ONCOLOGY MASSAGE AND ACUPUNCTURE:

When coupled with conventional treatment options, integrative medicine can provide you with relief from the stress and symptoms caused by the disease and the treatment required to cure it.

Our mission is to reduce stress, promote healing, and provide emotional support for cancer patients through Oncology Massage and Acupuncture.
ONCOLOGY MASSAGE

Oncology massage is a type of massage that is specific to a person who is living with cancer or has had a history of it. This comfort-oriented massage is tailored for each individual by including various adjustments, such as type of pressure, length of session, positioning, and avoidance of affected areas in the body. In addition, side effects from medications and treatments are taken into account so that a safe and beneficial massage can be given. A properly trained oncology massage therapist can provide this type of massage at any stage of a cancer journey. Comfort, stress reduction and relaxation are also some of the goals of this gentle, caring massage.

BENEFITS OF MASSAGE SPECIFIC TO CANCER PATIENTS INCLUDE:

- Diminished side effects from cancer treatment
- Overall improved quality of life
- Reduced fatigue
- Reduced pain
- Reduced anxiety
- Reduced depression
- Reduced nausea
- Increased self-esteem
- Decreased feelings of isolation and loneliness
- Increased overall immunity, which is imperative to those suffering from cancer

MISCONCEPTIONS ABOUT ONCOLOGY MASSAGE

In recent years, massage in any form was strongly discouraged for anyone suffering with cancer. It was thought that the pressure of the massage stimulated blood and lymph circulation, which could possibly lead to a spread of malignancies throughout the patient’s entire body. However, it has since come to light that while cancer does spread via the lymphatic system, it spreads because of changes in the cells’ DNA versus actual movement of the cancer or other mechanical means. Prior to the last 15-20 years, nurses and physiotherapists regularly massaged patients as part of a daily routine to reduce anxiety and relieve pain. Studies also show significant decrease in anxiety and respiratory rates, as well as a significant increase in white blood cells and natural killer cell activity, suggesting a benefit to the immune system.

ONCOLOGY ACUPUNCTURE

Acupuncture provides a total approach to health care for people with cancer. It can be used to address many of the concerns that come up during and after chemotherapy, radiation, biological therapy and surgery. According to the National Cancer Institute, acupuncture may cause physical responses in nerve cells, the pituitary gland, and parts of the brain. These responses can cause the body to release proteins, hormones, and brain chemicals that control a number of body functions. It is proposed that, by these actions, acupuncture affects blood pressure and body temperature, boosts immune system activity, and causes the body’s natural painkillers, such as endorphins, to be released.

BENEFITS OF ACUPUNCTURE SPECIFIC TO CANCER PATIENTS INCLUDE:

- Diminished side effects from cancer treatment
- Overall improved quality of life
- Reduced fatigue
- Reduced pain
- Reduced anxiety and depression
- Reduced inflammation
- Reduced post-operative or chemotherapy-induced nausea and vomiting
- Reduced insomnia
- Reduced nerve problems
- Reduced constipation and diarrhea
- Reduced hot flashes, night sweats and dry mouth
- Reduced skeletal muscular pain and dysfunctions
- Reduced neuropathy
- Increases white blood cell count
- Helps relieve mental stress
- Improves ability to monitor stress signals and respond appropriately
- Helps with emotional build-up, lack of sleep, and focus
- Reduces levels of anxiety
- Increases awareness of mind-body connection