

Most common complementary modalities:

- 1) Nutrition programs. Individualized and customized
- 2) Support Groups: Stress management. Feeling Empowered. American Psychosocial Oncology Society (APOS)
- 3) Gentle and aerobic exercise. Movement
- 4) Breathing exercises and techniques
- 5) Yoga: Whole discipline
- 6) Physical Therapy and Rehabilitation Medicine
- 7) Botanicals and dietary supplements
- 8) Empowerment Techniques: Meditation, Mindfulness based stress reduction (MBSR), visualization, guided imagery, etc.
- 9) Massage (medical): oncology massage certification
- 10) Traditional Chinese Medicine (TCM). Acupuncture. Acupressure
- 11) Ayurveda
- 12) Biofield Therapies (Energy medicine): Reiki, Qigong, Healing touch, Therapeutic touch, and others.
- 13) Aromatherapy
- 14) Art therapy. HMV (Hope made visible) under SDCRI
- 15) Pet therapy
- 16) Music. Sound Therapy
- 17) Humor. Laughter Yoga
- 18) Journaling
- 19) Biofeedback
- 20) Grounding
- 21) Spirituality. Power of Prayer
- 22) Life style changes, when needed, to enhance healing, recovery and quality of life

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