

Immune Support During Chemotherapy

Case Study

Introduction	<p>Breast cancer patients choosing conventional medical treatments, including surgery, chemotherapy and radiation therapy, often suffer unpleasant effects from such treatments. For instance, the side effects from chemotherapy include:</p> <ul style="list-style-type: none">- fatigue- nausea- constipation- suppressed immune system function- weakened blood vessels. <p>Fortunately, Asian medicine can support the patient during conventional medical treatments, so that the patient is better able to get through the treatments with less damage to their overall health and well-being. To illustrate this point, a client of mine has given me permission to share her case study. For the sharing, let's name the client "Bethany."</p>
Conventional Treatment	<p>Bethany contacted me on Sunday, September 17th, 2006. She had contracted breast cancer, and had undergone surgery to remove the cancer. The surgery was a success. But, to minimize the chance of the cancer coming back, Bethany had chosen to follow through with chemotherapy and radiation therapy. She chose the chemotherapy treatment with a 92% cancer elimination rate over that having a 98% cancer elimination rate, as the 92% path was less damaging to internal organs. There was a history of heart problems in the family, and she was protecting that aspect of herself.</p>
Side Effects	<p>At the time Bethany contacted me, she was mid-way through a set of 12 chemotherapy sessions, with a session occurring every other week, if possible. She was experiencing all of the side effects listed above. In more detail, with regard to suppressed immune system function:</p> <ul style="list-style-type: none">- the chemotherapy patient regularly has blood taken to determine whether the patient can take an upcoming chemotherapy session,- the most important factor in making the decision is the granular count, which is an indication of immune system function,- Bethany's granular count hovered around 1.6 to 1.7, with 1.5 being the minimum for a patient to take the chemotherapy session,- Bethany had missed one chemotherapy session due to a granular count of 0.8, which was 0.9 the next day, and was only raised high enough to continue chemotherapy by a set of very painful Leukine injections. <p>With regard to weakened blood vessels, it took the nursing staff up to eight tries with the needle each session, collapsing blood vessels and creating bruising, before success in introducing the intravenous chemotherapy.</p>
Alternative Treatment	<p>I was able to see Bethany on the evening of Monday, September 18th, the day after she called. Time was of the essence, as she was leaving on a business trip the morning of Tuesday, September 19th. In my session with Bethany, I:</p> <ul style="list-style-type: none">- performed an hour of Shiatsu therapy,- taught her the "Lifting the Sky" and "Carrying the Moon" Qigong exercises for her to perform twice per day,

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	<ul style="list-style-type: none">- gave her the All-Inclusive Great Tonifying Formula (Juzen-taiho-to) Kampo (Japanese herbal formula) from Honso for her to drink as a tea three times per day.
Results	<p>The next morning she went on the business trip. During the trip she performed the Qigong exercises twice per day and drank the tea three times per day. She experienced:</p> <ul style="list-style-type: none">- less fatigue, despite getting only 8 hours of sleep per night instead of the usual 12 hours,- less nausea,- less constipation. <p>In fact, she said that she actually enjoyed the business trip, instead of getting "wiped out" by it!</p> <p>Over the weekend Bethany got her normal 12 hours of sleep, and continued with the Qigong practice and tea drinking.</p> <p>On the morning of Monday, September 25th, Bethany went in for the blood work to determine whether she could take the chemotherapy session scheduled for later that day. The result - her granular count was 4.5, almost three times the level she had been experiencing! Then, when it was time for the chemotherapy session later in the day, it only took one try with the needle to start the intravenous treatment. The medical staff cheered!</p> <p>Since that time, Bethany's results have varied directly with her compliance to the program of Shiatsu, Qigong, and Kampo.</p>
Conclusion	<p>This is a powerful case study, one that should be noted by conventional medical practitioners. I would readily participate in a properly designed study to "prove", in the Western sense, the efficacy of Asian medicine to support a patient's health when the patient is undergoing chemotherapy for cancer. Of course, Asian medicine has proven itself over thousands of years. Now is the time for Western eyes to open, and Western and Asian practitioners to collaborate for the benefit of the patients.</p>
Signed	<p>Brian Skow Diplomate ABT, NCCAOM Certified Practitioner, AOBTA SHIATSU WORKS limited liability company Japanese medical bodywork Kampo (Japanese herbal formulas) BioPharma Scientific NanoGreens10 (602) 770-4331 Mobile brianskow@shiatsuworks.info http://www.shiatsuworks.info http://health.groups.yahoo.com/group/shiatsuworks/</p>