

COMPLEMENTARY CANCER CARE – THE HIDDEN ROLE

StoneTree Naturopathic Clinic, Collingwood, ON

Complementary cancer care seeks to help patients by supporting their conventional care treatment choices. Typically, those solutions attempt to:

- Decrease the side effects of treatments such as radiation, chemotherapy and surgery
- Improve recovery times
- Increase overall health in an attempt to prevent the spread or recurrence of cancer

While research continues to grow on the effectiveness of these integrative approaches, there remains a less well-known side: the role of complementary care in guiding patients through one of life's most frightening and confusing experiences.

A cancer diagnosis can be paralyzing. With spending on complementary and alternative cancer care continuing to climb, it's not uncommon for patients to be bombarded with suggestions to, "Try this herb," or "take this supplement." While well-meaning, the options can be overwhelming for someone trying to simply cope with what's happening in their body.

The same applies to the sheer volume of information available to patients who choose to be actively involved in the direction of their care. Their difficult path is now made even more challenging by the mountains of data available within a few mouse clicks. Stories of new discoveries. Anecdotes from clinics in other countries. Tales of spontaneous recovery. The information is everywhere.

Not all alternatives work. The ones that do work don't work for everyone. And many cancer alternatives have the most dangerous side-effect of all: they don't work, and they interfere with the effectiveness of options that *do*. We're in a new age of health care where even the choice of what to do is complicated and filled with doubt.

Fortunately, for the frightened, the overwhelmed, and for those patients who have exhausted conventional options, complementary care can play a pivotal role in advocating for our health, and informing some of our most difficult decisions.

*To learn more about cancer care, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com*