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
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
Touch and Energy Therapies

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

http://www.massagetherapy.com/_content/images/Media/Factsheet1.pdf
Touch and Energy Therapies

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
Touch and Energy Therapies

Energy Healing Therapies

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

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

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