

## Cancer Treatment: Is an Integrative Healthcare Approach Helpful?



**Myra Nissen, CCH**

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Choosing to use an integrative approach with cancer is a difficult decision. In the United States homeopathy, herbs, acupuncture, nutrition, and other alternative health care systems are not considered primary, or stand-alone therapies for cancer.

Nevertheless, natural therapies are becoming an increasingly popular complement to traditional cancer treatments.

### Cancer Patients Benefit from a Complementary Treatment of Natural and Conventional Healthcare

Complementary care, when used correctly and combined with necessary conventional therapies can be a powerful tool to support the process of healing. There is much anecdotal evidence that certain homeopathic remedies, when correctly selected, can reduce symptoms or reverse the progression of the disease.

According to *The Cancer Concern Foundation*, homeopathic remedies can aid patients who have just been diagnosed with cancer to become more centered helping to release apprehension and tension from the nervous system. Like with any chronic disease, self-care is not wise and this is especially true in the case of cancer. It's important to choose a homeopath with experience in this area and that has a high level of skill.

### Homeopaths Create a Partnership with the Cancer Patients' Doctor to Insure a Supportive Environment

Homeopaths who work with cancer patients create a partnership with their clients and work closely with doctors and other care providers in a supportive

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(see reverse)

environment. A person's symptoms can change at any time requiring the homeopath to act rapidly to respond accordingly.

**Varda Wilensky, CCH, RSHom(NA)**, a homeopath specializing in helping her clients alleviate adverse side effects following chemotherapy, surgery, or radiation,

"I follow my clients closely through each step of their treatment. Homeopathy is effective reducing side effects making it easier to tolerate conventional treatments. Homeopathy helps cancer patients maintain quality of life. ...I am rewarded every day by witnessing the wellbeing of my clients."

The **Charlotte Maxwell Complementary Clinic** is a state licensed health clinic in Oakland and San Francisco utilizing a multi-discipline integrative approach to the conventional treatment of cancer. Homeopathy, Traditional Chinese Medicine, Western herbs, massage, and therapeutic imagery are some of the modalities that are offered at no charge to under privileged women with cancer.

#### Sources:

Varda Wilensky, CCH, RSHom(NA), [www.VardaHome.com](http://www.VardaHome.com), with a private practice in San Francisco, CA and a volunteer at The Charlotte Maxwell Complementary Clinic.

The Cancer Cure Foundation, [www.cancure.org/homeopathy.htm](http://www.cancure.org/homeopathy.htm), a non-profit organization dedicated to research and education in alternative cancer therapies.

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#### HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED

- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- Return to Wellness

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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