

Complementary Medicine Programs

A blend of conventional and holistic practices, complementary medicine services are designed to nourish one's mind, body and spirit through a range of healing methods that work in tandem with a patient's treatment plan. Complementary medicine improves general well-being, decreases stress and anxiety, promotes deep relaxation, helps restore balance and energy to the body, and aids in managing pain.

All programs are held at The Steeplechase Cancer Center at Somerset Medical Center. Programs are free unless otherwise noted. To register, visit steeplechasecancercenter.com or call 908-927-8721.

Programs

Gentle Yoga is a form of exercise that involves stretching and strengthening the body. Uses breath to bring mental clarity and enhance well-being. It has been shown to combat some of the side effects of cancer treatment, such as anxiety and fatigue.

Cost:

Healing Touch is a relaxing, nurturing energy therapy that uses gentle touch to help the body rest, relax and rebuild. Healing Touch is a professional program endorsed by the American Holistic Nurses Association.



Jin Shin Jyutsu is a form of Eastern Energy Healing. The practitioner applies slight pressure with fingertips on 26 safety energy locks along energy pathways in the body, allowing for any blocked pathways to open up. This helps restore the natural flow of energy in the body, allowing it to access its natural healing ability. This work induces a deep feeling of relaxation and helps relieve anxiety, worry and stress. Jin Shin Jyutsu can be practiced as a self-help tool.

Customized self-help instruction is offered to all clients as part of the session.

Massage is a method of manipulating the soft tissues of the body to relieve tension and restore function. Our therapists have specialized training in cancer massage and will tailor massages based on a patient's needs.

Cost:

Meditation / Relaxation Group: Research shows that the use of meditative techniques can have a profound effect on one's immune system and ability to heal. Meditation calms the mind and body and also significantly lowers stress. No registration needed for this program.

Reiki is referred to as a Universal Life Force Energy. It uses this energy as a natural and simple healing method. This energy helps restore and balance the body, mind and emotions. This healing energy is activated by the light touch of the Reiki practitioner. It flows through the hands of the Reiki giver to the receiver to where it is most needed. This method is non-invasive, gentle

and safe. It also increases the body's ability to heal itself. Many receivers have reported feeling fewer side effects from medications and less anxiety.

Tai Chi: Often described as “meditation in motion,” tai chi promotes serenity through gentle motions, connecting the body and mind. This stretching exercise is performed by a series of movements in a slow, graceful manner. Tai chi is used to reduce stress, increase flexibility, improve muscle strength, increase energy and agility, and help with general feelings of well being.

Belly Dancing is a non-impact, weight-bearing exercise. The intensity of belly dancing is completely dependent on the individual. The exercise can increase circulation, improve cardiovascular strength and strengthen abdominal muscles. It is suitable for all ages and body types.



Testimonials

“Reiki makes me feel so happy and relaxed. It’s a very warming feeling, sometimes I see colors or I see myself in water.”

Becky Knight
Steeplechase Cancer Center patient

“We’ve seen benefits first hand. It allows the patient to temporarily forget about what’s going on in their body.”

Katrina Losa
Director of Integrative Oncology



at Somerset Medical Center