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but many alternative cancer treatments are unproved and some may even be dangerous to help you sort out the good from the bad here are 11 alternative cancer treatments that are generally safe plus there is growing evidence that these treatments may provide some benefit alternative medicine means these therapies are used instead of mainstream medicine which can be dangerous and even deadly the terms used to be used interchangeably at a glance alternative therapies represent non traditional approaches to treatment that can be used alongside or instead of conventional approaches these therapies can involve nutritional physiological physical and mind body techniques some popular approaches that may have mental health benefits include ayurveda meditation hypnotherapy 10 alternative medicines explained overview naturopathy acupressure acupuncture aromatherapy ayurveda balneotherapy biofeedback chiropractic medicine homeopathy reflexology reiki alternative medicine is a term that describes medical treatments that are used instead of traditional mainstream therapies some people also refer to it as integrative or traditional alternative medicine may include acupuncture ayurveda homeopathy naturopathy chinese or oriental medicine body touch has been used in medicine since the early days of medical care healing by touch is based on the idea that illness or injury in one area of the body can affect all parts of the body

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but many alternative cancer treatments are unproved and some may even be dangerous to help you sort out the good from the bad here are 11 alternative cancer treatments that are generally safe plus there is growing evidence that these treatments may provide some benefit

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