



**INSPIRE**  
INTEGRATIVE MEDICINE  
YOUR PARTNER IN OPTIMAL HEALTH

# ACUPUNCTURE FOR CHEMOTHERAPY RELATED ISSUES

A NATURAL APPROACH TO  
SUPPORT & HEALING

By: Dr. Carla Arieta



## Introduction

Chemotherapy is a powerful and often life-saving treatment for cancer, but it comes with a range of challenging side effects that can affect a patient's quality of life. These side effects, such as fatigue, nausea, pain, and neuropathy, can make the healing journey even more difficult. Traditional Chinese Medicine (TCM), which includes acupuncture as a core therapeutic tool, offers complementary approaches to help manage these symptoms and enhance overall well-being during chemotherapy.

## How Acupuncture Helps with Chemotherapy-Related Symptoms

Chemotherapy targets cancer cells but can also affect healthy cells, leading to various side effects. Acupuncture can help alleviate many of these issues by promoting balance in the body's energy and supporting natural healing mechanisms. Below are some of the most common chemotherapy-related symptoms that acupuncture can address:

### 1. Nausea and Vomiting

One of the most common and distressing side effects of chemotherapy is nausea and vomiting. Acupuncture has been shown to be effective in reducing these symptoms, often improving patient's appetite and overall sense of well-being. Acupuncture points such as Pericardium 6 (PC6), located on the forearm, are frequently used to help control nausea and vomiting.



## 2. Fatigue

Chemotherapy-induced fatigue can leave patients feeling drained, weak, and unable to perform daily activities. Acupuncture works by boosting energy levels, improving circulation, and strengthening the body's vital forces. Many patients experience a noticeable improvement in their energy levels after acupuncture treatments, helping them to manage the physical demands of chemotherapy more effectively.

## 3. Pain Management

Chemotherapy often causes pain due to inflammation, nerve damage, or muscle stiffness. Acupuncture is well-known for its ability to reduce pain through the release of endorphins (the body's natural painkillers) and by improving circulation. It can also help reduce the intensity of neuropathy (nerve pain), which is a common side effect of chemotherapy drugs.

## 4. Neuropathy (Nerve Damage)

Chemotherapy-induced neuropathy can lead to numbness, tingling, and burning sensations, particularly in the hands and feet. Acupuncture can help reduce these symptoms by stimulating the body's natural healing processes and promoting the regeneration of damaged nerves. Points along the channels that correspond to the nervous system, such as those on the lower legs and hands, are often used to help alleviate the sensations.

## 5. Dry Mouth (Xerostomia)

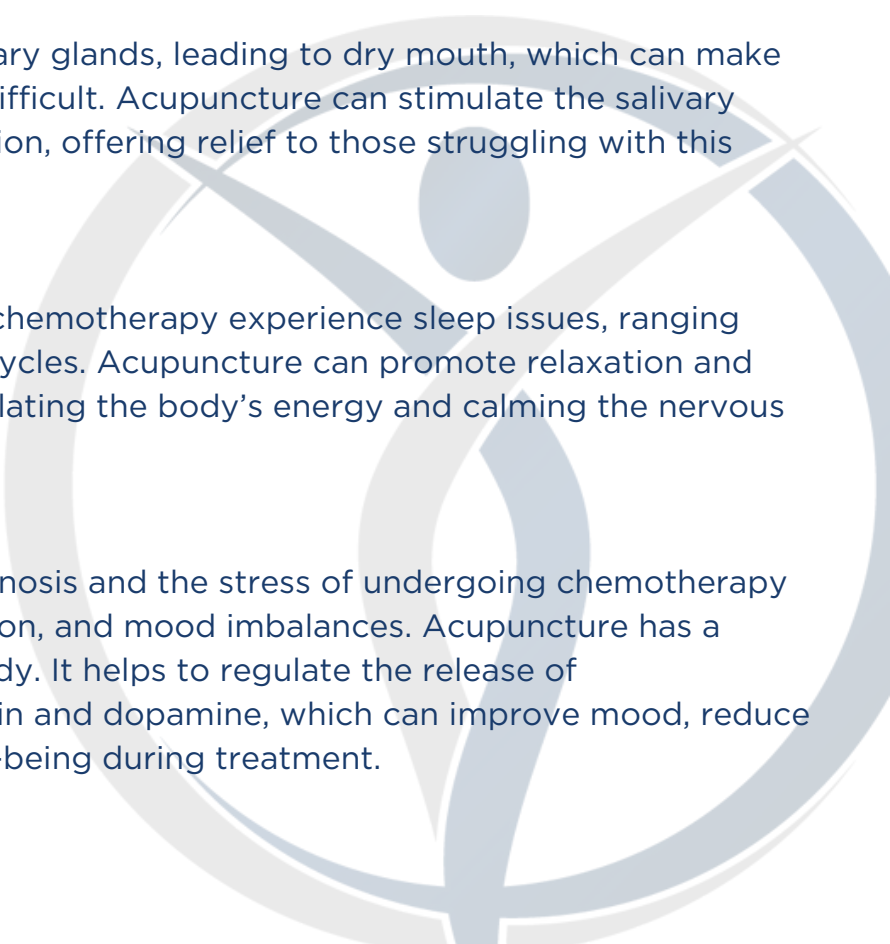
Chemotherapy can affect the salivary glands, leading to dry mouth, which can make speaking, eating, and swallowing difficult. Acupuncture can stimulate the salivary glands and improve saliva production, offering relief to those struggling with this uncomfortable side effect.

## 6. Sleep Disturbances

Many cancer patients undergoing chemotherapy experience sleep issues, ranging from insomnia to disrupted sleep cycles. Acupuncture can promote relaxation and help improve sleep quality by regulating the body's energy and calming the nervous system.

## 7. Anxiety and Emotional Stress

The emotional toll of a cancer diagnosis and the stress of undergoing chemotherapy can contribute to anxiety, depression, and mood imbalances. Acupuncture has a calming effect on the mind and body. It helps to regulate the release of neurotransmitters, such as serotonin and dopamine, which can improve mood, reduce stress, and support emotional well-being during treatment.





## 8. Boosting Immunity and Supporting Recovery

Chemotherapy can weaken the immune system, leaving patients more susceptible to infections. Acupuncture helps to strengthen the immune system by enhancing the body's natural defense mechanisms. It also supports the body's overall recovery, promoting faster healing and reducing the duration of side effects.

### How Acupuncture is Integrated with Chemotherapy

Acupuncture can be used as a complementary treatment alongside chemotherapy. It does not interfere with chemotherapy drugs or treatment regimens. Instead, it works to support the patient during their treatment and improve their overall well-being. Many cancer centers now offer acupuncture as part of an integrative care plan, recognizing its ability to alleviate side effects and enhance recovery.

It's important to work with an acupuncturist who is experienced in treating cancer patients and who collaborates with the patient's oncologist. This ensures that the acupuncture treatments are tailored to the individual's specific needs and that there are no contraindications with their chemotherapy regimen.

## Conclusion

Acupuncture is a safe, effective, and natural therapy that offers significant relief from many of the debilitating side effects of chemotherapy. By promoting balance, reducing pain, improving energy levels, and enhancing overall well-being, acupuncture provides cancer patients with a holistic approach to support their treatment and recovery. If you or a loved one are undergoing chemotherapy, consider integrating acupuncture into your care plan as part of a comprehensive approach to healing.

Remember, always consult with your oncologist before beginning any new treatments to ensure they complement your primary cancer care plan.



**Please contact us to schedule an appointment or to learn more.**  
**[inspire-im.com](http://inspire-im.com) • 410.989.8833 • [register@inspire-im.com](mailto:register@inspire-im.com)**