

Complementary Treatments

Susan Patick

I've had experience with complementary treatments for over forty years. (I prefer the term "complementary" rather than "alternative" because I've used these non-medical treatments along with, not in place of, traditional medical treatments.) This handout describes some of my favorites.

Mindfulness Meditation: Jon Kabat-Zinn

I've been using Jon Kabat-Zinn's meditations for over ten years; I think they're some of the best.

- Series One and Two (CDs)
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* ("This book describes a self-guided training program in mindfulness-based stress reduction [MBSR] to develop relaxation, calmness, and self-awareness, a reliable foundation for facing the "full catastrophe" of stress, pain, and illness - indeed, of life itself." Description of book from website.)
- Website: <http://www.mindfulnesscds.com/index.html>
- YouTube has some good clips of Jon Kabat-Zinn

Music/Sound Therapy

I discovered the beneficial effects of music and sounds about ten years ago. The following are my favorites; I use them on a regular basis. Most of these are available on amazon.com; some may also be available at your local library.

- Andrew Weil CDs:
 - *Sound Body, Sound Mind* (I love this CD. I've used it while preparing for surgery, recovering from surgery, and for deep healing/relaxation.)
 - *Self-Healing with Sound and Music*
 - *Relax & De-Stress*
 - *Deep Calm*
- Jeffrey Thompson CDs
 - *Dreamy Music for Sleep*
 - *Soothing Music for Sleep*
 - *Peaceful Music for Sleep*
 - Website: <http://www.neuroacoustic.com/index.html>
- Joshua Leeds (his website has free sample downloads)
 - *Sound Asleep (CD)*
 - Website: <http://www.essentialsoundseries.com/index.html>
- *Tune Your Brain with Mozart: Relax (CD)*

Other Complementary Treatments to Consider

- Diet and nutrition (Some people with autoimmune problems benefit from special diets, such as gluten-free diets. I've benefitted greatly from diets that eliminate foods I'm allergic to.)
- Progressive Muscle Relaxation (Can help with pain management and relaxation.)
- Yoga, Tai Chi, Chi Gong (There are different styles of each of these. Some are more rigorous, others are gentler. However, they all can help with relaxation, encourage mind-body healing, improve energy and sleep, and just help you "feel good.")
- Breathwork (Often taught in yoga, tai chi, and chi gong classes.)
- Massage therapy
- Acupuncture
- Guided Imagery
- Self-Hypnosis
- Homeopathy (I've gone to two homeopathic physicians for arthritis. Neither helped my arthritis, but in the process of going to one of them, he accidentally cured flat-head warts that had resisted all treatments my dermatologist had tried.)