

ALTERNATIVE THERAPIES

by Charles (Chuck) Maack – Prostate Cancer Advocate/Activist

Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

A patient recently suggested that my "Observations" include information regarding the several "alternative therapies" that should be described and available to patients. There is no doubt that holistic and alternative methods of treating ailments are the choice of many, yet in identifying treatment "recommendations" to patients, I rely on information that is absolutely confirmed in research and medicine and more routinely practiced. Diet and exercise most certainly should be part of anyone diagnosed with prostate cancer, actually any cancer (and there is a paper on that subject), and there is no doubt that for some other "alternative" methods can ease the burden of discomfort and possibly slow down cancer development, but most are not proven to eradicate or absolutely rein in that development. Therefore, to err on the side of caution, I do not describe/explain those many "alternative" treatments on the "Observations" page. For those interested, below is the list provided by that patient, and he made note that this list is not all inclusive. There are many alternative therapies that some people find interest, and for those so inclined, that information is available to them by their own research on the internet. In any event, "any" personal option of treating should still be discussed with one's physician.

Ayurveda
Biomagnetism
Reiki
Holistic
Naturopathic
Herbalist

Chiropractic
Acupuncture
Traditional Chinese
Homeopathy
Neural
Iridology
Microbiology
Light Therapy (Photoluminescence)
Ozone
Oxidative
Immuno
Gerson
Budwig