

## **Acupuncture**

*Acupuncture is a form of traditional Chinese medicine. Disposable, ultra-thin needles are applied to specific points on the body to stimulate the nervous system to release certain chemicals in the brain. Symptoms commonly treated with acupuncture include pain, muscle tension, neuropathy, dry mouth, headache, musculoskeletal problems, fatigue, anxiety, depression, insomnia, stress, lack of appetite, nausea, diarrhea, constipation, weight gain and loss, swelling, hot flashes.*

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## **Acupressure**

*Acupressure is a centuries old treatment modality that encourages balance and healing in the body. It releases tension and stress, increases circulation, improves lymphatic flow, reduces pain, and promotes healing. Finger pressure is utilized on specific points of the body to access and release blocked and/or congested energy areas to encourage the body's own natural healing.*

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### **Acupressure-Tuina Style**

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## **Biofeedback/Neurofeedback**

*A technique that can be used to control the body's functions, such as heart rate or breathing, to increase relaxation, relieve pain, or develop healthier life patterns. Using external sensors, patients receive information about heart and breathing rate, blood pressure, skin temperature, or muscle activity. This feedback helps focus on making subtle changes in the body, such as relaxing certain muscles, to achieve desired outcomes i.e. decreased pain or anxiousness.*

**Eitt, Elizabeth**

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## **Chiropractic Care**

*Offers comprehensive and individualized chiropractic techniques that improve alignment of the musculoskeletal frame reducing pain, improving physiology, increasing well-being. Also offers nutrition counseling and supplement recommendations, detoxification program, and lymph therapy.*

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## **Energy Medicine**

*Restores flow, balance, and harmony non-invasively. Used to relieve pain, stress and anxiety. Also strengthens immune system, improves digestion and relieves allergies.*

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## **Healing Touch**

*To restore harmony and balance to the patient using the body's natural innate healing process. Light touch is applied to the patient while fully dressed. Healing touch can assist with wound healing, relief of pain and reducing anxiety/stress.*

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## **Ioncleanse Foot Detoxification**

*Positive and negative ions are emitted in the ionCleanse foot detox system to reenergize the body and red blood cells. It is effective at eliminating toxins stored in the fatty tissue of the liver, kidneys, bowels, and skin. This foot bath stimulates and cleanses a detoxification process 24-48 hours after the treatment.*

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## **Life coaching**

*Teaches patients to strengthen their confidence and self-esteem in order to motivate them to obtain good health care services and follow through with their physician's program. Patients learn to take better care of their bodies and choose attitudes that foster more peaceful emotions.*

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## **Massage Therapy**

*May assist those with pain and stress by eliminating stress from the mind and body, reducing muscle tension, increasing circulation, as well as enhancing immune system function.*

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## **Mindfulness/Meditation**

*Art of actively paying attention to the present moment for deeper self-understanding and more purposeful living.*

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## **Music Therapy**

*Music therapy is the use of music by health care professionals to promote healing and enhance quality of life for their patients. Designed to promote wellness, manage stress, alleviate pain as well as express feelings and improve communication.*

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## **Nutrition**

*Our goals in Nutrition and Medical Nutrition are to provide each cancer patient with individualized, current, well documented, beneficial diets and supplementation to boost their immune system. Working with families, oncologists and primary care providers, our nutritional counsel will assist in maximizing treatment effectiveness, reducing uncomfortable side-effects and optimize successful outcomes in their care.*

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<b>Thompson, Christine, D.C.</b>	<b>540.899.9421</b>	<a href="mailto:cthompson@whole-health.net">cthompson@whole-health.net</a>

## **QiScan® Medical Nutrition™ Assessment**

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## **Practitioners with an Integrative Approach**

### **Consultant in Integrative/Preventive/Energy Medicine**

**Jackson, Gloria, MD,** 415.720.6551 [org@foundationforthehealingarts.org](mailto:org@foundationforthehealingarts.org)

### **Integrative Physical Medicine and Rehabilitation**

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### **Integrative Primary Care**

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### **Oral System Biology Therapy**

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## **Reflexology**

*Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology may be an effective way to alleviate stress. The concept is that these areas correspond to organs and systems of the body.*

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## **Reiki**

*Promotes the healing of physical and emotional ailments through gentle touch. Reiki therapists use light pressure techniques to restore harmony and provide deep relaxation and a sense of clarity.*

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## **Tai Chi**

*Tai chi is a self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi may assist with stress and anxiety reduction as well as increasing energy, flexibility, balance and agility.*

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## **Yoga**

*Yoga is a mind-body practice that combines stretching exercises, controlled breathing and relaxation. Yoga through the Regional Cancer Center is designed for those in cancer treatment and recovery. Helps manage side effects of cancer, reduces fatigue and depression, and improves coping skills and overall quality of life. Stress, anxiety, fatigue, decreased strength and flexibility, decreased concentration, depressed mood are areas yoga can improve.*

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