

**Reiki** (pronounced "ray-kee") is a therapeutic technique in which healing energy is channeled, or conducted, through a practitioner's hands into the person receiving the treatment. It is believed that Reiki brings the body into emotional and spiritual balance, supporting the body's natural ability to heal itself.

**Yoga** is used for fatigue, insomnia, depression, general quality of life. It can reduce high blood pressure.

**Exercise** has been studied to reduce fatigue DURING treatment with chemotherapy and radiation therapy. Walking, biking, swimming, etc.

**Aromatherapy** used for nausea (being taught at MD Anderson Cancer Center in Houston, TX). It can stimulate lymphatic flow, reduce fatigue and anxiety. Example: Lavender for headaches, insomnia, high blood pressure, Orange for insomnia, constipation, depression, anxiety, peppermint as a digestive aid, Rosemary for fatigue, Ylang-Ylang for calming.

### **Protection for Radiotherapy**

1) In vitro studies showed that curcumin increases tumor cell apoptosis, decreases cell growth rate, and reduces the number of clonogenic cells in a dose-dependent manner.

Hiroshi Inano at the Research Center for Radiation Safety, National Institute of Radiological Sciences, Japan, says the results are very interesting and that he hopes to be able to use curcumin in clinical application, particularly given its low toxicity and strong antioxidant activity.  
[12/10/2002; Lancet Oncology]

2 ) CONCLUSION: Calendula is highly effective for the prevention of acute dermatitis of grade 2 or higher and should be proposed for patients undergoing postoperative irradiation for breast cancer. Journal of Clinical Oncology, Vol 22, No 8 (April 15), 2004: pp. 1447-1453

3) Treatment of mice with abana before irradiation caused a significant depletion in lipid peroxidation followed by a significant elevation in GSH concentration in the liver of mice at day 31 post-irradiation. Abana scavenged •OH, DPPH, ABTS•+ and NO• in a concentration dependent manner in vitro. Our results indicate that the radioprotective activity of abana, a polyherbal drug may be due to free radical scavenging and increased GSH level in irradiated mice.  
British Journal of Radiology (2004) 77, 1027-1035

4) Tea extracts are an efficient, broadly available treatment option for patients suffering from acute radiation-induced skin toxicity. "The molecular mechanisms underlying the beneficial effects are complex, and most likely not exclusively dependent on effects of tea polyphenols such as epigallocatechin-gallate". BMC Medicine 2006, 4:28 doi:10.1186/1741-7015-4-28

### **Insomnia**

1) Include poppy seeds in your diet: they are a natural sleep aid. Ayurvedic

2) Pumpkin seeds are "more likely to attract the sand man than warm milk, a book or Lavender scents on the pillow". Like Turkey, Butternut Squash Seeds and pumpkin seeds have high concentrations of the compounds that tend to make guests sluggish after a Thanksgiving meal.

3) Herbs such as Valerian, with Calcium/Magnesium, skullcap

4) Massage the soles of your feet (Dana Ullman, Homeopath suggests); hypnotize yourself starting with your feet – feel total relaxation, then move on up.  
Take a warm bath in which you add a couple of drops of one or more essential oils such as orange blossom, meadowsweet, or hops.

5) Wool blankets are better able to regulate skin and body temperature than synthetic blankets. This comfortable comforter may help you sleep better

Many medicines keep you awake. Talk to your doctor.

6) Use a Mantra A mantra is usually a one or two syllable word that you repeat over and over and over again. You use it as a way to calm the mind, though it can also clear the mind and encourage sleep

7) Music to relax by.

## Neuropathy

- 1) "Our results indicate that the behavioral symptoms of neuropathic pain states can be treated successfully, and that partial to complete reversal of associated morphological and neurochemical changes is achievable with artemin". Nature Medicine November 2003 Volume 9 Number 11 pp 1383 – 1389
- 2) Alpha-lipoic acid ( a dietary supplement) Considered safe Regul Toxicol Pharmacol. 2006 Oct;46(1):29-41. Epub 2006 Aug 14. Also protective for the liver "The results of the study revealed that -lipoic acid could offer protection against chloroquine-induced hepatotoxicity. -Lipoic acid had a better protective effect when compared with silymarin, a reference drug" Journal of Applied Toxicology Volume 24, Issue 1 , Pages 21 - 26

Vitamin B12 (from an article by syndicated columnist Dr. Paul Donohue, To Your Health, in the Palm Beach Post).

"The recommended daily allowance for vitamin B12 is 2.4 micrograms. Huge doses of vitamin B12 can penetrate the intestinal wall. (But) B12 deficiency is an uncommon cause of burning feet."

- 3) "Conclusions: Urea containing preparation appears to be an excellent choice for the prevention and treatment of capecitabine induced hand foot syndrome. This minimizes drug delays, schedule interruptions and maintains the dose density. Owing to reduced morbidity, the drug tolerance and acceptance is considerably improved". ASCO 2004 Abstract No: 8105
- 4) Oral Glutamine is "effective for preventing Oxaliplatin-induced Neuropathy in Colorectal cancer patients" The Oncologist, Vol. 12, No. 3, 312-319, March 2007; doi:10.1634/theoncologist.12-3-312
- 5) Journal of Alternative and Complementary Medicine 2004;10(3):449-455. A study published in a recent issue of the Journal of Alternative and Complementary Medicine has found that acupuncture can reduce pain and peripheral neuropathy in HIV-infected individuals, especially when treatment is directed at a patient's specific symptoms.
- 6) While nerve conduction velocity did not improve, vibration perception increased. Clinical symptoms also improved in groups treated with acetyl-L-carnitine compared to placebo. Participants who received 1,000 milligrams acetyl-L-carnitine thrice daily demonstrated significant improvement in pain at the study's midpoint and conclusion.
- 7) Neuroprotective Conclusion: "Supplementation of patients receiving cisplatin chemotherapy with vitamin E decreases the incidence and severity of peripheral neurotoxicity". Journal of Clinical Oncology, Vol 21, Issue 5 (March), 2003: 927-931



Compiled from studies and articles that can be found on [www.annieappleseedproject.org](http://www.annieappleseedproject.org)

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