

7. ALTERNATIVE TREATMENTS

Alternative medicine are types of medicine and healing that differ from conventional medicine. Alternative medicine sometimes used instead of traditional medicine.

There are many types of complementary and alternative medical treatments.

Many people feel that the best approach to health and wellness is to use a combination of conventional, complementary, and alternative medicine. This is called integrative medicine. Some people choose to try an alternative or complementary medicine if conventional medicine hasn't helped or has too many side effects.

We should ask our doctor before we use alternative medicine. They can help you find out if the treatment is safe and if it works.

Some types of alternative medicine can be grouped as:

Mind–body therapies that includes:

- **Meditation** trains the mind to be quiet, calm, and focused.
- **Yoga** uses a series of stretching and poses with rhythmic breathing.
- **Tai chi** uses a slow dance-like set of movement.

Nutritional therapies, for example:

- **herbs**
- **dietary supplements**
- **vitamins and minerals**
- **special diets**

We also have methods like:

AROMATHERAPY

Aromatherapy uses essential oils for healing. It can be also combined with other treatments such as massage.

Some people use products with essential oils such as candles.

Different essential oils are useful for different experiences.

It's possible to get an allergic reaction.

Another therapy is **HOMEOPATHY**.

Homeopathy involves using extremely diluted natural substances to treat physical and mental health problems.

It helps some people with stress, anxiety, depression, it helps to relax.

There is no major side effect, however there is a risk that if you choose this as your main only treatments, your mental health problem might get worse.

I have **REIKI** as my last therapy.

Reiki is Japanese treatments. Therapy increases energy and rebalancing energy flow over your body.

Reiki is used for depression, anxiety, and other problems with chronic pain.

There are no major side effects.

Zájmy a záliby jako podpora při léčbě:

Hobbies as support during treatment: Hobbies such as painting, crafts, enjoying music, exploring nature, baking, or reading may complement the interests and goals of the customer you're providing support to.

Interests during treatment:

When you find out what the person is interested in, you win.

Family is the most important:

Having friends and family who are able to support you will give you "resources" to deal with the stress, emotional turmoil, and all that comes with cancer treatment and the lengthy recovery that follows.