Discussion No 4

[Name of the Writer]

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**Complementary Therapies**

Complementary therapies are treated as “supporting” treatment. It can be used along side conventional treatment, but it is not termed as a standard treatment. It would not be wrong to say that complementary therapies are used as an additional tool to impart comfort or mitigate an overwhelming stance. (Lindquist, et, al. 2018). Complementary therapy can help a patient to feel better and cope with the consequences of conventional treatment. Such therapy is used as a counterpart usually in cancer treatment. A cancer person receiving chemotherapy is at risk of acupuncture. In order to manage side effect, complementary therapy will be used. Music imagery experience during radiation can help a patient to reduce anxiety. (Lindquist, et, al. 2018). It is important to note that a good complementary therapy won’t act as a stance to cure the disease. Another example of complementary therapy is yoga and massage therapy.

**Alternative Therapies**

Alternative theory, in contrast to complementary theory, is used as a substitution rather than a complement to. (Keene, et, al. 2019). These theories are also termed as unorthodox therapies that do not conform to the standard of the medical community. It is significant to note that alternative therapies are unsafe, in fact, it can increase the risk of side effects, or it may stop the conventional treatment. For instance, complementary therapies are treatment used instead of radiation, chemotherapy, and surgery. (Keene, et, al. 2019). Alternative therapies are unproven because if such therapies would be proved, they must not be used as an alternative. Example of alternative therapies is Gerson therapy and shark cartilage.

References

Keene, M. R., Heslop, I. M., Sabesan, S. S., & Glass, B. D. (2019). Complementary and alternative medicine use in cancer: A systematic review. *Complementary Therapies in Clinical Practice*.

Lindquist, R., Tracy, M. F., & Snyder, M. (Eds.). (2018). *Complementary & alternative therapies in nursing*. Springer Publishing Company.