

## 5 REASONS TO TRY

# Complementary Therapies

### IT CAN REDUCE ANXIETY & STRESS



A study using cancer patients found that 90 minutes of yoga per week for 6 weeks can lead to significant improvements in stress, anxiety, depression, and can have potentially immunity boosting effects through changes in cell growth.

### IT CAN HELP WITH DEPRESSION



A 5-week study comparing massage therapy to relaxation in cancer patients found three 30-min massages per week to have significant long-term improvements in depression, as well as short-term pain and anxiety.

### IT CAN HELP WITH FATIGUE



A large study on acupuncture including over 300 cancer patients found that 6 weeks of treatments produced significant improvements in multiple aspects of fatigue, including physical and mental fatigue.

### IT CAN REDUCE PAIN



A 5-week study on massage therapy for breast cancer patients found that two 30-minute massages per week reduced pain significantly, and was able to sustain the reduced pain levels up to 11 weeks after the study was over.

### IT CAN IMPROVE QUALITY OF LIFE



An 8-week study examining the effects of gentle yoga for 2.5 hours weekly on 111 cancer patients found significant improvements in several quality of life measures, including: mental composite, general health, mental health, social functioning, and vitality.