

*"I have no doubt at all that homotoxicology helped me through a difficult time after I was diagnosed with breast cancer.*

*The remedies I was given at Turning Point supported my body during chemotherapy, reducing the side effects including nausea, fatigue and 'flu like symptoms. Once my chemotherapy had finished, the remedies helped to re-balance my hormones, and get me back on the road to normality."*

Breast cancer patient  
treated at Turning Point



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## Cancer Treatments

## How Complementary Therapies Can Help



Centre of Excellence in Complementary Medicine

## How can complementary therapies help?

More and more people who have cancer are turning to complementary therapies. Studies suggest around 60 - 80 % of cancer patients now use complementary therapies alongside conventional treatments.

If you have been diagnosed with cancer, you may be exploring all the options available to help fight the disease and support you through treatment. Complementary therapies can work safely alongside conventional medicine in several ways. These include boosting the immune system, supporting the body during chemotherapy or radiotherapy, limiting the severity of side effects, and also reducing anxiety.

- **Homotoxicology**

Homotoxicology can be particularly useful in supporting the body during chemotherapy or radiotherapy treatment.

*Homotoxicology is a therapy devised by a German doctor, Dr H. H. Reckeweg, to remove toxins from the body. He noted that there are six phases in the progression of disease, with cancer being the sixth, displaying the body in a highly toxic state, unable to deal with toxins invading cells and causing damage.*

Treatment is provided via remedies, taken in water, which can boost the immune system and strengthen particular organs, such as the liver or kidneys. This can reduce the strain on the body caused by any strong drugs the patient may be taking. Side effects experienced during chemotherapy or radiotherapy, such as nausea and fatigue, can also be reduced.

After chemo or radiation treatment has finished, remedies can still support the body, particularly if the patient needs to take medication for some years, eg re-balancing hormones and detoxing the body.

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- **Emotional Freedom Technique (EFT)**

Emotional Freedom Technique is being increasingly used as a key part of holistic support for cancer patients, in conjunction with orthodox treatments.

EFT can help patients tackle feelings of anxiety, fear or anger when first faced with a cancer diagnosis. These emotions can have a damaging affect on the immune system, and by using EFT to dispel these emotions, the immune system can be strengthened, boosting the body's healing capacity. Many people find EFT can also help reduce the severity of side effects associated with chemotherapy or radiotherapy.

EFT involves stimulating energy meridian points on the body, via tapping motions. Once learned, these techniques can be self-applied at home when needed.

- **Reflexology**

Reflexology is widely used by hospices as a form of palliative care, and can work well in conjunction with conventional medical techniques.

Like EFT and homotoxicology, reflexology can help reduce the side effects of radiotherapy and chemotherapy treatment, in addition to boosting the immune system, thus helping the body to fight the disease. The therapy is also useful in helping reduce anxiety.

Reflexology is a safe and non invasive treatment involving gentle massage and stimulation of points on the patient's feet.

- **Osteopathy**

Osteopathy can help reduce stress experienced by the body by correcting any problems in the musculo-skeletal system. If the body is under stress, this may impair the running of the body's functions, in particular the immune system which plays a key role in fighting diseases such as cancer.

- **Counselling**

A diagnosis of cancer often brings with it emotional trauma and conflicting stresses. Counselling offers patients the opportunity to explore their fears and concerns in a supportive one to one situation. Being able to talk to someone outside the immediate circle of family and friends can allow the patient to express their real feelings without the need to protect those close to them.

Many people find counselling provides a valuable source of emotional and mental support at a time when new challenges are being faced.

## Are these treatments safe?

All the practitioners at Turning Point have the appropriate qualifications in their own profession. They are also members of their profession's regulatory bodies. The therapies we offer at Turning Point are widely practiced in the UK and many other parts of the world.