Integrative Strategies for Balance and Health with Chronic Neutropenia:

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Integration, Balance and Health
Traditional Chinese Medicine

- Main Modalities:
  - Acupuncture
  - Herbs/Oils
  - Food/Diet
  - Massage
  - Qi-Gong
  - Lifestyle
CAM

- Complementary and alternative medicine (CAM)
- Group of medical and health care practices, and products that are not presently considered to be a part of conventional medicine (i.e. Traditional Chinese Medicine)

National Center Complementary and Alternative Medicine (nccam.nih.gov)
In the US 36% of adults are using some form of CAM

Used for back, neck, head, or joint aches, or other painful conditions; colds; infertility; GI disorders; anxiety, depression or sleeping problems
Integrative Therapy

- Combines conventional medical therapy and CAM therapies that have some high quality scientific evidence of safety and efficacy

- National Center for Complementary and Alternative Medicine (NCCAM, National Institutes of Health)

- 4 disciplines:
  - Biologically based practices
  - Mind-body medicine
  - Manipulative and body based practices
  - Energy medicine
1. Biologically Based Practices

- The use of substances found in nature, such as herbs, foods, essential oils and vitamins to strengthen, heal, and balance the body.
Foods

LET FOOD BE THY MEDICINE
AND MEDICINE BE THY FOOD

HIPPOCRATES
Natural Ways to Boost Immunity

- Vitamin A, E, C and folic acid.
- Selenium
- Green tea
- Probiotics
- Omega-3 fatty acids
- Garlic
- Zinc
Fruits and Vegetables

**Fruits** such as figs, melons, oranges and strawberries

**Vegetables** like pumpkin, carrots, broccoli, asparagus, cauliflower, beets and spinach are all known to naturally increase your white blood cell count.
Food to Reduce Pain

- Adapt an anti-inflammatory diet to reduce pain

Inflammatory foods: That Increase Pain

- Sugars, includes refined grains
- Omega 6 from red meats and processed meats, fried foods from vegetable cooking oils
- Dairy
- Alcohol
- Food additives
- Smoking
Anti-Inflammatory foods

- Tomatoes
- Olive oil
- Green leafy vegetables, such as spinach, kale, and collards.
- Nuts like almonds and walnuts
- Fatty fish like salmon, mackerel, tuna, and sardines
- Fruits such as strawberries, blueberries, cherries, and oranges
Aromatherapy

- Use of essential oils from plants to support & balance the mind, body, spirit.
- Improves the quality of life by reducing stress & anxiety
- Chemical receptors from the nose trigger nerve paths to the limbic system
- Modulates emotion, arousal, memory
Aromatherapy

- **Inhalation**
  - Diffuser or placing drops of essential oil near patient

- **Topical**
  - Mixing the oil into massage creams, lotions or bath water or on acupuncture points

- **Ingestion** - only with experienced aroma therapist
Common Essential Oils

- Spearmint/Peppermint
  - nausea, appetite, fatigue
- Lavender
  - insomnia, anxiety, muscle relaxant
- Lemon/Citrus
  - fatigue, improves immune system,
  - “can increase WBC”
- Orange / Bergamot
  - anxiety, depression, sleep
- Thieves
  - Cloves, Lemon, Cinnamon, Eucalyptus, & Rosemary blend
  - -anti-bacterial,-fungal, -viral

- Samples in ConnectCare available!
Herbal Medicine

- T-Cell Potentiators
  - Echinacea
  - Astragalus
  - ligustrum
2. Mind and Body Medicine

- Mind-body medicine is a set of interventions that focus on the interplay between emotional, mental, social, spiritual and behavioral factors and their influence on health.

- Examples include:
  - Prayer/support groups
  - Qi-gong/tai chi
  - Hypnosis/biofeedback
  - Meditation/yoga
Meditation

- Self-regulation practices that focus on training and awareness to bring mental processes under voluntary control
- Foster calm, clarity, and concentration
- Many styles of practice
Yoga

- Art and science dedicated to creating *union* between body, mind and spirit

- Pranayama: control of breath

- Asana: Postures used in the “mastery of sitting still”, opens the physical body to energy pathways
Qi-Gong

- Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.

- White blood cells increased significantly 2 hours after actual Qigong training

Effects of Qigong on immune cells.
Lee MS1, Huh HJ, Jeong SM, Lee HS, Ryu H, Park JH, Chung HT, Woo WH.
 Manipulative and body-based practices involve manipulation or movement of one or more parts of the body as a means of achieving health and healing.

Examples include:

- Massage, Reflexology, Rolfing, Chiropractic
Massage Therapy

- Manipulation of the muscles and soft tissues of the body
- To relax and increase delivery of blood and oxygen to the massaged areas
- Increasing warmth and decreasing pain
Reflexology

- Method of foot /hand massage in which pressure is applied to “reflex” zones mapped out on the feet (or hands).
Reflexology
4. Energy Medicine

- Concept that diseases arise from imbalances in the vital energy fields of the body

- Examples include:
  - Reiki
  - Acupuncture
Reiki

- Practitioner places his hands on or near the person receiving treatment, with the intent to transmit Qi, (the life-force energy)
Acupuncture

- An originally Chinese practice dating back 3000 years, of inserting fine needles through the skin at specific points to cure disease or relieve pain.

- Sterile stainless steel needles, (0.22 to 0.25 mm) are inserted to stimulate the affected meridians.

- Used for nausea, pain, muscle spasm, stress, headaches, insomnia, constipation.
Mechanisms of Acupuncture

- **Conduction of electromagnetic signals**: Western scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals. These signals may start the flow of pain-killing biochemicals, such as endorphins, and of immune system cells to specific sites in the body that are injured or vulnerable to disease.

- **Activation of opioid systems**: Research has found that several types of opioids may be released into the central nervous system during acupuncture treatment, thereby reducing pain.

- **Changes in brain chemistry, sensation, and involuntary body functions**: Studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones. Acupuncture also has been documented to affect the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions and processes.
Clinically relevant trends of higher WBC values during one cycle of chemotherapy in patients with ovarian cancer
Points to Increase WBC

- **ST36**
  - Stimulates the influence of nerve-humoral immunity and can effectively improve the body's red blood cells, white cells, and immunoglobulin level, and therefore affects cellular immunity and enhances the body's immune function.

C.Y. Li, D.H. Wang
The dynamic effect of electroacupuncture applied to “Zusanli” and Guan yuan point on rabbit hematology indexes
Acupuncture for Cancer-Induced Bone Pain
Carole A. Paley, Michael I. Bennett, and Mark I. Johnson
Points to Reduce Stress/Anxiety

PC6 Increases vagal modulation
Resources

- National Center Complementary and Alternative Medicine (nccam.nih.gov)
- Hospital-based programs
- Yoga studios
- Private Practitioners
- Local community
  - YMCA, Churches, non-profit organizations
Finding a provider

- There are six states: Oklahoma, Kansas, Alabama, South Dakota, North Dakota and Wyoming that currently do not have an AOM practice act or licensing.
- NCCAOM board certification
- www.nccaom.org
Find Your Balance
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