



What are complementary therapies?

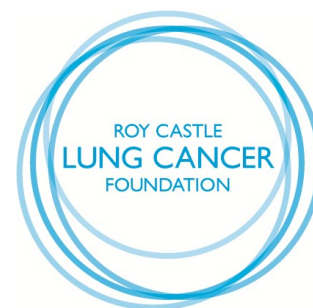
Sometimes also known as alternative therapies, they may help to control your symptoms and enhance your quality of life. Complementary therapies may be used alongside conventional cancer treatments. They work using the healing power of nature and stimulating the body's natural healing ability. They aim to treat the whole person including the physical, spiritual and social being. However, it is important to stress that although you may find complementary therapies very helpful in reducing symptoms such as pain, there is no conclusive scientific evidence which proves that such treatments can cure cancer.

There are a huge variety of complementary therapies advertised on the open market, many are well known and have been proven to be helpful. However, there are also some therapies that are expensive and have doubtful benefits. Be very wary of unusual and often costly therapies advertised in the media such as the internet, or newspaper adverts. If you are in any doubt discuss with your GP or hospital team whether it may be of any particular benefit to you. You may find that your hospital or GP has a complementary therapy service available.

Note: It is important to also check with your doctor before starting any complementary therapy, as it may interfere with some treatments or other medication you may be taking.

Below is a table explaining some of the more popular complementary therapies.

Therapy	Explanation
Acupuncture	Part of a system of Chinese medicine, which depends on the balanced functioning of the body's energies and involves very fine needles being inserted at specific points on the body's surface.
Aromatherapy	Uses massage and inhalations combined with essential plant oils, to promote health and healing of the whole body.
Bowen technique	A light tissue manipulation thought to help balance the body's energies.
Hypnotherapy	Uses the hypnotic state to overcome limitations by controlling the body and mind.
Massage	Uses gentle to vigorous contact to stimulate the blood flow around the body, helping a person to relax.



Therapy	Explanation
Reflexology	A form of ancient Chinese medicine involving treatment using massage to reflex areas found in the feet and the hands.
Reiki	Uses life energy being passed by gentle, touch, through the practitioner to the person receiving this relaxation treatment.
Spiritual healing	Channels healing energy from a spiritual source to the patient through the healer's hands.

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Saving lives - We fund lung cancer research, campaign for better treatment and care for people who have lung cancer, and raise awareness of the importance of early diagnosis. Our lung cancer prevention work helps people to quit smoking and encourages young people not to start smoking.

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This information has been taken from the following sources:
Lung cancer—answering your questions; Living with lung cancer 2014