

## Appendix A: Transcript (Full)

01 D: Well yesterday, you had a chance to hear from Donna Karan. As you know she is starting a new initiative. She wants to take it nationwide and its to introduce into hospital settings, as much as possible, other kinds of therapies that help the patient experience, particularly for patients who get grave diagnoses. But we thought we'd take a closer look this morning on what works, what doesn't work, what is proven, what is not, and joining us now is doctor Christiane Northrup, who is a woman's health expert and author of *Women's Bodies Women's Wisdom*, and also a panelist for Urban Zen, the holistic health care forum that Donna Karan is hosting next week. And also with us is your familiar friend, and that's ABC New's medical editor, Doctor Tim Johnson.

I want to start with the overall idea this Tim,if I can start with you. Is this an idea that doctors will welcome? If an outside initiative comes and says let's introduce other things, things that nurture the patient, into a hospital setting, will doctors welcome it?

02 T: More and more, that's the case. Major cancer centers are now using some these complementary techniques. I think the one thing that doctors, and all of us, as consumers should always insist on is some evidence that this is not gonna be harmful whatever it is and it's going to be effective. And I say that for traditional medicine, I mean a few weeks ago I was here talking about the fact for the new study show that half of the angioplasties we do are not appropriate. So we've got to demand I think that kind of rigor for both so-called traditional and complementary medicine. But when we can show that, I see doctors and hospitals welcome this more and more because they know, we know, we have limits for what we can do for the patient.

03 D: And doctors and nurses are so busy if you have an ally like coming in to help with these things. So, Doctor Northrup ok let's talk about for them: acupuncture. Is this right that insurance companies a lot of insurance companies now paying for acupuncture?

04 C: Many do. And it's so good for chronic pain, it's good for infertility often, menopausal symptoms it's fantastic.

05 D: And, I read in the note that you said that some of your patients who had chemotherapy and we're having acupuncture didn't lose their hair.

06 C: That's correct.

07 D: Or didn't lose as much hair.

08 C: They would often go through the process much more in touch with their own energy.

09 D: And acupuncture, Dr. Tim?

10 T: That's one technique that has been very well proven in many areas of pain relief, in particular. It's been well studied in that regard and so I think it has a lot of role, especially in pain relief.

11 D: I was saying to you earlier you know that it's not just placebo effect: my dog I once got some acupuncture and turned it was like a teenager again bounding around the room. Okay, yoga and meditation again what do we know? What's the most concrete thing we know about what yoga and meditation can accomplish?

12 C: Both of them decrease stress hormones cortisol and epinephrine. And those two stress hormones which are so high in so many of us actually result overtime in cellular inflammation. And that's the beginning most disease processes. So yoga, let's just take breathing, remember when Donna talked about her husband with lung cancer, being able to open his chest and breathe more fully and oxygenate his blood better - that's a benefit of yoga. Meditation, you realize you're not your pain. You're not even your body. You expand your consciousness. And that changes you, biochemically.

13 D: So this is a kind of physical therapy. It's just a variation of a physical therapy.

14 T: Well it's probably more than that. And we are still in a very embryonic stage in our understanding of the connections between the mind and the body. But these kinds of techniques do produce physiological changes. The original study of the relaxation response demonstrated that it lowered blood pressure. So there are connections between what we would think it was mind or mental and body or physiological.

15 D: And I know that Donna's also talked about and gathering everybody together about nutrition.

16 C: Yes.

17 D: And the other things that you can do, just to keep your, I guess your vitamins at maximum. But, massage was a big thing for her. Particularly with her friends now, a friend undergoing, ah, enduring breast cancer.

18 C: Right.

19 D: Touch alone? Just touch?

20 C: Touch alone is actually very helpful and it's been shown to increase immunity in one study that Tiffany Field's did with breast cancer patients. It feels wonderful. Again, it helps with your sleep, it decreases stress hormones, it relaxes muscles and balances the sympathetic and parasympathetic nervous systems so that the healing response, which is innate, can come to the surface.

21 D: All right. But Doctor Tim, I can't let you go without addressing one other thing she raised. Why do the hospital gowns open in the back? Why are they so small in the back?

22 T: That's an example holistic medicine.

23 D: A little doctor humor here. But you could have other ones, couldn't you?

24 T: Obviously. We've been but complaining about that for decades and still nothing is being done. So, you're right, you raise a very important point here.

25 D: Yes. It's dignity. And again, she's going to be addressing that at the forum as well. Thank you for being with us. Thanks, Tim.

<https://www.youtube.com/watch?v=Oq8Rwf4Sjs8&spfreload=10>