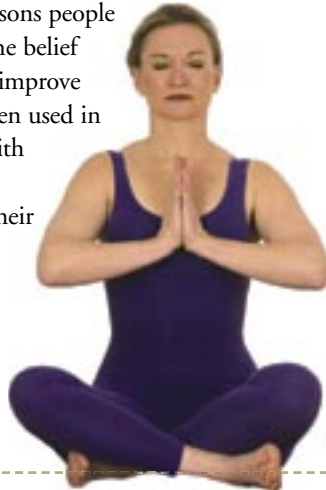


Complementary Therapy Use on the Rise

The use of complementary and alternative medicine (CAM) therapies has been growing for several years. The National Center for Complementary and Alternative Medicine of the National Institutes of Health reports that the primary reasons people use CAM are the belief that CAM can improve their health when used in combination with conventional medicine and their curiosity about trying CAM treatments.



Here's what *Hill Health* readers had to say about complementary and alternative healthcare.

- 77% use vitamins, herbs and other supplements.
- 64% incorporate meditation, prayer and other mind-body techniques for healing.
- 46% use yoga, tai chi or other types of movement to complement their medical care.
- 24% have used complementary therapies based on their doctors' recommendations.
- 42% have tried complementary therapies they read about in magazines.

Log on to www.HillPhysicians.com for full survey results.

Can Canines Sniff Out CANCER?

A study published in the March 2006 issue of *Integrative Cancer Therapies* revealed that five household dogs could detect breast and lung cancer in all stages with an 88 to 99 percent accuracy rate simply by sniffing subjects' breath. All dogs were trained within a three-week period.

A handful of small studies in the United States and Great Britain indicate that canines also have the ability to identify other types of cancer, including bladder, prostate and skin carcinomas. However, while preliminary evidence suggests that dogs have the ability to sniff out various malignancies, further research is needed to standardize methodology before dogs can be used to help diagnose cancer.

The current consensus among researchers is that breath analysis – especially when combined with advanced diagnostic imaging – has the potential to aid in the early detection of cancer, improving treatment outcomes.

At-Home Acupressure for Cramps



Acupressure – a centuries-old practice of exerting pressure on specific points of the body – is believed to release endorphins, the body's natural painkillers. Thus, for some women, it could offer relief from menstrual pain. In a recent study, researchers administered 20 minutes of acupressure or bed rest to 69 young women at the onset of menstrual pain. Those on bed rest reported feeling only a 26 percent decline in pain, while acupressure recipients reported a 40 percent reduction in pain.

Therapists in the study applied thumb pressure to the **SP 6*** point – located three thumbs



above the ankle bone at the center of the inside of the leg – for six seconds, released for two seconds, and repeated for a total of two five-minute cycles on each leg.

See whether you can achieve relief of menstrual pain by yourself or with a friend in a warm, quiet room. Be sure your hands are clean and warm and your nails trimmed. Try the practice outlined in the above study and then apply the same technique to the following acupressure points:

- **GB 20*** – two small grooves just under the base of the skull at the back of the neck
- **Li 4*** – the back of the hand between the thumb and index finger
- **St 36*** – three thumbs below the bottom of the kneecap, one thumb toward the outside of the leg

***Pregnant women should NOT apply pressure to these points.**

