

Penny Brohn Cancer Care

Setting the standard in complementary care

Natural approaches to treatment side-effects

About Penny Brohn Cancer Care

Penny Brohn Cancer Care (formerly Bristol Cancer Help Centre) provides complementary care (The Bristol Approach) to people with cancer and their loved ones. Working alongside medical treatment, this complementary approach can transform lives - giving people practical tools to improve their daily quality of life and helping to take the fear out of cancer.

Founded more than 26 years ago, today Penny Brohn Cancer Care supports many thousands of people affected by cancer through a range of therapeutic courses and information services. The Charity continues to set the standard in complementary cancer care and has the backing of leading oncologists, healthcare professionals and complementary therapists. Our services are available to everyone across the UK.

Contacts

Helpline: **0845 123 23 10**

(Mon-Fri, 9.30am to 5.00pm 24-hour answerphone)

helpline@pennybrohn.org

www.pennybrohncancercare.org

Registered Charity No: 284881

Introduction

Treatments for cancer can affect people in many different ways, physically, mentally and emotionally. The Bristol Approach to cancer care combines a unique range of physical, emotional and spiritual support, which works hand-in-hand with medical treatment. The Approach offers gentle supportive complementary therapies, like massage and counselling, teaches the calming self-help techniques of relaxation, meditation and guided imagery, and gives practical advice on nutrition and emotional support, to help people change the way they live with cancer. Amongst other benefits, this holistic approach can help with symptom control and treatment side-effects.

Self-Help Techniques


The self-help techniques of relaxation, meditation and imagery, which are taught on the Charity's residential courses, can be learned and practised in the home. These techniques provide people with very practical tools to help reduce levels of fear and anxiety in stressful situations such as waiting for test results, during treatment, or waking alone and fearful at night.

Our Helpline can give details of support groups and centres offering training in self-help techniques locally. Shop@PennyBrohn, the trading company of Penny Brohn Cancer Care can also provide CD's, tapes and books on this subject and others.

Radiotherapy

The side effects of radiotherapy may be helped by a flower preparation called Radiation Remedy, and Radiance Skin Gel may be used to protect your skin between and after radiotherapy (instruction leaflet accompanies the cream).

If you have abdominal or pelvic radiotherapy, the gut mobility and the mucosal lining of your intestines may be affected and it may be necessary to modify the diet to a relatively low fibre diet during treatment, and to eat mild and easily digestible foods only; natural remedies to help this problem include Slippery Elm Powder and Aloe Vera juice. Fresh juices can be a good way to increase fruit and vegetable in take without high amounts of fibre.



Probiotics such as acidophilus and peppermint tea can also help to restore normal gut function after treatment.

Chemotherapy

For abdominal disturbances take Aloe Vera 1 tbs. 3 times a day; or Slippery Elm Powder, 1 tbs. 3 times a day in liquid. Chemotherapy may also affect the gut lining, and it may be necessary to modify the diet during treatment, to mild and easily digestible foods only; natural remedies to help this problem include Slippery Elm Powder and Aloe Vera juice. Probiotics such as acidophilus and peppermint tea can also help to restore normal gut function after treatment.

For Nausea

Try root ginger - grated, or as a tea (also available as tea bags). Some people also find sea-bands useful – these are bands worn on the wrists that stimulate anti-nausea acupuncture points, and most chemists stock them. Slippery Elm Powder can also be useful.

More information:

There are some specific homeopathic remedies that can help with the side effects of treatment. Ask your GP for a referral to a homeopath or you may like to contact:

British Homoeopathic Association

15, Clerkenwell Close
London
EC1R 0AA
Telephone: 0207 566 7800

UK Homoeopathy Medical Association

6, Livingstone Road
Gravesend
Kent
DA12 5DZ
Telephone: 01474 560 336
Send A5 envelope for a list of members.

If you have particular problems with eating, please consult your medical team, and you may like to consult a nutritional therapist.

For a list of qualified practitioners send £2 and a large SAE to:

British Association of Nutritional Therapists
BCM bant
27, Old Gloucester Street
London
WC1N 3XX
Telephone: 0870 606 1284

Before taking any herbal preparations we would suggest you consult your medical team and seek the advice of a medical herbalist.

There are a number of medical herbal organisations that can provide a list of qualified practitioners, these include:

Unified Register of Herbal Practitioners
58, Fairmantle Street
Truro
Cornwall
TR1 2EG
Telephone: 01872 222699
Web site: www.urhp.com

National Institute of Medical Herbalists
56, Longbrook Street
Exeter
Devon
EX4 6EH
Telephone: 01392 426022

Helpful Products

Books, videos, supplements etc are available from Shop@PennyBrohn via:

www.pennybrohncancercare.org
24 hour order line: 01275 370 112

If you have any questions please contact us:

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Penny Brohn Cancer Care, Chapel Pill Lane,
Pill, Bristol BS20 OHH

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