



Huntington
Hospital

Huntington for Her

The emerging science of health and happiness.

Huntington Cancer Center offers many integrative oncology therapies, such as nutrition counseling, acupuncture, massage, meditation, hypnotherapy, Tension Release Exercises (TRE) and Reiki therapy.

Therapeutic meditation and guided imagery.

These approaches have been used to provide psychological and physical comfort to individuals diagnosed with cancer for nearly 200 years. Research shows many benefits of these therapies, including improving quality of life not only during the course of cancer and its treatment, but also after the treatment is over to help with recovery. By learning how to calm down the “monkey mind” and the chatter, one can learn how to relax and focus the body's resources on what's most important: health and recovery.

Tension Release Exercises (TRE).

While your state of mind is a key factor in promoting healing, one also has to engage the body in the recovery process. When we're stressed out, our bodies tend to tense up and we may find ourselves stuck in fight/flight/freeze mode, which prevents our body from healing. TRE is a series of simple self-managed movements that turn on our bodies' natural ability to release everyday stress, old patterns, and deeply held physical tension and trauma. The technique is easy to learn and works for all body types and fitness levels. The benefits of TRE include: improved quality of life, improved mood, less anxiety and worrying, improved sleep, increased flexibility, more energy and stamina, and relief from body aches (including headaches and TMJ).



Pierre-Etienne Vannier, MSc
Mind-body Practitioner
and Program Development Specialist

Huntington Cancer Center provides regular stress management and immune boosting group sessions for patients to learn and practice these approaches free of charge. To learn more about the upcoming programs, please contact Suzie Kline, manager, integrative oncology, at suzie.kline@huntingtonhospital.com or Pierre-Etienne Vannier, mind-body practitioner and group facilitator, at pevannier@gmail.com.

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