

# Complementary and Integrative Medicine: From ancient practices to modern science

Traditional Chinese Medicine - Dr. Xiaorong Ding, PhD, TCM

Nutrition, Mindfulness, New developments - Fred Grover, MD

Mind-Body and Touch therapies – **Sandy Priester**, CHTP, RMT, MBA

## Sandy Priester

Co-Founder and Executive Director  
LifeSpark Cancer Resources



# Integrative Medicine

- *Addresses body, mind, and spirit*
- *Encourages patient to be partners in their treatment*
- *Supports the use of evidence-based CAM (Complementary and Alternative Medicine) therapies*



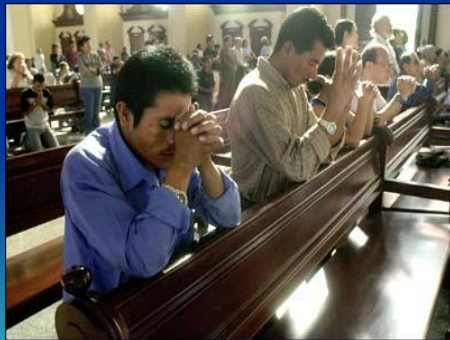
# Healing Traditions of Indigenous Cultures

- 5,000 years of indigenous healing practices
- Body and mind are interconnected.
- Deep connection with the earth
- Spirituality is an active part of healing



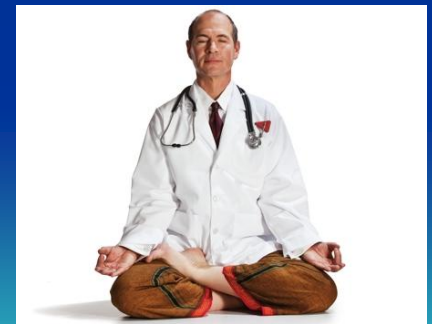
# Industrial Revolution and Modern Science

- Science and medicine made major advances
- Emotions, mind and spirit were considered separate from body



# Integrative Medicine

- In mid-1990's shift in thinking
- General population began using CAM in record numbers
- Hospitals began opening integrative medicine clinics
- Emphasizes wellness and prevention



## Touch and Energy Therapies

# Massage and Body Work

Many types and uses

- Acupressure
- Lomilomi
- Lymphatic drainage
- Myofascial release
- Reflexology
- Swedish
- Shiatsu
- Rolfing
  
- Medical Massage/Oncology Massage



# Massage: Current use

- Sixteen percent of US adults visited a massage therapist in 2012, and 37 percent have received a professional massage sometime in their life.



Marathon runners receiving massages at the 2004 ING Taipei International Marathon

[http://en.wikipedia.org/wiki/Massage#Ancient\\_and\\_medieval\\_times](http://en.wikipedia.org/wiki/Massage#Ancient_and_medieval_times)

# Massage

## Research and Benefits

- Acute pain (headache, pre and post-operative), Chronic back and neck pain, bone, joint, and muscle pain, nerve impingement pain, non-inflammatory pain
- Balance, range of motion, flexibility
- Constipation, digestive disorders
- Circulatory disorders





# Massage

## Research and Benefits

- Immune function
- Loss of sleep, relaxation
- Nausea and fatigue associated with cancer treatment
- Reduced hospital stays for surgery patients
- Stress, anxiety, depression, mood disorders, agitated behavior
- Wellbeing, self-esteem, self awareness

[http://www.massagetherapy.com/\\_content/images/Media/Factsheet1.pdf](http://www.massagetherapy.com/_content/images/Media/Factsheet1.pdf)



Touch and Energy Therapies

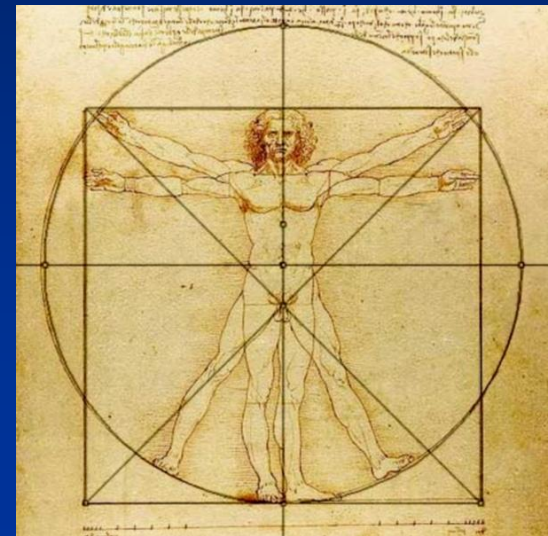
# Energy Healing Therapies

- Therapeutic Touch
- Healing Touch
- Reiki
- Cranio-sacral Therapy
- Access Consciousness
- Polarity Therapy
- Psych-K



# Energy Healing Therapies

- The body is a self-regulating, self correcting marvel
- Energy therapies work with in the energy field to bring the body back into balance and promote self healing.
- We don't treat the illness. We treat the whole person.



Touch and Energy Therapies

# Energy Healing Therapies

Benefits

## Safe

- No drug interactions
- No known side effects
- Soothing and relaxing



# Energy Healing Therapies

## Benefits

### Gentle

- Light touch or off the body
- Support for fragile, elderly, and dying individuals



# Energy Healing Therapies

## Benefits

### Reliable

- Healing Touch: 90+ studies
- Reiki: 50+ studies
- Therapeutic Touch: 50+ studies



Touch and Energy Therapies

# Energy Healing Therapies

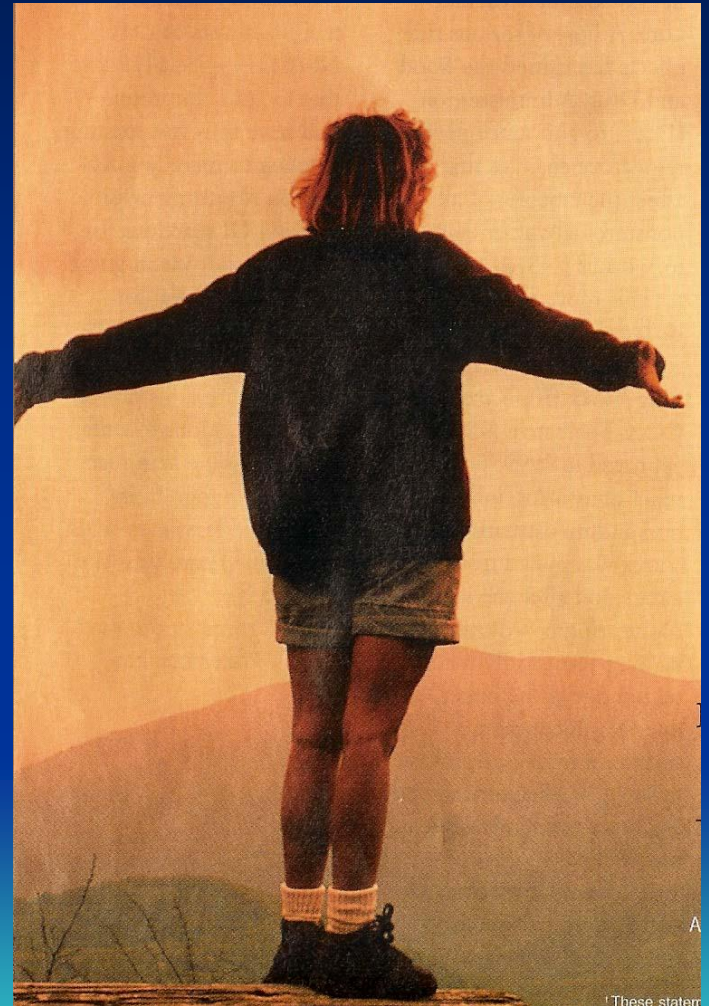
Outcomes confirmed by research

- Relief from
  - Stress/Anxiety
  - Depression
  - Pain
  - Fatigue
- Recovery from surgery
- Day-to-day functionality
- Sense of well-being



# Comments from patients

- A blanket of calm would fall over me and I would relax. My mind would clear. Diane
- It helped me release anger and accept where I was. It also helped with the pain. Tom
- It is the closest I have come to being in a state of grace. Susan





Questions?

