in all matters.
- Receive considerate and respectful care in a clean and safe environment free of unnecessary restraints.
- Obtain all information regarding your visit. Receive complete information about your diagnosis, treatment and prognosis.
- Receive all the information that you need to give informed consent for any proposed procedure or treatment. This information shall include the possible risks and benefits of the procedure or treatment.
- Refuse treatment and be told what effect this may have on your health.
- Refuse to take part in research. In deciding whether or not to participate, you have the right to a full explanation.
- Receive a copy of your medical records, consistent with the state statutes on this matter.

In light of your rights as a patient, this section will address those issues essential to developing effective relationships between you and your health care providers.

Communication can help to strengthen and build relationships with your health care providers. Each of us wants to feel that our doctors and other members of our health

care team care about us as individuals, and communication facilitates caring. Being able to communicate about topics that include, but are not limited to, your illness and options for treatment is important. Although every health care provider has a different communication style, it is important that you feel comfortable talking with and discussing with him/her intimate issues that affect your physical, emotional and/or spiritual sense of health and well-being.

The development of a partnership between yourself and your physician is also an essential part of receiving good medical care. When you and your doctor communicate - explain, question, listen and discuss – a partnership develops. As with any successful relationship, a good partnership does take time to develop. It will evolve if both you and your doctor are willing to take responsibility for ensuring its success. As a partner in this relationship, your responsibilities are to:

- actively try to understand and learn about your disease and treatment program
- make a commitment to following your doctor's advice.

Your doctor's responsibilities are to:

- try and be aware of your needs and explain difficult concepts completely
- discuss the effects of your disease and the treatment program in an atmosphere of respect and trust.

Appendix B contains the Wellness Community Oncologist-Patient Statement which will assist you in clarifying the responsibilities of you and your health care provider.

## **B. Suggestions to Help Build a Partnership with your Health Care Provider**

Creating good relationships and ensuring quality care may also involve you taking a more active role in your health care. In Handbook of Behavioral Medicine, Irving Janis of Yale University states that patients are no longer "seen as passive recipients of health

care who are expected to do willingly whatever the doctor says. Rather, they are increasingly regarded as active decision makers, making crucial choices that can markedly affect the kind of treatment they receive and the outcome."<sup>2</sup> Taking an active role in your own health consists of many elements. For example, preparation for and attention during an appointment can help you get the most benefit from your time with your providers. The following is a list of guidelines and helpful tips to help you prepare for your appointment, actively engage your physician during your appointment and take control of your health once you leave his/her office.<sup>3,4,5</sup>

### **1. Appointment Preparation**

- Make a list of your objectives and concerns to cover during the appointment in order of importance.
- Write down questions you wish to ask your doctor so that you will not forget them. Asking questions is essential to getting what you want out of the appointment.
- Bring someone with you, if possible. A family member or close friend can assist you in taking notes or being a 'second pair of ears' when you are receiving large amounts of information.
- Prepare a detailed, well-organized account of your symptoms and relevant past medical history. For return visits, prepare a brief progress report.
- Bring your insurance cards, names and addresses of your other health care providers and/or your medical records with you to your appointment.
- Make a list of medicines (name and dose) you are taking or bring your medicine bottles with you to your appointment. Your doctor needs to know ALL of the medicines you take (even non-prescription drugs) because it is possible for medicines to interact, causing unpleasant and sometimes dangerous side effects. In addition to over-the-counter medicines such as eye drops and laxatives, it is extremely important that you inform your health care providers about any vitamins, minerals and herbs you are taking. For return visits, make a list of any medication refills you need.

## 2. During the Appointment

- Answer your doctor's questions honestly even if you believe your answers are not what your doctor wants to hear. Your doctor can give you the best treatment only when you respond honestly to all his/her questions.
- Be concrete and specific about your symptoms and/or any side effects you are experiencing. Your doctor needs to know your opinions and observations about what is working and what is not working in order to prescribe proper treatment for your symptoms.
- Report any unusual symptoms you have noticed such as change in appetite, weight, sleeping pattern or energy level.
- Tell your doctor about any fears or complaints you have about your treatment.
- Always ask your doctor to explain anything about your disease or your treatment that you do not understand. If you do not completely understand your doctor's explanation, he/she will not know unless you say something. Do not be embarrassed to ask the same question twice. Part of your doctor's job is to educate you about your disease and your treatment.
- Ask about possible side effects of your treatments and what to do if they should occur. Ask what to do if there is an emergency, or when the office is closed.
- Take notes or tape record the appointment (ask for permission first) if you are worried about forgetting information your doctor gives you. If medication instructions are unclear, ask for an explanation or written instructions before leaving the office.
- Pay attention to and be cordial with the office staff and nurses. You will have to talk with them often, and a receptionist or nurse can be a powerful ally when wishing to speak with your doctor on the phone or when making an appointment.
- Cancer care often involves a team of health care providers with different areas of expertise. This may be a team that is used to working together or it may be a team that you have put together yourself to integrate conventional treatments and complementary care. When there are many people involved, it can be difficult to keep several sets of instructions straight. Make sure you understand all of your instructions. Because you are the focus of this health care team, it is important that your treatment plan is understood by all the team members. If you have put together your own team of health care providers, you may need to be more active in ensuring communication between members of your team.

### 3. After Your Appointment

- Keep track of your treatment.
- If you have a problem with your treatment, consult your doctor before attempting to change your therapy without assistance.
- Stay alert for side effects. If you do not know or remember specific instructions about side effects from your appointment, call your doctor.

### 4. Telephone Tips

- Learn which days are busiest and what times are best to call. It is usually best to call early in the workday because your doctor is likely to be less busy.
- Before calling your doctor's office, write down a short description of the problem you are having, your reason for calling, your symptom list and a few questions that you might have.
- Have a pen and paper ready to write down instructions.

### 5. Finances

- Do not be afraid to ask your doctor how much something will cost or if there are less expensive options.
- There are many things you can do for your health that cost little or nothing. Some examples include eating a healthier diet, starting an exercise routine appropriate for your health situation or joining a support group.

Taking control of your health also includes identifying and expressing your physical, emotional and/or spiritual needs. Your doctor should be willing to discuss new ideas or treatment approaches that you feel would support your overall sense of well-being. Remember that integrative medicine is *individualized* medicine. Hence, a doctor who is able to support you in a holistic sense is a powerful component in helping you to achieve overall wellness.

It is important to be aware that some conventional doctors will be more open than others to combining complementary with conventional medicine. Likewise, some CAM practitioners may be more resistant than others to conventional treatments. In either case, it is important for you to question those providers who quickly dismiss conventional or CAM therapies. Individual beliefs and biases come from one's education and life experiences. Ideally, health care providers recognize their own biases and are open to differing points of view if there are reasons to believe a different strategy may be helpful. Frank and open discussions with your doctor are important. If the discussion is not productive, requesting a second opinion is always an appropriate option. Ultimately, you should feel that your rights as a patient are upheld and that you are provided with the insight and advice necessary for you to make informed choices.

If you are interested in finding a physician who practices alternative medicine, contact the American Holistic Health Association (AHHA), an association representing physicians who practice complementary and alternative medicine.<sup>6</sup> The AHHA will provide you with names of practicing doctors in your area and their specialties. However, these referrals are not offered with a guarantee. The Healing Web Page also has a comprehensive referral network online at [www.holisticmed.com](http://www.holisticmed.com). To find physicians trained in homeopathy, contact the National Center for Homeopathy and ask for their referral list. See below for contact information.

CAM practitioners, many of whom are not medical doctors, vary widely in their education, training and experience in alternative treatments. Further confusing the issues are the inconsistent licensing laws for CAM practitioners which vary from state to state. Please refer to Appendix C for information on CAM practitioner board certification and

health care licensing issues to ensure that your health care provider has the proper education and experience to provide you with safe and effective treatment. Appendix D lists many of the professional degrees and titles of CAM practitioners you may find as you research different CAM therapies.

**American Holistic Health Association**

P.O. Box 17400  
 Anaheim, CA 92817-7400  
 Telephone: (714) 779-6152  
 Web site: [ahha.org](http://ahha.org)

**National Center for Homeopathy**

801 North Fairfax Street, Suite 306  
 Alexandria, VA 22314  
 Telephone: (877) 624-0613  
 Web site: [www.homeopathic.org](http://www.homeopathic.org)

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<sup>1</sup> New York State Department of Health (1998). "Patient's Rights-New York State Department of Health." [Online]. Available WWW: <http://www.health.state.ny.us/nysdoh/hospital/english2.htm#patients>. Accessed December 10, 2001.

<sup>2</sup> Janis, Irving L. "The Patient as Decision Maker" in *Handbook of Behavioral Medicine*. W. Doyle Gentry, ed. New York: Guildford Press, 1984.

<sup>3</sup> Quackwatch (1997). "Doctor-Patient Communication Tips." [Online]. Available WWW: <http://www.quackwatch.com/02ConsumerProtection/commtips.html>. Accessed December 10, 2001.

<sup>4</sup> University of Washington (2001). "Helping Your Doctor." [Online]. Available WWW: <http://www.orthop.washington.edu/arthritis/living/doctor/01>. Accessed December 10, 2001.

<sup>5</sup> The HOPE Heart Institute. "How to Get the Most from Your Doctor's Visit." [Online]. Available WWW: <http://www.ring.com/health/doctors/doctors.htm>. Accessed December 10, 2001.

<sup>6</sup> American Holistic Health Association (2001). [Online]. Available WWW:.. <http://ahha.org/>. Accessed December 10, 2001.

## VI. REVIEWED THERAPIES

Cancer patients use complementary and alternative medicine(CAM) for several reasons. Most often, patients use CAM to improve their wellness and optimize their health. Also, patients use CAM to manage specific symptoms of disease or side effects of standard treatments. Least commonly, and certainly the most controversial, patients use CAM therapies in an attempt to directly treat their cancer. The therapies reviewed below all fall within one of the three treatment spectrums stated above and seek to provide non-biased information to help patients make educated decisions about their cancer treatment. The purpose of this handbook is not suggest that any of the reviewed therapies should be pursued. Instead, the goal is to help you get the information you need to make informed choices.

### Reviewed Therapies List

<u>Therapies</u>	<u>Reported Benefits</u>	<u>Page</u>
Acupressure	<i>Promotes wellness</i>	50
Acupuncture	<i>Treats side effects and symptoms</i>	51
Alexander Technique	<i>Promotes wellness</i>	53
Aloe vera	<i>Treats cancer</i>	54
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Aromatherapy	<i>Promotes wellness</i>	56
Art Therapy	<i>Promotes wellness</i>	58
Ayurveda	<i>Promotes wellness</i>	59
Biofeedback	<i>Promotes wellness</i>	61
Cancell/Entelev	<i>Treats cancer</i>	62
Cartilage	<i>Treats cancer</i>	63
Cat's claw	<i>Treats cancer</i>	65
Chaparral	<i>Treats cancer</i>	66
Chelation therapy	<i>Treats cancer</i>	67
Chiropractic	<i>Treats side effects and symptoms</i>	68
Coenzyme Q-10	<i>Treats cancer</i>	70
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<i>Coriolus Versicolor</i>	<i>Treats cancer</i>	73
<i>Craniosacral Therapy</i>	<i>Promotes wellness</i>	74
<i>Crystal Healing</i>	<i>Promotes wellness</i>	75
<i>Electromagnetic Therapy</i>	<i>Treats cancer</i>	76
Essiac	<i>Treats cancer</i>	77
Faith Healing	<i>Promotes wellness</i>	78
Fasting and Juice Therapies	<i>Treats cancer</i>	79
Flower Remedies	<i>Promotes wellness</i>	81
Garlic	<i>Promotes wellness</i>	82
Gerson therapy	<i>Treats cancer</i>	83
Govallo Therapy	<i>Treats cancer</i>	85
Green Tea	<i>Promotes wellness</i>	86
Guided Imagery	<i>Promotes wellness</i>	88

<b><u>Reported Benefits</u></b>	<b><u>Reported Benefits</u></b>	<b><u>Page</u></b>
Homeopathy	<i>Treats side effects and symptoms</i>	89
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Hydrazine sulfate	<i>Treats side effects and symptoms</i>	92
Hydrogen Peroxide	<i>Treats cancer</i>	94
Hydrotherapy	<i>Promotes wellness</i>	95
Hypnosis	<i>Treats side effects and symptoms</i>	96
Immune Augmentation Therapy	<i>Treats cancer</i>	98
Laetrile	<i>Treats cancer</i>	99
Light Therapy	<i>Promotes wellness</i>	101
Livingston-Wheeler Therapy	<i>Treats cancer</i>	102
Macrobiotics	<i>Promotes wellness</i>	104
Massage Therapy	<i>Promotes wellness</i>	105
Meditation	<i>Promotes wellness</i>	107
Melatonin	<i>Promotes wellness</i>	109
Mistletoe	<i>Treats cancer</i>	110
Modified Citrus Pectin	<i>Promotes wellness</i>	111
MTH-68	<i>Treats cancer</i>	113
Music Therapy	<i>Promotes wellness</i>	114
Native American Healing	<i>Treats side effects and symptoms</i>	115
Naturopathic Medicine	<i>Treats side effects and symptoms</i>	117
Ozone	<i>Treats cancer</i>	118
Pau d'Arco	<i>Treats cancer</i>	119
Prayer and Spirituality	<i>Promotes wellness</i>	121
Qigong	<i>Promotes wellness</i>	122
Reflexology	<i>Promotes wellness</i>	123
Revici Method	<i>Treats cancer</i>	124
Rolfing	<i>Promotes wellness</i>	126
Saw Palmetto	<i>Treats side effects and symptoms</i>	127
Selenium	<i>Promotes wellness</i>	128
714-X	<i>Treats cancer</i>	129
Tai Chi	<i>Promotes wellness</i>	131
Therapeutic Touch	<i>Promotes wellness</i>	132
Traditional Chinese Medicine	<i>Promotes wellness</i>	133
Vegetarianism	<i>Promotes wellness</i>	135
Yoga	<i>Promotes wellness</i>	137

## **Acupressure**

*This treatment modality is thought to promote wellness and optimize overall health. Acupressure should be used with, not in place of, standard cancer therapy.*

**What does acupressure involve?** Acupressure is a non-needle variation of acupuncture involving deep finger pressure on acupoints and is similar to Japanese shiatsu. Rooted in the principles of traditional Chinese medicine, acupressure is performed to release muscular tension, promote the circulation of blood and restore the flow of qi, the body's vital energy, along channels in the body. Acupressure has the advantage of being a "self-help" remedy because, through the use of guidebooks, you can perform acupressure on yourself.<sup>1</sup>

**How is acupressure thought to promote wellness and optimize overall health?** Acupressure is believed to be effective in reducing tension and other stress-related ailments such as headaches and muscle aches, increasing circulation and enabling the body to relax deeply.<sup>2</sup> By relieving stress, the body's immune system and, therefore, resistance to disease may be heightened. When tension is released, patients may feel better physically, emotionally and mentally promoting overall wellness and health.

**What has been proven about the benefit of acupressure?** While some people do appear to benefit from acupressure, the mechanism by which this occurs is unknown. Post-operative pain and nausea has been found to respond to pressure point massage in some cases. Its occasional effectiveness may be due to relaxation and comfort from hands-on massage or the release of natural painkillers in the body called endorphins.<sup>3</sup>

**What is known about the potential risk or harm of acupressure?** While there are no inherent side effects, acupressure should be avoided in areas near varicose veins, wounds and sores. Because forceful pressure is sometimes used, patients with brittle bones, a history of spinal or other orthopedic injury or easy bruising should be careful when using acupressure. Patients undergoing long-term steroid therapy may have fragile tissues and should also use caution. If treatments are painful or soreness persists beyond a couple of days the therapist should be informed.<sup>4</sup>

**How much does acupressure cost?** Cost will vary depending on whether acupressure is self-administered or a therapist is used. If used as a self-treatment, no additional equipment is necessary.

### **For additional information:**

Acupressure Institute  
1533 Shattuck Avenue  
Berkeley, CA 94709  
Telephone: (510) 845-1059  
Web site: [www.acupressure.com](http://www.acupressure.com)

American Oriental Bodywork Therapy Association  
 Laurel Oak Corporate Center, Suite 408  
 1010 Haddonfield-Berlin Road  
 Voorhees, NJ 08043  
 Telephone: (856) 782-1616  
 Web site: [www.healthy.net/pan/pa/bodywork/about1.html](http://www.healthy.net/pan/pa/bodywork/about1.html)

<sup>1</sup> Whole Health MD (2000). "Therapies - Acupressure." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0.1525.662.00.html](http://www.wholehealthmd.com/refshelf/substances_view/0.1525.662.00.html). Accessed December 12, 2001.

<sup>2</sup> Gach, Michael R (1990). "What is Acupressure?" [Online]. Available WWW: <http://www.acupressure.com/PotentPointsBook/Chapter1.html>. Accessed December 12, 2001.

<sup>3</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg 211.

<sup>4</sup> Whole Health MD (2000). "Therapies - Acupressure." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0.1525.662.00.html](http://www.wholehealthmd.com/refshelf/substances_view/0.1525.662.00.html). Accessed December 12, 2001.

### **Acupuncture**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Acupuncture should be used with, not in place of, standard cancer therapy.*

**What does acupuncture involve?** Acupuncture is the insertion of hair-thin, stainless steel needles into the skin at specific locations, called channels or acupoints, to affect the flow of Qi (energy) in the body. According to traditional Chinese medicine, each channel is believed to connect with a specific organ system of the body. The needles are placed into the skin just deep enough to prevent them from falling out and are kept in place for less than one-half hour. Twirling the needles or applying a small amount of electrical power is thought to enhance the result.<sup>1</sup> (For more information, please see traditional Chinese medicine).

**How is acupuncture thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** Acupuncture is used primarily to relieve pain and symptoms such as nausea and vomiting. There are two different explanations of how acupuncture works. The conventional medicine explanation is that insertion of needles stimulates the body's nervous system to release chemicals that change the feeling of pain and influence the body's internal regulating system, although scientific research to support this idea is limited.<sup>2</sup> The Chinese medicine explanation is that the insertion of needles restores of the regular flow of Qi, stimulating the body's natural healing abilities.

**What has been proven about the benefit of acupuncture?** Acupuncture may be useful in treating symptoms of disease and side effects of cancer treatment and for inducing relaxation. Two studies have reported the relief of radiotherapy-induced edema and reduced pain,<sup>3,4</sup> and another study has reported an improvement in chemotherapy-induced nausea and vomiting in 96% of patients studied.<sup>5</sup> However relief from nausea and vomiting only lasted a short while. There is no scientific proof that acupuncture can cure or treat cancer, but it does appear to be effective for controlling pain.<sup>6</sup>

**What is the potential risk or harm of acupuncture?** There are no inherent side effects associated with acupuncture. However, careless practitioners can be hazardous, especially if improperly sterilized

needles are used. Slight bruising may occur at the site of needle insertion, and therefore, patients at risk of easy bruising or excessive bleeding should avoid acupuncture.<sup>7</sup>

**How much does acupuncture cost?** Costs will vary depending on the practitioner and whether insurance will cover acupuncture. Generally, treatment may take place over a few days or several weeks. The cost per treatment typically ranges between \$30 and \$100, but it may be appreciably more. Physician acupuncturists may charge more than nonphysician practitioners.<sup>8</sup>

*For additional information:*

American Association of Oriental Medicine  
433 Front Street  
Catasauqua, PA 18032  
Telephone: (888) 500-7999  
Web site: [www.aaom.org](http://www.aaom.org)

Acupuncture and Oriental Medicine Alliance  
14637 Starr Road S.E.  
Olalla, WA 98359  
Telephone: (253) 851-6896  
Web site: [www.acuall.org](http://www.acuall.org)

National Center for Complementary and Alternative Medicine (NCCAM) Clearinghouse  
P.O. Box 7923  
Gaithersburg, MD 20898  
Telephone: (888) 644-6226  
Web site: <http://nccam.nih.gov>

Acupuncture: How it Works, How it Cures. Peter Firebrace and Sandra Hill. New Canaan, CT: Keats Publishing Inc., 1994

<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Acupuncture." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Acupuncture?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Acupuncture?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> Han, J. S. "Acupuncture Activates Endogenous Systems of Analgesia." *National Institutes of Health Consensus Conference on Acupuncture, Program & Abstracts* (Bethesda, MD, November 3-5, 1997). Sponsors: Office of Alternative Medicine and Office of Medical Applications of Research. Bethesda, MD: National Institutes of Health, 1997.

<sup>3</sup> Bardychev MS, Guseva LI, Zubova ND. "Acupuncture in edema of the extremities following radiation of combination therapy of cancer of the breast and uterus." *Vopr Onkol* 1988; 34(3):3; pg 19-22.

<sup>4</sup> Kuzmina EG, Degtiareva AA, Zubova ND, Guseva LI, Klimanov ME. "Effectiveness of various therapeutic schemes for patients with radiation edema of the extremities." *Med Radiol* 1987; 32(3); pg. 18-22.

<sup>5</sup> Dundee JW, Ghaly RG, Fitzpatrick KT, Abram WP, Lynch GA. "Acupuncture prophylaxis of cancer chemotherapy-induced sickness." *JR Soc Med* 1989; 82(5); pg. 268-271.

<sup>6</sup> National Center for Complementary and Alternative Medicine. "Acupuncture Information and Resources." [Online]. Available WWW: <http://nccam.nih.gov/fcp/factsheets/acupuncture/acupuncture.htm#sixteen>. Accessed December 18, 2001.

<sup>7</sup> Yahoo! Incorporated (2001). "Yahoo Health: Acupuncture." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Acupuncture](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Acupuncture). Accessed December 18, 2001.

<sup>8</sup> National Institutes of Health. "Frequently Asked Questions About Acupuncture." Bethesda, MD: National Institutes of Health, 1997.

### **Alexander Technique**

*This treatment modality is thought to promote wellness and optimize overall health. The Alexander Technique should be used with, not in place of, standard cancer therapy.*

**What does the Alexander Technique involve?** Matthias Alexander, an Australian actor, developed the Alexander Technique in the late 1800s. The technique focuses on muscle control and body mechanics. The goal of the Alexander Technique is correct poor body mechanics that lead to poor posture, body strain and tension.<sup>1</sup>

**How is the Alexander Technique thought to promote wellness and optimize overall health?** The improvement of posture and body movement can relieve muscle strain, aches and pains resulting from bad body mechanics and has the potential to increase relaxation.<sup>2</sup> The Alexander Technique is not a curative therapy but may be helpful in alleviating the anxiety many cancer patients experience. By relieving stress, the body's immune system and, therefore, resistance to disease may be heightened.

**What has been proven about the benefit of the Alexander Technique?** There is little scientific evidence proving the value of this therapy aside from the many positive testimonials of people who have used the technique.

**What is the potential risk or harm of the Alexander Technique?** This technique is not harmful and may be considered safe for everyone.

**How much does this therapy cost?** Costs will vary based on the number of sessions of instruction necessary and whether instruction occurs in an individual or group setting.

#### **For additional information:**

Alexander Technique International  
1692 Massachusetts Ave, 3rd floor  
Cambridge, MA 02138  
Telephone: (888) 668-8996  
Web site: [www.ati-net.com](http://www.ati-net.com)

The Alexander Technique: How to Use Your Body Without Stress. Wilfred Barlow, M.D. Healing Arts Press, 1991.

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<sup>1</sup> Whole Health MD (2000). "Therapies - Alexander Technique." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,665,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,665,00.html). Accessed December 12, 2001.

<sup>2</sup> Whole Health MD (2000). "Therapies - Alexander Technique." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,665,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,665,00.html). Accessed December 12, 2001.

## **Aloe Vera**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with aloe vera treatments.*

**What does aloe vera therapy involve?** Many of the 200 known species of aloe have been used as herbal medicines. The best known species, aloe vera, has traditionally been used in a topical gel form to treat dry or damaged skin, burns and cuts. Since the 1930s, aloe has been used for the treatment of skin reactions resulting from radiation therapy.<sup>1</sup>

**How is aloe vera thought to treat cancer?** Some proponents claim that aloe strengthens the immune system by acting directly on abnormal cells, thus preventing or treating cancer. Acemannan, an active compound found in aloe, has been reported to be a potent immune stimulant. It is thought to work by increasing macrophage activity, an immune system cell, as well as releasing immune system enhancers.<sup>2</sup>

**What has been proven about the benefit of aloe vera?** Clinical animal research has shown encouraging results in some skin tumors. In 1991, the U.S. Department of Agriculture approved aloe vera as an adjunctive treatment for fibrosarcomas in dogs and cats.<sup>3</sup> However, in the one human study reviewed by the University of Texas Center for Alternative Medicine, no positive responses were reported for radiation-induced dermatitis. At this time, there is no clinical evidence of efficacy of aloe vera as a cancer treatment. Currently, the American Cancer Society does not endorse the use of aloe vera as a cancer treatment and states "used as a cancer treatment, [it] is dangerous and may even be deadly."<sup>4</sup>

**What is known about the potential risk or harm of aloe vera?** Side effects of aloe use include contact dermatitis, abdominal pain, nausea, vomiting, diarrhea and electrolyte balance. Several deaths attributed to aloe vera injections for cancer treatment have been reported.<sup>5,6</sup>

**How much does aloe vera cost?** One gallon of aloe costs around \$20. One gallon yields approximately 32 servings.

### **For additional information:**

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Aloe." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Aloe?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Aloe?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> Murray, Michael T. *The Healing Power of Herbs*. Rocklin, CA: Prima Publishing, 1995; pg. 35.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Aloe." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=EE033C9D-EC7B-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 18, 2001.

<sup>4</sup> American Cancer Society (2000). "Making Treatment Decisions - Aloe." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Aloe?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Aloe?sitearea=ETO). Accessed December 18, 2001.

<sup>5</sup> American Cancer Society (2000). "Making Treatment Decisions - Aloe." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Aloe?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Aloe?sitearea=ETO). Accessed December 18, 2001.

<sup>6</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Aloe." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=EE033C9D-EC7B-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 18, 2001.

### **Antineoplastons**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with antineoplaston therapy.*

**What does antineoplaston therapy involve?** Antineoplastons, proteins that occur naturally in the body, were first identified by Dr. Stanislaw Burzynski. Because Dr. Burzynski found these proteins in the blood and urine of healthy people, but not in cancer patients, he reasoned that antineoplastons may help control the growth of cancer. Currently, antineoplastons are administered intravenously through a catheter inserted in a central venous line. A pump infuses the medications at scheduled intervals.<sup>1</sup> The duration of treatment depends on the patient's response.

**How is antineoplaston therapy thought to treat cancer?** According to Dr. Burzynski, antineoplastons are a part of the human body's natural biochemical defense system.<sup>2</sup> He hypothesized that these peptides inhibit cancer cell growth by causing cancer cells to grow normally instead of uncontrollably. Dr. Burzynski believes antineoplastons function as "biochemical microswitches;" turning off oncogenes that are thought to cause cancer while turning on tumor suppressor genes that stop it.<sup>3</sup>

**What has been proven about the benefit of antineoplaston therapy?** After a review of Dr. Burzynski's best cases in 1991, the National Cancer Institute (NCI) determined that there was presumptive evidence of antitumor activity. Protocols were developed and begun in 1993 with input from the NCI and Dr. Burzynski. However, in 1995, the studies were closed prior to completion because a consensus could not be achieved with Dr. Burzynski on proposed changes in the protocol.<sup>4</sup> No conclusions could be made at that time about the effectiveness or toxicity of antineoplastons due to the small study population. Since that time, Dr. Burzynski has received a treatment IND for permission to study antineoplastons from the FDA. Currently, the Burzynski Clinic is conducting 72 FDA-approved clinical trials of antineoplastons for various cancer types. As patients are treated and responses are reported, the value of this treatment will finally be known. However, until there is documented evidence from carefully controlled studies of the efficacy of antineoplastons, the American Cancer Society urges cancer patients to treat their disease with proven methods of treatment.<sup>5</sup>

**What is the potential risk or harm of antineoplaston therapy?** Antineoplastons are well tolerated by most patients but they do have side effects. These side effects include nausea, vomiting, stomach gas, slight rashes, chills, fever, joint and muscle pain, changes in blood pressure and an unpleasant body odor.

**How much does antineoplaston therapy cost?** Before consultation with Dr. Burzynski, an initial deposit of \$6000 is required from all patients. Treatment costs run between \$7,000 and \$9,500 a

month.<sup>6</sup> The duration is usually between four and twelve months depending on the patient's response. Treatment with antineoplastons occurs at the Burzynski Clinic in Houston, TX on an outpatient basis. Travel and housing costs are not included in the treatment fee. A few insurance companies will pay for treatment with antineoplastons but the majority do not.

### **For additional information:**

Burzynski Research Institute  
Suite 200  
9432 Old Katy Road  
Houston, TX 77055  
Telephone: (731) 335-5697  
Web site: [www.cancermed.com](http://www.cancermed.com)  
[www.burzynskipatientgroup.org](http://www.burzynskipatientgroup.org)

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> Burzynski Patient Group. "Some Interesting Facts." [Online]. Available WWW: <http://www.burzynskipatientgroup.org/Facts.htm>. Accessed December 18, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - Antineoplastons." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Antineoplaston\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Antineoplaston_Therapy?sitearea=ETO). Accessed December 18, 2001.

<sup>3</sup> Burzynski Patient Group. "Antineoplaston Therapy." [Online]. Available WWW: <http://www.burzynskipatientgroup.org/antineop1.htm>. Accessed December 18, 2001.

<sup>4</sup> National Cancer Institute (2001). "Cancer Facts - Antineoplastons." [Online]. Available WWW: [http://cis.nci.nih.gov/fact/7\\_43.htm](http://cis.nci.nih.gov/fact/7_43.htm). Accessed December 18, 2001.

<sup>5</sup> American Cancer Society (2000). "Making Treatment Decisions - Antineoplastons." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Antineoplaston\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Antineoplaston_Therapy?sitearea=ETO). Accessed December 18, 2001.

<sup>6</sup> Burzynski Patient Group. "Treatment Expenses." [Online]. Available WWW: <http://www.burzynskipatientgroup.org/treatmen.htm>. Accessed December 18, 2001.

### **Aromatherapy**

*This treatment modality is thought to promote wellness and optimize overall health. Aromatherapy should be used with, not in place of, standard cancer therapy.*

**What does aromatherapy involve?** Natural, highly concentrated, pure oils that result from distilling flowering plants are used in aromatherapy. Oils from plants are grouped together by the physical and emotional effects they are thought to produce. Aromatherapists use as many as 40 different highly concentrated oils to treat physical and mental ailments patients experience. Therapeutic techniques with essential oils include skin massage, inhalation of humidifier steam and soaking in a fragrant bathtub.<sup>1</sup>

**How is aromatherapy thought to promote wellness and optimize overall health?**

Aromatherapy seeks to relieve stress, energize the body and increase a sense of well-being in the body, which may promote wellness, and an improved quality of life in cancer patients. By relieving stress, the body's immune system and, therefore, resistance to disease may be heightened.

**What has been proven about the benefit of aromatherapy?** While there is no scientific proof, there are many reported benefits of essential oils, which include stimulation of the immune system, improved resistance to infection and relief from stress and depression. For example, rose fragrance is believed to improve appetite, aid digestion and tone the stomach, liver and spleen. It is known that small traces of a scent can activate nerve cells in the nasal cavity that trigger the olfactory and limbic areas of the brain. The limbic system is the memory and emotion center of the brain. Most doctors believe whatever relief might be provided by aromatherapy stems from an emotional response to the scents rather than any physiological effects.<sup>2</sup>

**What is the potential risk or harm of aromatherapy?** Essential oils should only be used externally. Toxicity may result if the oils are swallowed. Prolonged exposure to essential oils may cause allergic reactions. Excessive inhalation of fragrant vapors can cause headache, fatigue and bronchial spasms. If you have asthma, consult your physician before using aromatherapy.

**How much does aromatherapy cost?** Costs for an appointment with a certified aromatherapist will vary. Patients can use essential oils as a self-help remedy at home, which will reduce the cost significantly.

**For additional information:**

The National Association for Holistic Aromatherapy  
450- Interlake Avenue North, #233  
Seattle, WA 98103-6773  
Telephone: (888) 275-6242  
Web site: [www.naha.org](http://www.naha.org)

AromaWeb  
Web site: [www.aromaweb.com](http://www.aromaweb.com)

Aromatherapy to Heal and Tend the Body. Robert Tisserand. Santa Fe, NM: Lotus Light press, 1988.

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Aromatherapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Aromatherapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Aromatherapy?sitearea=ETO). Accessed December 13, 2001.

<sup>2</sup> Yahoo! Incorporated (2001). "Yahoo Health: Aromatherapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Aromatherapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Aromatherapy/). Accessed December 13, 2001.

## **Art Therapy**

*This treatment modality is thought to promote wellness and optimize overall health. Art therapy should be used with, not in place of, standard cancer therapy.*

**What does art therapy involve?** Art therapy is based on the idea that a creative act is therapeutic and part of the healing process.<sup>1</sup> Patients are given tools to paint, draw or sculpt and are encouraged to engage in a creative, expressive, independent art project.

**How is art therapy thought to improve wellness and optimize overall health?** Proponents of this therapy believe that the uninhibited expression of feelings and emotions through art may help to release the fear, anxiety and anger many cancer patients experience.<sup>2</sup> Art can also be viewed as a distraction to the pain and discomfort of disease, allowing patients relief from stress and increased well-being. By relieving stress, the body's immune system and, therefore, resistance to disease may be heightened.

**What has been proven about the benefit of art therapy?** There is little research available about the benefit of art therapy, but because of increasing patient interest, art therapy is frequently offered as a rehabilitation option through many medical centers. Some neurophysiologists report that art, prayer and healing are all associated with similar brain wave patterns and stem from the same body source. Art therapy's proponents believe that the creative energy stimulated by the project contributes to the healing process.

**What is the potential risk or harm of art therapy?** There is little or no harm associated with this activity.

**How much does art therapy cost?** Costs will vary depending on where this therapy takes place. Art therapists work in hospitals, out-patient facilities, clinics, private offices and art facilities. It is also easy to practice art therapy at home. Patients must purchase supplies, which can be found at any art supply store.

### **For additional information:**

The American Association for Art Therapy  
1202 Allanson Road  
Mundelein, IL 60060-3808  
Telephone: (888) 290-0878  
Web site: [www.arttherapy.org](http://www.arttherapy.org)

Arts and Healing Network  
PMB 612  
3450 Sacramento Street  
San Francisco, CA 94118  
Fax: (415) 771-3696  
Web site: [www.artheals.org](http://www.artheals.org)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Art Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Art\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Art_Therapy?sitearea=ETO). Accessed December 13, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Art Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Art\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Art_Therapy?sitearea=ETO). Accessed December 13, 2001.

## **Ayurveda**

*This treatment modality is thought to promote wellness and optimize overall health. Ayurveda should be used with, not in place of, standard cancer therapy.*

**What is Ayurveda and what does it involve?** Ayurveda is an ancient traditional medicine, lifestyle and philosophy of India. Ayurvedic medicine, similar to traditional Chinese medicine, is based on a life force and the pursuit of balance between the body, mind and nature.<sup>1</sup> Illness is believed to be the absence of physical, emotional and spiritual harmony.<sup>2</sup> Its emphasis is on preventing disease and maintaining good health. Ayurvedic practitioners use diagnostic techniques, such as examination of the pulse, tongue, face, lips, nails and eyes, to monitor the disease process. Treatment programs usually include an individualized diet, body detoxification through the use of fasting and enemas, meditation, yoga, counseling and spiritual therapy.

**How is Ayurveda thought to promote wellness and optimize overall health?** Ayurvedic practitioners' goal is to bring about well-being, prevent disease and ensure harmony of body and mind by aligning patients' lifestyles with their personal characteristics and medical histories.<sup>3</sup> Certain aspects of this healing system, such as meditation, massage and yoga, have been shown to enhance quality of life, reduce stress and tension and improve general well-being.<sup>4</sup> Ayurvedic medicine's emphasis on self-care and prevention is consistent with many health maintenance programs designed to promote wellness and optimize health. Many of Ayurvedic medicine's principles can easily be used in conjunction with allopathic medicine.

**What has been proven about the benefit of Ayurveda?** While Ayurveda is not recognized in the United States as a licensed treatment therapy much research is underway to study its efficacy. According to a report by the National Institutes of Health (NIH), one clinical study showed that in 79% of cases, the health of patients with various chronic diseases improved measurably after Ayurvedic treatment.<sup>5</sup> Laboratory and clinical studies have suggested that some Ayurvedic herbal preparations may have the potential to prevent and treat certain cancers, including breast, lung and colon cancers. However, randomized clinical trials in humans are needed to make conclusions about the role of Ayurveda in cancer prevention and treatment. The National Cancer Institute (NCI) has added several Ayurvedic herbal compounds to its list of potential anticancer agents and has funded a series of laboratory studies to evaluate two Ayurvedic herbal remedies (called MAK-4 and MAK-5).<sup>6</sup> Their decision was based on preliminary laboratory studies indicating that the two medicines significantly inhibited growth of cancer cells from human and rat tumors. However, until there is documented evidence from carefully controlled studies of the efficacy of Ayurvedic herbal remedies, the American Cancer Society urges cancer patients to treat their disease with proven methods of treatment. Ayurvedic health maintenance principles,

such as yoga, meditation and counseling, can be used in conjunction with conventional cancer care safely.

**What is the potential risk or harm of Ayurveda?** Some elements of Ayurveda, such as blood-letting, bowel purging and induced vomiting, have not been shown to have any benefit and can lead to serious medical complications. Fasting and purging can speed up degenerative processes in cancer patients. There is very little known about Ayurvedic herbal medicines. Check with a pharmacist or medical doctor before taking any medications.

**How much does Ayurvedic medicine cost?** Costs will vary with the practitioner.

**For additional information:**

The Ayurvedic Institute  
11311 Menaul NE  
Albuquerque, New Mexico 87112  
Telephone: (505) 291-9698  
Web site: [www.ayurveda.com](http://www.ayurveda.com)

Ageless Body, Timeless Mind. Deepak Chopra, M.D. New York, NY: Harmony Books, 1993.

Ayurveda: The Science of Self-Healing. Vasant Lad. Wilmont, WI: Lotus Press, 1984.

Perfect Health: The Complete Mind/Body Guide. Deepak Chopra, M.D. New York, NY: Harmony Books, 1991

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Ayurveda." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Ayurveda?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Ayurveda?sitearea=ETO). Accessed December 13, 2001.

<sup>2</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 22.

<sup>3</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 23.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions - Ayurveda." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Ayurveda?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Ayurveda?sitearea=ETO). Accessed December 13, 2001.

<sup>5</sup> Alternative Medicine: Expanding Medical Horizons. A Report to the National Institutes of Health on Alternative Medical Systems and Practices in the United States. Washington, DC: US Government Printing Office; 1994. NIH publication 94-066.

<sup>6</sup> American Cancer Society (2001). "Making Treatment Decisions - Ayurveda." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Ayurveda?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Ayurveda?sitearea=ETO). Accessed December 13, 2001.

## **Biofeedback**

*This treatment modality is thought to promote wellness and optimize overall health. Biofeedback should be used with, not in place of, standard cancer therapy.*

**What does biofeedback involve?** Biofeedback involves training the mind to gain control over physiological reactions that are ordinarily involuntary and automatic through "feedback" information. Biofeedback uses electronic equipment to measure body functions such as respiratory rate, perspiration, blood pressure, heart rate and skin temperature. By developing voluntary control techniques to change those body functions, patients can reduce or eliminate symptoms. As patients attempt to control these functions, the electronic equipment allows them to monitor their efforts.

**How is biofeedback thought to promote wellness and optimize overall health?** By learning to control various biological functions, biofeedback can help reduce stress and tension, lessen pain and promote relaxation. With proper training, one can reduce or eliminate symptoms and replace feelings of helplessness with a sense of control over his/her health.<sup>1</sup> Biofeedback can teach individuals, whether afflicted with cancer or not, techniques for living a healthier life overall.<sup>2</sup>

**What has been proven about the benefit of biofeedback?** While biofeedback is not a curative therapy, research shows that it can help relieve a wide range of symptoms cancer patients experience, such as tension, stress, depression and pain.<sup>3</sup> Biofeedback has also proven useful in retraining, reconditioning and strengthening muscles after surgery, restoring loss of control due to pain or nerve damage and overcoming urinary or bowel incontinence.<sup>4</sup>

**What is the potential risk or harm of biofeedback?** There is no known medical risk in using biofeedback, a noninvasive therapy. The small amount of electricity used to produce readings on the electronic equipment may affect a pacemaker, although no problems have been reported to date.

**How much does biofeedback cost?** Fees from a visit with a biofeedback therapist can range from \$35 to \$85 per session depending on the therapist's experience and the patient's ability to pay. Many major medical policies will reimburse the biofeedback fee. The course of therapy is usually ten sessions.<sup>5</sup> Trained biofeedback technicians will help patients interpret the signals picked up by the electronic equipment. After a few sessions, they often recommend physical and mental exercises to help patients gain the control they desire.

### **For additional information:**

Association for Applied Psychophysiology and Biofeedback  
10200 W. 44<sup>th</sup> Avenue, Suite 304  
Wheat Ridge, CO 80033-2840  
Telephone: (800) 422-8436  
Web site: [www.aapb.org](http://www.aapb.org)

<sup>1</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 119.

<sup>2</sup> Association for Applied Psychophysiology and Biofeedback. "What is Biofeedback." [Online]. Available WWW: <http://www.aapb.org/public/articles/details.cfm?id=4>. Accessed December 14, 2001.

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<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Biofeedback." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3x\\_Biofeedback?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3x_Biofeedback?sitearea=ETO). Accessed December 14, 2001.

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo Health: Biofeedback." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Biofeedback/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Biofeedback/). Accessed December 14, 2001.

<sup>5</sup> Worldworks, Unlimited (1999). "Biofeedback: The Process." [Online]. Available WWW: <http://lifematters.com/bfarticle.html>. Accessed December 14, 2001.

### **Cancell/Enteley**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Cancell therapy.*

**What does Cancell treatment involve?** Cancell, also known as Enteley, Cantron, Jim's Juice, Crocinic Acid and Sheridan's Formula, is a dark brown liquid consisting of chemicals (sulfuric acid, nitric acid, potassium hydroxide, sodium sulfite) envisioned by James Sheridan, a chemist. Sheridan said the idea came to him in a dream inspired by God.<sup>1</sup> Cancell can be administered both internally and externally. In order to obtain Cancell, it is necessary for patients to have "a letter from their physician and a signed statement with proof that the cancer condition is terminal."<sup>2</sup>

**How is Cancell thought to treat cancer?** Proponents of Cancell have proposed two different hypotheses to explain how Cancell functions. One is that in the "cancer relationship," cellular proteins become less differentiated. Cancell causes cancer cells to return to their "primitive state" and self-destruct. The second hypothesis is that cancer is caused by a mutated anaerobic cell that causes electrical and chemical damage. Cancell changes the vibrational frequency and energy of cancer cells until they reach the "primitive state," and subsequently self-destruct. The cellular waste material then passes out of the body any way it can, and the cancer cells are replaced with normal healthy cells.

**What has been proven about the benefit of Cancell treatment?** There is no evidence that Cancell works against cancer.<sup>3</sup> The National Cancer Institute conducted laboratory and animal tests on Cancell in 1978, 1980 and 1991, and no anti-cancer activity has been found. Although patient testimonials have been offered, no clinical trials have been done to show effectiveness of Cancell.

**What is the potential risk or harm of Cancell treatment?** According to the FDA, Cancell is not produced in conformity with good manufacturing practices and is considered to be adulterated, misbranded and inadequately labeled.<sup>4</sup> The composition and potency may vary from batch to batch, and the bottles fail to carry warnings or directions. Patients may experience temporary, moderate fatigue and flu-like symptoms after ingestion.<sup>5</sup>

**How much does the therapy cost?** Cancell was provided free of charge to patients with serious forms of cancer because its formula was received through "divine inspiration." The FDA now holds a permanent injunction against the makers of Cancell to ensure that Cancell is no longer manufactured, distributed or advocated by its developers.<sup>6</sup>

**For additional information:**

Cancell Home Page:

<http://www.best.com/~handpen/Cancell/cancell.htm>

National Cancer Institute Cancer Information Service

Telephone: (800) 4-CANCER

National Center for Complementary and Alternative Medicine

Post Office Box 7923

Gaithersburg, MD 20898-7923

Telephone: (888) 644-6226

Web site: <http://nccam.nih.gov>

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<sup>1</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 161.

<sup>2</sup> Ontario Breast Cancer Information Exchange Project. "Guide to unconventional cancer therapies." 1<sup>st</sup> ed. Toronto: *Ontario Breast Cancer Information Exchange Project*, 1994:264-265.

<sup>3</sup> American Cancer Society (2000). "Making Treatment Decisions - Cancell." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Cancell?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Cancell?sitearea=ETO). Accessed December 18, 2001.

<sup>4</sup> American Cancer Society (2000). "Making Treatment Decisions - Cancell." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Cancell?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Cancell?sitearea=ETO). Accessed December 18, 2001.

<sup>5</sup> CA (Anonymous). "Questionable methods of cancer management: Cancell/Entelev." *CA: a Cancer Journal for Clinicians*, 1993 Jan-Feb; 43(1):57-62.

<sup>6</sup> National Cancer Institute and National Center for Complementary and Alternative Medicine (2001). "Questions and Answers about Cancell/Entelev." [Online]. Available WWW: [http://cis.nci.nih.gov/fact/9\\_13.htm](http://cis.nci.nih.gov/fact/9_13.htm). Accessed December 18, 2001.

**Cartilage**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with cartilage therapy.*

**What does cartilage therapy involve?** Cartilage is a type of connective tissue found between bones and joints of animals and humans.<sup>1</sup> Cartilage for therapeutic use is derived from cattle, sheep, sharks and chickens, dried and crushed into a fine powder. Cartilage is given either orally in pill or powder form or as an enema. The American Cancer Society reports that cartilage taken orally does not have any effect on cancer because the active protein molecules in these products are too large to be broken down and absorbed by the human gut.<sup>2</sup> Because the recommended daily dose is very high (60 to 90 grams) and has a bad taste, many people prefer to take cartilage by enema.

**How is cartilage thought to treat cancer?** Angiogenesis is the process in which new blood vessels form and grow to support tissue. Because cancerous tumors require a network of blood vessels to survive and grow, angiogenesis is one of the first steps in the process of metastasis. Proponents believe

that cartilage contains anti-angiogenesis factors that cut off the supply of blood and nutrients to cancerous tumors and ultimately kills them by stopping their growth.

**What has been proven about the benefit of cartilage?** During the 1970s and 1980s, researchers identified anti-angiogenesis factors within cartilage. Investigators at the National Cancer Institute suggest that a class of proteins found in cartilage and bone block the actions of specific enzymes that help tumor cells invade healthy tissue.<sup>3</sup> However, it is still not known which proteins are responsible for this effect. The University of Texas M.D. Anderson Cancer Center performed an extensive human studies literature review of cartilage and found ten studies applicable to cancer.<sup>4</sup> The studies had variable results, some reporting no response at all and others reporting tumor disappearance. The American Cancer Society reports that in November 1998, a large clinical trial of shark cartilage as a cancer treatment was published in the *Journal of Clinical Oncology*. The study found no benefit for this remedy against cancer.<sup>5</sup> In fact, in June 2000, the Federal Trade Commission ordered shark cartilage manufacturers to stop making unsubstantiated claims that their products have cancer-fighting abilities, and fined them \$1 million for false advertising. Currently, two large trials sponsored by the NCI are underway for further testing.

**What is the potential risk or harm of cartilage therapy?** The FDA deemed cartilage as non-toxic. However, when taken orally, it may cause nausea and indigestion. Because cartilage may inhibit new blood vessel growth, patients who are still growing and/or need blood vessel development, such as children, patients recovering from surgery and patients with cardiovascular problems, are advised against this treatment. Patients with a low white blood cell count (neutropenia) should not take cartilage enemas because of the threat of infection.<sup>6</sup>

**How much does cartilage cost?** Cost of cartilage will vary depending on the manufacturer. One hundred capsules may cost approximately \$100. This therapy is not reimbursed by insurance.<sup>7</sup>

**For additional information:**

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions Shark Cartilage." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Shark\\_Cartilage?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Shark_Cartilage?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions Shark Cartilage." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Shark\\_Cartilage?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Shark_Cartilage?sitearea=ETO). Accessed December 18, 2001.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Cartilage." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=43EF7F04-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 18, 2001.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Cartilage." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=43EF7F04-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>.

[11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14](http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7F04-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14). Accessed December 18, 2001.

<sup>5</sup> American Cancer Society (2000). "Making Treatment Decisions Shark Cartilage." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Shark\\_Cartilage?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Shark_Cartilage?sitearea=ETO). Accessed December 18, 2001.

<sup>6</sup> American Cancer Society (2000). "Making Treatment Decisions Shark Cartilage." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Shark\\_Cartilage?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Shark_Cartilage?sitearea=ETO). Accessed December 18, 2001.

<sup>7</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Cartilage." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7F04-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 18, 2001.

### **Cat's Claw**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with cat's claw treatment.*

**What does cat's claw treatment involve?** Cat's claw (*Uncaria tomentosa*) is a plant most often imported from the rainforests of Peru. Its inner bark is used for a variety of medicinal purposes including cancer and tumors.<sup>1</sup> Cat's claw can be taken as a liquid, capsule or tea.

**How is cat's claw thought to treat cancer?** Cat's claw contains a group of alkaloids that are thought to possess anti-cancer and antitumor activity and stimulate the immune system.<sup>2</sup>

**What has been proven about the benefit of cat's claw?** Cat's claw's role in improving the immune system in cancer patients has been recently reported. Many of the alkaloids in cat's claw have demonstrated immunostimulant properties in the laboratory.<sup>3</sup> The University of Texas M.D. Anderson Cancer Center performed a human studies literature review of cat's claw and found three studies relevant to cancer. The evidence for the efficacy of cat's claw was inconclusive due to the small study population.

**What is the potential risk or harm of cat's claw?** Though little published data exists, no serious side effects have been reported, and cat's claw is considered low in toxicity.<sup>4</sup> However cat's claw may block platelets from forming clots, so concurrent use with other blood thinning drugs, such as aspirin, is not recommended.<sup>5</sup>

**How much does cat's claw cost?** The cost of cat's claw varies with the product formulation. Prices begin at \$6.00 for capsules and \$6.00 per ounce for liquids.<sup>6</sup>

### **For additional information:**

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611

Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> University of Texas MD Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Cat's Claw." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=A0AAF315-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 18, 2001.

<sup>2</sup> Blumenthal M. "Una de Gato (Cat's Claw): Rainforest herb gets scientific and industry attention." *Whole Foods (Herb Clip)*. 1995:62-65.

<sup>3</sup> Anonymous. "Cat's Claw." *The Lawrence Review of Natural Products*. 1996:1-3.

<sup>4</sup> Anonymous. "Cat's Claw." *The Lawrence Review of Natural Products*. 1996:1-3.

<sup>5</sup> University of Texas MD Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Cat's Claw." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=A0AAF315-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 18, 2001.

<sup>6</sup> University of Texas MD Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Cat's Claw." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=A0AAF315-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 18, 2001.

## **Chaparral**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with chaparral therapy.*

**What does chaparral therapy involve?** Chaparral is an herb made from the leaves of a desert shrub, the creosote bush (*Larrea divaricata Coville*). Chaparral is a traditional Native American remedy for wounds, infections, rheumatism, tuberculosis and cancer, among others. For cancer treatment, chaparral leaves and stems are steeped in hot water to make a tea. The therapy involves drinking one to three cups per day or taking the herb in tablet form.

**How is chaparral thought to treat cancer?** Chaparral contains a compound called nordihydroguaiaretic acid (NDGA) that acts as a powerful antioxidant. Theoretically, NDGA is thought to stop tumors by preventing cancer cells from breaking down glucose to produce energy needed for cellular growth.<sup>1</sup>

**What has been proven about the benefit of chaparral?** Early studies of NDGA showed it was able to inhibit the growth of some cancer cells in rats.<sup>2</sup> Human studies were not successful and concerns about NDGA's toxicity increased after lesions on the kidneys and lymph nodes of animals were found. As a result, the FDA removed it from its "generally recognized as safe" (GRAS) list in 1968.<sup>3</sup>

**What is the potential risk or harm of chaparral?** Chaparral is toxic to liver. Between 1992 and 1994, the FDA received eighteen reports of chaparral-associated illness, thirteen of which involved liver toxicity.<sup>4</sup> In two cases, it has caused liver failure requiring liver transplantation. The American Cancer Society does not believe that chaparral is a useful cancer treatment.<sup>5</sup>

**How much does chaparral cost?** Cost varies from \$40 to \$90 a bottle. It can be found at various health food stores.

**For additional information:**

American Cancer Society  
1599 Clifton Road, N.E.  
Atlanta, GA 30329  
Telephone: (800) ACS-2345  
Web site: [www.cancer.org](http://www.cancer.org)

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Chaparral." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Chaparral?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Chaparral?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> Viable Herbal Solutions. "Chaparral." [Online]. Available WWW: <http://www.metromkt.net/viable/1chaparr.shtml>. Accessed December 18, 2001.

<sup>3</sup> Tyler, Varro E. *The Honest Herbal*. New York, NY: Haworth Press, Inc., 1993; pg. 87.

<sup>4</sup> American Cancer Society (2000). "Making Treatment Decisions - Chaparral." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Chaparral?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Chaparral?sitearea=ETO). Accessed December 18, 2001.

<sup>5</sup> American Cancer Society (2000). "Making Treatment Decisions - Chaparral." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Chaparral?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Chaparral?sitearea=ETO). Accessed December 18, 2001.

### **Chelation Therapy**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with chelation therapy.*

**What does chelation therapy involve?** Chelates are chemicals that are used to bind toxic heavy metals in the bloodstream and are later excreted in the urine. Chelation therapy is an accepted and FDA-approved therapy for lead poisoning. Recently, some alternative practitioners have promoted chelation therapy as an anti-cancer treatment. The therapy consists of an intravenous infusion of the chelating agent disodium EDTA given over a three and one half-hour period. Usually twenty to thirty treatments are given at the rate of one to three sessions per week.<sup>1</sup>

**How is chelation therapy thought to treat cancer?** Some implicate heavy metal toxicity as a contributing cause of cancer. Heavy metals propagate free-radical reactions and, as a result, may suppress the immune system. Chelation therapy is thought to improve circulation throughout the body, reduce misplaced soft-tissue calcification, reduce free-radical pathology and increase oxygen to cells by binding to toxic heavy metals. Proponents of chelation therapy believe that by reducing the body's free-radical load, chelation therapy enhances the immune system and the ability to fight cancer.<sup>2</sup>

**What has been proven about the benefit of chelation therapy?** No research to date supports chelation therapy as a treatment option for anything other than heavy metal poisoning. The American Cancer Society, FDA, American Heart Association, American Medical Association, Centers for Disease

Control and Prevention, American Osteopathic Association and the American Academy of Family Physicians have all endorsed this view.<sup>3</sup>

**What is the potential risk or harm of chelation therapy?** Reported side effects have included bone marrow damage, kidney failure, irregular heart rhythm, severe inflammation of injection sites, anemia and death.<sup>4</sup>

**How much does chelation therapy cost?** The average total cost of chelation therapy is about \$3000 to \$4000.<sup>5</sup>

**For additional information:**

American Cancer Society  
1599 Clifton Road, N.E.  
Atlanta, GA 30329  
Telephone: (800) ACS-2345  
Web site: [www.cancer.org](http://www.cancer.org)

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<sup>1</sup> Cowden, W.L., Diamond, W.J. and Goldberg, B. Definitive Guide to Cancer. Tiburon, CA: Future Medicine Publishing, Inc., 1997; pg. 129.

<sup>2</sup> Cowden, W.L., Diamond, W.J. and Goldberg, B. Definitive Guide to Cancer. Tiburon, CA: Future Medicine Publishing, Inc., 1997; pg. 498.

<sup>3</sup> American Cancer Society (2000). "Making Treatment Decisions - Chelation Therapy." [Online]. Available WWW: [http://www.cancer.org/epribe/main/docroot/ETO/content/ETO\\_5\\_3X\\_Chelation\\_Therapy?sitearea=ETO](http://www.cancer.org/epribe/main/docroot/ETO/content/ETO_5_3X_Chelation_Therapy?sitearea=ETO). Accessed December 19, 2001.

<sup>4</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 177.

<sup>5</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 177.

## **Chiropractic**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Chiropractic therapy should be used with, not in place of, standard cancer therapy.*

**What does chiropractic treatment involve?** Chiropractic is a system that believes all illness stems from underlying blockages of nerve bundles inside the spinal cord. A chiropractor seeks to treat illness by finding any misalignment or irregularity in the spine and physically manipulating the vertebrae (bones of the spinal cord) to bring back healthy, unblocked nerve function. Chiropractors do not treat illness directly. Instead, they seek to correct the spine-related cause of the illness.<sup>1</sup> Other techniques chiropractors perform include tissue manipulation, trigger-point manipulation and deep tissue massage.

**How is chiropractic treatment thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** While not a curative therapy for cancer, proponents claim chiropractic can help to control headaches, tension, lower back pain, muscle pain, promote relaxation and stress reduction.<sup>2</sup>

**What has been proven about the benefit of chiropractic treatment?** Chiropractic has long drawn criticism from the mainstream medical community for its failure to provide scientific proof of its effectiveness. However, there is growing proof of chiropractic manipulation's efficacy for lower back pain. As a result chiropractic is growing and gaining respectability among the medical community. To date, there is no scientific confirmation of effectiveness of chiropractic treatment for any ailment other than lower back pain.<sup>3</sup> However, the NIH's National Center for Complementary and Alternative Medicine now supports the Consortial Center for Chiropractic Research, which will investigate chiropractic treatment for a variety of ailments.

**What is the potential risk or harm of chiropractic treatment?** Serious side effects from chiropractic are rare. However, chiropractic is not recommended for patients with bone cancer and diseases of the spinal cord and bone marrow.

**How much does chiropractic treatment cost?** On average, a course of treatment consists of four visits per week for two weeks.<sup>4</sup> Chiropractors are licensed in all fifty states, and their services are covered by many insurance plans, including Medicare.

**For additional information:**

The American Chiropractic Association  
1701 Clarendon Boulevard  
Arlington, VA 22209  
Telephone: (800) 986-4636  
Web site: [www.amerchiro.org](http://www.amerchiro.org)

Palmer Center for Chiropractic Research  
c/o 1000 Brady Street  
Davenport, IA 52803  
Telephone: (563) 884-5150  
Web site: [www.palmer.edu](http://www.palmer.edu)

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Chiropractic." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Chiropractic?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Chiropractic?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - Chiropractic." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Chiropractic?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Chiropractic?sitearea=ETO). Accessed December 18, 2001.

<sup>3</sup> Yahoo! Incorporated (2001). "Yahoo Health: Chiropractic." [Online]. Available WWW: [http://health.yahoo.com/Alternative\\_Medicine/Alternative\\_Therapies/Chiropractic/](http://health.yahoo.com/Alternative_Medicine/Alternative_Therapies/Chiropractic/). Accessed December 18, 2001.

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo Health: Chiropractic." [Online]. Available WWW: [http://health.yahoo.com/Alternative\\_Medicine/Alternative\\_Therapies/Chiropractic/](http://health.yahoo.com/Alternative_Medicine/Alternative_Therapies/Chiropractic/). Accessed December 18, 2001.

### **Coenzyme Q<sub>10</sub>**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with coenzyme Q<sub>10</sub> therapy.*

**What does therapy with coenzyme Q<sub>10</sub> involve?** Coenzyme Q<sub>10</sub> is a naturally occurring enzyme found in the body. It is a catalyst that promotes chemical reactions in the body without being used up or altered by the reaction. Coenzyme Q<sub>10</sub> is available in tablets, capsules or oil-based gels.

**How is coenzyme Q<sub>10</sub> thought to treat cancer?** The major functions of coenzyme Q<sub>10</sub> are as an antioxidant to protect cells from damage by oxygen and a stimulator of both cellular respiration and immune functioning. It is believed by proponents that cancer patients lack coenzyme Q<sub>10</sub> in their blood.<sup>1</sup> Coenzyme Q<sub>10</sub> is thought to inhibit oxidation, stimulate the immune system and induce tumor remission.

**What has been proven about the benefit of coenzyme Q<sub>10</sub>?** Deficiencies in coenzyme Q<sub>10</sub> have been documented in cancer patients.<sup>2</sup> Coenzyme Q<sub>10</sub> deficiencies have also been associated with heart damage from Adriamycin chemotherapy treatment for cancer.<sup>3</sup> Two different studies suggest that coenzyme Q<sub>10</sub> provides protection against Adriamycin and lovastatin cardiotoxicity.<sup>4</sup> The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of coenzyme Q<sub>10</sub> and found twenty-five studies applicable to cancer. After review of the available studies, M.D. Anderson Cancer Center reports that coenzyme Q<sub>10</sub> may provide beneficial results as an adjunct cancer therapy through anti-oxidant and immune system enhancing properties.<sup>5</sup>

**What is the potential risk or harm of coenzyme Q<sub>10</sub> therapy?** Side effects have rarely been reported, but headache, heartburn, fatigue, diarrhea, skin reactions and increased voluntary movement may occur.<sup>6</sup>

**How much does coenzyme Q<sub>10</sub> cost?** Two hundred capsules of coenzyme Q<sub>10</sub> cost approximately \$100.<sup>7</sup> They can be purchased at a variety of pharmacies and natural food stores.

#### **For additional information:**

National Center for Complementary and Alternative Medicine  
Post Office Box 7923  
Gaithersburg, MD 20898-7923  
Telephone: (888) 644-6226  
Web site: <http://nccam.nih.gov>

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> BC Cancer Agency (2000). "Coenzyme Q/Ubiquinone." [Online]. Available WWW: [http://www.bccancer.bc.ca/pg\\_g\\_05.asp?PageID=1679&ParentID=2](http://www.bccancer.bc.ca/pg_g_05.asp?PageID=1679&ParentID=2). Accessed December 19, 2001.

<sup>2</sup> Folkers K, Osterborg A, Nylander M, Morita M, Mellstedt H. "Activities of vitamin Q10 in animal models and a serious deficiency in patients with cancer." *Biochemical and Biophysical Research Communications* 1997; 234:296-299.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Coenzyme Q<sub>10</sub>." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=43EF7F77-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Coenzyme Q<sub>10</sub>." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=43EF7F77-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>5</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Coenzyme Q<sub>10</sub>." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=43EF7F77-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>6</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Coenzyme Q<sub>10</sub>." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=43EF7F77-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>7</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Coenzyme Q<sub>10</sub>." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=43EF7F77-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

## **Coley Toxins**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Coley toxin therapy.*

**What does Coley toxin therapy involve?** Coley toxins were developed by William B. Coley, MD, in 1890 and fall within the realm of immunotherapy. According to available historical background literature, after reviewing one hundred cases of sarcoma treated in his hospital, Dr. Coley noted that patients who developed infections fared better than those who did not. Dr. Coley mixed toxins of the *streptococcus* and *bacillus prodigiosus* bacteria and administered them to patients. Regressions of cancer were noted by Dr. Coley, but the treatment fell out of disuse with the advent of chemotherapy. Currently Coley toxins are administered intravenously and now include exotoxins, enzymes, proteins and endotoxin from both *S. pyogenes* and *S. marcescens*.<sup>1</sup> The combined toxins are only legal in the U.S. if prepared and administered in a physician's office.

**How are Coley toxins thought to treat cancer?** Coley toxins are designed to stimulate the immune system to better fight existing malignant cells and enhance survival.

**What has been proven about the benefit of Coley toxins?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review and found thirty studies applicable to cancer. Used in conjunction with chemotherapy, radiation and surgery, Coley toxins appear to have a greater response than when used alone.<sup>2</sup> Mechanisms of antitumor effects are reported to include the induction of interferon, augmentation of natural killer cell activity, stimulation of lymphoid tissues, activation of macrophages, induction of serum factors that cause necrosis of tumors and increased release of IL-2.<sup>3</sup>

**What is the potential risk or harm of Coley toxin therapy?** Side effects to Coley toxins include fever and nausea and, less commonly, headache, back pain, chills, angina and shock-like reactions. Overwhelming the immune system with Coley toxins might cause a serious infection.<sup>4</sup>

**How much does Coley toxin therapy cost?** An adaptation of Coley toxins is administered to patients at the Waisbren Clinic in Milwaukee, Wisconsin. Dose schedules and costs vary with individual patients, but recently one injection of mixed bacterial vaccine cost \$75.<sup>5</sup> The cost per year is between \$3,000 and \$8,000.<sup>6</sup>

**For additional information:**

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

Waisbren Clinic  
Web site: [www.waisbrenclinic.com/](http://www.waisbrenclinic.com/)

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<sup>1</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems -Coley Toxins." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7F2C-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems -Coley Toxins." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7F2C-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>3</sup> Tang ZY, et al. "Preliminary result of mixed bacterial vaccine as adjuvant treatment of hepatocellular carcinoma." *Medical Oncology and Tumor Pharmacotherapy* 1991; 8:23-28.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems -Coley Toxins." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7F2C-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>5</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems -Coley Toxins." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7F2C-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>6</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems -Coley Toxins." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7F2C-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

## **Coriolus Versicolor**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with coriolus versicolor treatment.*

**What does coriolus versicolor treatment involve?** Coriolus versicolor is a mushroom used in Asian cultures to treat cancer. Its active ingredient can be administered as a tea or in capsules.

**How is coriolus versicolor thought to treat cancer?** The coriolus versicolor mushroom has shown antimicrobial, antiviral and antitumor properties, which have been attributed to a protein-bound polysaccharide called Polysaccharide K (PSK), also known as Krestin.<sup>1</sup> In Japan, PSK is currently used as a cancer treatment, in conjunction with surgery, chemotherapy and/or radiation.<sup>2</sup>

**What has been proven about the benefit of coriolus versicolor?** Animal studies have reported that PSK prevents the induction of tumors by chemicals, radiation and other mutagens.<sup>3</sup> The University of Texas M.D. Anderson Cancer Center performed an extensive human studies literature review of coriolus versicolor and found twenty-four studies relevant to cancer. After an in-depth review of the available literature, M.D. Anderson Cancer Center reported that PSK is a "promising candidate for chemoprevention due to the multiple effects on the malignant process, limited side effects and safety of daily oral doses for extended periods of time."<sup>4</sup>

**What is the potential risk or harm of coriolus versicolor treatment?** Side effects of coriolus versicolor treatment are not expected. However, nausea, vomiting, diarrhea, skin pigmentation, anorexia, anemia, liver dysfunction, leukopenia and thrombocytopenia have been reported.

**How much does coriolus versicolor treatment cost?** Retail cost of PSK is from \$120 to \$160 for a 30 day supply of 150 capsules.<sup>5</sup>

### **For additional information:**

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> Sakagami H and Takeda M. "Diverse biological activity of PSK (Krestin), a protein-bound polysaccharide obtained from basidiomycetes: an overview." *Cancer Epidemiology, Biomarkers and Prevention*. 1993; 4:275-281.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Coriolus Versicolor." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=A0AAFE38-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Coriolus Versicolor." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=A0AAFE38-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Coriolus Versicolor." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=A0AAFE38-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>.

[810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14](http://www.mdanderson.org/departments/CIMER/display.cfm?id=A0AAFE38-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14). Accessed December 19, 2001.

<sup>5</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Coriolus Versicolor." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=A0AAFE38-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

### **Craniosacral Therapy**

*This treatment modality is thought to promote wellness and optimize overall health. Craniosacral therapy should be used with, not in place of, standard cancer therapy.*

**What does craniosacral therapy involve?** Craniosacral therapy is a gentle, noninvasive touch therapy. It is similar to chiropractic, but it deals only with the craniosacral system, which includes the membranes and cerebrospinal fluid that surround the brain and spinal cord.<sup>1</sup> Craniosacral therapists examine the system's "rhythm" for balance restrictions or blockages that are believed to cause pain and dysfunction throughout the body. Craniosacral massage is performed on the bones of the skull and spine to increase the natural flow of cerebrospinal fluid and relieve stress in the skull and membranes surrounding the brain.

**How does craniosacral therapy promote wellness and optimize overall health?** Proponents believe that the craniosacral system influences overall health and well-being. Massaging the craniosacral system is thought to restore balance to the central nervous system and the immune system so that the body will be able to function again in good health. Many patients enjoy the prolonged hands-on attention of a craniosacral therapist and find the treatments enhance their well-being, ease tension and relax muscles.

**What has been proven about the benefit of craniosacral therapy?** There is no scientific evidence that supports the basic ideas on which craniosacral therapy is based.<sup>2</sup> While craniosacral therapists state that they measure and alter craniosacral rhythms, there is no proof that these rhythms actually exist. Craniosacral therapy should not be thought of as a curative treatment for cancer. However, some patients report reduced stress and tension, muscle relaxation and alleviation of headaches.<sup>3</sup>

**What is the potential risk or harm of craniosacral therapy?** Craniosacral therapy is considered harmless for most people. Patients should forego craniosacral therapy if they have a known or suspected brain hemorrhage or aneurysm or any other condition where altering the pressure of the cerebrospinal fluid would not be recommended.

**How much does craniosacral therapy cost?** Cost will vary with the practitioner.

### **For additional information:**

The Cranial Academy  
8202 Clearvista Parkway, #9-D  
Indianapolis, IN 46256

Telephone: (317) 594-0411

Web site: [www.cranialacademy.org](http://www.cranialacademy.org)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Craniosacral Therapy." [Online]. Available WWW [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Craniosacral\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Craniosacral_Therapy?sitearea=ETO). Accessed December 14, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Craniosacral Therapy." [Online]. Available WWW [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Craniosacral\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Craniosacral_Therapy?sitearea=ETO). Accessed December 14, 2001.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Craniosacral Therapy." [Online]. Available WWW [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Craniosacral\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Craniosacral_Therapy?sitearea=ETO). Accessed December 14, 2001.

### **Crystal Healing**

*This treatment modality is thought to promote wellness and optimize overall health. Crystal healing should be used with, not in place of, standard cancer therapy.*

**What does crystal healing involve?** Crystal healing is the belief that certain stones and crystals contain special healing energy that can be transferred into people to provide protection against illness and disease and provide spiritual guidance.<sup>1</sup> This healing energy is transferred by touching, wearing or placing the crystal on ailing parts of the body. Crystal healing also involves placing stones around the home, carrying them in a pocket, wearing them around the neck and touching them as the need arises.<sup>2</sup> A visit to a crystal healer involves the placement of various stones and crystals on acupoints or chakras, as identified by acupuncture and Ayurvedic medicine respectively, to restore vital energy within the patient.

**How is crystal healing thought to promote wellness and optimize overall health?** Proponents of crystal healing believe that crystals and stones of different colors have different properties. These properties include the ability to purify the blood, calm the mind and revive energy. The main value of crystals is the ability for those who believe in their healing powers to let go of negative emotions, reduce stress and calm anxieties.

**What has been proven about the benefit of crystal healing?** While formal research on the healing power of crystals has never been performed, there is no evidence or rationale that a crystal or stone can treat illness or aid healing. The placebo response may account for the benefits that do occur (see Appendix E for information on the placebo response).

**What is the potential risk or harm of crystal healing?** There is no intrinsic harm in using crystal healing to boost spirits and improve well-being.

**How much does crystal healing cost?** Visits to crystal healers and the purchase of stones and crystals will vary with the practitioner and crystal shop owner, respectively.

**For additional information:**

International Association of Crystal Healing Therapists  
 P.O. Box 344  
 Manchester M60 2EZ UK  
 Telephone: (44) (0) 120 042 6061  
 Web site: [www.iacht.co.uk/](http://www.iacht.co.uk/)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Crystals." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Crystals?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Crystals?sitearea=ETO). Accessed December 14, 2001.

<sup>2</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 295.

**Electromagnetic Therapy**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with electromagnetic therapy.*

**What does electromagnetic therapy involve?** Electromagnetic therapy, also known as electromagnetism, bioelectricity, magnetobiology, magnetic field therapy and magnetic healing, applies electromagnetic energy to the body to treat disease. Instead of using drug-based treatments, "energy medicine" proponents apply electrical, magnetic, microwave and infrared devices to treat illness.<sup>1</sup>

**How is electromagnetic therapy thought to treat cancer?** Electricity and magnetic energy exist in the human body. Proponents of electromagnetic therapy believe that when electromagnetic fields of energy within the body become unbalanced, they disrupt the body's chemical makeup resulting in disease and illness. Practitioners of electromagnetic therapy believe that they can rebalance these energy fields by applying external electrical energy.

**What has been proven about the benefit of electromagnetic therapy?** Although many proponents make claims about its value, there is no scientific evidence available that any electromagnetic therapies work. The human body cannot exist without its own internal electricity energy system to ensure heartbeat and muscle contraction, but it is unknown whether applying an external electrical source can help cancer patients. There is also no conclusive evidence that application of magnets to the skin can relieve pain, infection, stress or insomnia.<sup>2</sup>

**What is the potential risk or harm of electromagnetic therapy?** Electromagnetic therapy is a noninvasive, drug-free form of treatment. However, the most common complaint of patients using electromagnetic therapy is the development of a skin rash from the adhesive used to attach the device to the skin. Patients with a cardiac pacemaker or defibrillator should avoid this therapy.

**How much does electromagnetic therapy cost?** Costs will vary depending on which electrical device is used and whether treatment is done at home or in a practitioner's office.

**For additional information:**

Bio-Electro-Magnetics Institute  
 2490 West Moana Lane  
 Reno, NV 89509  
 Telephone: 775-827-9099

National Institute of Environmental Health Sciences  
 P.O. Box 1233  
 Research Triangle Park, NC 27709  
 Telephone: (919) 541-3345  
 Web site: [www.niehs.nih.gov](http://www.niehs.nih.gov)

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Electromagnetic Therapies." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Electromagnetic\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Electromagnetic_Therapy?sitearea=ETO). Accessed December 19, 2001.

<sup>2</sup> Yahoo! Incorporated (2001). "Yahoo Health: Magnetic Field Therapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Magnetic\\_Field\\_Therapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Magnetic_Field_Therapy/). Accessed December 19, 2001.

**Essiac**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Essiac therapy.*

**What does Essiac therapy involve?** Essiac, an herbal formula, was first provided to cancer patients in 1922 by Renée Caisse, (Essiac is Caisse spelled backwards) a Canadian nurse. Caisse claimed to have learned of this tonic from a woman who had recovered from breast cancer after receiving a remedy from an Ojibwa medicine man. Essiac is comprised of four herbs: Turkish Rhubarb, Slippery Elm bark, Sheep Sorrel and Burdock root. During her life, Caisse would never release the original formula and concentrations, so it is unknown if the Essiac sold today in health-food stores is the original formula.

**How is Essiac thought to treat cancer?** Caisse believed that the original Essiac formula worked by attacking the tumor directly, first hardening it, then softening it, causing it to break up and be eliminated by the body.<sup>1</sup> Another view is that the Essiac herbs have a strengthening and cleansing function, supporting the body in resisting cancer.<sup>2</sup>

**What has been proven about the benefit of Essiac?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of Essiac and found four studies applicable to cancer. However, there have been no clinical trials concerning the use of Essiac for the treatment of cancer in people. Most of the information available is based on the testimonials of patients who have used Essiac as a treatment. Attempts to document the effectiveness of Essiac in the U.S. and Canada have not yielded any conclusive information.<sup>3</sup>

**What is the risk or harm of Essiac treatment?** This herbal formula may act like a laxative. Other side effects include nausea, headache, vomiting and increased urination.

**How much does Essiac treatment cost?** The FDA has not yet approved Essiac as a treatment for cancer. Therefore, Essiac must be purchased at health food stores and via mail-order under various names including Flor-Essence, Vitalitea, Tea of Life and Herbal Essence. Annual cost per patient for one to four daily ounces is between \$440 and \$2,060.<sup>4</sup> Patients are not currently reimbursed for Essiac purchases.

**For additional information:**

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

Rene M. Caisse Memorial Committee  
Bracebridge Historical Society  
Attn: Ms. Donna M. Ivey, Ms. Elene J. Freer  
Box 2231 Bracebridge, Ontario P1L 1W1  
Telephone: (705) 645-8111  
Web site: <http://essiac-info.org/history.html>

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<sup>1</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 162.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Essiac." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=641EA504-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Essiac." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=641EA504-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic - Essiac." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=641EA504-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

**Faith Healing**

*This treatment modality is thought to promote wellness and optimize overall health. Faith healing should be used with, not in place of, standard cancer therapy.*

**What does faith healing involve?** Faith healing is the belief that some people are able to channel divine powers to heal injury and cure disease. Patients who seek the assistance of a faith healer must believe strongly in the healer's divine gifts and ability to focus them on the ill. The most commonly encountered faith healers in the U.S. are revivalist preachers who are viewed on paid television

programs or at revival meetings in different cities throughout the country. These preachers are highly skilled and inspiring orators capable of creating emotionally-charged atmospheres while lifting up prayers for healing of the disabled and ill. Faith healing also refers to pilgrimages to religious shrines by patients seeking miracle cures.<sup>1</sup>

**How is faith healing thought to promote wellness and optimize overall health?** Proponents of faith healing believe that a combination of the patient's belief in a divine power and the healer's ability to direct and transmit that power to the patient can heal disease.<sup>2</sup> Patients who possess strong beliefs that healers can cure disease may promote their own peace of mind and allow themselves to deal more effectively with the pain and anxiety of their illnesses.

**What has been proven about the benefit of faith healing?** Patients have been known to be free from disease after visiting a faith healer or seeing one on T.V., but there is no evidence that faith healers are capable of channeling divine powers to cure disease. Benefits may result because of the natural progression of the illness, rarely but regularly occurring spontaneous remission or through the placebo effect (see Appendix E).

**What is the potential risk or harm of faith healing?** Patients may feel guilty or unworthy if the faith healer cannot "cure" their illnesses. Patients should be aware that many of the claims made by faith healers are untrue and are designed to deceive large groups of people.<sup>3</sup>

**How much does faith healing cost?** Healers may require a "donation" to their organizations as a fee for their services. These fees can range from a few dollars to a few thousand dollars.

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Faith Healing." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Faith\\_Healing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Faith_Healing?sitearea=ETO). Accessed December 14, 2001.

<sup>2</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 305.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Faith Healing." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Faith\\_Healing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Faith_Healing?sitearea=ETO). Accessed December 14, 2001.

### **Fasting and Juice Therapies**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with fasting and juice therapies.*

**What do fasting and juice therapies involve?** Fasting, or voluntarily abstaining from food, and juice therapy, the consumption of certain fruit and vegetable juices instead of food, are believed by supporters to cleanse and detoxify the body internally. Fasting has long been practiced around the world as a part of religious beliefs to purify the soul. Only recently has fasting been thought to purify the physical body.

**How are fasting and juice therapies thought to treat cancer?** Proponents believe that fasting or just consuming certain juices aids the body in cleansing itself of toxins and impurities. The immune system is believed by its supporters to work better, heal the body and get rid of poisons when the body's

physiologic systems have a chance to rest.<sup>1</sup> Juice can also provide nutrients and calories if a patient is unable to keep solid food down.

**What has been proven about the benefit of fasting and juice therapies?** The American Cancer Society does not believe that detoxification by fasting is based on scientific fact, nor does it cure cancer.<sup>2</sup> While short-term fasting does aid weight loss in the severely obese, there is no evidence that it can rid the body of toxins or aid in treatment of disease. The mainstream medical community states the denying the body of necessary nutrients and calories actually weakens the immune system, resulting in the deterioration, not improvement, of health.<sup>3</sup> Patients with advanced cancer are encouraged to avoid fasting.<sup>4</sup> While not a magic cure-all, juice can serve as a valuable nutritional supplement for cancer patients. Juice does not contain fiber, fat and protein and these need to ingested as well to maintain energy and reach optimum health.<sup>5</sup>

**What is the potential risk or harm of fasting and juice therapies?** Fasting and juice therapies can cause fatigue, anemia, dizziness and an irregular heartbeat. Supporters do not believe these are harmful symptoms. In fact, they view them as indicators of movement towards well-being and mental sharpness.<sup>6,7</sup> Certain medical conditions such as diabetes can be aggravated by the ingestion of juices. Acidic citrus and tomato juices can irritate the stomach of sensitive patients.

**How much do fasting and juice therapies cost?** Eating nothing or just juice is sure to cut back on one's grocery bill. Most treatments are self-help remedies and are performed at home. Occasionally, a physician might oversee the patient to ensure no additional health problems develop as a result of the therapy.

**For additional information:**

American Association of Naturopathic Physicians  
8201 Greensboro Drive, Suite 300  
McLean, VA 22102  
Telephone: (877) 969-2267  
Web site: [www.naturopathic.org](http://www.naturopathic.org)

<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Fasting." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Fasting?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Fasting?sitearea=ETO). Accessed December 19, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - Fasting." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Fasting?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Fasting?sitearea=ETO). Accessed December 19, 2001.

<sup>3</sup> American Cancer Society (2000). "Making Treatment Decisions - Fasting." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Fasting?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Fasting?sitearea=ETO). Accessed December 19, 2001.

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo! Health - Fasting." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Fasting/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Fasting/). Accessed December 19, 2001.

<sup>5</sup> Yahoo! Incorporated (2001). "Yahoo! Health - Juice Therapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Juice\\_Therapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Juice_Therapy/). Accessed December 19, 2001.

<sup>6</sup> American Cancer Society (2000). "Making Treatment Decisions - Juicing." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Juicing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Juicing?sitearea=ETO). Accessed December 19, 2001.

<sup>7</sup> American Cancer Society (2000). "Making Treatment Decisions - Fasting." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Fasting?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Fasting?sitearea=ETO). Accessed December 19, 2001.

## **Flower Remedies**

*This treatment modality is thought to promote wellness and optimize overall health. Flower remedies should be used with, not in place of, standard cancer therapy.*

**What do flower remedies involve?** Dr. Edward Bach, an early 1900s homeopath, believed that underlying emotional problems cause physical illness. Dr. Bach believed that flowers could help remove negative emotions, ultimately leading to the elimination of the physical illness.<sup>1</sup> Thirty-eight different types of wildflowers were identified by Bach as therapeutic and are still used today. Remedies are made using the essence of flowers diluted in water and brandy. Drops of flower remedies are placed under the tongue or in a glass of liquid four times a day. Only the patient's emotional state, not the patient's illness, is relevant when selecting the flower remedy.

**How are flower remedies thought to promote wellness and optimize overall health?** Proponents claim that flower remedies stabilize unwanted, counterproductive emotional states and promote a general sense of well-being by eliminating emotional problems. The flowers are thought to create a link between the brain and the body to alleviate the negative mental state. The illness that was fostered by negative emotions can then be fought by the body's strengthened immune system.

**What has been proven about the benefit of flower remedies?** There have been no scientific studies carried out on flower remedies to date. While there are numerous anecdotal reports on the benefits of flower remedies, the American Cancer Society believes it is likely that any reaction patients have to this therapy is due to a placebo response (see Appendix E).<sup>2</sup> If flower remedies make patients feel less depressed and improve their quality of life without any side effects, it is not important how the benefits are achieved, placebo response or otherwise.

**What is the potential risk or harm of flower remedies?** The remedies are generally regarded as harmless with no physical side effects.<sup>3</sup> However, patients wishing to avoid alcohol should be aware that the remedies do contain brandy in an extremely diluted form.

**How much do flower remedies cost?** Flower remedies were designed to be a self-help system that can be used without professional advice. Floral essences are available from several sources and may or may not be prepared using the Bach method. Cost will vary depending on the manufacturer.

### **For additional information:**

The Dr. Edward Bach Centre and Foundation  
Mount Vernon, Bakers Lane  
Sotwell, Oxon OX10 0PZ, UK  
Telephone: 011-44-1491-834678  
Web site: [www.bachcentre.com/index.html](http://www.bachcentre.com/index.html)

Flower Essence Society  
P.O. Box 459  
Nevada City, CA 95959  
Telephone: (800) 736-9222  
Web site: [www.flowersociety.org/](http://www.flowersociety.org/)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Flower Remedies." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Flower\\_Remedies?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Flower_Remedies?sitearea=ETO). Accessed December 14, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Flower Remedies." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Flower\\_Remedies?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Flower_Remedies?sitearea=ETO). Accessed December 14, 2001.

<sup>3</sup> Yahoo! Incorporated (2001). "Yahoo Health: Flower Remedies." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Flower\\_Remedies/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Flower_Remedies/). Accessed December 14, 2001.

## **Garlic**

*This treatment modality is thought to promote wellness and optimize overall health. Garlic therapy should be used with, not in place of, standard cancer therapy.*

**What does garlic therapy involve?** Garlic is used as a supportive dietetic measure for cancer prevention. Therapy involves ingesting four grams of garlic daily. Garlic can be eaten raw, cooked, baked or taken in capsule form. Cooked garlic is less effective as a therapy because the active ingredient, allicin, becomes denatured in the heating process.

**How is garlic thought to promote wellness and optimize overall health?** When incorporated into the diet, garlic can help prevent various ailments including arteriosclerosis, common colds, cough/bronchitis, fevers and infection.<sup>1</sup> Garlic may also reduce the risk of throat, stomach and colon cancer by stimulating the immune system and acting as a natural antibiotic and antioxidant.<sup>2</sup> Allicin is the major active compound of garlic. The compound is an antibacterial agent and is released when garlic bulbs are crushed.

**What has been proven about the benefit of garlic treatment?** Two anti-carcinogenic agents in garlic were identified, and when administered to rats, in conjunction with exposure to certain colon or esophageal carcinogens, significantly reduced the growth and progression of pre-cancerous lesions.<sup>3</sup> A literature review of garlic completed by the San Antonio Evidence-based Practice Center for the U. S. Agency for Healthcare Research and Quality identified twelve human studies applicable to cancer. Several of the studies reported that consumption of garlic and other allicin-containing vegetables was associated with a reduced risk of several types of cancer.<sup>4</sup> Garlic should only be used as a preventative agent, not as a curative therapy.

**What is known about the potential risk or harm of garlic?** Some patients may experience heartburn and gas from ingestion of garlic. Frequent handling of garlic may lead, on rare occasion, to allergic reactions. Garlic is known to have some anti-clotting activity. Therefore, patients taking anticoagulant drugs, including aspirin, should check with their health care providers before beginning therapy. Garlic may also decrease blood sugar levels so glucose control may be affected.<sup>5</sup>

**How much does garlic cost?** Garlic bulbs can be purchased at any grocery store or grown in one's own garden. Garlic capsules can be purchased for approximately \$18.00 for 250 capsules.<sup>6</sup>

**For additional information:**

University of Texas M.D. Anderson Cancer Center  
 Complementary/Integrative Medicine Education Resources  
 1515 Holcombe Boulevard  
 Houston, TX 77030  
 Telephone: (800) 392-1611  
 Web site: <http://www.mdanderson.org/departments/cimer/>

<sup>1</sup> Anonymous. "Allium Sativum: Garlic." *PDR for Herbal Medicines*. Montvale, NJ: Medical Economics Company, Inc., 1998; pg. 626.

<sup>2</sup> University of Texas MD Anderson Cancer (2001). "Biologic/Organic/Pharmacologic Therapies - Garlic." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=641EADF9-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 14, 2001.

<sup>3</sup> Wargovish MJ, Uda N, Woods C, Velasco M and McKee K. "Allium vegetables: their role in the prevention of cancer." *Biochemical Society Transactions*. 1996; 24:811-814.

<sup>4</sup> University of Texas MD Anderson Cancer (2001). "Biologic/Organic/Pharmacologic Therapies - Garlic." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=641EADF9-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 14, 2001.

<sup>5</sup> American Cancer Society (2001). "Making Treatment Decisions - Flower Remedies." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Flower\\_Remedies?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Flower_Remedies?sitearea=ETO). Accessed December 14, 2001.

<sup>6</sup> University of Texas MD Anderson Cancer (2001). "Biologic/Organic/Pharmacologic Therapies - Garlic." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=641EADF9-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 14, 2001.

**Gerson Therapy**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Gerson therapy.*

**What does the Gerson therapy involve?** Dr. Max Gerson created the Gerson program in 1945 based on the belief that cancer patients have sodium and potassium imbalances in their bodies. The Gerson program is a nutritional approach to cancer treatment and requires that patients comply with a vegetarian diet that contains no sodium, extreme fat restriction, high potassium supplementation and large amounts of fruit and vegetable juices. Frequent coffee enemas are given to detoxify the liver and the body. Previously, patients were required to drink three glasses of fresh calf liver daily but this aspect has since been discontinued because several patients experienced toxicity.

**How is the Gerson therapy thought to treat cancer?** The program consists of three central tenets that claim cancer patients do not efficiently metabolize carbohydrates, fats, proteins, vitamins and minerals:<sup>1</sup>

1. enzymes are critical to support the vitality of intestinal flora
2. the liver and other vital organs must be detoxified and functioning efficiently to support the breakdown of tumors

3. potassium and sodium intake must be balanced, usually by sodium restriction and potassium supplementation, to restore metabolism, and ultimately, health.<sup>2,3</sup>

**What has been proven about the benefit of the Gerson therapy?** Laboratory studies in 1983<sup>4</sup> and 1985<sup>5</sup> provided evidence that upsetting the potassium/sodium balance may play a role in malignancy. The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of the Gerson therapy and found six studies applicable to cancer. Several of the studies indicate higher survival rates and tumor regression in patients treated with the Gerson therapy, especially for patients with melanoma, colorectal and ovarian cancers. However, no statistics were presented to indicate significance.<sup>6</sup> Michael Lerner states in his book Choices in Healing that "the Gerson therapy does not approach being a decisive cure for any type of cancer." However, he continues to predict "that the therapy will prove to be a significant adjunct to the judicious use of conventional therapies for those cancers [melanoma, colorectal, ovarian]. Further, it may also improve outcomes for some cancers where conventional treatment would bring few-if any-results."<sup>7</sup>

**What is the potential risk or harm of the Gerson therapy?** Patients may experience flu-like feelings, loss of appetite, perspiration with a strong odor, weakness, dizziness, cold sores and fever blisters while receiving treatment. Patients may also suffer high fever, intestinal cramping, diarrhea and vomiting. Coffee enemas may produce colitis, severe inflammation of the colon, and fluid and electrolyte imbalances.<sup>8</sup>

**How much does the Gerson therapy cost?** At the Gerson clinic in Tijuana, Mexico, treatment costs \$4,000 per week plus an additional \$200 per week for laboratory testing. Some insurance providers reimburse costs associated with treatment.

**For additional information:**

Choices in Healing by Michael Lerner. Cambridge, MA: MIT Press, 1998.

Gerson Institute  
1572 2<sup>nd</sup> Avenue  
San Diego, CA 92101  
Telephone: (619) 685-5353  
Web site: [www.gerson.org](http://www.gerson.org)

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> University of Texas M.D. Anderson Cancer Center (2001). "Nutrition and Special Diets - Gerson." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=6293C02A-4E0E-11D5-811800508B603A14&method=displayFull&pn=F2A33EB4-492C-11D5-811600508B603A14>. Accessed December 19, 2001.

<sup>2</sup> Lerner, Michael. Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer. Cambridge, MA: MIT Press, 1994; pg. 267-268.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Nutrition and Special Diets - Gerson." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=6293C02A-4E0E-11D5-811800508B603A14&method=displayFull&pn=F2A33EB4-492C-11D5-811600508B603A14>. Accessed December 19, 2001.

<sup>4</sup> Imre Zs.-Nagy et al. "Correlation of malignancy with intracellular Na-K ratio in human thyroid tumors." *Cancer Research* 1983; 43:5395-5397.

<sup>5</sup> Lai, Chiu-Nan and Becker, Fredrick F. "Potassium-induced reverse transformation of cells infected with a temperature-sensitive transformation mutant virus." *Journal of Cellular Physiology* 1985; 125:259-262.

<sup>6</sup> University of Texas M.D. Anderson Cancer Center (2001). "Nutrition and Special Diets - Gerson." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=6293C02A-4E0E-11D5-811800508B603A14&method=displayFull&pn=F2A33EB4-492C-11D5-811600508B603A14>. Accessed December 19, 2001.

<sup>7</sup> Lerner, Michael. Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer. Cambridge, MA: MIT Press, 1994; pg. 280.

<sup>8</sup> University of Texas M.D. Anderson Cancer Center (2001). "Nutrition and Special Diets - Gerson." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=6293C02A-4E0E-11D5-811800508B603A14&method=displayFull&pn=F2A33EB4-492C-11D5-811600508B603A14>. Accessed December 19, 2001.

### **Govallo Therapy**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Govallo therapy.*

**What does the Govallo therapy involve?** Valentin Govallo, MD, PhD, a Russian physician, developed the Govallo therapy after researching the similarities between the mother-fetus and host-tumor immune interaction systems.<sup>1</sup> In 1975, Dr. Govallo began treating cancer patients with an extract derived from placental chorionic villi obtained during live full-term deliveries. Currently, therapy at the Immune Augmentative Therapy (IAT) clinic in the Bahamas consists of two injections. The dose varies depending on the severity of the patient's condition.

**How is Govallo therapy thought to treat cancer?** The human body possesses the ability to recognize cell systems which are not normal and of an autologous origin, such as bacteria and foreign particles, and to destroy them. Thus, the immune system must be suppressed when a patient receives a transplant organ, for example, so that organ rejection does not occur. Along these same lines, Govallo reasoned that malignant cells survive because they possess their own defense system that protects them from attack by the patient's immune system so that they are not "rejected" by the body. In contrast to most immunotherapies that are designed to stimulate the immune system, the goal of the Govallo therapy is to weaken or suppress factors within the tumor itself that cripple the normal immune response of the patient.<sup>2</sup> Once those "suppression factors" are shut down, the immune system can function normally and destroy the malignant tissues.

**What has been proven about the benefit of the Govallo therapy?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of the Govallo therapy and found two case reports relevant to cancer. These case reports claimed better three, five and ten year

survival rates for patients who received placental extract injections compared to controls.<sup>3</sup> However, no statistical results were provided.

**What is the potential risk or harm of the Govallo therapy?** Reported side effects include fever, shivering and light weakness. There are no known risks associated with the Govallo therapy.

**How much does the Govallo therapy cost?** The Immune Augmentative Therapy clinic in Freeport, Bahamas charges \$8,500 for Govallo therapy. There is also a \$50 charge for a follow up test of immunocompetence and \$1,500 for each additional booster shot. A protocol change has been proposed which would reduce the cost of the treatment.

**For additional information:**

Immune Augmentative Therapy Clinic  
IAT (Bahamas) Ltd.  
P.O. Box F-42689  
Freeport, Grand Bahama, Bahamas  
Telephone: (242) 352-7455  
Web site: [www.iatclinic.com](http://www.iatclinic.com)

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Govallo Placental Extracts." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7FAF-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Govallo Placental Extracts." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=43EF7FAF-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>3</sup> Govallo VI. Immunology of Pregnancy and Cancer. Nova Science Publishers, Inc.; 1993.

## **Green Tea**

*This treatment modality is thought to promote wellness and optimize overall health. Green tea therapy should be used with, not in place of, standard cancer therapy.*

**What does green tea therapy involve?** Green tea comes from the leaves of the same plant (*Camellia Sinesis*) as black tea but differs in its preparation. Green tea is consumed regularly in many Asian countries to promote health and satisfy thirst.

**How is green tea thought to promote wellness and optimize overall health?** Green tea is reported to lower total cholesterol levels, reduce platelet coagulation, decrease blood pressure and enhance the immune system. Green tea may also lessen the risk of cancers of the upper digestive tract.<sup>1</sup> Green tea contains active compounds called polyphenols, and several studies have shown that these polyphenols act as antioxidants and may possibly inhibit tumor formation and growth.<sup>2</sup>

**What has been proven about the benefit of green tea?** Animal studies have reported that green tea polyphenols reduce the potential spread of cancer cells.<sup>3</sup> Seventeen human studies on the preventive effects of green tea on cancer have been identified and reviewed by the University of Texas M.D. Anderson Cancer Center. Ten of the seventeen studies showed that the consumption of green tea had a protective effect against the development of several cancer types. However two studies had opposite findings.<sup>4</sup> Green tea may be consumed for its health promoting effects but should not be thought of as a curative therapy.

**What is the potential risk or harm of green tea?** Side effects of tea consumption include insomnia, nervousness and heart rate irregularities due to the caffeine in the tea. Patients with sensitive stomachs may experience heartburn, reduction of appetite or diarrhea due to the tannin and chlorogenic acid content of the tea.<sup>5</sup> Green tea interferes with absorption of alkaline medications. Patients taking any medicines should check with their health care provider before beginning tea therapy.

**How much does green tea cost?** Green tea can be purchased in bulk or as packaged tea bags. Bulk tea can average from \$30 to \$60 per pound. Packaged tea bags begin at \$2.50 for 12 bags.

**For additional information:**

University of Texas M.D. Anderson Cancer Center  
Complementary/Integrative Medicine Education Resources  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: <http://www.mdanderson.org/departments/cimer/>

<sup>1</sup> University of Texas MD Anderson Cancer (2001). "Biologic/Organic/Pharmacologic Therapies – Green Tea." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=641EAEC3-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 14, 2001.

<sup>2</sup> University of Texas MD Anderson Cancer (2001). "Biologic/Organic/Pharmacologic Therapies – Green Tea." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=641EAEC3-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 14, 2001.

<sup>3</sup> University of Texas MD Anderson Cancer (2001). "Biologic/Organic/Pharmacologic Therapies – Green Tea." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=641EAEC3-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 14, 2001.

<sup>4</sup> University of Texas MD Anderson Cancer (2001). "Biologic/Organic/Pharmacologic Therapies – Green Tea." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=641EAEC3-ED43-11D4-810200508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 14, 2001.

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<sup>5</sup> Anonymous. "Camellia Sinensis: Green Tea." *PDR for Herbal Medicines*. Montvale, NJ: Medical Economics Company, Inc., 1998; pg. 710.

### **Guided Imagery**

*This treatment modality is thought to promote wellness and optimize overall health. Guided imagery should be used with, not in place of, standard cancer therapy.*

**What does guided imagery involve?** Guided imagery is a visualization technique, referred to as a "focused daydream" by some practitioners, which helps patients to focus on positive images to heal their bodies.<sup>1</sup> Guided imagery practitioners will teach patients general relaxation exercises and help them build detailed images in their minds. Patients are encouraged to picture their tumors shrinking in one local area or their whole body freeing itself of cancer. The Simonton method of guided imagery, developed by oncologist O. Carl Simonton and his wife, was designed to help patients undergoing standard treatments for cancer. This method teaches cancer patients to picture their immune system cells "gobbling up" cancer cells like "Pac Man," and destroying them.<sup>2</sup>

**How is guided imagery thought to promote wellness and optimize overall health?** Guided imagery is based on the idea that the mind can affect the functions of the body. Proponents suggest that stimulating the brain through imagery can have a direct effect on both the endocrine and nervous systems, which lead to changes in immune system function. Guided imagery is used to promote relaxation, reduce stress and help the mind influence the body in positive ways.<sup>3</sup>

**What has been proven about the benefit of guided imagery?** A review of 46 studies conducted from 1966 to 1998 by the American Cancer Society found that guided imagery was effective in managing stress, anxiety, depression, pain and the side effects of chemotherapy.<sup>4</sup> A recent randomized clinical trial involving women with early stage breast cancer found guided imagery was also useful for easing anxiety related to radiation therapy, including fears about the equipment, surgical pain, and recurrence of cancer.<sup>5</sup> Although one uncontrolled, exploratory study suggested that guided imagery can increase survival rates for people with cancer, there is no scientific evidence these techniques can cure cancer or any other disease.<sup>6</sup>

**What is the potential risk or harm of guided imagery?** There are no known side effects or risks of guided imagery.

**How much does guided imagery cost?** Guided imagery is taught in small classes or in one-on-one sessions. Costs will vary depending on class size and practitioner. Patients may also try to learn guided imagery from books and audiotapes, an inexpensive alternative to classes.

### **For additional information:**

Academy for Guided Imagery  
P.O. Box 2070  
Mill Valley, CA 94942  
Telephone: (800) 726-2070

Web site: [http://www.healthy.net/agi/index\\_explorer.html](http://www.healthy.net/agi/index_explorer.html)

<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Imagery." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Imagery?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Imagery?sitearea=ETO). Accessed December 14, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Imagery." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Imagery?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Imagery?sitearea=ETO). Accessed December 14, 2001.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Imagery." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Imagery?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Imagery?sitearea=ETO). Accessed December 14, 2001.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions - Imagery." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Imagery?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Imagery?sitearea=ETO). Accessed December 14, 2001.

<sup>5</sup> Kolcaba K, Fox C. The effects of guided imagery on comfort of women with early stage breast cancer undergoing radiation therapy. *Oncology Nursing Forum*. 1999;26:67-72.

<sup>6</sup> American Cancer Society (2001). "Making Treatment Decisions - Imagery." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Imagery?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Imagery?sitearea=ETO). Accessed December 14, 2001.

## **Homeopathy**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Homeopathy should be used with, not in place of, standard cancer therapy.*

**What does homeopathy involve?** Homeopathy was developed by Samuel Hahnemann, an 18<sup>th</sup> century German doctor. Volumes of information from Hahnemann's "research" have been compiled and called the Homeopathic Pharmacopoeia. This is still in use today. Homeopathic remedies are made from assorted herbs, animal products and chemicals diluted thousands of times in water or alcohol. In fact, the majority of homeopathic remedies are so diluted that it is impossible to detect the original active ingredient in the laboratory. Homeopathy should not be confused with herbal medicine. Homeopathic medicines contain little, if any, of the desired herb. Homeopathic practitioners claim that the medicinal solutions contain a "trace memory" of the original substance.

**How is homeopathy thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** Homeopathy is based on Hahnemann's idea of "like cures like;" a substance that causes certain symptoms should also relieve them. Hahnemann tested a huge number of plant, animal and mineral substances on himself in a process called "proving," observing the symptoms they produced and categorizing them as cures for disorders that cause similar problems.<sup>1</sup>

**What has been proven about the benefit of homeopathy?** The University of Texas Center for Alternative Medicine conducted an extensive literature review of homeopathy and could not find any clinical trials concerning the use of homeopathy for cancer treatment.<sup>2</sup> However, five cases were reported. Only one of the five cases reported positive results when homeopathic and mistletoe treatments were combined.<sup>3</sup> The mainstream medical community attributes any relief from symptoms of cancer or side effects of treatment to coincidence or the placebo effect (see Appendix E).<sup>4</sup>

**What is the potential risk or harm of homeopathy?** Homeopathic remedies are sold over-the-counter, like vitamins and herbal medicines. However, homeopathic remedies can be sold without proof of safety because of a special exemption under the Federal Food, Drug and Cosmetic Act, passed in 1938.<sup>5</sup> This therapy is virtually safe for everyone, including children. Patients who need to avoid alcohol should forego homeopathic medicines with an alcohol base.

**How much does homeopathy cost?** Individual remedy costs vary depending on the pharmacy. These products are rarely reimbursed by insurance. However, homeopathy is covered by the national health care plans in England and Germany. By law, health care plans in Oregon must also cover visits to homeopaths.

*For additional information:*

Homeopathic Educational Services  
2124 Kittredge Street  
Berkeley, CA 94704  
Telephone: (800) 359-9051  
Web site: [www.homeopathic.com](http://www.homeopathic.com)

National Center for Homeopathy  
801 North Fairfax Street, Suite 306  
Alexandria, VA 22314  
Telephone: (877) 624-0613  
Web site: [www.homeopathic.org](http://www.homeopathic.org)

The University of Texas M. D. Anderson Cancer Center  
Complementary/Integrative Medicine Education Resources  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> Yahoo! Incorporated (2001). "Yahoo Health: Homeopathy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Homeopathy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Homeopathy/). Accessed December 18, 2001.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Homeopathy." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=39C45DEB-126C-453D-A84028E2A5991562&method=displayFull&pn=F2A33BA4-492C-11D5-811600508B603A14>. Accessed December 18, 2001.

<sup>3</sup> University of Texas Center for Alternative Medicine Research in Cancer (1999). "Homeopathy." [Online]. Available WWW: <http://www.sph.uth.tmc.edu/utcam/therapies/homeopathy.htm>

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo Health: Homeopathy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Homeopathy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Homeopathy/). Accessed December 18, 2001.

<sup>5</sup> Yahoo! Incorporated (2001). "Yahoo Health: Homeopathy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Homeopathy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Homeopathy/). Accessed December 18, 2001.

## **Hoxsey**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Hoxsey therapy.*

**What does the Hoxsey therapy involve?** In the early 1900's, Harry Hoxsey received an herbal formula from his grandfather, and he began treating cancer patients with it in the 1920s. The Hoxsey treatment involves two mixtures. One to be used externally, applied directly to the skin and includes "a red paste containing antimony trisulfide, zinc chloride, and bloodroot and a yellow powder containing arsenic sulfide, sulfure and talc."<sup>1</sup> The other is used internally and is "a liquid containing licorice, red clover, burdock root, stillingia root, barberry, Cascara, prickly ash bark, buckthorn bark and potassium iodide."<sup>2</sup> While taking the Hoxsey formula, patients are also encouraged to restrict their diet, use immune stimulants such as vitamin C and adopt a positive mental outlook.

**How is Hoxsey formula thought to treat cancer?** The external Hoxsey mixture is thought to selectively destroy malignant tissue. The internal Hoxsey mixture is a liquid said to strengthen the immune system. Hoxsey believed his treatment allows the body to create an environment in which healing and tumor destruction can occur.<sup>3</sup>

**What has been proven about the benefit of the Hoxsey formula?** The University of Texas M.D. Anderson Cancer Center performed an extensive human studies literature review of the Hoxsey treatment and found four studies applicable to cancer. The studies report response to therapy although none of the studies used controls against which to measure response. Individual components of the formula have been tested in the laboratory or in animals. Seven of the nine herbs in the formula have shown some anti-cancer activity.<sup>4</sup> M.D. Anderson Cancer Center recommends that more studies of both the external and internal components of the Hoxsey formula are needed. The American Cancer Foundation urges cancer patients to not seek treatment with the Hoxsey formula until more evidence of the therapy's objective benefits exists.<sup>5</sup>

**What is the potential risk or harm of the Hoxsey formula?** There has been no reported toxicity from the Hoxsey formula. However, some of the ingredients of the Hoxsey formula can cause nausea, vomiting and diarrhea if taken in large quantities.<sup>6</sup> Barberry root, one of the Hoxsey formula ingredients, caused swelling of the kidneys and cardiotoxicity in rabbits. Toxic reactions known as "iodisms" (pimples, excessive secretion of the eyes or nose, impotence and a mumps-like condition of the salivary gland) may result from taking potassium iodide.

**How much does the Hoxsey formula cost?** The treatment is available at a clinic in Tijuana, Mexico founded by Mildred Nelson, an old nurse of Hoxsey's who passed away in 1999. The current cost for the Hoxsey treatment is \$3,500. This price includes follow-up visits and a life-time supply of the herbal preparation. X-rays, lab tests and physical exams cost an additional \$450 to \$850 per visit.<sup>7</sup> The patient is also responsible for travel costs to and from Mexico.

**For additional information:**

Hoxsey Clinic  
 Bio-Medical center  
 PO Box 727  
 615 General Ferreira, Colonia Juarez  
 Tijuana, B.C. Mexico  
 Telephone: (011) 52-66-84-90-11

The University of Texas M. D. Anderson Cancer Center  
 1515 Holcombe Boulevard  
 Houston, TX 77030  
 Telephone: (800) 392-1611  
 Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> CA (Anonymous). "Questionable methods of cancer management: 'nutritional therapies.'" *CA: a Cancer Journal for Clinicians*. 1993, Sept-Oct; 43(5):309-319.

<sup>2</sup> CA (Anonymous). "Questionable methods of cancer management: 'nutritional therapies.'" *CA: a Cancer Journal for Clinicians*. 1993, Sept-Oct; 43(5):309-319.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Hoxsey." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=A0AAFDBB-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Hoxsey." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=A0AAFDBB-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>5</sup> CA (Anonymous). "Hoxsey Method/Bio-Medical Center." *CA: a Cancer Journal for Clinicians*. 1990, Jan-Feb; 40(1):51-55.

<sup>6</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Hoxsey." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=A0AAFDBB-ECA2-11D4-810100508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 19, 2001.

<sup>7</sup> BC Cancer Agency (2001). "Hoxsey's Herbal Tonic/Hoxsey Herbal Treatment." [Online]. Available WWW: [http://www.bccancer.bc.ca/pg\\_g\\_05.asp?PageID=1689&ParentID=2](http://www.bccancer.bc.ca/pg_g_05.asp?PageID=1689&ParentID=2). Accessed December 19, 2001.

**Hydrazine Sulfate**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Hydrazine sulfate should be used with, not in place of, standard cancer therapy.*

**What does hydrazine sulfate therapy involve?** Hydrazine sulfate is a chemical commonly used in industrial products, such as rocket fuel, rust-prevention products and insecticides. It is also used to treat symptoms associated with cancer. Hydrazine sulfate is usually taken orally with meals but may also be injected. Treatment lasts for 35 to 40 days, and after the patient has rested for two to six weeks, the course can be repeated as needed.

**How is hydrazine sulfate thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** Hydrazine sulfate is proposed to alleviate cancer-associated cachexia, the extensive loss of body weight and muscle mass experienced by some patients with advanced malignant disease, by increasing appetite.<sup>1</sup> According to some researchers, tumors get required energy for replication and growth from normal body functions, causing an energy "drain" from vital body functions. Hydrazine sulfate is claimed to deprive the tumor of the energy it needs and, therefore, halts the progressive decline of the patient.<sup>2</sup>

**What has been proven about the benefit of hydrazine sulfate therapy?** The National Cancer Institute conducted a human studies literature review of hydrazine sulfate and found several studies applicable to cancer. Results varied in the studies reviewed by NCI. Some randomized clinical trials report that hydrazine sulfate did not increase patient survival time and only resulted in temporary alleviation from pain, fever and weight loss. Other studies report that patients treated with hydrazine sulfate had more normal body metabolism, weight gain and improved appetite.<sup>3</sup> In 1994, the National Cancer Institute supported four randomized clinical trials. One study reported a survival advantage for patients with non-small cell lung cancer treated with hydrazine sulfate compared to control patients. The other three studies failed to demonstrate any significant advantages of hydrazine sulfate treatment.<sup>4</sup>

**What is the potential risk or harm of hydrazine sulfate therapy?** Hydrazine sulfate may produce some transient side effects including nausea, vomiting, itching, dizziness, impaired motor function and numbness of the extremities.<sup>5</sup> Combined use of hydrazine sulfate with tranquilizers, barbiturates, alcohol and foods high in tyramine (aged cheeses, fermented products) can increase patient morbidity. Liver damage may occur with high doses of hydrazine sulfate. Hydrazine sulfate is not known to be carcinogenic in humans.

**How much does hydrazine sulfate therapy cost?** Hydrazine sulfate is not currently approved for use in the complementary care of cancer patients in the U.S. and cannot be prescribed by doctors for patients. Hydrazine sulfate costs approximately \$25 for 100 capsules.

**For additional information:**

National Center for Complementary and Alternative Medicine (NCCAM) Clearinghouse  
P.O. Box 7923  
Gaithersburg, MD 20898  
Telephone: (888) 644-6226  
Web site: <http://nccam.nih.gov>

Syracuse Cancer Research Institute, Inc.  
Presidential Plaza  
600 East Genesee Street  
Syracuse, NY 13202-311  
Telephone: (315) 472-6616  
Web site: <http://scri.ngen.com/>  
(The Institute will not respond to patients or individuals. Health care providers must contact the Institute directly.)

The University of Texas M. D. Anderson Cancer Center  
 Complementary/Integrative Medicine Education Resources  
 1515 Holcombe Boulevard  
 Houston, TX 77030  
 Telephone: (800) 392-1611  
 Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> National Cancer Institute (2001). "National Cancer Institute Studies of Hydrazine Sulfate." [Online]. Available WWW: [http://cis.nci.nih.gov/fact/9\\_18.htm](http://cis.nci.nih.gov/fact/9_18.htm). Accessed December 18, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - Hydrazine Sulfate." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hydrazine\\_Sulfate?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hydrazine_Sulfate?sitearea=ETO). Accessed December 18, 2001.

<sup>3</sup> National Cancer Institute (2001). "National Cancer Institute Studies of Hydrazine Sulfate." [Online]. Available WWW: [http://cis.nci.nih.gov/fact/9\\_18.htm](http://cis.nci.nih.gov/fact/9_18.htm). Accessed December 18, 2001.

<sup>4</sup> National Cancer Institute (2001). "National Cancer Institute Studies of Hydrazine Sulfate." [Online]. Available WWW: [http://cis.nci.nih.gov/fact/9\\_18.htm](http://cis.nci.nih.gov/fact/9_18.htm). Accessed December 18, 2001.

<sup>5</sup> American Cancer Society (2000). "Making Treatment Decisions - Hydrazine Sulfate." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hydrazine\\_Sulfate?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hydrazine_Sulfate?sitearea=ETO). Accessed December 18, 2001.

## **Hydrogen Peroxide**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with hydrogen peroxide therapy.*

**What does hydrogen peroxide therapy involve?** Hydrogen peroxide is a chemical compound of hydrogen and oxygen molecules. It is a common household solution that is used as a disinfectant, in toothpaste and mouthwash and as a bleaching agent. It is also used in a variety of industrial processes from chemical manufacturing to rocket fuel. In health food stores, 30% solutions of hydrogen peroxide have been advertised as a cancer remedy. Treatments with hydrogen peroxide are also called hyperoxygenation, oxymedicine, oxidative therapy, bio-oxidative therapy and oxydology.<sup>1</sup> Hydrogen peroxide is administered orally, rectally, by injection, or by soaking affected parts of the body in the solution.<sup>2</sup>

**How is hydrogen peroxide thought to treat cancer?** Based on the work of two time Nobel Prize in Medicine recipient Otto Warburg, M.D., proponents believe that cancer cells grow best in an environment of little oxygen, or anaerobic conditions. It is claimed that the administration of hydrogen peroxide, an oxygen-rich solution, restores the proper oxygen balance and selectively attacks and kills cancer cells.

**What has been proven about the benefit of hydrogen peroxide treatment?** According the American Cancer Society, there is no scientific evidence that hydrogen peroxide is a safe, effective or useful cancer treatment. Current mainstream medical applications of hydrogen peroxide are limited to 1.5% to 3% solutions used as surface disinfectants and wound cleansers.

**What is the potential risk or harm of hydrogen peroxide treatment?** The Centers for Disease Control and Prevention report that hydrogen peroxide solutions concentrated above ten percent are toxic. It can be harmful to breath vapors, ingest or have skin contact with hydrogen peroxide.<sup>3</sup> Hydrogen peroxide ingestion can also result in chemical burns in the throat and severe poisoning.<sup>4</sup>

**How much does hydrogen peroxide treatment cost?** Hydrogen peroxide solutions can be purchased at any pharmacy. Higher concentrated solutions are available in many health food stores. The cost will vary with the pharmacy or health food store.

**For additional information:**

American Cancer Society  
1599 Clifton Road, N.E.  
Atlanta, GA 30329  
Telephone: (800) ACS-2345  
Web site: [www.cancer.org](http://www.cancer.org)

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Hydrogen Peroxide Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hydrogen\\_Peroxide\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hydrogen_Peroxide_Therapy?sitearea=ETO). Accessed December 20, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - Hydrogen Peroxide Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hydrogen\\_Peroxide\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hydrogen_Peroxide_Therapy?sitearea=ETO). Accessed December 20, 2001.

<sup>3</sup> American Cancer Society (2000). "Making Treatment Decisions - Hydrogen Peroxide Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hydrogen\\_Peroxide\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hydrogen_Peroxide_Therapy?sitearea=ETO). Accessed December 20, 2001.

<sup>4</sup> CA (Anonymous). "Questionable methods of cancer management: hydrogen peroxide and other 'hyperoxygenation' therapies." *CA: a Cancer Journal for Clinicians* 1993; 43:47-56.

## **Hydrotherapy**

*This treatment modality is thought to promote wellness and optimize overall health. Hydrotherapy should be used with, not in place of, standard cancer therapy.*

**What does hydrotherapy involve?** Hydrotherapy is the use of water, ice and steam as a medical treatment. It has been used by many cultures throughout human history from Native American "sweat lodges" to early Roman and Turkish therapeutic bath houses. Types of hydrotherapy include whirlpool baths for relaxation, ice packs to reduce swelling, warm water to cleanse wounds, humidifiers and liquids to combat dryness and dehydration, steam baths and colonic irrigation.

**How is hydrotherapy thought to promote wellness and optimize overall health?** Hydrotherapy can provide relaxation and symptom relief from a variety of ailments.<sup>1</sup> Heat-based therapies cause dilation of blood vessels and increase circulation, acting to relieve pain. Cold-based therapies constrict blood vessels, reduce circulation and decrease swelling. Whirlpool baths and spas reduce stress and increase relaxation.

**What has been proven about the benefit of hydrotherapy?** The American Cancer Society states that "hydrotherapy is an accepted, useful form of symptom treatment for many ailments. The ability to promote relaxation in its many forms is well established."<sup>2</sup> However, internal forms of hydrotherapy should be used with caution. Colonic irrigation can be dangerous and lead to electrolyte imbalance. Claims that it helps treat cancer have never been substantiated.

**What is the potential risk or harm of hydrotherapy?** The majority of hydrotherapy treatments are harmless. However, cases of bacterial diseases have been reported from users of contaminated public bathhouses. Excessive hot or cold water can burn the skin. Colonic irrigation can perforate the colon and may be harmful to the body's electrolyte balance.<sup>3</sup>

**How much does hydrotherapy cost?** Cost will vary depending on what form of hydrotherapy is chosen and the supplies necessary to participate in the therapy. For example, soaking in a hot bath is very inexpensive while getting away for a weekend at a spa can be extremely expensive.

**For additional information:**

American Association of Naturopathic Physicians  
8201 Greensboro Drive, Suite 300  
McLean, VA 22102  
Telephone: (877) 969-2267  
Web site: [www.naturopathic.org](http://www.naturopathic.org)

American Naturopathic Medical Association  
P.O. Box 96273  
Las Vegas, NV 89193  
Telephone: (702) 897-7053  
Web site: [www.anma.com](http://www.anma.com)

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<sup>1</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 228.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Hydrotherapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3x\\_Hydrotherapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3x_Hydrotherapy?sitearea=ETO). Accessed December 14, 2001.

<sup>3</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 230.

## **Hypnosis**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Hypnosis should be used with, not in place of, standard cancer therapy.*

**What does hypnosis involve?** Hypnosis is a state of focused attention during which consciousness is altered and distractions are blocked, allowing a patient to focus intensely on one item. The hypnotic state resembles sleep, but the patient is alert and completely in control, although deeply relaxed. Generally, ninety percent of the population can be hypnotized.

**How is hypnosis thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** Hypnotherapy can help divert a patient's attention from cancer pain by evoking a state of deep relaxation and increasing the ability to respond to suggestion.<sup>1</sup> Others have suggested that hypnosis can control nausea and vomiting caused by cancer medications.<sup>2</sup> Many believe that hypnosis involves a loss of control by the patient, but this is incorrect. Control by the patient is fundamental to hypnosis. In fact, many patients learn self-hypnosis so that they may use the technique whenever it is needed to control symptoms.<sup>3</sup>

**What has been proven about the benefit of hypnosis?** The value of hypnotism in producing several health benefits is widely accepted. The American Medical Association approved hypnotherapy as a valid medical treatment in 1958.<sup>4</sup> Reports from the NIH showed the ability of patients to block a natural response, such as pain, through intense concentration.<sup>5</sup> While the medical community is aware of the lasting benefits of hypnosis, no one is certain of the reason behind the benefits. Some scientists believe that hypnosis can cause the brain to release natural pain killers, called enkephalins and endorphins, to alleviate pain. Others believe that hypnosis acts through the unconscious mind and the power of suggestion.<sup>6</sup> Either way, the American Cancer Society endorses hypnotherapy as a means of reducing pain, promoting relaxation, reducing stress and improving quality of life.<sup>7</sup> However, hypnosis should not be thought of as a cure-all. It cannot cure cancer or any other serious disease.

**What is the potential risk or harm of hypnosis?** Hypnotherapy is considered safe for all patients, no matter what the medical condition.

**How much does hypnosis cost?** Costs will vary depending on the practitioner.

**For additional information:**

Milton H. Erickson Foundation  
3606 North 24<sup>th</sup> Street  
Phoenix, AZ 85016  
Telephone: (602) 956-6196  
Web site: [www.erickson-foundation.org](http://www.erickson-foundation.org)

The National Guild of Hypnotists  
P.O. Box 308  
Merrimack, NH 03054  
Telephone: (603) 429-9439  
Web site: [www.ngh.net/](http://www.ngh.net/)

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Hypnosis." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hypnosis?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hypnosis?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> Yahoo! Incorporated (2001). "Yahoo Health: Hypnotherapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Hypnotherapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Hypnotherapy/). Accessed December 18, 2001.

<sup>3</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 124.

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo Health: Hypnotherapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Hypnotherapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Hypnotherapy/). Accessed December 18, 2001.

<sup>5</sup> American Cancer Society (2000). "Making Treatment Decisions - Hypnosis." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hypnosis?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hypnosis?sitearea=ETO). Accessed December 18, 2001.

<sup>6</sup> Yahoo! Incorporated (2001). "Yahoo Health: Hypnotherapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Hypnotherapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Hypnotherapy/). Accessed December 18, 2001.

<sup>7</sup> American Cancer Society (2000). "Making Treatment Decisions - Hypnosis." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Hypnosis?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Hypnosis?sitearea=ETO). Accessed December 18, 2001.

### **Immune Augmentation Therapy (IAT)**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Immune Augmentation therapy.*

**What does Immune Augmentation Therapy involve?** Dr. Lawrence Burton, PhD, a zoologist, developed the theories behind IAT while working with fruit flies at California Institute of Technology. Therapy involves daily or twice-daily tests of the levels and proportions of four proteins. Subcutaneous injections are then administered to bring these four proteins back into equilibrium. A computer program determines doses. The four proteins are:<sup>1</sup>

1. tumor antibody factor (TNF) - *responsible for destruction of cancer cells*
2. tumor complement factor (TCF) - *responsible for stimulation of "tumor antibody"*
3. blocking protein factor (BPF) - *responsible for repression of "tumor antibody"*
4. deblocking protein factor (DPF) - *responsible for blocking protein neutralization*

All proteins used in IAT are derived from the blood of healthy donors, with the exception of TCF, which comes from the patient.

**How is Immune Augmentation Therapy thought to treat cancer?** Dr. Burton believes that cancer grows uncontrolled when the body's immune system is not in balance or is immunosuppressed, characterized by a state when BPF levels are high and TCF and DPF levels are low. He has suggested that TNFs attack the tumor and DPFs disable the BPFs that prevent the patient's immune system from detecting and fighting the cancer. IAT tries to restore the natural balance of systemic levels of tumor killing immune complexes.<sup>2</sup>

**What has been proven about the benefit of Immune Augmentation Therapy?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review and found two studies applicable to cancer. Both studies reported an increase in mean survival time but neither reported statistics to verify their findings.<sup>3</sup> IAT is not available in the U.S. If sufficient data is generated that suggests that IAT has significant antitumor activity, the FDA will allow clinical trials in the U.S.<sup>4</sup> The American Cancer Society urges patients with cancer not to seek IAT until evidence of treatment efficacy is found.<sup>5</sup>

**What is the potential risk or harm of Immune Augmentation Therapy?** The U.S. Center for Disease Control has received various reports of skin abscesses at the IAT injection site. There have also been claims made that some samples of the blood products used in IAT were contaminated with bacteria, hepatitis and HIV.<sup>6</sup> Tiredness and muscle fatigue have been reported by the IAT clinic.<sup>7</sup>

**How much does Immune Augmentation Therapy cost?** Four weeks of therapy at the IAT clinic in the Bahamas costs \$7,500. Each week thereafter up to eight weeks costs \$700. Supplies for home maintenance run \$50 per week.<sup>8</sup> These fees do not include transportation to the Bahamas, lodging or meals.

**For additional information:**

Immune Augmentative Therapy Clinic  
IAT (Bahamas) Ltd.  
P.O. Box F-42689  
Freeport, Grand Bahama, Bahamas  
Telephone: (242) 352-7455  
Web site: [www.iatclinic.com](http://www.iatclinic.com)

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> Immune Augmentation Therapy Clinic. "Treatment/Research." [Online]. Available WWW: <http://www.iatclinic.com/treatment.asp>. Accessed December 20, 2001.

<sup>2</sup> Immune Augmentation Therapy Clinic. "Treatment/Research." [Online]. Available WWW: <http://www.iatclinic.com/treatment.asp>. Accessed December 20, 2001.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical System - Immune Augmentation Therapy." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=0D3BAF4E-829D-4530-99ECC5B663C32ADB&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical System - Immune Augmentation Therapy." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=0D3BAF4E-829D-4530-99ECC5B663C32ADB&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

<sup>5</sup> CA (Anonymous). "Immuno-augmentative therapy (IAT)." *CA: a Cancer Journal for Clinicians*, 1991 Nov/Dec; 41(6):357-364.

<sup>6</sup> Ontario Breast Cancer Information Exchange Project. "Guide to unconventional cancer therapies." 1<sup>st</sup> ed. Toronto: *Ontario Breast Cancer Information Exchange Project*, 1994:300-303.

<sup>7</sup> Immune Augmentation Therapy Clinic. "Treatment/Results." [Online]. Available WWW: <http://www.iatclinic.com/results.asp>. Accessed December 20, 2001.

<sup>8</sup> Immune Augmentation Therapy Clinic. "Expenses." [Online]. Available WWW: <http://www.iatclinic.com/expense.asp>. Accessed December 20, 2001.

**Laetrile**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Laetrile therapy.*

**What does Laetrile therapy involve?** Laetrile, also known as amygdalin, Vitamin B<sub>17</sub>, sarcocarpinase and nitriloside, is a natural substance found in the pits of some fruits and nuts. Laetrile is a compound

that can release cyanide, a lethal molecule. Treatment with Laetrile is commonly administered intravenously for two to three weeks. The treatment is followed up by oral maintenance doses.<sup>1</sup>

**How is Laetrile thought to treat cancer?** There are two theories by which Laetrile is claimed to work:

1. Cyanide Release Theory

Beta-glucosidase, an enzyme which is thought to exist in large quantities in cancerous tissue, causes the release of hydrogen cyanide from Laetrile. Cyanide stops tumor respiration and selectively kills the cancerous tissue.<sup>2</sup>

2. Vitamin Deficiency Theory

Cancer is the result of a vitamin deficiency and Laetrile is the missing “vitamin B<sub>17</sub>.”<sup>3</sup>

**What has been proven about the benefit of Laetrile?** Scientific studies have been conducted for over twenty years and no evidence of any antitumor activity, in either animals or humans, has been found. The Food and Drug Administration (FDA) has not approved laetrile as a treatment for cancer, although the drug is manufactured and distributed as a cancer treatment in Mexico.<sup>4</sup>

**What is the potential risk or harm of Laetrile?** While taking Laetrile, patients may experience nausea, vomiting, headache and dizziness.<sup>5</sup> There are several reports in the medical literature in which Laetrile caused life-threatening toxicity and even death.<sup>6</sup> Cyanide toxicity can cause progressive neuromuscular weakness and respiratory arrest.

**How much does laetrile cost?** Laetrile is usually given as part of a larger treatment program and can cost between \$2,000 and \$5,000 per week.<sup>7</sup>

**For additional information:**

National Center for Complementary and Alternative Medicine  
Post Office Box 7923  
Gaithersburg, MD 20898–7923  
Telephone: (888) 644–6226  
Web site: <http://nccam.nih.gov>

<sup>1</sup> Ontario Breast Cancer Information Exchange Project. “Guide to unconventional cancer therapies.” 1<sup>st</sup> ed. Toronto: *Ontario Breast Cancer Information Exchange Project* 1994:281-284.

<sup>2</sup> Levi, L et al. “Laetrile: a study of its physicochemical and biochemical properties.” *Canadian Medical Association Journal* 1965; 92:1057.

<sup>3</sup> Martin, DS et al. “Ineffective cancer therapy: a guide for the layperson.” *Journal of Clinical Oncology* 1983; 1:154-163.

<sup>4</sup> National Center for Complementary and Alternative Medicine and the National Cancer Institute (2001). “Questions and Answers about Laetrile/Amygdalin.” [Online]. Available WWW: [http://cis.nci.nih.gov/fact/9\\_3.htm](http://cis.nci.nih.gov/fact/9_3.htm). Accessed December 20, 2001.

<sup>5</sup> Ontario Breast Cancer Information Exchange Project. “Guide to unconventional cancer therapies.” 1<sup>st</sup> ed. Toronto: *Ontario Breast Cancer Information Exchange Project* 1994:281-284.

<sup>6</sup> BC Cancer Agency (2000). “Unconventional Cancer Therapies: Laetrile/Amygdalin/Vitamin B<sub>17</sub>/Sarcocarpinase/Nitriloside.” [Online]. Available WWW:

[http://www.bccancer.bc.ca/pg\\_g\\_05.asp?PageID=1697&ParentID=2](http://www.bccancer.bc.ca/pg_g_05.asp?PageID=1697&ParentID=2). Accessed December 20, 2001.

<sup>7</sup> Ontario Breast Cancer Information Exchange Project. “Guide to unconventional cancer therapies.” 1<sup>st</sup> ed. Toronto: *Ontario Breast Cancer Information Exchange Project* 1994:281-284.

## **Light Therapy**

*This treatment modality is thought to promote wellness and optimize overall health. Light therapy should be used with, not in place of, standard cancer therapy.*

**What does light therapy involve?** Light has been used as medicine for centuries by several parts of the world. In the 1980s, a group of physicians in the U.S. realized that people deprived of sunlight sometimes developed symptoms such as depression, lethargy, inability to concentrate and difficulty sleeping.<sup>1</sup> They began to treat patients with light therapy using light boxes to provide bright light for patients suffering from a variety of illnesses. There are several types of light therapy:<sup>2</sup>

- UV light therapy - *uses different wavelengths of UV light (UV-A, -B, or -C) to treat autoimmune diseases.*
- Colored light therapy - *blue, red and violet lights are used to treat sleep disorders, shoulder pain, diabetes, impotence and allergies.*
- Photodynamic therapy - *combines the use of colored lights with injections of dye into suspected tumors to treat cancer.*

**How is light therapy thought to promote wellness and optimize overall health?** Researchers have hypothesized that people deprived of light have a disruption of their circadian rhythms, the internal 24-hour "dark-light cycle clock." Light is thought to influence health because it can affect physiologic functions of the body, such as timing of hormone production, sleep and body temperature. Exposure to sunlight can contribute to a consistent circadian rhythm and combat mild depression, leading to increased wellness and optimized health.

**What has been proven about the benefit of light therapy?** Light has proven use in medicine as a treatment for seasonal affective disorder (SAD), a type of depression also known as "winter depression" resulting from a lack of sunlight. Light is also used to treat psoriasis, newborn jaundice and vitamin D deficiency. The use of light therapy to treat cancer is still unproven.<sup>3</sup>

**What is the potential risk or harm of light therapy?** Light therapy is not recommended for patients with eye and skin sensitivity to sunlight. Patients currently taking medications should check with their physicians or pharmacists before beginning light therapy because a wide variety of drugs can increase sensitivity to sunlight.<sup>4</sup> Also, overexposure to UV light contributes to premature aging of the skin and can increase one's risk of skin cancer.

**How much does light therapy cost?** Most people can take the treatments at home if they purchase the proper equipment, although it is possible to receive therapy in an office or clinic. Costs will vary with the practitioner.

### **For additional information:**

College of Syntonic Optometry

Telephone: (717) 387-0900

Web site: [www.syntonicphototherapy.com/index.htm](http://www.syntonicphototherapy.com/index.htm)

Society for Light Treatment and Biological Rhythms  
 174 Cook Street  
 San Francisco, CA 94159  
 Fax: (415) 751-2758  
 Web site: [www.sltbr.org](http://www.sltbr.org)

<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Light Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Light\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Light_Therapy?sitearea=ETO). Accessed December 14, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Light Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Light\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Light_Therapy?sitearea=ETO). Accessed December 14, 2001.

<sup>3</sup> Whole Health MD (2000). "Therapies – Light Therapy." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,713,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,713,00.html). Accessed December 14, 2001.

<sup>4</sup> Whole Health MD (2000). "Therapies – Light Therapy." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,713,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,713,00.html). Accessed December 14, 2001.

### **Livingston-Wheeler Therapy**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Livingston-Wheeler therapy.*

**What does the Livingston-Wheeler therapy involve?** Virginia Livingston-Wheeler, a trained physician, claimed she identified a microbe (*Progenitor cryptocides*) that causes cancer only when the immune system is inadequate. She then developed a vaccine she believed would help stimulate the patient's immune system to produce antibodies against *P. cryptocides* and control it. Livingston-Wheeler's treatment includes a vegetarian whole-foods diet, megavitamins and other nutritional supplements, digestive enzymes, vaccines, antibiotics, anti-parasite medication, enemas, psychosocial intervention, group support and training in relaxation and imagery.<sup>1</sup>

**How is the Livingston-Wheeler therapy thought to treat cancer?** An autogenous (self) vaccine is made from each patient's individual strain of bacteria. The specimen is obtained from urine, blood or tumor tissue and is grown in culture, killed and processed into a vaccine. Livingston-Wheeler claimed the autogenous vaccine kills the production of *P. cryptocides*, and the other therapeutic aspects, such as diet and stress reduction, improve immune function.<sup>2</sup>

**What has been proven about the benefit of the Livingston-Wheeler therapy?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of the Livingston-Wheeler therapy and found four studies applicable to cancer. One study found no statistically significant increase in survival among patients using the Livingston-Wheeler therapy.<sup>3</sup> In fact, quality of life was reported to be lower for the Livingston patients. Another study was performed by Livingston-Wheeler herself.<sup>4</sup> M.D. Anderson Cancer Center found some discrepancies in her statistical reporting and does not feel her self-reported 82% success rate is accurate.<sup>5</sup> No clinical trials have been done to determine efficacy of the Livingston-Wheeler therapy.

**What is the potential risk or harm of the Livingston-Wheeler therapy?** The autogenous vaccines have never been shown to be toxic.<sup>6</sup> Side effects of the therapy have included malaise, aching, fever and tenderness at the vaccine injection site.

**How much does the Livingston-Wheeler therapy cost?** A ten-day program at the Livingston-Wheeler Clinic in San Diego, California, including all laboratory fees, costs between \$6,800 and \$7,400. Program maintenance is approximately \$400 to \$600 monthly.<sup>7</sup>

**For additional information:**

Livingston Foundation Medical Center  
3232 Duke Street  
San Diego, CA 92110  
Telephone: (619) 224-3515  
Web site: [www.lfmc.net](http://www.lfmc.net)

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> University of Texas M.D. Cancer Center (2001). "Alternative Medical Systems - Livingston-Wheeler." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=F70C6C32-6FA2-49DB-9FA2CDA3470C5419&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

<sup>2</sup> University of Texas M.D. Cancer Center (2001). "Alternative Medical Systems - Livingston-Wheeler." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=F70C6C32-6FA2-49DB-9FA2CDA3470C5419&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

<sup>3</sup> Cassileth, BR, Lusk EJ, Guerry D et al. "Survival and quality of life among patients receiving unproven as compared with conventional cancer therapy." *New England Journal of Medicine* 1991; 324:118-1185.

<sup>4</sup> Livingston-Wheeler V, Addeo EG. "100 Random Case Histories." *The Conquest of Cancer: Vaccines and Diet*. New York, NY: Franklin Watts; 1984; pg. 15-38.

<sup>5</sup> University of Texas M.D. Cancer Center (2001). "Alternative Medical Systems - Livingston-Wheeler." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=F70C6C32-6FA2-49DB-9FA2CDA3470C5419&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

<sup>6</sup> CA (Anonymous). "Unproven methods of cancer management: Livingston-Wheeler therapy." *CA: a Cancer Journal for Clinicians* 1990 Mar/Apr; 40(2):103-108.

<sup>7</sup> University of Texas M.D. Cancer Center (2001). "Alternative Medical Systems - Livingston-Wheeler." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=F70C6C32-6FA2-49DB-9FA2CDA3470C5419&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

## **Macrobiotics**

*This treatment modality is thought to promote wellness and optimize overall health. Macrobiotics should be used with, not in place of, standard cancer therapy.*

**What does macrobiotics therapy involve?** Macrobiotics therapy is a combination of diet, spiritual and social philosophy and a way of healthful living. The macrobiotics philosophy combines elements of Buddhism with dietary principles based on simplicity and avoidance of “toxic” animal products. Although a relatively new therapy, macrobiotics teaches that it is necessary to maintain balance and harmony between two antagonistic but complementary forces, Yin and Yang, a traditional Chinese medicine concept (for more information, see traditional Chinese medicine). The diet, originally termed the "Zen macrobiotic diet," was very restrictive and has since been modified by other practitioners in the macrobiotic movement. The diet consists mainly of whole grains, vegetables and beans with the occasional use of fish and some fruits. Foods not allowed in the diet include coffee, dairy products, eggs, sugar, meats and processed foods. The macrobiotics diet also requires special methods of food preparation such as using only pots, pans and utensils made of certain materials.<sup>1</sup> There is not a single diet for everyone, but rather a diet "principle" that considers different climates, ages, sex, level of activity and changing personal needs.

**How is macrobiotics thought to promote wellness and optimize overall health?** Traditional Chinese medicine believes that imbalances of Yin and Yang lead to illness. Therefore, macrobiotics attempts to rebalance Yin and Yang and regain health through diet and a change in lifestyle and life philosophy. The macrobiotics diet can lower fat and cholesterol and, like other fat-reducing diets, may help prevent some cancers that appear to be related to higher fat intake, such as colon cancer. This fat-free diet can also lower blood pressure and reduce the chance of heart disease. Other aspects of the macrobiotics therapy may promote a reduction in stress.<sup>2</sup>

**What has been proven about the benefit of macrobiotics?** According to the University of Texas MD Anderson Cancer Center, peer-reviewed research concerning the ability of the macrobiotics diet to cure cancer is currently limited.<sup>3</sup> After an extensive search only three human studies on macrobiotics applicable to cancer were found. None demonstrated beyond a reasonable doubt that macrobiotics therapy should be viewed as a curative therapy. Macrobiotics is a "lifestyle" approach that can help prevent cancer, promote wellness and optimize health.

**What is the potential risk or harm of macrobiotics therapy?** A nutrient, vitamin and calorie restrictive diet can be dangerous for frail cancer patients. The most serious effects occur when the diet is deficient in calories, vitamin D, vitamin B-12, protein and iron. Increased caloric needs to fight illness and recover from treatment may not be met with the macrobiotics diet, which is high in bulk and low in fat. Children on the macrobiotics diet tend to have growth and nutrient deficiencies.

**How much does macrobiotics therapy cost?** The cost of consuming a macrobiotics diet is probably comparable to consumption of a typical American diet when all factors are taken into consideration. Higher costs for macrobiotics include the initial setup of a macrobiotics kitchen and special foods. However, eating a macrobiotic diet can decrease costs because of the elimination of meat and poultry and the tendency to dine outside the home.<sup>4</sup>

**For additional information:**

Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer by Michael Lerner. Cambridge, MA: MIT Press, 1998.

The Cancer Prevention Diet by Michio Kushi and Alex Jack. St. Martin's Press, revised edition, 1993.

University of Texas M.D. Anderson Cancer Center  
Complementary/Integrative Medicine Education Resources  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: <http://www.mdanderson.org/departments/cimer/>

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Macrobiotics." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Macrobiotic\\_Diet?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Macrobiotic_Diet?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Macrobiotics." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Macrobiotic\\_Diet?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Macrobiotic_Diet?sitearea=ETO). Accessed December 17, 2001.

<sup>3</sup> University of Texas MD Anderson Cancer (2001). "Nutrition and Special Diets – Macrobiotics." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=24B21F93-82E8-4A5D-82032F14FCFA97DE&method=displayFull&pn=F2A33EB4-492C-11D5-811600508B603A14>. Accessed December 17, 2001.

<sup>4</sup> University of Texas MD Anderson Cancer (2001). "Nutrition and Special Diets – Macrobiotics." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=24B21F93-82E8-4A5D-82032F14FCFA97DE&method=displayFull&pn=F2A33EB4-492C-11D5-811600508B603A14>. Accessed December 17, 2001.

**Massage Therapy**

*This treatment modality is thought to promote wellness and optimize overall health. Massage therapy should be used with, not in place of, standard cancer therapy.*

**What does massage therapy involve?** Massage therapists rhythmically rub and knead the body's soft tissues for therapeutic purposes. Several different types of massage have developed over time in different cultures. These include Swedish massage (most common in the U.S.), Oriental massage, shiatsu and Thai massage. Massages usually occur in a warm, comfortable room and last from thirty minutes to one hour.

**How is massage therapy thought to promote wellness and optimize overall health?** Massage promotes muscle relaxation and stress reduction. It can relieve headaches, backaches, joint pain, stiffness and insomnia. As muscles are rubbed, blood vessels dilate, blood flow increases, lymph circulation is stimulated, oxygen supply increases and overall circulation throughout the body is improved.<sup>1</sup> Patients fighting serious diseases such as cancer find massage promotes relaxation, improves quality of life and enhances well-being.

**What has been proven about the benefit of massage therapy?** According to the American Cancer Society, massage is "thought almost universally to be a beneficial therapy. It is helpful not only physically but emotionally as well, because it soothes the soul and the mind."<sup>2</sup> Massage cannot cure cancer, but it has been shown in several studies to improve quality of life and well-being. There is some scientific evidence that massage enhances the immune system by increasing blood circulation. In addition, massage was shown to promote relaxation and alleviate pain and anxiety in hospitalized cancer patients.<sup>3</sup>

**What is the potential risk or harm of massage therapy?** Massage should be avoided immediately following surgery, chemotherapy, radiation therapy and over areas of known tumors. Patients with circulatory ailments such as phlebitis or varicose veins should avoid massage.<sup>4</sup> Massage should never be performed on bruises, areas of tissue damage and inflamed or infected sites.

**How much does massage therapy cost?** Cost will vary with the massage therapist. Massage is available in a therapist's private office, spas, health clubs and resorts. Many therapists will also travel to patients' homes.

**For additional information:**

American Massage Therapy Association  
820 Davis Street, Suite 100  
Evanston, IL 60201  
Telephone: (847) 864-0123  
Web site: [www.amtamassage.org](http://www.amtamassage.org)

Touch Research Institute  
University of Miami School of Medicine  
PO Box 016820  
Coral Gables, FL 33101  
Telephone: (305) 243-6781  
Web site: [www.miami.edu/touch-research/home.html](http://www.miami.edu/touch-research/home.html).

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Massage." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Massage?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Massage?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Massage." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Massage?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Massage?sitearea=ETO). Accessed December 17, 2001.

<sup>3</sup> Yahoo! Incorporated (2001). "Yahoo Health: Massage Therapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Massage\\_Therapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Massage_Therapy/). Accessed December 17, 2001.

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo Health: Massage Therapy." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Massage\\_Therapy/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Massage_Therapy/). Accessed December 17, 2001.

## **Meditation**

*This treatment modality is thought to promote wellness and optimize overall health. Meditation should be used with, not in place of, standard cancer therapy.*

**What does meditation involve?** There are many forms of meditation, from spiritual to secular approaches, all which involve mental control. While meditation has its roots in Eastern religious traditions to correct imbalances of the mind, its health benefits are independent of spiritual aspects. Most types of meditation employ concentration on breathing and a silent repetition of a word or prayer to release anxiety and extraneous stress. The simplicity of most instructions makes this approach available to almost anyone.

**How is meditation thought to improve wellness and optimize overall health?** The overall goal is to improve health in general and facilitate the healing of certain disorders by inducing mental tranquility and physical relaxation.<sup>1</sup> The reported benefits include reduction of stress, tension, anxiety, panic, high blood pressure and chronic pain.<sup>2</sup> In cancer patients, benefits appear to include diminished pain, reduced stress hormone levels, improved immune function and improvement in mood.<sup>3</sup> By calming the mind and relaxing the body, meditation may help cancer patients alleviate the harmful effects of tension and stress and change negative coping responses that may aggravate their conditions and reduce life expectancy.

**What has been proven about the benefit of meditation?** There is scientific evidence that the mind, in meditation, can effect physiological changes in the human body.<sup>4</sup> Studies on biochemical effects of meditation have reported mixed results. Positive responses have included reduction in serum cortisol, blood pressure and pulse rate.<sup>5</sup> According to a few studies, some of these physiologic changes may inhibit tumor growth or metastasis. Reported actions are increased survival of patients with various cancers, increased peace of mind and inhibition of stress-induced immunosuppression.<sup>6</sup> However, without solid evidence, meditation should not be used as a curative therapy but as one that reduces stress, promotes wellness and improves quality of life.

**What is the potential risk or harm of meditation?** Only a few negative effects are reported with the use of meditation. These include negativity, disorientation, worsened interpersonal relationships and increased alienation from society.<sup>7</sup> However, these side effects are very rare. Nevertheless, patients with a disposition to mental illness should consult a physician before beginning a meditation program.

**How much does meditation therapy cost?** Many people take lessons in meditation that vary in cost, but it is possible to learn meditation techniques at home, using books and videos.

### **For additional information:**

#### **Insight Meditation Society**

1230 Pleasant Street

Barre, MA 01005

Telephone: (508) 355-4378

Web site: [www.dharma.org/ims.htm](http://www.dharma.org/ims.htm)

**Mind-Body Medical Institute**

Beth Israel Deaconess Hospital  
 Harvard Medical School  
 110 Francis Street  
 Boston, MA 02215  
 Telephone: (617) 632-9530  
 Web site: [www.mbmi.org](http://www.mbmi.org)

**Center for Mindfulness in Medicine, Health Care and Society**

University of Massachusetts Medical Center  
 55 Lake Avenue North  
 Worcester, MA 01655  
 Telephone: (508) 856-2656  
 Web site: [www.umassmed.edu/cfm/](http://www.umassmed.edu/cfm/)

**The Worldwide Online Meditation Center**

P.O. Box 660431  
 Sacramento, CA 95866  
 Web site: [www.meditationcenter.com](http://www.meditationcenter.com)

Creating Health: How to Wake Up the Body's Intelligence. Deepak Chopra. Houghton Mifflin Co, 1995.

The Art of Meditation. Joel S. Goldsmith, HarperCollins Publishers, 1990.

How to Meditate: A Guide to Self-Discovery. Lawrence Leshan. Bantam Books, 1984.

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<sup>1</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 134.

<sup>2</sup> Yahoo! Incorporated (2001). "Yahoo! Health: Meditation." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Meditation/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Meditation/). Accessed December 17, 2001.

<sup>3</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 135.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions - Meditation." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Meditation?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Meditation?sitearea=ETO). Accessed December 17, 2001.

<sup>5</sup> Boik, John. Cancer and Natural Medicine: A Textbook of Basic Science and Clinical Research. Princeton, MN: Oregon Medical Press, 1996; pg.174.

<sup>6</sup> Boik, John. Cancer and Natural Medicine: A Textbook of Basic Science and Clinical Research. Princeton, MN: Oregon Medical Press, 1996; pg.180.

<sup>7</sup> Fugh-Berman, Adriane. Alternative Medicine: What Works. Baltimore, MD: Williams and Wilkens, 1997; pg. 167.

## **Melatonin**

*This treatment modality is thought to promote wellness and optimize overall health. Melatonin should be used with, not in place of, standard cancer therapy.*

**What does melatonin therapy involve?** Melatonin is a hormone produced by the pineal body in the brain. Melatonin levels fluctuate throughout the day and gradually increase at night. This cycle ensures that most living things are at rest during darkness.<sup>1</sup> Melatonin is also manufactured synthetically and can be administered in tablet form.

**How is melatonin thought to promote wellness and optimize overall health?** Melatonin has been proposed to improve sleep quality, regulate circadian rhythms, assist the immune system in fighting infection, reduce the risk of heart disease and impact longevity.<sup>2</sup> Proponents claim melatonin is a powerful antioxidant and has been found in high concentrations in the nuclei of cells, where it may serve to protect DNA from damage and mutation that can lead to cancer.<sup>3</sup>

**What has been proven about the benefit of melatonin?** The American Cancer Society has reviewed numerous studies of melatonin and its effects on cancer. Thirty-two studies evaluated disease response and survival when treated with melatonin in combination with chemotherapy, radiation and IL-2, an immune stimulator. Many of the studies reported increased survival times and a few others reported tumor regression when patients were treated with melatonin.<sup>4</sup> Twelve studies evaluated the effects of melatonin on the immune system. Results of these studies were mixed but it appears that melatonin, when administered in conjunction with IL-2, caused an increase of immune system cell numbers. The remaining studies investigated the effects of melatonin on immune therapy induced hypotension, chemotherapy induced toxicity and cachexia. All studies generated some support for the benefits of melatonin. However, most of the studies were small and conducted by the same researcher.<sup>5</sup> Without conclusive evidence, melatonin should not be thought of as a curative therapy, but rather a supportive therapy that promotes wellness and optimizes health. It may help reduce side effects of treatment and symptoms of disease.

**What is the potential risk or harm of melatonin?** No adverse side effects or risks have been reported. However, the effects of long-term use of melatonin and how it interacts with other medications or supplements are unknown. The National Institute on Aging has also warned that melatonin supplements may lead to high blood pressure, diabetes, and even cancer. Practitioners also caution people with severe mental illness and those taking steroid medications against using melatonin.<sup>6</sup>

**How much does melatonin cost?** Melatonin can be purchased at health food stores and pharmacies. One hundred 1 mg tablets cost approximately \$10 to \$15.

### **For additional information:**

University of Texas M.D. Anderson Cancer Center  
Complementary/Integrative Medicine Education Resources  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: <http://www.mdanderson.org/departments/cimer/>

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Melatonin." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Melatonin?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Melatonin?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> Reiter RJ, Robinson J. *Your Body's Natural Wonder Drug Melatonin*. 1995.

<sup>3</sup> Reiter RJ, Robinson J. *Your Body's Natural Wonder Drug Melatonin*. 1995.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions - Melatonin." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Melatonin?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Melatonin?sitearea=ETO). Accessed December 17, 2001.

<sup>5</sup> American Cancer Society (2001). "Making Treatment Decisions - Melatonin." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Melatonin?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Melatonin?sitearea=ETO). Accessed December 17, 2001.

<sup>6</sup> American Cancer Society (2001). "Making Treatment Decisions - Melatonin." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Melatonin?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Melatonin?sitearea=ETO). Accessed December 17, 2001.

## **Mistletoe**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with mistletoe treatment.*

**What does mistletoe treatment involve?** Mistletoe, a semi-parasitic plant, has been used for over 75 years to treat tumors and is one of the most widely used alternative cancer treatments in Europe.<sup>1</sup> Mistletoe extract is usually administered by subcutaneous injections in the morning hours, ideally near the site of disease, three to seven times a week. Treatment duration can be several months to years.

**How is mistletoe thought to treat cancer?** Mistletoe extracts are used to stimulate the immune system and kill cancer cells.<sup>2</sup> The active ingredients in mistletoe, viscotoxins and lectins, can kill cells by damaging cellular membranes, stopping protein synthesis and stimulating the immune system.<sup>3</sup>

**What has been proven about the benefit of mistletoe?** The major effects of mistletoe as determined in laboratory and animal studies include stimulation of the immune system, induction of programmed cell death (apoptosis) and protection from potential carcinogens.<sup>4</sup> Cancer Net, a branch of the National Cancer Institute reviewed more than sixteen human studies using mistletoe to treat cancer. Only a few studies reported statistically significant positive results. The positive results included reduced tumor size, increased survival, recovery of blood counts and improved quality of life.<sup>5</sup> Mistletoe is not approved for use in the U.S. and will not be until further research has proven the efficacy of mistletoe in treating cancer.

**What is the potential risk or harm of mistletoe?** Pharmaceutical grade mistletoe extract has minimal side effects but allergic reactions have been reported. Symptoms included anaphylactic reactions, chills, fever, headache and irregular heart rate. Elevation in body temperature and wheal formation at the site of administration are considered signs of immune system stimulation and are part of the normal therapeutic process.<sup>6</sup> Eating mistletoe is highly toxic, especially to infants and children. Patients on any type of monoamine oxidase (MAO) inhibitor antidepressants should not take mistletoe because of a risk of tyramine crisis. This product should only be used under the supervision of a health care provider.

**How much does mistletoe treatment cost?** Mistletoe can be obtained in Europe and less easily in the U.S. Treatments are available in Germany for \$160 (U.S.) per day. In the U.S., some patients may be eligible for enrollment in clinical trials.

**For additional information:**

National Center for Complementary and Alternative Medicine  
Post Office Box 7923  
Gaithersburg, MD 20898-7923  
Telephone: (888) 644-6226  
Web site: <http://nccam.nih.gov>

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> Bussing A. "Mistletoe: a story with an open end." *Anti-Cancer Drugs (Suppl)*. 1997; 8:S1-S2.

<sup>2</sup> CancerNet (2000). "Mistletoe." [Online]. Available WWW: <http://cancernet.nci.nih.gov/cam/mistletoe.htm> Accessed December 20, 2001.

<sup>3</sup> CancerNet (2000). "Mistletoe." [Online]. Available WWW: <http://cancernet.nci.nih.gov/cam/mistletoe.htm> Accessed December 20, 2001.

<sup>4</sup> CancerNet (2000). "Mistletoe." [Online]. Available WWW: <http://cancernet.nci.nih.gov/cam/mistletoe.htm> Accessed December 20, 2001.

<sup>5</sup> CancerNet (2000). "Mistletoe." [Online]. Available WWW: <http://cancernet.nci.nih.gov/cam/mistletoe.htm> Accessed December 20, 2001.

<sup>6</sup> Anonymous. "Viscum Album: Mistletoe." *PDR for Herbal Medicines*. Montvale, NJ: Medical Economics Company, Inc., 1998; pg. 1219-1222.

### **Modified Citrus Pectin (MCP)**

*This treatment modality is thought to promote wellness and optimize overall health. Modified citrus pectin should be used with, not in place of, standard cancer therapy.*

**What does modified citrus pectin therapy involve?** Pectin is a carbohydrate found in fruit and is most concentrated in ripe citrus fruits. Pectin is used for commercial purposes in the manufacturing of foods, drugs and cosmetics. The pH and polysaccharide structure have been altered in modified citrus pectin, found in the peel and membranes of citrus fruits, to be more easily processed in the digestive tract. Therapy involves ingestion of MCP, in capsule or powder form, three times a day.

**How is modified citrus pectin thought to promote wellness and optimize overall health?** MCP is thought to be useful in the prevention and treatment of metastatic cancer, not as a curative therapy of already established tumors. MCP molecules bind to receptors on cancerous cells, thereby preventing these cells from penetrating into nearby healthy tissue. Once this has occurred, the cancer cells circulate

in the blood stream until they die or are eliminated.<sup>1</sup> By working to inhibit the spread of cancer, MCP keeps the body's immune system from becoming overwhelmed by an increasing cancer cell load.

**What has been proven about the benefit of modified citrus pectin?** The University of Texas M.D. Anderson Cancer Center found no human studies on the use of MCP. In one study, MCP inhibited metastasis in rats injected with melanoma and human prostate cancer cells.<sup>2</sup> Animal studies have resulted in the discovery of the mechanisms by which MCP exerts its anticancer effects but these results have not been translated to humans yet. MCP it thought to have great potential because secondary metastatic cancers are often more threatening to patients than the original tumor. Further research is needed to understand the biological and molecular regulation of carbohydrate recognition during the metastatic cycle and process."<sup>3</sup>

**What is the potential risk or harm of modified citrus pectin?** Citrus pectin has been classified by the FDA as "Generally Regarded As Safe" (GRAS),<sup>4</sup> and side effects of MCP treatment are rare. Patients with allergies to citrus may experience stomach discomfort.

**How much does modified citrus pectin cost?** Modified citrus pectin can be purchased in powder or capsule form. Costs vary depending on the manufacturer.

**For additional information:**

University of Texas M.D. Anderson Cancer Center  
Complementary/Integrative Medicine Education Resources  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: <http://www.mdanderson.org/departments/cimer/>

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions – Modified Citrus Pectin." [Online]. Available WWW:

[http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Modified\\_Citrus\\_Pectin?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Modified_Citrus_Pectin?sitearea=ETO).

Accessed December 17, 2001.

<sup>2</sup> Boik, John. *Cancer and Natural Medicine*. Princeton, MN: Oregon Medical Press, 1996. pg 39.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions – Modified Citrus Pectin." [Online]. Available WWW:

[http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Modified\\_Citrus\\_Pectin?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Modified_Citrus_Pectin?sitearea=ETO).

Accessed December 17, 2001.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions – Modified Citrus Pectin." [Online]. Available WWW:

[http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Modified\\_Citrus\\_Pectin?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Modified_Citrus_Pectin?sitearea=ETO). Accessed

December 17, 2001.

**MTH-68**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with MTH-68.*

**What does MTH-68 therapy involve?** MTH-68 is a live strain of Newcastle disease virus developed as an immunotherapy agent by Laszlo Csatory, a Hungarian-American physician currently living in the US. MTH-68 is administered to patients by injections or nasal inhalation.

**How is MTH-68 thought to treat cancer?** MTH-68 is a nonpathogenic virus that is believed to interfere with cancer growth in humans. The virus is reported to enhance the immune system and selectively kill cancer cells.

**What has been proven about the benefit of MTH-68?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review on MTH-68 and found eighteen studies applicable to cancer. Most of the studies reported some positive patient responses to treatment from tumor regression, increased survival and stable disease. A 1994 editorial in the Journal of the National Cancer Institute (JNCI) noted the “apparent ability [of the virus] to induce tumor lysis through different mechanisms.”<sup>1</sup>

**What is the potential risk or harm of MTH-68?** Reported side effects have included mild flu-like symptoms, fever and delayed type hypersensitivity skin reactions.<sup>2</sup> Live viruses have the potential to undergo genetic recombination and/or mutation. Excessive production of antibodies to MTH-68 may block its proposed benefits. Also, if the injected virus is ineffective, repeated administration may cause immune complex deposition in the kidneys.<sup>3</sup>

**How much does MTH-68 therapy cost?** MTH-68 is only available in Hungary. Because live virus cannot be shipped, only a 6 month supply can be carried on ice by patients on an airplane. Estimated costs are approximately \$900 per month.<sup>4</sup>

**For additional information:**

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> Kenney S, Pagano J. “Viruses as oncolytic agents: a new age for therapeutic viruses?” *Journal of the National Cancer Institute*. 1994; 86:1185-86.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). “Alternative Medical Systems -MTH-68.” [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=AD56F1CA-E851-406A-85172C85D69B388C&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

<sup>3</sup> Sinkovics J, Horvath J. “New developments in the virus therapy of cancer: A historical review.” *Intervirology*. 1993; 36:193-214.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). “Alternative Medical Systems -MTH-68.” [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=AD56F1CA-E851-406A->

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[85172C85D69B388C&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14](https://pubmed.ncbi.nlm.nih.gov/123456789/). Accessed December 20, 2001.

### **Music Therapy**

*This treatment modality is thought to promote wellness and optimize overall health. Music therapy should be used with, not in place of, standard cancer therapy.*

**What does music therapy involve?** Music therapy has been used throughout history by healers in many cultures, including the Greeks, Egyptians, Native Americans and Indians. Music can have therapeutic value when patients either sit and listen to music, improvise tunes, write songs, discuss lyrics, perform compositions and actively participate in its production.<sup>1</sup> It can be beneficial for patients of any age, ethnic or religious background or stage of illness.

**How is music therapy thought to promote wellness and optimize overall health?** Proponents believe music has the ability to assist emotional and physical healing and enhance quality of life and well-being. Music therapy has been reported to reduce pain, anxiety and depression, improve mood, calm or sedate, induce sleep, counteract fear and alleviate physiological discomforts of illness.<sup>2</sup>

**What has been proven about the benefit of music therapy?** It is accepted that music has the power to affect one's temperament and how one feels. However, a clear explanation of how music therapy acts as a healing force does not exist.<sup>3</sup> Music therapy may act in similar methods as meditation by reducing blood pressure, breathing rates and stress and providing distraction from pain.<sup>4</sup> According the American Cancer Society, music therapy has some scientific support for its ability to contribute to the well-being of patients in many different clinical circumstances. It is thought to reduce symptoms, aid healing and rehabilitation and improve quality of life.<sup>5</sup>

**What is the potential risk or harm of music therapy?** Music therapy is a safe, noninvasive therapy with no known side effects.

**How much does music therapy cost?** Cost will vary as music therapy can be practiced individually, in groups, with a therapist or by oneself. Music therapy can be used in a hospital, hospice, nursing home or home setting.

### **For additional information:**

American Music Therapy Association  
8455 Colesvilles Road, Suite 1000  
Silver Spring, MD 20910  
Telephone: (301) 589-3300  
Web site: [www.musictherapy.org](http://www.musictherapy.org)

<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Music Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Music\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Music_Therapy?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Music Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Music\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Music_Therapy?sitearea=ETO). Accessed December 17, 2001.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Music Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Music\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Music_Therapy?sitearea=ETO). Accessed December 17, 2001.

<sup>4</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 282.

<sup>5</sup> American Cancer Society (2001). "Making Treatment Decisions - Music Therapy." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Music\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Music_Therapy?sitearea=ETO). Accessed December 17, 2001.

### **Native American Healing**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Native American healing should be used with, not in place of, standard cancer therapy.*

**What does Native American healing involve?** Native American healing combines religion, community ritual, spirituality and herbal medicine to treat illness. Because of their Eurasian ancestry, many of the beliefs of Native Americans have their roots in ancient Indian (Ayurvedic) and Chinese medicine. Native American tribes share a common belief in the interconnectedness of people, the community, the environment and the spiritual world. Harmony must exist amongst them for good health to dominant a community.<sup>1</sup> Native American healers believe that illness results from spiritual imbalances within the individual and the community. The community relies upon medicine men and women, or shamanic healers, who are thought to be able to contact the spiritual world to heal illness and fight disease.<sup>2</sup> Native American tradition focuses on four elements of healing:<sup>3</sup>

1. symbolic ritual – *to communicate with the spiritual world and enlist its aid in healing*
2. shamanic healers – *offer prayers to appease spirits so that they will treat illness and restore health*
3. purification of the body – *to rid the body of impurities and restore a spiritually pure state*
4. use of herbs as medicine

**How is Native American healing thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** The heavy dependence on spiritual communication and meditation may reduce stress and anxiety, bring about peace of mind and produce a sense of wholeness among patients. Native American knowledge of herbs is extensive and many have value in treating a variety of ills, symptoms of disease, side effects of conventional treatment and reduction of pain.<sup>4</sup>

**What has been proven about the benefit of Native American healing?** Formal research of the healing ceremonies and traditions of Native Americans is almost nonexistent even though claims have been made regarding cures of a variety of ailments, including cancer. However, the community-based approach to health care may provide comfort to patients who enjoy the sense of sharing a common purpose and history with a large group of people. Other health benefits may be the result of the placebo response (see Appendix E). According to the American Cancer Society, "although Native American

healing has not been shown to cure disease, anecdotal reports suggest that it can reduce pain and stress, and improve quality of life.”<sup>5</sup> However, it should not be relied on to cure cancer, or used instead of modern, science-based treatment.

**What is the potential risk or harm of Native American healing?** Many purification rituals have side effects. Sweat lodges may cause patients to become dehydrated. A herbal tea called “Black Drink” causes patients to vomit.

**How much does native American healing cost?** Information on cost is unavailable.

**For additional information:**

Association of American Indian Physicians  
1225 Sovereign Row, Suite 103  
Oklahoma City, Oklahoma 73108  
Telephone: (405) 946-7072  
Web site: [www.aaip.com/](http://www.aaip.com/)

Institute for Traditional Medicine  
2017 SE Hawthorne Boulevard  
Portland, Oregon 97214  
Telephone: (503) 233-4907  
Web site: [www.itmonline.org](http://www.itmonline.org)

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<sup>1</sup> American Cancer Society (2000). “Making Treatment Decisions - Native American Healing.” [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Native\\_American\\_Healing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Native_American_Healing?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> American Cancer Society (2000). “Making Treatment Decisions - Native American Healing.” [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Native\\_American\\_Healing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Native_American_Healing?sitearea=ETO). Accessed December 18, 2001.

<sup>3</sup> American Cancer Society (2000). “Making Treatment Decisions - Native American Healing.” [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Native\\_American\\_Healing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Native_American_Healing?sitearea=ETO). Accessed December 18, 2001.

<sup>4</sup> American Cancer Society (2000). “Making Treatment Decisions - Native American Healing.” [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Native\\_American\\_Healing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Native_American_Healing?sitearea=ETO). Accessed December 18, 2001.

<sup>5</sup> American Cancer Society (2000). “Making Treatment Decisions - Native American Healing.” [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Native\\_American\\_Healing?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Native_American_Healing?sitearea=ETO). Accessed December 18, 2001.

## **Naturopathic Medicine**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Naturopathic medicine should be used with, not in place of, standard cancer therapy.*

**What does naturopathic medicine involve?** Naturopathic medicine bases its treatments on natural methods. Naturopaths diagnose illness using the same methods as allopathic doctors, including x-rays, lab tests and physical exams. However, the two differ when it comes to treatment of the illness. Naturopaths do not use drugs, major surgery or cutting edge medical technology to treat disease. Instead, they rely on alternative treatment approaches that emphasize the restorative powers of nature to help patients, such as diet and supplements, homeopathic and herbal remedies, acupuncture, homeopathy, stress reducing techniques, counseling and massage.<sup>1</sup> Naturopaths are trained to treat and support the whole patient, which includes lifestyle and environmental factors that influence general well-being. Naturopathic medicine has treatment plans for almost all conditions.<sup>2</sup>

**How is naturopathic medicine thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** The overall goal of naturopathic medicine is to increase the body's natural healing power to fight disease. While the emphasis in naturopathic medicine is to uncover and treat the cause of disease, as opposed to just merely treating symptoms, many of the individual treatment modalities are thought to help relieve some symptoms of disease and side effects of treatment cancer patients might be experiencing. Other approaches such as a change in diet and lifestyle help to promote wellness and optimize overall health.

**What has been proven about the benefit of naturopathic medicine?** Naturopathy employs several treatment modalities that vary in effectiveness. For example, acupuncture has been shown to decrease pain, but homeopathic herbal remedies and detoxifying enemas may be of little value. Please see the individual treatment modalities for more information. The American Cancer Society states the naturopathic treatments can be helpful in treating minor illnesses but should not be thought of as a curative treatment for serious illnesses such as cancer.<sup>3</sup>

**What is the potential risk or harm of naturopathic medicine?** Naturopathic medicine takes very seriously the medical motto "first, do no harm."<sup>4</sup> In general, naturopathic remedies are harmless and even contribute to a healthy lifestyle. However, some remedies, such as fasting, enemas and sweating can upset the body's electrolyte balance and be harmful to weak patients. Also, some herbal therapies can be toxic. Patients should first seek approval of a registered dietician or a conventional physician before beginning any drastic naturopathic remedies.

**How much does naturopathic medicine cost?** Costs will vary depending on which treatment modality is used and whether or not insurance will reimburse practitioner fees.

### **For additional information:**

The American Association of Naturopathic Physicians  
8201 Greensboro Drive, Suite 300  
McLean, VA 22102  
Telephone: (877) 969-2267

Web site: [www.naturopathic.org](http://www.naturopathic.org)

<sup>1</sup> Yahoo! Incorporated (2001). "Yahoo Health: Naturopathic Medicine." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Naturopathic\\_Medicine/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Naturopathic_Medicine/). Accessed December 18, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - Naturopathic Medicine." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Naturopathic\\_Medicine?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Naturopathic_Medicine?sitearea=ETO). Accessed December 18, 2001.

<sup>3</sup> American Cancer Society (2000). "Making Treatment Decisions - Naturopathic Medicine." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Naturopathic\\_Medicine?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Naturopathic_Medicine?sitearea=ETO). Accessed December 18, 2001.

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo Health: Naturopathic Medicine." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Naturopathic\\_Medicine/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Naturopathic_Medicine/). Accessed December 18, 2001.

### **Ozone Therapy**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with ozone therapy.*

**What does ozone therapy involve?** Ozone (O<sub>3</sub>) is a highly active form of oxygen. Most people are familiar with the ozone layer, a component of the upper atmosphere that plays an important role in absorbing certain forms of harmful radiation from the sun. Similar to hydrogen peroxide, another oxygen-rich compound, ozone has been advertised as a cancer remedy. Ozone is administered in five different ways: external application, intramuscular (IM) or subcutaneous (SC) injection, intra-arterial or intravenous injection, rectally or as "autochemotherapy."<sup>1</sup> External application involves passing a stream of ozone over open lesions or tumors inside a plastic hood. The IM or SC administration involves injections of twenty to fifty milliliters of an ozone/oxygen mixture and may be made into the immediate vicinity of a tumor. With the intra-arterial or IV injection, promoters claim that only unhealthy or diseased tissue is affected, and no side effects occur because bubbles in the blood dissolve readily. "Autochemotherapy" involves removal of blood from the patient. This blood is exposed to ozone and then returned to the patient.

**How is ozone therapy thought to treat cancer?** Proponents of ozone therapy believe that microorganisms, which thrive in low-oxygen environments, cause disease, including cancer.<sup>2</sup> It is believed that administration of ozone raises oxygen levels and leads to the destruction of the microorganisms.

**What has been proven about the benefit of ozone therapy?** There is no scientific evidence that treatment with ozone is either safe or results in any objective benefit in the treatment of human cancer.<sup>3</sup> In addition, researcher now understand that the low oxygen environment surrounding tumor cells is due to the fact tissues surrounding the cancerous masses have fewer blood vessels and, therefore, receive less oxygen.<sup>4</sup>

**What is the potential risk or harm of ozone therapy?** Ozone produces highly reactive, oxygen-like free radicals and should be used with caution. Ingestion can result in severe poisoning. It can also be a skin irritant when used at high concentrations.

**How much does ozone therapy cost?** Information is unavailable.

**For additional information:**

American Cancer Society  
1599 Clifton Road, N.E.  
Atlanta, GA 30329  
Telephone: (800) ACS-2345  
Web site: [www.cancer.org](http://www.cancer.org)

Oxygen and Ozone Therapies  
Web site: [www.oxytherapy.com](http://www.oxytherapy.com)

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> American Cancer Society (2000). Making Treatment Decisions – Oxygen Therapy.” [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Oxygen\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Oxygen_Therapy?sitearea=ETO). Accessed December 20, 2001.

<sup>2</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 194.

<sup>3</sup> American Cancer Society (2000). Making Treatment Decisions – Oxygen Therapy.” [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Oxygen\\_Therapy?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Oxygen_Therapy?sitearea=ETO). Accessed December 20, 2001.

<sup>4</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 195.

**Pau d’Arco**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with pau d’arco therapy.*

**What does pau d’arco therapy involve?** Pau d’arco is a tree found in the rainforests of Central and South America. Its common names include lapacho, taheebo and trumpet tree. The inner bark of pau d’arco is used by native tribes to treat cancer, lupus, infectious diseases, wounds, backache, toothache and sexually transmitted diseases. Pau d’arco is available in health food stores as capsules, tablets, alcohol solutions, dried bark and tea. However, pau d’arco must be boiled for at least eight minutes to release the active ingredients, making a tea from the bark ineffective unless properly prepared.<sup>1</sup>

**How is pau d’arco thought to treat cancer?** The medicinal value of pau d’arco is thought to reside in certain compounds, called naphthaquinones, in the inner bark. Proponents claim that naphthaquinones

enhance the immune system, cleanse the body and stimulate the production of red blood cells, which can increase the amount of oxygen the blood can carry contributing to healing.<sup>2</sup>

**What has been proven about the benefit of pau d'arco?** Naphthaquinones, the active commons in pau d'arco bark, have shown potent antifungal properties in laboratory tests.<sup>3</sup> These same compounds also have anticancer properties. Pau d'arco has killed lung cancer cells grown in the laboratory and reduced the rate of lung tumor growth in mice.<sup>4</sup> Unfortunately, it must be taken in very toxic doses for any effects to occur.<sup>5</sup> Because of the toxic effects, the National Cancer Institute did not seek approval to use pau d'arco as an anticancer drug and research has, for the most part, ceased. The American Cancer Society urges patients to avoid pau d'arco as an alternative treatment for cancer until more evidence is available.<sup>6</sup>

**What is the potential risk or harm of pau d'arco?** The whole bark has no known side effects. The unrefined bark is much safer than taking extracts of the active ingredients. High doses of naphthaquinones can cause uncontrolled bleeding, nausea and vomiting.

**How much does pau d'arco cost?** Costs will vary depending on the health food store where it is purchased. Because health food products are not regulated for quality and purity, the amount of pau d'arco in different products varies. Some may only contain trace amounts of the active ingredients.

#### **For additional information:**

American Cancer Society  
1599 Clifton Road, N.E.  
Atlanta, GA 30329  
Telephone: (800) ACS-2345  
Web site: [www.cancer.org](http://www.cancer.org)

Raintree Nutrition, Inc.  
10609 Metric Blvd., Suite 101  
Austin, Texas 78758  
Telephone: (800) 780-5902  
Web site: [www.rain-tree.com](http://www.rain-tree.com)

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<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Pau d'Arco." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Pau\\_DArco?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Pau_DArco?sitearea=ETO). Accessed December 20, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - Pau d'Arco." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Pau\\_DArco?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Pau_DArco?sitearea=ETO). Accessed December 20, 2001.

<sup>3</sup> American Cancer Society (2000). "Making Treatment Decisions - Pau d'Arco." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Pau\\_DArco?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Pau_DArco?sitearea=ETO). Accessed December 20, 2001.

<sup>4</sup> American Cancer Society (2000). "Making Treatment Decisions - Pau d'Arco." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Pau\\_DArco?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Pau_DArco?sitearea=ETO). Accessed December 20, 2001.

<sup>5</sup> Tyler, Varro E. *Herbs of Choice: The Therapeutic Use of Phytochemicals*. New York, NY: Pharmaceutical Products Press, 1994; pg. 180.

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<sup>6</sup> American Cancer Society (2000). "Making Treatment Decisions - Pau d'Arco." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Pau\\_DArco?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Pau_DArco?sitearea=ETO). Accessed December 20, 2001.

### **Prayer and Spirituality**

*This treatment modality is thought to promote wellness and optimize overall health. Prayer and spirituality should be used with, not in place of, standard cancer therapy.*

**What does prayer and spirituality involve?** Religion has been a part of communities since the beginning of recorded history. Prayer and spirituality is thought to have served as a means of seeking explanations of the unknown and assistance to alter nature, health and disease. Today, religion still plays a vital role in every culture of the world. While different religions, including but not limited to Christianity, Judaism, Hinduism, Islam and Buddhism, hold different beliefs about a supreme being, some form of prayer is a universal act to communicate with one's own God or other supreme being.<sup>1</sup> Because one's supreme being is usually believed to be capable of creating life and restoring health, people pray for help, understanding, strength and wisdom in dealing with life's difficulties.<sup>2</sup> Prayer can be done in silent or spoken aloud and can occur in a group setting or individually. Prayer may be for one's self, known as supplication, or for others, called intercession.

**How are prayer and spirituality thought to promote wellness and optimize overall health?** Many people find religion provides meaning, fellowship and comfort to their lives in the face of pain and suffering and believe that the spiritual component of healing is necessary for positive results to occur. By redirecting suffering into positive channels, depression can be alleviated and relaxation heightened. Patients and families both take great comfort in the act of prayer.

**What has been proven about the benefit of prayer and spirituality?** There have been studies on the effects of prayer in healing disease, but no definitive results have been produced. Scientific evidence suggests that prayer does not influence the course of illness, either in a positive or negative way.<sup>3</sup> However, by providing an active form of coping with the stress of illness, prayer may result in a placebo response whereby the wanting and expecting of recovery produces an improvement of illness and lessens pain (see Appendix E).<sup>4</sup>

**What is the potential risk or harm of prayer and spirituality?** There is no intrinsic risk or harm of prayer and spirituality. Relying on this type of treatment alone, and avoiding conventional medical care, can have serious health consequences.

**How much does prayer and spirituality cost?** Prayer costs nothing more than the patient's time. Many medical institutions and health care practitioners include prayer and spirituality as parts of their practices. Hospitals and communities have chapels, which are free to all who enter, and contacts with ministers and rabbis to serve patients' spiritual needs.<sup>5</sup>

### **For additional information:**

Healing Words by Larry Dossey. San Francisco, CA: Harper Collins Publishers, 1993.

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- <sup>1</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 309.
- <sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions – Spirituality and Prayer." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Spirituality\\_and\\_Prayer?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Spirituality_and_Prayer?sitearea=ETO). Accessed December 17, 2001.
- <sup>3</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 313.
- <sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions – Spirituality and Prayer." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Spirituality\\_and\\_Prayer?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Spirituality_and_Prayer?sitearea=ETO). Accessed December 17, 2001.
- <sup>5</sup> American Cancer Society (2001). "Making Treatment Decisions – Spirituality and Prayer." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Spirituality\\_and\\_Prayer?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Spirituality_and_Prayer?sitearea=ETO). Accessed December 17, 2001.

### **Qigong**

*This treatment modality is thought to promote wellness and optimize overall health. Qigong should be used with, not in place of, standard cancer therapy.*

**What does qigong involve?** Qigong is a physical and mental exercise depending on gentle movement, controlled breathing and meditation. Translated, qigong means energy work and is based on traditional Chinese beliefs in Qi, the life force. Qigong is closely related to tai chi but requires less physical stamina. There are two types of qigong, internal and external, both of which involve efforts to manipulate Qi. Internal qigong requires intense mental concentration, little or no movement and is practiced alone to strengthen one's own Qi. External qigong requires the participation of a qigong master who has been trained to transmit his/her own life force energy to influence the health of the patient.<sup>1</sup>

**How is qigong thought to promote wellness and optimize overall health?** The traditional Chinese purpose of qigong is to rebalance the inner Qi, or life force, to calm the mind, achieve self-healing and increase stamina so as to better equip the patient to handle the challenges of life.<sup>2</sup> Restoration of Qi is believed to improve blood flow, circulation and the effectiveness of the lymph and nervous systems, lower blood pressure and heart rate and alleviate stress.

**What has been proven about the benefit of qigong?** There have been undocumented claims that qigong has cured cancer. However, it has been shown that qigong can promote sounder sleep, increase relaxation, reduce anxiety and stress and improve quality of life. Studies have also shown that regularly practiced qigong improves balance, reduces the number of falls and enhances well-being in elderly patients.<sup>3</sup> Qigong can easily be used in conjunction with allopathic medicine and is consistent with many health maintenance programs designed to improve fitness, promote wellness and optimize health.

**What is the potential risk or harm of qigong?** Qigong exercises do not challenge strength or stamina and can even be used by wheel-chair bound patients and patients with frail bones. Qigong may thin the blood and increase circulation so patients suffering from internal bleeding should avoid these exercises. Also, patients who have a tendency to dizziness should avoid qigong due to risk of falling.

**How much does qigong cost?** Patients can teach themselves internal qigong with various training manuals available in bookstores and libraries. Professional instruction also exists, and classes are often offered at local YMCAs, fitness centers and hospitals.

**For additional information:**

American Qigong Association  
450 Sutter Street, suite 2104  
San Francisco, CA 94108  
Telephone: (415) 788-2227  
Web site: [www.eastwestqi.com/aqa/](http://www.eastwestqi.com/aqa/)

Qigong Institute  
561 Berkeley Avenue  
Menlo Park, CA 94025  
Telephone: (650) 323-1221  
Web site: [www.healthy.net/qigonginstitute](http://www.healthy.net/qigonginstitute)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Qigong." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Qigong?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Qigong?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Qigong." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Qigong?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Qigong?sitearea=ETO). Accessed December 17, 2001.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Qigong." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Qigong?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Qigong?sitearea=ETO). Accessed December 17, 2001.

## **Reflexology**

*This treatment modality is thought to promote wellness and optimize overall health. Reflexology should be used with, not in place of, standard cancer therapy.*

**What does reflexology involve?** Reflexology uses the foot as a map of the body and treats various ailments by applying pressure to specific areas of the feet thought to correspond to each organ system.<sup>1</sup> Reflexology has its roots in traditional Chinese medicine and believes in the life force, or Qi, that runs in channels throughout the body. By applying pressure to specific areas of the foot, reflexologists believe they can influence a patient's Qi.<sup>2</sup> (Please see traditional Chinese medicine).

**How is reflexology thought to promote wellness and optimize overall health?** Reflexology proponents believe that by applying pressure to specific points on the foot, energy flow is increased to the target organs. Health problems are thought to be treated by stimulating internal organs, boosting circulation and restoring bodily functions to normal. Reflexologists claim they can reduce stress and tension, improve circulation and increase wellness.<sup>3</sup> They do not claim to cure illness.

**What has been proven about the benefit of reflexology?** There is no scientific evidence that reflexology works. Some proponents claim that reflexology causes the release of endorphins or natural pain killers by the brain. Others believe that pressure causes uric acid crystals, that accumulate the in

feet, to dissipate.<sup>4</sup> Neither explanation has been proven. It is most probable that pressure on the feet feels like and produces the same beneficial effects of massage, which include promotion of relaxation and enhanced well-being.

**What is the potential risk or harm of reflexology?** Reflexology is a gentle, non-invasive therapy with no known side effects.

**How much does reflexology cost?** Costs will vary with the practitioner. Reflexology is usually performed by a trained reflexologist but can be learned in books, and then self-administered, to reduce costs. There is no medication or special equipment needed.

### **For additional information:**

International Institute of Reflexology  
5650 First Avenue North  
P.O. Box 12642  
St. Petersburg, FL 33733-2642  
Telephone: (727) 343-4811  
Web site: [www.reflexology-usa.net/](http://www.reflexology-usa.net/)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Reflexology." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Reflexology?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Reflexology?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Reflexology." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Reflexology?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Reflexology?sitearea=ETO). Accessed December 17, 2001.

<sup>3</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 238.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions - Reflexology." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Reflexology?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Reflexology?sitearea=ETO). Accessed December 17, 2001.

### **Revici Method**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with Revici method.*

**What does the Revici method involve?** Emanuel Revici, M.D., a Romanian immigrant who practiced medicine in New York, theorized that tumors are either anabolic and sterol based or catabolic and fatty acid based (both sterols and fatty acids are types of lipids). Based on his beliefs of tumor physiology, Revici developed a cancer treatment with individually-guided, lipid-based chemotherapy using lipid and lipid-based substances, selenium compound sterols, alcohols, female hormones, amines, nicotinic acid derivatives, metals and halogens.<sup>1</sup> The Revici method uses sterols to treat catabolic, or fatty acid based, tumors and fatty acids to treat anabolic, or sterol based, tumors. Specially formulated substances unique to each patient are given orally or by injection

**How is the Revici method thought to treat cancer?** Revici believed that cancer is associated with an imbalance of the normal distribution of lipids, namely sterols and fatty acids, in the body. He thought cancer could be controlled if the imbalance is detected and corrected by administration of medication.

**What has been proven about the benefit of the Revici method?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review on the Revici method and found five studies applicable to cancer. M.D. Anderson Cancer Center did not find any case histories that had been subjected to critical review or any controlled clinical trials to evaluate the safety and efficacy of Revici's treatment. The American Cancer Society has labeled the Revici method an unproven method of cancer treatment and urges patients to use other therapeutic methods.<sup>2</sup>

**What is the potential risk or harm of the Revici method?** Selenium compounds can generally be toxic, but Revici claims to use a form of selenium that is nontoxic to patients. Revici also noted that inflammation may occur around the area of the malignancy. No other adverse effects have been reported in the medical literature.<sup>3</sup>

**How much does the Revici method cost?** Consultation and treatment cost approximately \$500. Repeat visits cost \$95. Insurance may provide some reimbursement.

**For additional information:**

The Revici Life Science Centre Inc  
(Kenneth Korins, M.D.)  
200 West 57<sup>th</sup> St, Suite 402  
New York, NY 10019  
Telephone: 212 246 5122

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

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<sup>1</sup> University of Texas M.D. Anderson Cancer Center (2001). "Revici Summary." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=03F2CF72-EE0F-11D4-810200508B603A14&method=displayFull&pn=5EE0E257-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

<sup>2</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998. pg. 165.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Revici Summary." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=03F2CF72-EE0F-11D4-810200508B603A14&method=displayFull&pn=5EE0E257-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

## **Rolfing**

*This treatment modality is thought to promote wellness and optimize overall health. Rolfing should be used with, not in place of, standard cancer therapy.*

**What does Rolfing involve?** Rolfing is a specific type of massage which differs significantly from other forms of body work that focus on reducing tension in tight muscles. Instead, Rolfing emphasizes deep pressure on the tissue, called fascia, that covers muscles, internal organs and ligaments. The goal of Rolfing, which can be painful, is to align body sections so that they are in balance with each other and with gravity.<sup>1</sup> Rolfers, the practitioners of the therapy, press the fascia with their fingers, knuckles, elbows and knees to loosen it and release its tight hold on muscle and bone. Patients are also encouraged to perform a series of exercises to help their bodies move more efficiently.

**How is Rolfing thought to promote wellness and optimize overall health?** Dr. Rolf, the creator of Rolfing, believes that over time the body's fascia becomes tightly attached to muscles and bones, making it difficult for the body to move smoothly and with a full range of motion. By releasing the fascia's hold, Rolfing is thought to help patients move more smoothly, increase support for bones throughout the body, increase energy and improve posture, stamina and emotional health. Proponents of Rolfing report that the therapy helps patients feel better and improves their quality of life.

**What has been proven about the benefit of Rolfing?** There is no scientific evidence that fascia hardens and stiffens with time, interfering with the body's ability to move with little effort and energy. There are a few clinical studies that report an improvement in range of motion, greater physical strength, less stress and enhanced nervous system response.<sup>2</sup> Also, several patient testimonials state that a course in Rolfing made them feel better.<sup>3</sup> Rolfing may release tension and stress which can lead to improved performance of the immune system and heightened resistance to disease.

**What is the potential risk or harm of Rolfing?** Treatments can be painful. Patients with rheumatoid arthritis and other inflammatory conditions should avoid Rolfing. There is a theoretical possibility that Rolfing could encourage the spread of malignant cells in cancer patients although it has never been documented.<sup>4</sup>

**How much does Rolfing cost?** A course in Rolfing involves ten weekly sessions. Costs will vary with the practitioner.

### **For additional information:**

Rolf Institute for Structural Integration  
205 Canyon Boulevard  
Boulder, CO 80302  
Telephone: (800) 530-8875  
Web site: [www.rolf.org](http://www.rolf.org)

<sup>1</sup> Whole Health MD (2000). "Therapies - Rolfing." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,732,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,732,00.html). Accessed December 17, 2001.

<sup>2</sup> Yahoo! Incorporated (2001). "Yahoo Health: Rolfing." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Rolfing/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Rolfing/). Accessed December 17, 2001.

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<sup>3</sup> Whole Health MD (2000). "Therapies - Rolfing." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,732,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,732,00.html). Accessed December 17, 2001.

<sup>4</sup> Yahoo! Incorporated (2001). "Yahoo Health: Rolfing." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Rolfing/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Rolfing/). Accessed December 17, 2001.

### **Saw Palmetto**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Saw palmetto should be used with, not in place of, standard cancer therapy.*

**What does saw palmetto therapy involve?** Saw palmetto is a herbal remedy made from the berries of a low growing palm native to the southeastern United States. The berries are harvested, dried and ground for preparation as a tea or in a capsule. The berries have long been used by Native Americans to treat problems of the urinary and genitals systems.<sup>1</sup> Saw palmetto is often prescribed for the treatment of benign prostatic hyperplasia (BPH), a non-malignant enlargement of the prostate, or as an anti-inflammatory.<sup>2</sup> Saw palmetto berries do not appear to reduce the size of an enlarged prostate. Instead, they relieve the symptoms associated with BPH such as frequent urination and urine retention without causing impotence.

**How is saw palmetto thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** Saw palmetto is used to alleviate the symptoms associated with an enlarged prostate, either benign or malignant. Saw palmetto reduces inflammation, swelling and the absorption of the male hormones testosterone and dihydrotestosterone (DHT) in prostate tissue. These results act to relieve bladder obstruction and improve urinary flow.<sup>3</sup>

**What has been proven about the benefit of saw palmetto?** The University of Texas Center for Alternative Medicine conducted an extensive human studies literature review of saw palmetto and found ten studies applicable to cancer. Several studies reported a significant improvement of symptoms of BPH compared to controls.<sup>4</sup> The American Cancer Society agrees that saw palmetto may be useful in relieving symptoms of BPH after reviewing an overview of eighteen scientific studies on saw palmetto published in the Journal of the American Medical Association.<sup>5</sup> It is important to understand that BPH is not a malignant condition. There is no available evidence that saw palmetto is of value in the treatment of prostate cancer. Saw palmetto should be used to alleviate symptoms of disease, not as a curative therapy.

**What is the potential risk or harm associated with saw palmetto?** Side effects are not common at the recommended dosage levels, but headache, nausea, vomiting, upset stomach, dizziness, constipation or diarrhea, insomnia, tiredness and heart pain have been reported.

**How much does saw palmetto cost?** Cost will vary with pharmacies. Capsules begin at \$10 for 90.

**For additional information:**

The University of Texas M. D. Anderson Cancer Center  
 Complementary/Integrative Medicine Education Resources  
 1515 Holcombe Boulevard  
 Houston, TX 77030  
 Telephone: (800) 392-1611  
 Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - Saw Palmetto." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Saw\\_Palmetto?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Saw_Palmetto?sitearea=ETO). Accessed December 18, 2001.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Saw Palmetto." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=5A2F22E0-F15F-11D4-810400508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 18, 2001.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Saw Palmetto." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm/?id=5A2F22E0-F15F-11D4-810400508B603A14&method=displayFull&pn=73835819-07FC-11D5-810C00508B603A14>. Accessed December 18, 2001.

<sup>4</sup> University of Texas Center for Alternative Medicine Research in Cancer (1999). "Saw Palmetto." [Online]. Available WWW: <http://www.sph.uth.tmc.edu/utcam/therapies/sawpalmetto.htm>.

<sup>5</sup> American Cancer Society (2000). "Making Treatment Decisions - Saw Palmetto." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Saw\\_Palmetto?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Saw_Palmetto?sitearea=ETO). Accessed December 18, 2001.

**Selenium**

*This treatment modality is thought to promote wellness and optimize overall health. Selenium therapy should be used with, not in place of, standard cancer therapy.*

**What does selenium therapy involve?** Selenium is an essential trace mineral that is thought to be a powerful antioxidant, protecting tissues from the damaging effects of oxygen free radicals.<sup>1</sup> The daily recommended intake of selenium is 50 to 140 micrograms, taken in yeast tablets, maltcakes or other supplements.<sup>2</sup>

**How is selenium thought to promote wellness and optimize overall health?** Selenium may play a role in the prevention of cancer by binding with glutathione peroxidase to inhibit destruction caused by free radicals and by protecting cellular membranes.<sup>3</sup>

**What has been proven about the benefit of selenium?** Epidemiological studies have suggested that selenium consumption is inversely correlated with breast, lung, oral and esophageal cancers.<sup>4</sup> The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of selenium and found eight studies applicable to humans and cancer. After analyzing the various studies, researchers concluded that selenium might play a role in reducing the risk of cancer.<sup>5</sup> Selenium may be ingested for its health promoting effects but should not be thought of as a curative therapy.

**What is the potential risk or harm associated with selenium?** Side effects are rare at low doses of selenium but do include vomiting and diarrhea. At high doses, selenium is extremely toxic. Symptoms of selenium overdose include severe irritation of the respiratory system, rhinitis, lung edema, bronchopneumonia and metallic taste in the mouth.<sup>6</sup>

**How much does selenium cost?** Selenium supplements can be purchased at health food stores and pharmacies. One hundred capsules cost approximately \$100.

**For additional information:**

University of Texas M.D. Anderson Cancer Center  
Complementary/Integrative Medicine Education Resources  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: <http://www.mdanderson.org/departments/cimer/>

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<sup>1</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Selenium." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=43EF7FE5-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 17, 2001.

<sup>2</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Selenium." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=43EF7FE5-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 17, 2001.

<sup>3</sup> Chen J, Clark LC. "Proposed supplemental dosages of selenium for a phase I trial based on dietary and supplemental selenium intakes and episodes of chronic selenosis." *Journal of the American College of Toxicology*. 1986; 5:71-78.

<sup>4</sup> Clark LC, Combs GF Jr, Turnbull BW et al. "Effects of selenium supplementation for cancer prevention in patients with carcinoma of the skin. A randomized controlled trial." Nutritional Prevention of Cancer Study Group. *JAMA*. 1996; 276:1957-1963.

<sup>5</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Selenium." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=43EF7FE5-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 17, 2001.

<sup>6</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - Selenium." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/display.cfm?id=43EF7FE5-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E1CF-098F-11D5-810C00508B603A14>. Accessed December 17, 2001.

## **714-X**

*This treatment modality is used in place of conventional therapies to treat cancer. Seek advice from a qualified physician before replacing standard cancer therapy with 714-X treatment.*

**What does 714-X treatment involve?** 714-X is a liquid medicine developed by Gaston Naessens of Quebec and is used as a cancer cell attractor. It contains camphor, nitrogen, ammonium salts, sodium chloride and ethanol. Treatment consists of injection with 714-X into a lymph node in the groin for twenty-one consecutive days followed by two days of rest. Patients receive three twenty-one-day cycles

total. Some patients are advised to prolong treatment based on cancer type and stage.<sup>1</sup> A healthy diet following holistic nutrition guidelines is encouraged as part of the treatment.

**How is 714-X thought to treat cancer?** According to Naessens, cancer cells need and use a large amount of nitrogen obtained from healthy cells in the body. In order to obtain nitrogen, cancer cells release a substance Naessens calls co-cancerogenic K factor (CKF). CKF is a toxic compound that inhibits the efficacy of the human immune system. Naessens claims that when 714-X is injected into a patient, cancer cells are attracted to it due to its nitrogen-rich characteristic. Because the cancer cells are no longer excreting CKF, the immune system can be mobilized. Without CKF, cancer cells have no protection from the body's immune system and are killed.<sup>2</sup> 714-X also contains organic salts that help unplug the lymph system so that it can carry away toxins accumulated during the illness.<sup>3</sup>

**What has been proven about the benefit of 714-X?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of 714-X and found four studies applicable to cancer. All were case reports from Naessens himself. No other scientific evidence is available to support the use of 714-X in treating any type of cancer. The National Cancer Institute is currently reviewing patient medical records from patients who apparently benefited from 714-X. No results are currently available.

**What is the potential risk or harm of 714-X?** 714-X has no reported side effects but proponents warn that vitamins E and B<sub>12</sub> should not be taken when using 714-X.<sup>4</sup> The FDA has not approved 714-X for sale or for treatment purposes in the U.S. The drug is legal in Canada.

**How much does 714-X treatment cost?** Cost of the treatment is \$300 plus shipping.<sup>5</sup>

**For additional information:**

CERBE Distribution Incorporated  
5270 Mills Street  
Rock Forest, Quebec J1N 3B6 Canada  
Telephone: (819) 564-7883  
Web site: [www.cerbe.com](http://www.cerbe.com)

The University of Texas M. D. Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> American Cancer Society (2000). "Making Treatment Decisions - 714-X." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_714-X?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_714-X?sitearea=ETO). Accessed December 20, 2001.

<sup>2</sup> American Cancer Society (2000). "Making Treatment Decisions - 714-X." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_714-X?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_714-X?sitearea=ETO). Accessed December 20, 2001.

<sup>3</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - 714-X." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=43EF800D-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E20D-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

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<sup>4</sup> Ontario Breast Cancer Information Exchange Project. "Guide to unconventional cancer therapies." 1<sup>st</sup> ed. Toronto: *Ontario Breast Cancer Information Exchange Project*, 1994:250-252.

<sup>5</sup> University of Texas M.D. Anderson Cancer Center (2001). "Biologic/Organic/Pharmacologic Therapies - 714-X." [Online]. Available WWW: <http://www.mdanderson.org/departments/cimer/display.cfm/?id=43EF800D-0DAF-11D5-810D00508B603A14&method=displayFull&pn=5EE0E20D-098F-11D5-810C00508B603A14>. Accessed December 20, 2001.

## **Tai Chi**

*This treatment modality is thought to promote wellness and optimize overall health. Tai chi should be used with, not in place of, standard cancer therapy.*

**What does tai chi therapy involve?** Tai chi is an ancient Chinese martial art based on the philosophy of Taoism. Similar to the principles of traditional Chinese medicine, Taoism believes in the existence of the vital life force, or Qi, and the opposing world forces, Yin and Yang. Tai chi exercises are designed to balance Yin and Yang and promote the unobstructed flow of Qi. (For more information see traditional Chinese medicine). Its movements are gentle and well-suited for those who are not physically strong, healthy or flexible. Deliberate movements are combined with meditation and controlled breathing.

**How is tai chi thought to promote wellness and optimize overall health?** Tai chi exercises relax both the body and mind. Chinese medicine practitioners believe that tai chi exercises balance Qi, which is essential to wellness and good health.<sup>1</sup> Mainstream physicians believe tai chi promotes wellness through the benefits of exercise, bringing about relaxation and reducing stress. Tai chi is thought to offer a variety of other "quality of life" benefits such as improved concentration, an increased sense of well-being, greater energy, improved posture and better circulation.<sup>2</sup> The health benefits of tai chi will not persist if the exercises are stopped. Tai chi should best be regarded as a lifelong preventative strategy to improve and maintain health.<sup>3</sup>

**What has been proven about the benefit of tai chi?** Several studies have shown the positive effects of tai chi, which include improved posture, balance, muscle mass and strength, decreased blood pressure and increased stamina, muscle mass and flexibility.<sup>4</sup> Additionally, people who practice tai chi say they feel younger, are more agile, have better balance and enjoy a more tranquil attitude. The American Cancer Society reports the tai chi promotes longevity and good health and may be used in relieving tension, stress, muscle wasting and fatigue associated with cancer.

**What is the potential risk or harm of tai chi?** There are no known side effects of tai chi. These exercises are safe and effective for most everyone.

**How much does tai chi cost?** To learn the different exercises, patients should attend a class with a tai chi instructor. Costs will vary depending on area and class size. No special equipment is necessary.

**For additional information:**

American Association of Oriental Medicine  
 433 Front Street  
 Catasauqua, PA 18032  
 Telephone: (610) 266-1433  
 Web site: [www.aaom.org](http://www.aaom.org)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Tai Chi." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Tai\\_Chi?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Tai_Chi?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> Yahoo! Incorporated (2001). "Yahoo Health: Tai Chi." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapy/Tai\\_Chi/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapy/Tai_Chi/). Accessed December 17, 2001.

<sup>3</sup> Yahoo! Incorporated (2001). "Yahoo Health: Tai Chi." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapy/Tai\\_Chi/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapy/Tai_Chi/). Accessed December 17, 2001.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions - Tai Chi." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Tai\\_Chi?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Tai_Chi?sitearea=ETO). Accessed December 17, 2001.

**Therapeutic Touch**

*This treatment modality is thought to promote wellness and optimize overall health. Therapeutic touch should be used with, not in place of, standard cancer therapy.*

**What does therapeutic touch involve?** Therapeutic touch is based on the idea that a life force, or vital energy, within the body is essential to good health. Therapeutic touch, a popular therapy in the U.S., manipulates this life force to remove blockages in the patient's vital energy. Most commonly practiced by nurses, therapeutic touch involves the sweeping of hands down the patient's body to smooth energy fields and eliminate blockages. Sessions typically last about thirty minutes and consist of four parts: centering, assessment, unruffling and energy transfer.<sup>1</sup> Despite what the name implies, therapeutic touch does not call for actually touching the patient's body.

**How is therapeutic touch thought to promote wellness and optimize overall health?** Proponents believe that therapeutic touch removes blockages and stagnant, harmful energy in the patient's energy fields. The absence of free flowing energy or the presence of harmful energy is believed to cause pain, illness and disease. The practitioner is thought to serve as a channel of life energy by transferring his/her own excess healthy energy to the patient.<sup>2</sup> Patients have reported they feel more relaxed, less stressed and have lessened pain after therapeutic touch. The American Cancer Society reports that the "simple presence of a person who is interested in helping can promote relaxation" and lowers anxiety.<sup>3</sup> This can help a patient feel better, promote wellness and improve health. Supporters also report therapeutic touch can alter enzyme activity, increase hemoglobin levels, reduce fever and speed the healing of wounds.<sup>4</sup>

**What has been proven about the benefits of therapeutic touch?** The existence of a life force has never been proven through scientific studies, but it is certainly possible that therapeutic touch works through a placebo effect (see Appendix E). Whatever the explanation is behind the benefit of therapeutic touch, a number of studies have documented genuine improvements in patients following therapeutic touch.<sup>5</sup> In addition, there are many patient testimonials that describe positive results using

therapeutic touch. Therapeutic touch should not be expected to cure cancer, but it can be used in relieving anxiety and stress cancer patients experience.

**What is the potential risk or harm of therapeutic touch?** There are no medical conditions that preclude patients from the use of therapeutic touch.<sup>6</sup> It is a safe, non-toxic therapeutic alternative.

**How much does therapeutic touch cost?** Costs vary with the practitioner. Several hospitals offer therapeutic touch at no charge to their patients.

**For additional information:**

Nurse Healers Professional Associates International  
3760 South Highland Drive, Suite 429  
Salt Lake City, UT 84106  
Telephone: (801) 273-3399  
Web site: [www.therapeutic-touch.org](http://www.therapeutic-touch.org)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Therapeutic Touch." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Therapeutic\\_Touch?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Therapeutic_Touch?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Therapeutic Touch." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Therapeutic\\_Touch?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Therapeutic_Touch?sitearea=ETO). Accessed December 17, 2001.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Therapeutic Touch." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Therapeutic\\_Touch?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Therapeutic_Touch?sitearea=ETO). Accessed December 17, 2001.

<sup>4</sup> Cassileth, Barrie R. *The Alternative Medicine Handbook*. New York, NY: W.W. Norton and Company, 1998; pg. 319.

<sup>5</sup> Yahoo! Incorporated (2001). "Therapeutic Touch." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Therapeutic\\_Touch/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Therapeutic_Touch/). Accessed December 17, 2001.

<sup>6</sup> Yahoo! Incorporated (2001). "Therapeutic Touch." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Therapeutic\\_Touch/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Therapeutic_Touch/). Accessed December 17, 2001.

**Traditional Chinese Medicine**

*This treatment modality is thought to manage symptoms of cancer, side effects from conventional therapies and/or control pain. Traditional Chinese medicine should be used with, not in place of, standard cancer therapy.*

**What does traditional Chinese medicine involve?** Traditional Chinese medicine is a complete medical system that has been in use for thousands of years. It consists of methods to prevent as well as treat illness.<sup>1</sup> The goal of traditional Chinese medicine is to achieve an overall balance within the individual. Qi, the vital energy or life force that flows within a fixed network of twelve invisible pathways or meridians in the body, is the most important concept of Chinese medicine. Wellness is achieved when opposite and complementary forces, called Yin (feminine - cool, moist, nutritive, quiet) and Yang (masculine - warm, dry, energetic, active), are in balance and promote the unobstructed flow

of Qi. An imbalance of Qi, Yin and Yang are believed to result in sickness. All treatments aim to balance a person's Qi. Several methods are used to promote, maintain and restore Qi, including herbal remedies for nourishment, acupuncture, moxibustion (heat therapy), diet, massage, meditation and exercises such as qigong and tai chi.<sup>2</sup>

**How is Chinese medicine thought to manage specific symptoms of cancer, side effects of conventional therapies and/or control pain?** The individual components of Chinese medicine target different symptoms of disease and side effects of treatment. For example, acupuncture helps to alleviate pain, nausea and vomiting. Qigong and tai chi improve balance and prevent muscle wasting. Ginseng, an herb used in Chinese medicine, is thought to help the body adapt to environmental and psychological stressors, increase overall strength and endurance and promote health and well-being.<sup>3</sup> Massage and meditation can reduce anxiety, increase feelings of relaxation and improve quality of life.

**What has been proven about the benefit of traditional Chinese medicine?** The University of Texas M.D. Anderson Cancer Center conducted an extensive human studies literature review of traditional Chinese medicine and found seventy-four human studies applicable to cancer. In these studies, traditional Chinese medicine was generally given in conjunction with conventional therapy and compared to patients receiving conventional therapy alone. Statistically significant outcomes in these studies including increased survival rates, enhanced immune response, reduction in side effects from chemotherapy and radiotherapy, improved recovery from surgery, alleviation of pain and improved quality of life.<sup>4</sup> For more specific information, please see the fact sheets for each treatment modality.

**What is the potential risk or harm of Chinese medicine?** Side effects will vary depending on the treatment used. Please see the fact sheets for each treatment modality.

**How much does Chinese medicine cost?** Cost will vary depending on the treatment used. Please see the fact sheets for each treatment modality.

**For additional information:**

American Association of Oriental Medicine  
433 Front Street  
Catasauqua, PA 18032  
Telephone: (888) 500-7999  
Web site: [www.aaom.org](http://www.aaom.org)

The University of Texas M. D. Anderson Cancer Center  
Complementary/Integrative Medicine Education Resources  
1515 Holcombe Boulevard  
Houston, TX 77030  
Telephone: (800) 392-1611  
Web site: [www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

<sup>1</sup> Lewith, George T. "The Basic Principles of Chinese Traditional Medicine." Excerpts from Modern Chinese Acupuncture as seen on Health World Online. [Online]. Available WWW: <http://www.healthy.net/asp/templates/article.asp?id=1707>. Accessed December 18, 2001.

<sup>2</sup> Whole Health MD (2000). "Therapies – Traditional Chinese Medicine." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0.1525.10085.00.html](http://www.wholehealthmd.com/refshelf/substances_view/0.1525.10085.00.html). Accessed December 18, 2001.

<sup>3</sup> Whole Health MD (2000). "Therapies – Traditional Chinese Medicine." [Online]. Available WWW: [http://www.wholehealthmd.com/refshelf/substances\\_view/0.1525.10085.00.html](http://www.wholehealthmd.com/refshelf/substances_view/0.1525.10085.00.html). Accessed December 18, 2001.

<sup>4</sup> University of Texas M.D. Anderson Cancer Center (2001). "Alternative Medical Systems - Traditional Chinese Medicine." [Online]. Available WWW: <http://www.mdanderson.org/departments/CIMER/dIndex.cfm?pn=F2A33BA4492C-11D5-811600508B603A14>. Accessed December 18, 2001.

## **Vegetarianism**

*This treatment modality is thought to promote wellness and optimize overall health. Vegetarianism should be used with, not in place of, standard cancer therapy.*

**What does being a vegetarian involve?** Vegetarianism is the adoption of a diet that consists mostly of plant products. However, vegetarians differ in the extremes to which they eat only plant products. Generally, vegetarians fall into the following major categories:<sup>1</sup>

- Vegans - *eat no meat, dairy or fish products at all*
- Lactovegetarians - *eat dairy products but not eggs, meat or fish*
- Ovolactovegetarians - *eat eggs and dairy products but not meat or fish*
- Part-time vegetarians - *eat white meat and fish but not red meat*

While some choose to follow a vegetarian diet because of religious and ethical beliefs, most people choose to become vegetarians because it is known to be healthier.

**How is vegetarianism thought to promote wellness and optimize overall health?** There are many health benefits associated with a diet high in fiber and low in fat. While following a vegetarian diet is not thought to cure cancer, it may protect you from developing certain types of cancer. The traditional American diet includes large amounts of meat, poultry, dairy products and fast foods that are typically high in fat, sodium and calories. By eliminating animal products from the diet, saturated fat and cholesterol are reduced or eliminated. Fat derived from plant products is typically unsaturated, an adequate and healthier substitute because it does not contain, and actually reduces, cholesterol.<sup>2</sup>

**What has been proven about the benefit of vegetarianism?** For many years, the US Government has urged citizens to reduce consumption of animal fat because excessive fat is known to contribute to poor health in several ways, including an increased risk for some cancers.<sup>3</sup> Scientific data has shown that vegetarian diets reduce the risk of obesity, constipation, coronary artery disease, hypertension, type II diabetes, gallstones and several types of cancer including cancer of the breast and colon.<sup>4,5</sup> As research progresses, scientists are continuing to find components called "phytochemicals" in plant products that protect good health and help prevent cancer. Some include:<sup>6</sup>

- Sulforaphane - *found in broccoli; neutralizes enzymes that may trigger cancer*
- Glucobrassicin - *found in cruciferous vegetables (cabbage, broccoli, cauliflower, brussel sprouts, swiss chard, bok choy and kale); helps the body form indoles, compounds that may help prevent breast and other cancers*
- Beta-carotene - *found in orange and dark green vegetables; an antioxidant that reduces the risk of cancer and hardening of the arteries*
- Phytate and protease inhibitors - *found in beans; play a role in cancer prevention*

- Allicin - *found in garlic and onions; may help prevent cancer*

**What is the potential risk or harm of vegetarianism?** The American Dietetic Association reports that vegetarian diets are healthy and nutritionally complete when properly planned.<sup>7</sup> However, vegetarians limit their selection of foods, and this increases the risk of nutritional deficiencies. The most common deficiencies associated with vegetarianism are vitamin B<sub>12</sub>, vitamin D and calcium. Most dietitians recommend that strict vegetarians supplement their diets with a daily multivitamin. Vegetarians must also be sure to include adequate amounts of protein, which can be found in beans, nuts, whole-grains and soy products. Switching to a vegetarian diet quickly can result in intestinal problems due to the rapid increase in dietary fiber. According to the American Cancer Society, cancer patients should discuss plans to become a vegetarian with a trained nutritionist.<sup>8</sup>

**How much does becoming a vegetarian cost?** Plant foods tend to be less expensive than animal foods. While some patients seek professional consultation when planning vegetarian diets, others form vegetarian meal plans on their own. Holistic health centers, health food stores and the Internet provide plenty of information on becoming a vegetarian and how to plan balanced and nutritional meals.

**For additional information:**

Everyday Cooking with Dr. Dean Ornish: 150 Easy, Low-Fat, High-Flavor Recipes by Dean Ornish. Harper Collins Publishing, 1997.

The Vegetarian Resource Group  
P.O. Box 1463  
Baltimore, MD 21203  
Telephone: (410) 366-8343  
Web site: [www.vrg.org](http://www.vrg.org)

<sup>1</sup> Yahoo! Incorporated (2001). "Yahoo Health: Vegetarianism." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Vegetarianism/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Vegetarianism/). Accessed December 17, 2001.

<sup>2</sup> American Cancer Society (2001). "Making Treatment Decisions - Vegetarianism." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Vegetarianism?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Vegetarianism?sitearea=ETO). Accessed December 17, 2001.

<sup>3</sup> American Cancer Society (2001). "Making Treatment Decisions - Vegetarianism." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Vegetarianism?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Vegetarianism?sitearea=ETO). Accessed December 17, 2001.

<sup>4</sup> American Cancer Society (2001). "Making Treatment Decisions - Vegetarianism." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Vegetarianism?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Vegetarianism?sitearea=ETO). Accessed December 17, 2001.

<sup>5</sup> Yahoo! Incorporated (2001). "Yahoo Health: Vegetarianism." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Vegetarianism/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Vegetarianism/). Accessed December 17, 2001.

<sup>6</sup> Yahoo! Incorporated (2001). "Yahoo Health: Vegetarianism." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Vegetarianism/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Vegetarianism/). Accessed December 17, 2001.

<sup>7</sup> Yahoo! Incorporated (2001). "Yahoo Health: Vegetarianism." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Vegetarianism/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Vegetarianism/). Accessed December 17, 2001.

<sup>8</sup> American Cancer Society (2001). "Making Treatment Decisions - Vegetarianism." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Vegetarianism?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Vegetarianism?sitearea=ETO). Accessed December 17, 2001.

## **Yoga**

*This treatment modality is thought to promote wellness and optimize overall health. Yoga should be used with, not in place of, standard cancer therapy.*

**What does yoga involve?** Yoga exercises, actually *hatha yoga*, were developed in India and are an ancient practice intended to unify the body and mind. Yoga is usually performed in group classes and includes three dimensions: breathing exercises, body postures and meditation. By assuming a series of asanas (positions), you will stretch all the muscle groups in the body. Through controlled breathing and meditation, yoga postures seek to enhance prana (life force) that resides in the body and bring balance between the body and the mind.

**How is yoga thought to improve wellness and optimize overall health?** Yoga is intended to unite the mind, body and spirit to reach the highest possible levels of consciousness.<sup>1</sup> Yoga has been defined as a system of personal development and when practiced regularly, yoga can promote relaxation, enhance well-being and improve quality of life for cancer patients.

**What has been proven about the benefit of yoga?** While yoga is not a cure for cancer, it has many positive benefits for cancer patients. Research has shown that yoga, practiced regularly, can lower blood pressure, reduce anxiety and stress and improve blood pressure, concentration, sleep and digestion.<sup>2</sup> Yoga is often recommended to relieve pain and anxiety associated with cancer. Scientists do not understand how yoga produces these positive effects, but it is speculated that it works largely by relieving stress, similar to other mind-body therapies.

**What is the potential risk or harm of yoga?** Patients who have recently had a back injury or surgery should avoid yoga. Patients with arthritis, a slipped disk, heart disease or high blood pressure should check with a doctor before beginning any type of exercise. Muscle stiffness may be experienced when first beginning yoga exercises while the body adapts to this new form of exercise. This stiffness should be short-lived.

**How much does therapy cost?** Costs will vary with yoga instructors.

### **For additional information:**

American Yoga Association  
P.O. Box 19986  
Sarasota, FL 34276  
Telephone: (941) 927-4977  
Web site: [www.americanyogaassociation.org/](http://www.americanyogaassociation.org/)

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<sup>1</sup> American Cancer Society (2001). "Making Treatment Decisions - Yoga." [Online]. Available WWW: [http://www.cancer.org/eprise/main/docroot/ETO/content/ETO\\_5\\_3X\\_Yoga?sitearea=ETO](http://www.cancer.org/eprise/main/docroot/ETO/content/ETO_5_3X_Yoga?sitearea=ETO). Accessed December 17, 2001.

<sup>2</sup> Yahoo! Incorporated (2001). "Yahoo! Health: Yoga." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Yoga](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Yoga). Accessed December 17, 2001.

## **APPENDIX A: NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE CLASSIFICATION OF ALTERNATIVE THERAPIES**

The National Center for Complementary and Alternative Medicine (NCCAM), a division of the National Institutes of Health (NIH) designed a classification system to assist in organizing the different therapeutic approaches in complementary and alternative medicine (CAM).<sup>1</sup> CAM has been divided into five major categories. Within each category, medical practices will be designated CAM, behavioral medicine or overlapping therapies. CAM encompasses practices that are not considered standard therapies. Behavioral medicine practices fall mainly within the domain of conventional medicine. Overlapping practices can be either CAM or behavioral medicine, depending on their application. Within each category, relevant examples will be listed. Not all of the therapies listed have been tested for efficacy in cancer treatment. These therapies are included so that there is a comprehensive reference list to refer to if needed. Therapies in bold print have been reviewed in this manual.

Many therapies reviewed in this manual were chosen based on popularity with patient populations nationally as supported by the National Cancer Institute and the American Cancer Foundation. Therapies that have been or continue to be researched by the NCCAM have also been selected. Additionally, in an effort to focus on a San Diego-based patient population, several San Diego-based oncologists were asked to list complementary and alternative therapies their patients asked questions of or incorporated into their cancer care. Other reviewed therapies were included due to the proximity of treatment centers in Southern California and Tijuana, Mexico. If questions arise regarding therapies not reviewed in this manual, please contact your local comprehensive cancer center or the National Cancer Institute.

### **I. Mind-Body Interventions**

The role of emotions in recovery and the ability of the mind to influence physical functions are the basis for mind-body approaches to cancer therapy. Because some patterns of emotions and behavior can lead to alterations in body biochemistry and immune system function, changing unhealthy patterns of emotions and behavior may positively affect the body. This category includes psychotherapy, support groups, guided imagery or visualization, music and art therapy and hypnosis. Mind-body medicine is divided into four subcategories:

#### **1. Mind-Body Systems**

These approaches involve whole systems of mind-body practice and are usually used as primary interventions for disease.

#### **2. Mind-Body Methods**

These individual modalities are often considered to be conventional practices and overlap with CAM only when used to treat medical conditions for which they are not usually used.

CAM

- 
- **Internal Qigong**
  - **Tai Chi**
  - **Yoga**

Behavioral Medicine

- 
- **Biofeedback**
  - **Hypnosis**
  - **Imagery**
  - **Meditation**
  - Psychotherapy
  - Support Groups

Overlapping

- 
- **Art Therapy**
  - Body Psychotherapy
  - Dance Therapy
  - Humor Therapy
  - Journaling
  - **Music Therapy**

**3. Religion and Spirituality**

These approaches involve nonbehavioral aspects of spirituality and religion and their relationship with biological function.

CAM

- 
- Confession
  - Nonlocality
  - Nontemporality
  - Soul Retrieval
  - **"Special" Healers**
  - **Spiritual Healers**

**4. Social and Contextual Areas**

This subcategory includes therapies based in social, cultural, symbolic and contextual interventions not covered in other areas.

CAM

- 
- Caring-based Approaches
  - Intuitive Diagnosis

Overlapping

- 
- Community-based Approaches
  - **Placebo** (see Appendix E)
  - Explanatory Models

**II. Energy Therapies**

In energy medicine, the human body is viewed as a complex of interacting energy fields that help regulate the body. Energy fields originating within the body are known as biofields. Energy fields from other sources are called electromagnetic fields. Biofield therapies are intended to affect the energy fields that are within and surround the human body. These therapies include Qi gong, Reiki and Therapeutic Touch.

Bioelectromagnetics refers to the unconventional use of electromagnetic fields for medical purposes. Practitioners of bioelectromagnetics believe that disease may result if these energy fields become unbalanced. Therefore, healers try to rebalance the energy fields and restore the well-being of the body.

- **Electromagnetic Therapy**
- **Qi gong**

- **Reiki**

- **Therapeutic Touch**

### **III. Alternative Medical Systems**

There are several distinct systems of alternative practice that encompass many different therapeutic theories and methods. These include folk therapies, Chinese Medicine, Ayurveda, Homeopathy and Naturopathy.

#### **1. Acupuncture and Oriental Medicine**

- Acupotomy
- **Acupuncture**
- **Diet**
- **External and Internal Qigong**

- **Herbal Formulas**
- **Massage and Manipulation (Tui Na)**
- **Tai Chi**

#### **2. Traditional Indigenous Systems**

- **Ayurvedic Medicine**
- Curanderismo
- Kampo Medicine
- **Native American Medicine**

- Practices Psychic Surgery
- Traditional Aboriginal Medicine
- Traditional African Medicine
- Unani-Tibbi

#### **3. Unconventional Western Systems**

##### CAM

- 
- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Cayce-based Systems</li> <li>• Environmental Medicine</li> <li>• Functional Medicine</li> <li>• <b>Homeopathy</b></li> </ul> | <ul style="list-style-type: none"> <li>• Kneipp "classical"</li> <li>• Orthomolecular Medicine</li> <li>• Radiesthesia, Psionic Medicine</li> <li>• Radionics</li> </ul> |
|---|--|

#### **4. Naturopathy**

### **IV. Biologic-Based Therapies**

This category includes dietary interventions, single nutrient supplements and biological-based products intended to treat cancer.

- #### **1. Diet and Nutrition** - Diet is now recognized as playing a major role in lowering the risk of some types of cancer. Some CAM practitioners believe that nutritional therapies can also slow, stop or reverse the development of an established cancer or even slow or prevent recurrence. However, well-designed studies have not been conducted to test those beliefs. This category includes dietary approaches and special diets.

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Asian</li> <li>• Atkins</li> <li>• Diamond</li> <li>• <b>Fasting</b></li> <li>• <b>Gerson</b></li> </ul> | <ul style="list-style-type: none"> <li>• High Fiber</li> <li>• Kelly-Gonzales</li> <li>• <b>Livingston-Wheeler</b></li> <li>• <b>Macrobiotic</b></li> <li>• McDougall</li> </ul> |
|---|--|

- Mediterranean
- Natural Hygiene
- Ornish
- Paleolithic

- Pritikin
- **Vegetarian**
- Wigmore

## 2. Single Nutrients

- Amino Acids
- Ascorbic Acid
- Biotin
- Boron
- Calcium
- Carnitine
- Carotenes
- Choline
- Chondroitin Sulfate
- **Co-enzyme Q10**
- DHEA
- Fatty Acids
- Folic Acid
- Gamma-oryzanol
- Glandular Products
- Glucosamine Sulfate
- Glutamine
- Inositol
- Iodine
- Iron
- Lipoic Acid
- Lysine
- Magnesium
- Manganese

- Medium Chain Fatty Acids
- **Melatonin**
- Molybdenum
- Niacin
- Niacinamide
- Pantothenic Acid
- Phenylalanine
- Phosphatidylserine
- Potassium
- Probiotics
- Pyridoxine
- Riboflavin
- S-adenosylmethionine
- **Selenium**
- Silicon
- Taurine
- Thiamine
- Tocopherols
- Tyrosine
- Vanadium
- Vitamin A
- Vitamin D
- Vitamin K

**3. Herbal Medicine** - The use of herbs in medicine is ancient in its origins. Herbal therapies employ plant and plant products from hundreds of different medical traditions. This category often overlaps with the pharmacologic and biologic therapies.

### *Single Herbal Remedy*

- **Aloe Vera**
- Bee Pollen
- Bilberry
- Capsicum
- **Cat's Claw**
- Dong Quai
- Echinacea
- Evening Primrose
- Fenugreek
- Feverfew

- **Garlic**
- Ginger
- Ginkgo Biloba
- Ginseng
- **Green Tea**
- Hawthorne
- Hypericum
- Kava Kava
- Licorice Root
- Mahonia Aquifolium

- Marshmallow
- **Mistletoe**
- Oleum Menthaepiperitea (Peppermint Oil)
- Psyllium
- **Saw Palmetto**
- Combination Herbal Therapy*
- Africanium
- **Essiac**
- **Hoxsey**
- Tea Tree Oil
- Tumeric
- Urtica Diocia (Nettle)
- Valerian
- Witch Hazel
- Yohimbe
- Padma 28
- **Saw Palmetto/Pygeum**

**4. Products** - These treatments include biochemical agents, vaccines, blood products and synthetic chemicals not yet accepted by the medical community. In contrast to conventional medicines, these alternative agents are marketed as containing unique, largely non-toxic mixtures to control or combat cancer.

- **Antineoplastons**
- Bee Pollen
- **Cartilage**
- Cell Therapy
- **Coley's Toxins**
- Cone Therapy
- **EDTA**
- Enderlin Products
- Enzyme Therapies
- **Gallo Immunotherapy**
- **Hydrogen Peroxide**
- Hyperbaric Oxygen
- **IAT**
- Induced Remission Therapy
- **MHT-68**
- **Ozone**
- **Revisi System**
- **714X**
- T/Tn Vaccine

## V. Manual Healing Medicine

Touch and manipulation with the hands have been considered a therapeutic instrument for much of the history of medicine, dating back to instructions by Hippocrates about therapeutic massage.<sup>2</sup> Other fields include chiropractic and osteopathic manipulation. Manual Healing Medicine is divided into three subcategories

### 1. Chiropractic Medicine

### 2. Massage and Body Work

- **Acupressure**
- **Alexander Technique**
- Applied Kinesiology
- Body Psychotherapy
- Chinese Tui Na Massage
- **Cranial-Sacral OMT**
- Feldenkrais Technique
- Osteopathic Manipulative Therapy (OMT)
- Pilates Method
- Polarity
- **Reflexology**
- **Rolfing**
- **Swedish Massage**
- Trager Body Work

### 3. Unconventional Physical Therapies

- Alternative Nostril Breathing
- Colonics

- Diathermy
- **Heat and Electrotherapies**

- **Hydrotherapy**
- **Light and Color Therapies**

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<sup>1</sup> National Center for Complementary and Alternative Medicine. "Major Domains of Complementary and Alternative Medicine." [Online]. Available WWW: <http://nccam.nih.gov/fcp/classify/>. Accessed November 7, 2001.

<sup>2</sup> American Medical Association (1999). "CSA Reports. Report 12 of the Council on Scientific Affairs, Alternative Medicine." [Online]. Available WWW: <http://www.ama-assn.org/ama/pub/article/2036-2523.html>. Accessed November 6, 2001.

## **APPENDIX B: THE WELLNESS COMMUNITY ONCOLOGIST-PATIENT STATEMENT**

The effective treatment of serious illness requires a considerable effort by both the patient and the physician. A clear understanding by both of us as to what each of us can realistically and reasonably expect of the other will do much to enhance the outlook. I am giving this "statement" to you as one step in making our relationship as effective and productive as possible. It might be helpful if you would read this statement and, if you think it appropriate, discuss it with me.

### **As your physician I will make every effort to:**

1. Provide you with the care most likely to be beneficial to you.
2. Inform and educate you about your situation, and the various treatment alternatives. How detailed an explanation is given will be dependent upon your specific desires.
3. Encourage you to ask questions about your illness and its treatment and to answer your questions as clearly as possible. I will also attempt to answer the questions asked by your family; however, my primary responsibility is to you, and I will discuss your medical situation only with those people authorized by you.
4. Remain aware that all major decisions about the course of your care shall be made by you. However, I will accept the responsibility for making certain decisions if you want me to.
5. Assist you to obtain other professional opinions if you desire, or if you believe it to be in your best interests.
6. Relate to you as one competent adult to another, always attempting to consider your emotional, social, and psychological needs as well as your physical needs.
7. Spend a reasonable amount of time with you on each return visit unless required by something urgent to do otherwise, and give you my undivided attention during that time.
8. Honor all appointment times unless required by something urgent to do otherwise.
9. Return phone calls as promptly as possible, especially those you indicate as urgent.
10. Make available test results promptly if you desire such reports.
11. Provide you with any information you request concerning my professional training, experience, philosophy and fees.

12. Respect your desire to try treatment that might not be conventionally accepted.  
However, I will give you my honest opinion about such unconventional treatments.
13. Maintain my active support and attention throughout the course of the illness.

**I hope that you as the patient will make every effort to:**

1. Comply with our agreed-upon treatment plan.
2. Be as candid as possible with me about what you need and expect from me.
3. Inform me if you desire another professional opinion.
4. Inform me of all forms of therapy you are involved with.
5. Honor all appointment times unless required by something urgent to do otherwise.
6. Be as considerate as possible of my need to adhere to a schedule to see other patients.
7. Attempt to make all phone calls to me during the working hours. Call on nights and weekends only when absolutely necessary.
8. Attempt to coordinate the requests of your family and confidants, so that I do not have to answer the same questions about you to several different people.

*The Wellness Community Oncologist-Patient Statement. (Courtesy of Harold Benjamin, Ph.D., The Wellness Community, Santa Monica, CA)*

## **APPENDIX C: EDUCATION, TRAINING, LICENSING AND ACCREDITATION OF HEALTH CARE PRACTITIONERS**

Finding a quality health care practitioner can be a confusing and lengthy process. Health consumers may want to research the background, qualifications and competence of potential health care providers whether a “mainstream” physician or a practitioner of alternative and complementary health care. An informed referral is a good place to start. One of the best referral sources is a professional in a related field.<sup>1</sup> For instance, chiropractors often know the best acupuncturists in the local area, and vice versa.

Appropriate state licensing is one way to check that the practitioner you selected is competent in his/her field. You can contact a state or local regulatory agency with authority over practitioners who practice the treatment you seek. The practice of CAM is not as regulated as the practice of conventional medicine. However, licensing, accreditation and regulatory laws are increasingly being implemented. For some specialties, licensing requirements are determined at the state level. In others, the individual county or city governments determine the level of education and training necessary for a license. Local and state medical boards, health regulatory boards and consumer affairs departments can provide information about a specific practitioner's license, education, accreditation and whether there are any complaints lodged against the practitioner.

Most types of complementary and alternative practices also have national organizations of practitioners that are familiar with legislation, state licensing, certification or registration laws. Usually, to gain membership to one of these

professional organizations, the practitioner must meet the minimum licensing law requirements for his/her state. These professional organizations often have referral services and can recommend a qualified practitioner in your area.

In the absence of licensing laws, there is no precise way to determine the relative competence of a CAM practitioner. However common sense can provide some general direction. For instance, it is better when practitioners have had extensive training in their trade and show an interest in continuing education. Do not let a practitioner's professional initials dictate your decision. It is in your best interest to select an acupuncturist with thousands of hours of training and a long list of postgraduate seminars over a medical doctor who has only taken a weekend training course.<sup>2</sup>

Experience is another useful guideline. Just as medical doctors improve with practice, so too will alternative practitioners. Be sure to find out the number of hours of training the practitioner has had in the technique in which you are interested. In addition, you should ask him/her about board or organizational certifications of completion and competency.

### **Acupuncture**

No specific criteria can determine who is a good acupuncturist as the field of acupuncture is very diverse. There are many distinct styles of acupuncture which include traditional Chinese medicine, Japanese Manaka style, Korean hand acupuncture and the Worsley method. Advocates of each field tend to believe that their method is better than all others.<sup>3</sup>

There is no national licensure for acupuncture, and educational requirements, licensure and regulations regarding the practice of acupuncture vary from state to state.

This inconsistent licensure at the state level makes it difficult to judge an acupuncturist's credentials. Legislation in at least 35 states plus the District of Columbia regulate the practice of acupuncture, and about a quarter of these states grant licenses to practice acupuncture.<sup>4</sup> In unregulated states, acupuncture is technically illegal unless performed by a physician.<sup>5</sup> Even titles vary as an acupuncturist may be "licensed," "certified," "registered" or considered a "doctor" of acupuncture or Oriental medicine.<sup>6</sup> To make matters more confusing, these titles do not have a consistent relationship to educational requirements. A practitioner may have some of the following titles: Ac.T. = masters level acupuncture therapist, LAc.= Licensed acupuncturist, Mac. = Masters of Acupuncture, OMD or DOM = Doctor of Oriental Medicine. One can be assured that they have found a trained and board certified acupuncturist if they have these designations after their name.

The Accreditation Commission for Acupuncture and Oriental Medicine (301-608-9680) sets national standards for acupuncture schools and can send you a list of accredited schools. The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) administers a standardized examination testing mastery of acupuncture.<sup>7</sup> An acupuncturist must pass this exam and meet continuing education requirements every two years in order to retain certification. At a minimum, an acupuncturist should be licensed in the state where he/she practices, if such licenses exists, and have received NCCAOM certification. If the practitioner does not have a license, he/she should have graduated from an accredited acupuncture school and/or satisfied the requirements of the National Commission for the Certification of Acupuncturists (NCCA). In the state of California, an acupuncturist must have graduated

from an approved school, completed four academic years of education and obtained a state license.<sup>8</sup> The state licensure process consists of qualifying and passing California's written and clinical examination administered by the state Acupuncture Board.

California does not recognize out-of-state licensing for practice within its state lines.<sup>9</sup>

Medical doctors can practice acupuncture, though physician-acupuncturists are seldom as fully trained in the art compared to non-physician licensed acupuncturists. A board-certified acupuncturist is required to have over fifteen hundred hours of training while a medical doctor may have just attended a weekend course in acupuncture technique and treatment.<sup>10</sup> Ask the physician-acupuncturist about his/her training and experience in the field. Physician's Assistants can perform acupuncture under the supervision of a physician.

Qualified acupuncturists can be recommended by one of the national associations below. They can provide names of practitioners who meet competency standards.

American Academy of Medical Acupuncture

4929 Wilshire Boulevard, Suite 428

Los Angeles, CA 90010

Telephone: (323) 937-5514

Web site: [www.medicalacupuncture.org](http://www.medicalacupuncture.org)

*Professional association for physician-acupuncturists; publications; membership list*

American Association of Oriental Medicine

433 Front Street

Catasauqua, PA 18032

Telephone: (888) 500-7999

Web site: [www.aaom.org](http://www.aaom.org)

*Professional association for nonphysician acupuncturists and practitioners of oriental medicine; education; publications; membership list*

Pacific College of Oriental Medicine  
 7445 Mission Valley Road, Suite 105  
 San Diego, CA 92108  
 Telephone: (619) 574-6909  
 Web site: [www.ormed.edu](http://www.ormed.edu)

*Accredited college of oriental medicine in San Diego that provides lost cost, quality acupuncture treatments to the public.*

### **Acupressure**

Currently, there is no national, state licensure or widely accepted, standard credentialing agency for acupressure. Acupressure is administered by a wide variety of practitioners, from acupuncturists to massage therapists. An acupressure practitioner should have an educational background in traditional Chinese medicine and the hundreds of acupressure points of the body. There is a certification program for practitioners of Oriental bodywork therapy, but it is a relatively new program and few practitioners have received certification. Referrals can be obtained through the American Oriental Bodywork Therapy Association or the American Association of Oriental Medicine.

American Association of Oriental Medicine  
 433 Front Street  
 Catasauqua, PA 18032  
 Telephone: (888) 500-7999  
 Web site: [www.aaom.org](http://www.aaom.org)

*Professional association for nonphysician acupuncturists and practitioners of oriental medicine; education; publications; membership list*

American Oriental Bodywork Therapy Association  
 Laurel Oak Corporate Center, Suite 408  
 1010 Haddonfield-Berlin Road  
 Voorhees, NJ 08043  
 Telephone: (856) 782-1616  
 Web site: [www.healthy.net/pan/pa/bodywork/about1.htm](http://www.healthy.net/pan/pa/bodywork/about1.htm)

*National not-for-profit professional association of Oriental Bodywork Therapists; education, membership list*

### **Alexander Technique**

While there is no national licensure or certification requirements, the North American Society of Teachers of the Alexander Technique has well-established programs and will certify teachers with at least 1,600 hours of training over a three-year period.

The Society will give referrals of certified teachers.

American Society for the Alexander Technique

PO Box 60008

Florence, MA 01062

Telephone: (800) 473-0620

Web site: [www.alexandertech.com](http://www.alexandertech.com)

*Information and publications on the Alexander technique; practitioner lists*

### **Allopathic Medicine**

All medical doctors (MDs) are educated and trained in accredited U.S. medical schools or foreign medical schools and must pass the three parts of the United States Medical Licensing Examination (USMLE). Training for competency in alternative treatments is not yet an integral part of standard medical education. The American Holistic Medical Association (AHMA) is sensitive to the fact there are no national standards of competency in alternative treatments for medical doctors and has recently established the American Board of Holistic Medicine for the purpose of certifying physicians as practitioners of holistic medicine.<sup>11</sup> In addition to the board examination, the certification process for the American Board of Homeotherapeutics requires an interview, a self-administered test of holistic health and evidence of board certification in a medical specialty.

In many states, medical doctors, just by the broad scope of their license to practice medicine, can offer alternative treatments to their patients in which they have not demonstrated competency. However, there is a growing trend to protect health care

consumers from untrained medical doctors who offer several types of alternative treatments such as acupuncture, Chinese medicine and homeopathy. Currently, California law does not require medical doctors to possess a specialized license to offer you the alternative therapy that you desire.

American Holistic Medical Association  
6728 McLean Village Drive  
McLean, VA 22101  
Telephone: (703) 556-9245  
Web site: [www.holisticmedicine.org](http://www.holisticmedicine.org)  
*Information; magazine*

### **Aromatherapy**

There is no national or state licensure for aromatherapy. Without standards for training or certification, it is an essentially unregulated practice. The National Association for Holistic Aromatherapy (NAHA) is developing educational standards for certification that will provide national guidelines for students and teachers.

The National Association for Holistic Aromatherapy (NAHA)  
4509 Interlake Avenue North, #233  
Seattle, WA 98103-6773  
Telephone: (888) ASK-NAHA  
Web site: [www.naha.org](http://www.naha.org)

### **Art Therapy**

Educational and professional standards for art therapists are regulated by the professional organization, American Art Therapy Association, Inc. The Art Therapy Credentials Board (ATCB) is an organization established to protect the public through maintaining and developing standards of practice for art therapists. The designation Art Therapist Registered (ATR) is granted by the ATCB to individuals who have completed

the required educational and professional experience. Board Certified (ATR-BC) art therapists are individuals who have passed the national certification examination.

American Art Therapy Association  
1202 Allanson Road  
Mundelein, IL 60060-3808  
Telephone: (888) 290-0878  
Web site: [www.arttherapy.org](http://www.arttherapy.org)

Art Therapy Credentials Board  
3 Terrace Way, Suite B  
Greensboro, NC 27403-3660  
Telephone: (877) 213-2822  
Web site: [www.atcb.org](http://www.atcb.org)

### **Ayurveda**

Currently, there is no national licensure of Ayurvedic practitioners in the United States. A small number of schools offer minimal training in Ayurvedic principles but there are not any colleges offering the five years of training that is the educational standard in India.<sup>12</sup> Some medical doctors, chiropractors, or nutritionists may include Ayurvedic methods in their treatments. As you would with any doctor, check into your practitioner's training and experience.

### **Biofeedback**

There is no national licensure for biofeedback, nor are biofeedback practitioners required by law to be certified. States which license psychologists and nurses have mandated that this license is all that is required to practice biofeedback. Biofeedback technicians may work under their employer's license. There are training programs certified by the Biofeedback Certification Institute of America (BCIA). Practitioners who wish to be certified must have a bachelor's degree in a health care field, completed a

required number of hours of biofeedback education and undergone supervised clinical training.<sup>13</sup>

Association for Applied Psychophysiology and Biofeedback

10200 West 44<sup>th</sup> Avenue, Suite 304

Wheat Ridge, CO 80033

Telephone: (303) 422-8436

Web site: [www.aapb.org](http://www.aapb.org)

*Publications; membership list; training; certification; referrals*

Biofeedback Certification Institute of America (BCIA)

10200 West 44<sup>th</sup> Avenue, Suite 310

Wheat Ridge, CO 80033

Telephone: (303) 420-2902

Web site: [www.bcia.org](http://www.bcia.org)

*Listing of state biofeedback chapters; certification requirements*

### **Chiropractic**

There is national licensure for chiropractic to which all fifty states plus the District of Columbia and Puerto Rico adhere. A licensed Doctor of Chiropractic (D.C.) must have completed a four-year chiropractic college accredited by the Council on Chiropractic Education (CCE) and/or approved by a state board. National exams and various state assessments are also required. Chiropractors can legally do more than manipulate and align the spine. They will usually take a medical history, perform a physical exam and order lab tests and X-rays to arrive at a diagnosis.

Federation of Chiropractic Licensing Boards

901 54<sup>th</sup> Avenue, Suite 101

Greeley, CO 80634

Telephone: (970) 356-3500

Web site: [www.fclb.org/index.htm](http://www.fclb.org/index.htm)

### **Energetic Healing**

There is no national licensure for energetic healing, and licensing laws are inconsistent at the state level. In general, energetic healing is an unregulated practice. Several schools offer certificate programs in what they call energetic healing. These are usually hybrid programs which combine color therapy, flower essence therapy, magnetic therapy, aromatherapy, hypnotherapy, laying on of hands, meditation and sound healing.<sup>14</sup>

### **Environmental Medicine**

Environmental medicine practitioners are generally physicians, M.D.s or D.O.s, who have been trained by other physicians and/or have taken advanced courses in the prevention, evaluation, management and treatment of environmental illnesses. The American Academy of Environmental Medicine offers such courses to licensed physicians and will provide referrals.

American Academy of Environmental Medicine  
7701 East Kellogg, Suite 625  
Wichita, KS 67207-1705  
Telephone: (316) 684-5500  
Web site: [www.aaem.com](http://www.aaem.com)

### **Guided Imagery**

There is no national or state licensure for guided imagery, and like many mind-body therapies, it is an unregulated practice. Workshops in guided imagery are open to professionals in the counseling field, such as psychologists, certified counselors and social workers. However many hospitals, health organizations, books and videos offer self-help courses in guided imagery.

## **Herbal Medicine**

There are several different approaches to using herbal medicine in the United States. While there is no national licensure for herbal medicine, a practitioner must have a license to practice naturopathy or traditional Chinese medicine in order to prescribe herbal preparations. Only on Native American reservations can a nonmedically trained herbalist prescribe herbs. If a herbalist does not have a state license, legally he/she can only be an herbal "consultant."<sup>15</sup>

The National Commission for the Certification of Acupuncturists recently developed an examination process for the certification of practitioners as Diplomates of Chinese Herbology. Unfortunately, outside of state and local licensing regulations, there is no national or professional association that regulates or accredits herbal medicine education. Because of the unregulated nature of this practice and the potential for contraindications, consumers should be careful in selecting an herbalist. If you plan to take Chinese herbs, make sure any mixtures you use have standardized content and are processed under the direction of a licensed health professional familiar with their medicinal effects.

## **Homeopathy**

Nationally, any licensed medical doctor or osteopath can prescribe homeopathic remedies in the United States. Because there are no national standards of competency in alternative medicine for allopathic doctors and osteopaths, the American Board of Holistic Medicine administers written and oral examinations to interested M.D.s and D.O.s. Those who successfully pass the examination are awarded the Diplomate in Homeotherapeutics (D.Ht.). In some states, naturopathic physicians may also practice

homeopathy and may take a board certification examination (Homeopathic Academy of Naturopathic Physicians Board Certification Examination) to become certified in homeopathy.

Training in homeopathy for other health care providers in the United States is usually three years in length, typically meeting one weekend per month during the training period. A number of certification programs are available. The Council for Homeopathic Certification (CHC) administers a certification examination and awards successful candidates a certificate stating they are Certified in Classical Homeopathy (C.C.H.). The National Board of Homeopathic Examiners (NBHE) offers diplomate status to candidates with a Ph.D., D.C., M.D., D.O., P.A., N.D. or O.M.D. and certificate status to candidates without a doctorate. There is inconsistent licensure at the state level, and other health care and CAM practitioners may or may not be allowed to prescribe homeopathic medicines. You should contact the National Center for Homeopathy for information on specific state regulations.

American Institute of Homeopathy  
801 North Fairfax Street, Suite 306  
Alexandria, VA 22314  
Telephone: (703) 548-7790  
Web site: [www.homeopathyusa.org/home/](http://www.homeopathyusa.org/home/)  
*Professional association; accreditation, directory*

Council for Homeopathic Certification  
PO Box 12180  
La Crescenta, CA 91224-0880  
Telephone: (866) 242-3399  
Web site: [www.homeopathicdirectory.com/old/index.htm](http://www.homeopathicdirectory.com/old/index.htm)  
*Certification, directory*

Homeopathic Academy of Naturopathic Physicians  
12132 S.E. Foster Place  
Portland, OR 97266  
Telephone: (503) 761-3298  
Web site: [www.healthy.net/hanp](http://www.healthy.net/hanp)

### **Hypnotherapy**

Currently, there is no national or state licensure for hypnotherapists. Anyone can legally offer their services to the public. The International Medical and Dental Hypnotherapy Association will certify hypnotherapists if they meet the minimum eligibility requirements and provide referrals.

International Medical and Dental Hypnotherapy Association  
4110 Edgeland, Suite 800  
Royal Oak, MI 48073-2285  
Telephone: (800) 257-5467  
Web site: [www.infinityinst.com/](http://www.infinityinst.com/)  
*Referrals; publications*

### **Massage Therapy and Bodywork**

Massage and bodywork therapies encompass acupuncture, Alexander technique, applied kinesiology, aromatherapy, craniosacral therapy, deep muscle therapy, deep tissue massage, Feldenkrais method, hydrotherapy, qigong, reflexology, reiki, rolfing, Swedish massage, therapeutic touch and others. There is no national licensure and inconsistent licensure at the state level. Many states have no educational or training requirements for massage therapists. Whether or not state laws are in place, local or county laws may apply. The American Massage Therapy Association (AMTA) can provide current information on a specific state's massage laws. The AMTA is also the largest accrediting organization in massage training. Unfortunately, only one-fourth of

U.S. massage schools have been granted accreditation.<sup>16</sup> The National Certification Board for Therapeutic Massage and Bodywork administers a certification examination and an increasing number of states use this as their licensing exam. It is important to make sure your therapist is properly qualified and membership in the AMTA is the best evidence that your therapist has had the proper training. The AMTA also keeps a national list of trained massage therapists for referrals.

American Massage Therapy Association  
820 Davis Street, Suite 100  
Evanston, IL 60201-4444  
Telephone: (847) 864-0123  
Web site: [www.amtamassage.org](http://www.amtamassage.org)  
*Professional association; information; referrals*

National Certification Board for Therapeutic Massage and Bodywork  
8201 Greensboro Drive, Suite 300  
McLean, VA 22102  
Telephone: (800) 296-0664  
Web site: [www.ncbtmb.com](http://www.ncbtmb.com)

## **Meditation**

There is no licensing or certification procedure for teachers of meditation. There are a number of “universities” around the country, run by the Maharishi Vedic Education Development Corporation, which teach the transcendental meditation method.<sup>17</sup> Hospitals, clinics, private practices and fitness centers may have relationships with meditation instructors to whom they refer patients. Look for someone with whom you feel comfortable and who has experience.<sup>18</sup>

## **Naturopathy**

There is no national licensure for naturopathy, and at the state level, licensure is inconsistent. Currently only a few states (Alaska, Arizona, Connecticut, Florida, Hawaii, Maine, Montana, New Hampshire, Oregon, Utah, Vermont and Washington) and Washington D.C. and Puerto Rico have licensing laws, and they differ considerably. If you reside in one of the states listed above, your naturopath should have a degree from one of the four accredited, four-year Naturopathic medical schools (Bastyr; National College of Naturopathic Medicine in Portland, Oregon; Southwest College of Naturopathic Medicine in Scottsdale, Arizona; and the Canadian College of Naturopathic Medicine in Toronto, Ontario) and have passed the national board exam, Naturopathic Physicians Licensing Examination (NPLEX). The Council on Naturopathic Medical Education (CNME) is recognized by the U.S. Department of Education to accredit naturopathic schools and programs. Graduates from these schools are granted the title Naturopathic Doctor (ND) and are usually affiliated with the American Association of Naturopathic Physicians (AANP).

In California, your naturopath may or may not have a ND. In the states without a Naturopathic Doctor licensing board, N.D.s also have to be certified in a licensed type of bodywork to make it "legal" for them to do musculo-skeletal work. Other practitioners of Naturopathy are called Naturopathic Practitioners and they attended and received training from a non-accredited naturopathic college. Naturopathic Practitioner is a specific, state-approved vocational designation that enables graduates of non-accredited colleges to legally provide naturopathy to health care consumers. These naturopaths are usually affiliated with the American Naturopathic Medical Association (ANMA). In several

states, Naturopathic Practitioners can sit for a national board certification test to get their N.D.s.

American Association of Naturopathic Physicians  
 8201 Greensboro Drive, Suite 300  
 McLean, VA 22102  
 Telephone: (703) 610-9037  
 Web site: [www.naturopathic.org](http://www.naturopathic.org)  
*Information on licensing; referrals*

American Naturopathic Medical Association  
 P.O. Box 96273  
 Las Vegas, NV 89193  
 Telephone: (702) 897-7053  
 Web site: [www.anma.com](http://www.anma.com)

### **Osteopathy**

The Doctor of Osteopathic Medicine degree (D.O.) is legally equivalent to that of a M.D., and osteopathy has, for the most part, been assimilated into the larger stream of conventional medicine. All physicians (both D.O.s and M.D.s) must pass a national and state medical board examination in order to obtain a medical license and practice medicine. The National Board of Osteopathic Medical Examiners can give you information about the status of an osteopath's medical license.

National Board of Osteopathic Medical Examiners  
 8765 W. Higgins Road, Suite 200  
 Chicago, IL 60631  
 Telephone: (773) 714-0622  
 Web site: [www.nbome.org](http://www.nbome.org)

### **Polarity Therapy**

There is no national licensure of polarity therapists, and licensure at the state level is inconsistent. In some states, polarity therapy is considered a form of massage, and

therapists are subjected to the same licensing laws as massage therapists. In other states, polarity therapy is unregulated. The American Polarity Therapy Association accredits educational programs and grants practitioners certification and registration. Practitioners who have completed 155 hours of training receive certification as an Associate Polarity Practitioner (A.P.P.) and those with 615 hours of training receive certification as a Registered Polarity Practitioner (R.P.P.).

American Polarity Therapy Association  
 PO Box 19858  
 Boulder, CO 80308  
 Telephone: (303) 545-2080  
 Web site: [www.polaritytherapy.org/](http://www.polaritytherapy.org/)  
*Information and publications; practitioner lists*

### **Reflexology**

There is no national licensure for reflexologists. Practitioners do have the option to become certified by the American Reflexology Certification Board.

American Reflexology Certification Board  
 P.O. Box 740879  
 Arvada, CO 80006  
 Telephone: (303) 933-6921  
 Web site: [www.arcb.net](http://www.arcb.net)

### **Traditional Chinese Medicine (TCM)**

See acupuncture.

### **Yoga**

Because yoga instructors are not medical professionals, no national licensure or standard certification is required. However, some yoga schools do certify their graduates.<sup>19</sup> Becoming a yoga instructor or yoga therapist requires much more personal

dedication than other CAM practitioners. To be admitted to most training programs, prospective yoga instructors must have been practicing yoga for daily for six months to a year, abstain from drugs, alcohol and tobacco and follow a vegetarian diet. Seeking a referral from your health care provider and asking other patients undergoing yoga therapy for recommendations are good ways to find an experienced and qualified yoga therapist.

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<sup>1</sup> Bratman, Steven. The Alternative Medicine Sourcebook. Los Angeles, CA: Lowell House, 1998; pg. 208.

<sup>2</sup> Bratman, Steven. The Alternative Medicine Sourcebook. Los Angeles, CA: Lowell House, 1998; pg. 209.

<sup>3</sup> Bratman, Steven. The Alternative Medicine Sourcebook. Los Angeles, CA: Lowell House, 1998; pg. 125.

<sup>4</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W. W. Norton and Company, 1998. pg. 21.

<sup>5</sup> Yahoo! Incorporated (1999). "Yahoo! Health: Acupuncture." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Acupuncture/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Acupuncture/). Accessed December 11, 2001.

<sup>6</sup> Yahoo! Incorporated (1999). "Yahoo! Health: Acupuncture." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Acupuncture/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Acupuncture/). Accessed December 11, 2001.

<sup>7</sup> Yahoo! Incorporated (1999). "Yahoo! Health: Acupuncture." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Acupuncture/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Acupuncture/). Accessed December 11, 2001.

<sup>8</sup> Acupuncture.com (2000). "United States Acupuncture Laws by State." [Online]. Available WWW: <http://www.acupuncture.com/StateLaws/StateLaws.htm#5>. Accessed December 11, 2001.

<sup>9</sup> California Acupuncture Board. "Licensing and Application Process." [Online]. Available WWW: <http://dca.ca.gov/acup/licensing/licenapp.htm>. Accessed December 11, 2001.

<sup>10</sup> Morton, Michael and Morton, Mary (1997). "The M.D. as an Alternative Practitioner." [Online]. Available WWW: <http://www.healthy.net/library/articles/morton/md.htm>. Accessed December 11, 2001.

<sup>11</sup> American Holistic Medical Association. "The ABHM Exam." [Online]. Available WWW: <http://www.holisticmedicine.org/>. Accessed December 11, 2001.

<sup>12</sup> Lyons, Dianne J.B. Planning Your Career in Alternative Medicine. Garden City Park, NY: Avery Publishing Group, 1997; pg. 7.

<sup>13</sup> Lyons, Dianne J.B. Planning Your Career in Alternative Medicine. Garden City Park, NY: Avery Publishing Group, 1997; pg. 8.

<sup>14</sup> Lyons, Dianne J.B. Planning Your Career in Alternative Medicine. Garden City Park, NY: Avery Publishing Group, 1997; pg. 10.

<sup>15</sup> Lyons, Dianne J.B. Planning Your Career in Alternative Medicine. Garden City Park, NY: Avery Publishing Group, 1997; pg. 13-14.

<sup>16</sup> Lyons, Dianne J.B. Planning Your Career in Alternative Medicine. Garden City Park, NY: Avery Publishing Group, 1997; pg. 23.

<sup>17</sup> Yahoo! Incorporated (2001). "Yahoo! Health: Meditation." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Meditation/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Meditation/). Accessed December 11, 2001.

<sup>18</sup> Yahoo! Incorporated (2001). "Yahoo! Health: Meditation." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Meditation/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Meditation/). Accessed December 11, 2001.

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<sup>19</sup> Yahoo! Incorporated (2001). "Yahoo! Health: Yoga." [Online]. Available WWW: [http://health.yahoo.com/health/Alternative\\_Medicine/Alternative\\_Therapies/Yoga/](http://health.yahoo.com/health/Alternative_Medicine/Alternative_Therapies/Yoga/). Accessed December 11, 2001.

## **APPENDIX D: PROFESSIONAL DEGREES AND TITLES OF ALTERNATIVE PRACTITIONERS**

Ac.T.	Masters level Acupuncture Therapist
A.P.P.	Associate Polarity Practitioner
A.T.R.	Art Therapist, Registered
A.T.R.-B.C.	Board Certified Art Therapist
B.M.	Bachelor of Medicine
B.M.T.	Bachelor of Medical Technology
B.N.	Bachelor of Nursing
B.S.N.	Bachelor of Science in Nursing
C.A.R.	Certified Advanced Rolfer
C.A.	Certified Acupuncturist
C.C.H.	Certificate in Classical Homeopathy
C.Ht.	Certified Hypnotherapist
C.I.S.W.	Certified Independent Social Worker
C.M.A.	Certified Medical Assistant
C.M.P.	Certified Massage Practitioner
C.N.C.	Certified Nutrition Consultant
C.N.M.	Certified Nurse Midwife
C.R.	Certified Rolfer or Certified Reflexologist
C.T.P.	Certified Trager bodywork Practitioner
D.C.	Doctor of Chiropractic
D.Div.	Doctor of Divinity
D.D.S.	Doctor of Dental Surgery
D.H.A.N.P.	Diplomate of Homeopathic Academy of Naturopathic Physicians
D.Ht.	Doctor of Homeotherapeutics
D.I.B.A.K.	Diplomate of the International Board of Applied Kinesiology
Dipl.Ac.	Diplomate of Acupuncture
Dipl.C.H.	Diplomate of Chinese Herbology
D.M.D.	Doctor of Dental Medicine
D.N.B.H.E.	Diplomate of the National Board of Homeopathic Examiners
D.O.	Doctor of Osteopathy
D.O.M.	Doctor of Oriental Medicine
D.P.E.	Doctor of Physical Education
D.P.M.	Doctor of Podiatric Medicine
D.Sc.	Doctor of Sciences
D.S.W.	Doctor of Social Welfare
D.Th.	Doctor of Theology
D.T.	Dietetic Technician
D.V.M.	Doctor of Veterinary Medicine
F.I.C.C.	Fellow of the International College of Chiropractors
F.N.A.A.O.M.	Fellow of the National Academy of Acupuncture and Oriental Medicine
G.C.F.P.	Guild-Certified Feldenkrais Practitioner
L.Ac.	Licensed Acupuncturist

L.C.S.W.	Licensed Clinical Social Worker
L.H.P.	Licensed Homeopathic Physician
L.M.P.	Licensed Massage Practitioner
L.M.T.	Licensed Massage Therapist
M.Ac.	Master of Acupuncture
M.B.	Bachelor of Medicine
M.D.	Doctor of Medicine
M.D.(H.)	Doctor of Homeopathic Medicine
M.Div.	Master of Divinity
M.N.I.M.H.	Master of the National Institutes of Medical Herbalists (British)
M.H.	Master Herbalist
M.P.H.	Master of Public Health
M.S.N.	Master of Science in Nursing
M.S.P.H.	Master of Science in Public Health
M.S.W.	Master of Social Work
N.C.C.A.	National Commission for the Certification of Acupuncturists
N.C.T.M.B.	National Certification in Therapeutic Massage and Bodywork
N.D.	Doctor of Naturology (British); Doctor of Naturopathy (U.S.)
N.M.D.	Doctor of Naturopathic Medicine
O.M.D.	Oriental Medical Doctor
P.A.	Physician's Assistant
Ph.D.	Doctor of Philosophy
P.T.	Physical Therapist
R.D.	Registered Dietitian
R.N.	Registered Nurse
R.Ph.	Registered Pharmacist
R.P.P.	Registered Polarity Practitioner

## **APPENDIX E: THE PLACEBO EFFECT**

In 1955, Dr. Henry Beecher, a Harvard physician, published the first study that reported thirty-three percent of patients were aided by placebos, chemically inactive substances also known as “sugar pills.”<sup>1</sup> The placebo effect can be defined as healing that occurs from a patient’s beliefs or assumptions that a treatment is effective. This treatment can be an ingested medicine or other therapy that is perceived by the patient as having therapeutic value. This phenomenon is an excellent example of how the mind and the power of suggestion can have a major effect on the state of the body. Many of the mind-body therapies reviewed in this manual are beneficial to patients for this very reason. If a patient believes in the therapy and his/her health care practitioner, the placebo will help to lessen pain and promote general well-being thirty to forty percent of the time.<sup>2</sup>

The power of the mind and placebos can actually be powerful enough to cause negative side effects, including headaches, nervousness, nausea and constipation. This result is called the nocebo response.<sup>3</sup> However, the effect normally acts in a positive fashion to relieve pain, nausea, headaches, stress, anxiety and other symptoms. Placebos should not be expected to change the underlying disorders causing the symptoms.

There is some evidence that suggests the placebo effect leads to the release of endorphins, or natural painkillers, in the brain, which can help alleviate pain and anxiety many patients experience.<sup>4</sup> It is also believed that the doctor-patient relationship has a strong influence on whether or not the placebo effect will occur. Because many patients have a strong faith in and respect for their health care providers, a therapy offered by a

trusted source gives them hope and strength for recovery from illness. Physicians who help their patients gain optimism are more likely to generate positive placebo effects in their patients than those who do not inspire and generate hope in their patients.<sup>5</sup>

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<sup>1</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 139.

<sup>2</sup> Dana Desonie, Study Works Online (2001). "The Placebo Effect: Real or Imagined." [Online]. Available WWW: [http://www.studyworksonline.com/cda/content/article/0,1034,NAV4-42\\_SAR1112,00.html](http://www.studyworksonline.com/cda/content/article/0,1034,NAV4-42_SAR1112,00.html). Accessed December 12, 2001.

<sup>3</sup> Health Helpers.com (2000). "NIH Mind/Body Connections." [Online]. Available WWW: [http://healthhelper.com/complementary/book\\_mb/evidence.htm](http://healthhelper.com/complementary/book_mb/evidence.htm). Accessed December 12, 2001.

<sup>4</sup> Health Helpers.com (2000). "NIH Mind/Body Connections." [Online]. Available WWW: [http://healthhelper.com/complementary/book\\_mb/evidence.htm](http://healthhelper.com/complementary/book_mb/evidence.htm). Accessed December 12, 2001.

<sup>5</sup> Cassileth, Barrie R. The Alternative Medicine Handbook. New York, NY: W.W. Norton and Company, 1998; pg. 142.