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Nota di contenuto	Acknowledgements; Contents; Chapter 1 The Role of Complementary Medicine and Cancer Treatment; Chapter 2 Communicating with Your Medical Team; Tips for Talking with Your Medical Team; Tips for Talking with Your Complementary Medicine Practitioner; What To Do If Your Doctor is Dismissive; Chapter 3 How To Use This Book; Sample Side Effect Chapter; Chapter 4 Descriptions of Complementary Medicine Therapies; Aromatherapy; Inhalation (Breathing) Applications; Topical Applications (Applied to Body); Oral (Taken by Mouth) Applications; Buying and Storage Choosing an Aromatherapy Remedy that is Right for You Cautions with Essential Oils; Chinese Medicine and Acupressure; Acupuncture; Acupressure; Cautions with Acupressure; Herbal Teas; Items Needed to Make an Infusion; How to Make an Infusion; Items Needed to Make a

Decoction; How to Make a Decoction; Homeopathy; Choosing the Homeopathic Remedy that is Right for You; Cautions with Homeopathy; Massage; Effleurage (Figure 1); Pettrissage (Figure 2); Friction (Figure 3); Cautions with Massage; Nutrition; A Brief Word About Advanced Forms of Nutrition Intervention; Complementary/Alternative Diets Reflexology Application of Reflexology; Finger walking (Figure 4); Hooking technique (Figure 5); Rotation on a point (Figure 6); Thumb walking (Figure 7); Cautions of Reflexology; Supplements (Nutrition, Herbal); Risks Associated with Dietary Supplements; Contamination of dietary supplements; Interactions with cancer therapy; Visual Imagery; Yoga; Breathing Exercises (Pranayama); Yoga Postures (Asanas); Before You Begin; Props; Cautions with Yoga; Chapter 5 Cancer Associated Side Effects; Anxiety & Stress; What is Anxiety?; How is Anxiety Treated by Conventional Medicine? Integrative Approaches to Anxiety Aromatherapy; Chinese Medicine/Acupressure; Acupressure; Herbal Teas; Homeopathy; Massage; Massage by a Caregiver; Nutrition; Reflexology; Supplements; Visual Imagery; Yoga; Chemo Brain; What is Chemo Brain?; How is Chemo Brain Treated by Conventional Medicine?; Integrative Approaches to Chemo Brain; Aromatherapy; Chinese Medicine/Acupressure; Acupressure; Herbal Teas; Homeopathy; Massage; Massage by a Caregiver; Nutrition; Begin with these simple food substitutions and strategies; Reflexology; Supplements; Visual Imagery; Yoga; Constipation What is Constipation? How is Constipation Treated by Conventional Medicine?; Integrative Approaches to Constipation; Aromatherapy; Chinese Medicine/Acupressure; Acupressure; Herbal Teas; Homeopathy; Massage; Massage by a Caregiver; Self Massage; Nutrition; Food Remedies; Reflexology; Supplements; Yoga; Depression; What is Depression?; How is Depression Treated by Conventional Medicine?; Integrative Approaches to Depression; Aromatherapy; Chinese Medicine/Acupressure; Acupressure; Herbal Teas; Homeopathy; Massage; Massage by a Caregiver; Nutrition; Food Remedies; Supplements; Visual Imagery Yoga

Sommario/riassunto

Integrative Strategies for Cancer Patients is the definitive resource on the benefits of integrative therapies during cancer treatment. The book does not need to be read cover to cover to learn about integrative medicine. Instead it is meant to be a reference handbook for managing the most common side effects afflicting patients with cancer. Integrative Strategies for Cancer Patients provides hands-on guidance with illustrations demonstrating how to use complementary/alternative therapies during cancer treatment. Some of the techniques you will learn about in this book are: Yoga poses and
