



## HOMEOPATHY

Diluted forms of substances taken internally to stimulate self-healing. Based on the concept that miniscule amounts of the substance that causes ailments can be used to cure. Benefits: promotes general well-being and stress management.



## NEURO-EMOTIONAL TECHNIQUE

Uses simple muscle testing, reflexes, and physical reactions to memories in order to locate and then dissipate negative emotions through simple muscular movements. Benefits: improves peace of mind, reduces anxiety.



## MASSAGE

May be a simple hand and foot massage by a staff member or volunteer or a relaxing back massage by a professional. Benefits: soothes emotions, relaxes tight muscles, reduces swelling and relieves aches and pains.



## PET THERAPY

Interaction with a pet helps patients reconnect emotionally and spiritually – even those who seem non-communicative. Benefits: enlivens connection, may spur conversation, reduces isolation.



## MEDITATION & GUIDED IMAGERY

Wakeful observation of what is happening in any moment, meditating may change attitudes about life and help explore the inner-self. Guided imagery techniques may also be used, enlisting all senses to help use imagination to keep mind and body strong. Benefits: relaxes the body, develops greater insight, eases pain, engenders peace of mind.

## Mission Statement

Horizon Hospice, Chicago's first hospice, is a not-for-profit, community-based organization whose goal is to provide comfort for the dying and to preserve dignity at the end of life.

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# Horizon Hospice

PROVIDING A CIRCLE OF CARE

## A Complementary Approach to Comfort

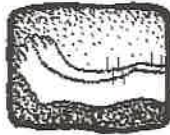
*Alternative Therapies to Help Patients Feel Better*



*Horizon Hospice* provides caring, comprehensive services to terminally ill patients and their families and caregivers. When medical interventions prove insufficient, members of the care team may suggest one or several complementary and alternative therapies, which may help improve physical, emotional, and spiritual well-being.

The therapies can be used to relieve physical symptoms -- pain, constipation, nausea, trouble breathing, and insomnia. They may also ease emotional distress -- anxiety, depression, challenges with coping, caregiver stress, grief and spiritual distress.

This brochure describes the alternative therapies, but the choice of treatments will be discussed in detail by the patient and Horizon's circle of care team.



## ACUPUNCTURE

Ancient system of healing developed in China. Involves the gentle insertion of hair-fine needles into specific points along energy channels. Gentle stimulation of these points opens up energy channels of whole person. Benefits: helps restore balance and harmony, relieves pain, nausea, anxiety.



## AROMATHERAPY

Uses pure essential botanical oils in vaporizers, diffusers, moisturizing lotions, massage oils, or baths, or added to bed linens or towels. Benefits: calms nervous tension, improves sleep, reduces fears, brightens the spirit, enlivens a hospital environment, helps move through the grieving process.



## ART AND MUSIC THERAPY

Art and music can help release self-healing mechanisms in the brain and also change one's perceptions of the world. Strengthening of the body, mind and spirit can occur through creating art or music or simply enjoying it. Benefits: creates hope, relaxes the mind and body, reduces physical discomfort, increases energy.



## FLOWER ESSENCES

These vibrational remedies are ingested and rarely have side effects; they impact and support the nervous system and energy system of the human body. Benefits: alleviates depression, coping difficulties, sleep disturbances.



## HEALING TOUCH

Not a massage, but a gentle placement of hands near or on the body to balance the patient's energy system and aid self-healing. Benefits: restores harmony and balance to the mind, body and spirit.



## HERBAL REMEDIES

In Chinese medicine, herbs are considered to have an affinity with the body, and are integral to ensuring a balanced flow of energy, which is vital to optimal health. Chinese or American herbs, derived directly from plant sources, may provide symptom relief and contribute to gaining or retaining this balanced state. Benefits: general well-being.