



Justin Langer tries out his massage technique on patient Robin Prangnell.

# Langer bats for cancer patients

**Former Test cricketer Justin Langer says like cancer patients, elite sportspeople experiment with alternative medical treatments.**

Justin (38) is pushing to get more complementary treatments, like acupuncture, reiki and pranic healing, into hospitals so thousands of cancer patients can be helped.

He said he had no doubt the treatments were effective and used them extensively throughout his 14-year international career.

"Oh yeah, of course, big time," he said. "Everyone is looking for anything that's going to give them that edge, that 1% tiny bit of difference."

He said acupuncture, massage, reiki and reflexology helped with injuries, physical strain and a jet setting, packed itinerary and should be available for cancer patients too.

For five years he has been patron of the Solaris Care Cancer Support Centre at Sir Charles Gairdner Hospital where cancer patients are treated to free relaxing and invigorating treatments.

With the program's expansion to St John of God Hospital, he said volunteer therapists were urgently needed.

More than 50 alternative therapists volunteer around half a day a week to help cancer patients but there was a desperate need for 30 more.

David Oliver, the program's CEO, said the treatments were not a cure for cancer but improved well-being and quality of life.

"Patients and their carers come in for their next session telling us they have had the best three nights' sleep in years."

Solaris Care is about to announce the results of a major

research project into the benefits of its program.

It has trialled pranic healing, reflexology, reiki, massage, Bowen therapy, healing touch, kinesiology, qigong, acupuncture, chi breathing, counselling and various beauty treatments.

Mr Oliver said Solaris Care was eager to get its research results out to sceptics.

Mr Langer said Solaris Care's founder, Dr David Joske, head of haematology at SCGH, was a saint.

"There was a medical gap between complementary and mainstream medicine and he has built a bridge," Mr Langer said.

"I used meditation from 1993 to maintain concentration and peak performance."

Qualified and trainee therapists interested in donating time to the Solaris Care program can call 9388 3788.