What Are the Benefits of Acupuncture for Ovarian Cancer Patients?

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Acupuncture for Ovarian Cancer

Ovarian cancer is a serious condition, and it's best left to the health care practitioners to treat. However, you always have the chance to expand your health care team to include a Western medical doctor, a Traditional Chinese medical doctor and a nutritionist. The combined knowledge from these three areas can go a long ways to helping reduce your ovarian cancer symptoms.

In the past, people thought that acupuncture was only good for pain control. Acupuncture does make a big difference in the pain that cancer patients have by increasing the production of endorphins in the body; it's also been found to influence the neurology and endocrinology of the body.

With ovarian cancer, you may have had medical treatments such as surgery, radiation and/or chemotherapy, which can cause many negative side effects that linger for months and sometimes years. These include nausea, vomiting, muscle pain, fatigue, low red and white blood cell counts, low platelets, and neuropathy. Why not use a proven method that can help with these symptoms?

What Are the Benefits of Acupuncture for Cancer Patients?

Acupuncture has been used for over 1000 years to eliminate the side effects of chemotherapy, such as the nausea and vomiting or the extreme fatigue, constipation and/or diarrhea. Your best chances of fighting these side effects comes with starting acupuncture before you are too weak and febrile. There are certain life-threatening dangers that come with cancer treatments, including low blood cell counts, but acupuncture has been found to boost immunity.

Another commonly experienced symptom is neuropathy. This is where there is a tingling sensation or numbness or even pain in the hands and feet. Acupuncture is effective at helping this type of condition.

If you have ovarian cancer, schedule an appointment with a licensed acupuncturist. It could make all the difference in the world.

Acupuncture Points for Ovarian Cancer

While you are waiting for your appointment, you might start acupressure, which is acupuncture without the needles. Instead of inserting a needle, you simply press on the acupuncture point and hold it for one minute. There are a series of points you can use, but this is where you really need the help of an acupuncturist to determine which points to stimulate. Everyone's case is different, and needs different points.

With that in mind, here are a few points that may be helpful:

PC 6

The Neiguan spot controls the pulse rate and modulates the autonomic nervous system. This is important because the control of the immune system is in part controlled by the autonomic nervous system. This point is located in the center of the forearm close to the wrist, two finger widths above the wrist crease between the tendons in that area.

BL 23

To locate this one, first put your hands on your waist with your thumbs facing the middle of your spine. BL 23 is in the soft spots or depressions on each side of the spine and is good for the adrenals and kidneys. Specifically, the point is located at the lower border of the L2 level of the spinous process on the back, one and a half finger width lateral.

Shen Men Point

This is an acupressure point in the ear. Hold your fingers as if you're going to pinch something, but leave an opening so the fingers aren't together. Now with your thumbs pointing downward, bring them to the top of your ears, cupping the ear with the rest of your fingers in the back. Press on the flat part of the ear, located right in the middle. Hold this point on both ears simultaneously. The purpose of this point is to increase your energy levels.

CV 17, A Point that Relieves Stress

This is an emotional balancing point located at the center of your breastbone.

LIV 3

On top o the foot between the big toe and the second toe, one thumb's width down towards the middle of the foot is the liver detoxification point. Every cancer patient needs liver detoxification.

Now it's time to get busy. Start searching for a licensed acupuncturist and then start pressing on these acupressure points for ovarian cancer.