



CANCER CARE AND ASIAN MEDICINE

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Do you know someone with cancer? Most people with cancer seek biomedical care (care from MDs), and receive surgery, chemotherapy, and/or radiation therapy. *Adding* acupuncture and herbal therapy to this mix can markedly improve the patient's health and wellbeing!

The focus in biomedical care is on destroying the cancerous tissue. The focus in Asian medical care is on supporting the body's capacity to heal itself. Phrased this way, you can see why *adding* Asian medical care *is helpful to most cancer patients*.

Here's how Asian medicine can help:

- Acupuncture can reduce nausea, improve appetite, reduce fatigue, improve mood and courage, reduce pain. How can it do these things? Acupuncture helps the body move toward balance, or (to use the technical term) homeostasis. Homeostasis is disturbed by disease, and it's also disturbed by intense interventions like chemotherapy. Acupuncture, then, can counter both the effects of the disease and the side-effects of the biomedical therapy, strengthening the body from the inside out, and in turn, *enhancing* the effectiveness of the biomedical treatments.
- Special Chinese herbal combinations *counter the side-effects of chemo- and radiation therapy*. Patients who take these herbs can reduce the fatigue and all-over sick-feeling that commonly accompanies chemo- and radiation therapy. These herbs do not interfere either with most pharmaceuticals or with the chemotherapy itself. Instead, they complement the biomedical therapies.
- Also available are Chinese herbal combinations that *strengthen the immune system*, improving the body's ability to fight off the cancer. Again, these herbs support and complement the biomedical treatment; they do not interfere with it.
- Moving meditations like tai chi and chi gung are helpful to cancer patients. They can be done quietly at home, enhance energy, calm the spirit, and improve balance.
- Asian medicine includes attention to diet, and there are many nutritional steps cancer patients can take to improve their dietary intake and support the healing of their bodies.

If you have cancer, or know someone who does, consider consulting a Chinese medical specialist. Ask your MD to be open to your decisions, and try to get your biomedical practitioner and your Chinese medical practitioner to talk to each other about ways to enhance your healing. Adding Asian medical care to a cancer control plan can improve well-being at the same time it improves health.