

Conquer Your Fear Of Cancer

The Five Keys To High Level Wellness

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Preface

This book is a guide to the restoration and maintenance of hope for those who are faced with the challenge of cancer; either in yourself, or in those you love. The story began for me when I was given a diagnosis of high blood pressure at the age of 34 – a disease my father had died from at age 52. Given that I was teaching about the powerful drugs that are used to treat high blood pressure at the time I received the diagnosis, I knew that I did not want to endure their negative side effects.

I was a recently appointed Associate Professor of pharmacology at Wayne State University School of Medicine in Detroit, with training in psychosomatic medicine (New York University Medical Center and Bellevue Hospital Center) and 3 years of research training at the National Institutes of Mental Health. At Wayne State, my assigned teaching and research responsibilities revolved around the pharmacology of cardiovascular drugs and the autonomic nervous system.

How are thoughts, feelings, and other mind-mediated events translated into molecular biology? What variables determine the end result - the maintenance of chronic illness, say, or the restoration of health? These are questions that I began to ponder seriously in 1978, when I developed high blood pressure.

When I received this diagnosis, and was prescribed diuretics and beta-blockers, I began a systematic, psychoanalytic study of the “translation rules” between mind and body. Over an 8 to 9 month period, I brought my blood pressure under control without drugs using a method that I would later call “*autonomic re-education*”. I became a meditator and practiced breath control and yoga; I became macrobiotic and a long distance runner, and I learned more about myself in a long-term, therapeutic relationship with a psychoanalyst.

In a sense, my resume reflected my inner life, and is how I came to write this book. The death of my father from hypertension at the age of 52 when I was a small child contributed to years of subconscious fear about my own chances of an early death from hypertension. My pursuit of psychiatry, internal medicine, and an academic career in autonomic pharmacology was my attempt to survive and keep my fear at bay by becoming intimate with my subject matter. How fortuitous that I would choose the autonomic nervous system, and learn to understand its power as the body's inner healer.

As a newly cured hypertensive, I decided to become a specialist in its non-pharmacological treatment. I co-authored a paper in the *American Journal of Cardiology* where I outlined the relationships between autonomic hyperfunction and cardiovascular dysfunction. I opened a clinic named "The Holistic Hypertension Treatment Center", and I struggled with how to turn my understanding of what seemed to me the new phenomenon of autonomic re-education into a marketable set of clinical skills. I lectured widely on the topic of hypertension, and gave workshops.

The autonomic nervous system, through its ability to influence the expression of genes, behaviors, physiologic and mental functions, is involved in both contributing to and/or ameliorating disease processes. I understood this back in 1980, when I proposed a mechanism, that I would later call "*normative inhibition*", which could be reset to restore balance in the face of chronic diseases such as hypertension. Over the course of my clinical work, I realized that disclosure of one's inner experience was an integral part of this resetting process. I concluded from my personal experience and from my own and others' research that disclosure is a tool of *self-revelation contributing to the self-regulation* that can restore health to the physical body.

In 1983, I formed a collaborative partnership with a clinical psychologist, Sara Schreiber, who provided psychotherapy for women who had terminal breast cancer. Over the next 7 years, we worked together as co-therapists in a psychotherapy support group with these women. We used psychodrama as the vehicle for disclosure, and what was disclosed became the vehicle for transformative change. Through re-enacting their early life histories and receiving group support, the women were able to change their interpersonal behaviors in a way that impacted both the quality of their lives, and in some cases, the outcome of their disease.

By 1987 it was clear to us that the course of breast cancer could not only be influenced, but in some cases, the patient would go into remission with a combination of conventional treatment, autonomic re-education and psychodrama. Our experience was beyond our own expectations. These women who had shared their lives with us were able to transform themselves and actively participate in their own healing. They held within them the hidden secret of healing, the key to a life of higher quality that allowed a more fulfilled and authentic life.

What we had discovered was:

- ❖ Emotional experiences can be stored in chemical form in various organs of the physical body;
- ❖ The chemistry of these stored experiences can promote dysfunction in the systems vital to health - the autonomic nervous system, the neuro-endocrine system, and the immune surveillance system;

- ❖ Disclosure is part of a mechanism for undoing the negative aspects of the stored emotional experience, and can restore balance to the vital body systems.

The basic aim of the process of autonomic re-education is to reset, literally, the inhibition mechanism that provides the essential checks and balances that keep the DNA of your genes from malfunctioning in a way that produces a disease like cancer.

This resetting promotes balance and health by bringing about expected cell death, or “normative inhibition” – that is, the way the body should work. This book was written to give you a clear and understandable description of what you can do to reset your normative inhibition mechanism, and thus restore vibrant health.

By understanding the concepts that make up this health restoring mechanism, you and your family and loved ones can benefit now. And, while you will benefit from reading this book, it will be a more powerful experience if you use this book in partnership with a physician trained in integrative medicine.

Welcome Aboard!

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Chapter 1

What is Cancer?

You may have just been given a diagnosis of cancer; and, if you are like most people, you are terrified and are furiously searching for what you can do. The good news is *that there is a lot that you can do*. In this book I'm going to tell you in plain language what cancer is, how it develops, how it progresses, why it is so important for you to rid yourself of the fear associated with having cancer, and what you can do to combat this dreaded disease. In addition, this book will also teach you the skills necessary to block each of the 3 stages known to be associated with the development of cancer – initiation, promotion, and progression.

Think of cancer as an example of good genes that have decided to secede from the union, and set up their own rogue nation state. Certain genes that regulate normal balanced function in the life cycle of each cell have gone awry. Like you, cells are born, they grow, they are transformed into the function that they were meant to fulfill in their particular organ or tissue, they serve their cell community to the best of their ability, and then they die – a death that is genetically pre-programmed to maintain the normal balance between cell birth and death that is life as we know it in the physical body.

Except in cancer.

In cancer, the normal coordination of the cell birth - death cycle is dysfunctional. In some cancers, cells die prematurely, as in certain red blood cell cancers in which the premature cell death causes a chronic anemia that ultimately contributes to a fatal outcome. In other cancers, cells refuse to die and instead become immortal, killing the body in the process of achieving immortality. In still other

cancers, cells are born too rapidly, robbing the body of food and oxygen, and disturbing the normal function of the tissue from which the cancer arises.

So what hijacks this birth - death cycle of the cell? This can happen in a number of ways. The Nobel Prize winners Bishop and Varmus demonstrated that viruses could hijack genes away from healthy cell formation to cancer cell formation. Genes that promote normal cell function as well as genes that promote cancerous cell activity are both present in your body. *However, whether or not they are good citizen genes or rogue genes depends both on the nutrients as well as on toxins located in your system.* This local environmental condition impacts gene activity. When genetic and metabolic disturbances are present, your body has a decreased capability to adapt at the cellular level, which can then manifest as irregularities in the birth - death cycle of cells.

Why is Cancer So Rampant?

It is this decreased adaptive capacity at the cellular level in the face of increased environmental challenges - physical, psychological, and spiritual - that increases your risk for developing cancer. Why is this so? The main system in the body for keeping your genes and metabolism in harmonious balance is your involuntary nervous system; also known as the autonomic nervous system (ANS). The ANS is the mastermind of all of the different communication pathways that help your body stay in balance. If the ANS dysfunctions, after a critical point, your immune system – whose job it is to seek out and destroy cancer cells – becomes blind to cancer cells floating through the body.

Because of this, the rogue cancer mass can masquerade as normal cells. Furthermore, this mass develops the ability to form its own blood vessels. With an immune system that can be fooled into thinking that the cancer is normal tissue,

and with new blood vessels developing, the cancer gains both nutrients and oxygen for further growth. It now can become lethal as it has a method of spreading throughout the body, a process known as metastasis.

Cancer is so rampant because of the complete lack of training we generally receive in the following areas of daily life:

1. Restoring balance and harmony in the autonomic nervous system, a process I call autonomic re-education;
2. Knowing how to influence your immune system activity
3. Strengthening the coping skills needed to deal with the increased environmental challenges – physical, psychological, and spiritual;
4. Understanding what is toxic to the human system, and learning methods of detoxification;
5. Knowledge of the kind of nutrition that can re-balance the body and rebuild healthy tissue.
6. Awakening and empowering an inner healing force, a process I call “awakening an Inner Physician”.

The good news is that this training has been developed, tested, and replicated over the last 23 years of my clinical research and practice and is available to you now in this book. **“Conquer Your Fear of Cancer”** is the beginning of the journey toward high-level optimal wellness.

What’s Fear Got to Do with It?

Wouldn’t you know it, of all of the emotions, it would have to be fear that is at the heart of this state of affairs we call cancer. Fear implies inadequacy, expressed as either panic or depression. Fear, panic, and depression have the greatest chances

of disabling the autonomic nervous system. The ANS originates in the area of the brain that is related to the processing of emotion, the limbic system. There are three ANS components: the sympathetic branch, the parasympathetic branch, and the metasymphathetic branch. As an emotion, fear can disable all three ANS branches. It can also disable the immune system. In the presence of poor nutrition and toxic conditions, fear can initiate, promote, and exacerbate the progression of cancer.

The autonomic nervous system is the great natural physician of the body, and is activated in response to the 4 basic needs:

- | | |
|-----------------------|----------------------|
| 1) FOOD; | 2) SLEEP; |
| 3) SEX (Reproduction) | 4) SELF PRESERVATION |

In order to meet these 4 basic needs, the ANS must activate eight different process functions. These eight process functions are involved and activated when the body is dealing with a disease like cancer, in addition to being active during healthy daily function. You can read more detailed descriptions of these processes in [Appendix A](#). Here I want to highlight just two of these functions, the reparative processes and autophagy.

[Reparative processes](#) include the movements of specific immune cells throughout the body under times of crisis or basic need by a process called chemotaxis, and a process of recycling resources known as autophagy.

[Autophagy](#) literally means, "self eating", and is the process by which the body gains nutrition through the consumption of its own tissues. This process is operative constantly for the repair, preservation, and health of the body. It is the

process responsible for healing from a disease like cancer. Fear, panic, and depression disable autophagy.

Health is a state of balance maintained by a perpetual adjustment to forces from within and without, regulated by the autonomic nervous system. Through the years, the days, the hours both waking and sleeping, we are steadily responding to the conditions of life, hunger and food, cold and heat, fatigue and rest, anger and pleasure. We must also deal with our ambitions and our fears, with jealousy, with grief, with feelings of inferiority, with defeats as well as victories, and with the inevitable acceptance of aging. Health depends on how well the individual as a whole can maintain balance through all these changes. It is the autonomic nervous system, which is pivotal to this balance.

In the following Chapters, you will be introduced to a method of:

- (1) Gaining skills for combating fear, panic, anxiety, and depression related to cancer;
- (2) re-educating your autonomic nervous system;
- (3) restoring the function of your immune system; and
- (4) blocking the initiation, promotion, and progression of cancer cells in your body.

The method described in this book will move you away from cancer toward optimal wellness, the discovery of your unique skills, talents, and attributes, and toward the greatest good of which you are capable.

Chapter 2

The Map of the Territory You Can Transform

In school we learned that we had only a physical body. However, the physical body (made up of cells) is only one dimension of human experience. There are also 4 other fundamental dimensions or bodies of human experience that work with the cellular body to influence health and disease. They are the energetic or molecular, the emotional, the mental, and the spiritual bodies.

Each body governs certain types of communication relationships that make up your internal “relational” communication systems.

<u>Molecular Communication</u>	<u>Cellular Communication</u>	<u>Emotional Communication</u>	<u>Mental Communication</u>	<u>Spiritual Communication</u>
Molecule to cell, molecule to molecule interactions	Cell to itself interactions; cell to cell molecular interactions	Feelings to cells, cell to itself interactions	Attitudes/beliefs that give rise to feelings	Relationships to God, the Higher Self, Significant others

These relational systems are always interacting with each other, through your autonomic nervous system, your endocrine system, and your immune system. Think of the physical (cellular) body as the end-user of the relational communication and information coming from the other 4 bodies. The degree of health or toxicity in one or more of the five bodies plus the smooth operation and communication between these five systems is the basis for health and well-being.

What kinds of things can trigger a disease process in each of the five bodies?
 The following chart gives some examples of behaviors and patterns that lead to communication dysfunctions in each of the 5 bodies:

<u>Molecular Communication</u>	<u>Cellular Communication</u>	<u>Emotional Communication</u>	<u>Mental Communication</u>	<u>Spiritual Communication</u>
Poor nutrition; Inadequate detoxification through: 1. liver 2. colon 3. skin 4. kidney 5. lung 6. lymphatics	Poor self-care: inadequate exercise; inadequate shelter; inadequate income; Inadequate sleep	The dysfunction is dependent on the degree of emotional unrest experienced – fear, panic, depression, anger, anxiety, resentment	Inability to mentally apply ourselves to inner and outer demands, reinforcing a sense of feeling trapped	Failure to function according to our own needs and potentials, or our own soul’s destiny

It is important to realize that each body has a positive and a negative polarity. By polarity I mean manifesting two opposing attributes, tendencies, or principles. The negativity or positivity of the polarity depends on the type, frequency, and intensity of the communications being acted out at the cellular level.

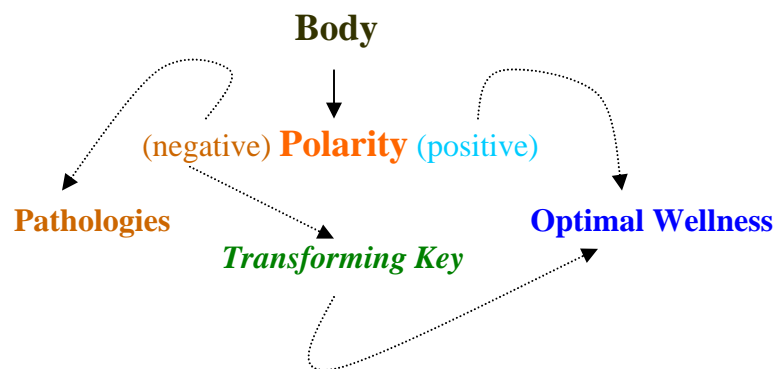
When the negative polarity persists over time, the body assumes a pathological state, and it is this pathological state that contributes to the development of cancer. However, it is critical to remember that disease on the cellular physical body is the end result of the various information and communication patterns in the other 4 bodies that have been dysfunctional or out of balance for some period of time. When people receive a diagnosis of cancer, they often get the message that there is

little that they can do to influence the course of the disease, apart from general admonitions about nutrition, exercise, and attitude. *This is simply not true.*

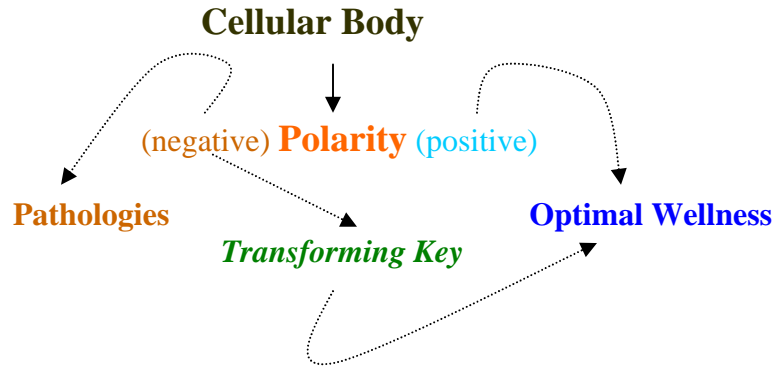
There are many ways that you as an individual can intervene on the molecular, emotional, mental, and spiritual levels of communication. And in so doing, you can impact the course of cancer on the physical cellular level. This is the work that constitutes the healing that you as a patient can and must do. *While each body can assume a pathological state, there is also a key that serves as a guide to transforming the negativity into positivity, restoring balance and wholeness.*

These are the elements of the healing process that need to be addressed in the journey toward optimal health:

- ❖ The **Body**
- ❖ The **Polarities** (- and +)
- ❖ The **Pathologies** (the negative results of the negative polarity)
- ❖ The **Key** for Transforming the Pathologies
- ❖ **Optimal Wellness**



Chapter 3
The Cellular Body



The Cellular Body: The cellular body is composed of the various organ systems. Each organ has a specific function in the maintenance of balance, and each organ has a “mind” that holds the functional instructions for this group of cells. Each cell works for its own benefit as well as working for the benefit of the “whole”. There is a strict life -death cycle for each cell, with certain death being mandated for each cell so that life may continue for the whole organism.

The Cellular Body Polarities:

Negative Polarity	Positive Polarity
Symptoms such as: <ul style="list-style-type: none"> • Over-weight • Under-weight • Pain • Indigestion • Non-healing wounds 	Living in your body without distraction
↓ Gene instability and mutations	↓ Stability of your gene pool

Genetic stability is synonymous with balance and health. The lack of gene stability - reflected in gene mutations such as deletions or additions - is associated with cancerous growths.

The Cellular Pathologies: The core pathologies on the cellular level include disturbances in the regulation of the birth – death cycle of affected cells. This is associated with the recruitment of other cells to join in the cellular rebellion, such as blood vessel forming cells needed to bring nutrition and oxygen to the forming mass, and immune cells that malfunction and fail to recognize the growing cancer. For an in-depth discussion of the most commonly described cellular pathologies, go to this URL:

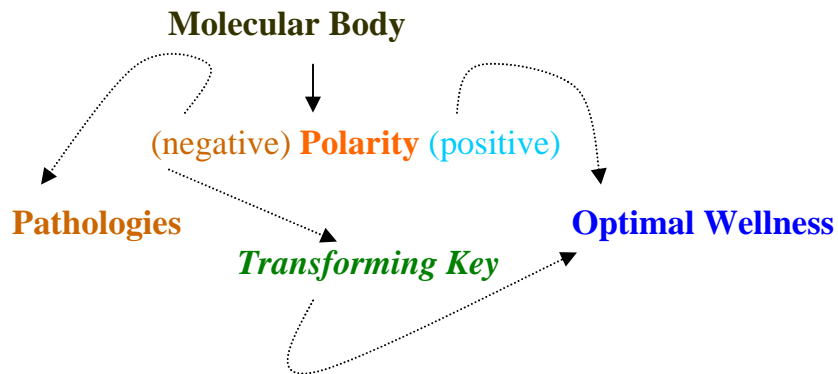
<http://www.Arond-ThomasOnline.com/template.asp?articleid=23&categoryid=37>

The Cellular Body Transforming Key: The key to transformation of the cellular body from rogue status to that of a model citizen is the mechanism of *normative inhibition*. In nature, as well as in the human body, balance and equilibrium are described by the term homeostasis. Homeostasis is a relatively stable state of equilibrium or a tendency toward such a state between the different but interdependent elements or groups of elements of an organism, population, or group. The state of optimal wellness – coordinated aligned communication between the 5 bodies in pursuit of the highest good of which you are capable, depends upon homeostasis. It is this homeostasis of all five bodies that characterizes *normative inhibition*. If you would like to learn more about the role of normative inhibition in promoting health, go to this URL:

<http://www.Arond-ThomasOnline.com/template.asp?articleid=45&categoryid=34>

Chapter 4
The Molecular Body

“Our breath is the bridge between our mind and our body.” Thich Nhat Hahn



The Molecular Body: The breath best exemplifies the molecular body --matter in molecular state --. which moves at will through all that is the human experience. The molecules of oxygen animate and bring the cells of the physical body to life, moving in and out, promoting the breakdown and build up of the many proteins that make up life. It is through the molecular body that we (1) bring in nutrients and carry away wastes, (2) send messages from cell to cell through various communication molecules, and (3) heal the body by building up new tissues and preserving functional complexity.

The Molecular Body Polarities:

Negative Polarity	Positive Polarity
Symptoms such as: <ul style="list-style-type: none"> • Body odor • Heightened risk for infection; • Fatigue • Irregular cycles for bowels, sleep, sex; 	Using food and exercise, and disciplined practices for body control
<p style="margin: 0;">Inflammation and acid-base (pH) dysfunction</p>	<p style="margin: 0;">Anti-inflammatory balance, and stable acid-base balance (pH)</p>

Molecules known as cytokines and interleukins, and other molecules called eicosanoids (eye-kas-an-oids) are the promoters of inflammation in the body. This set of communication molecules is directly involved in the regulation of inflammatory and/or anti-inflammatory processes. In most cancers, these processes are dysfunctional. The dysfunctions create a host of other changes or adaptations among different cell populations, adaptations that approximate the behavior of wounds that will not heal. These adaptations promote the pathologies of cancerous growth.

The Molecular Body Pathologies: The core pathology for this body is inflammation and disturbances in the acid-base balance, also known as pH. Inflammation is a particular immune system response to emergency situations such as infection, injury, or non-healing wounds. Cancer most closely resembles the inflammation of non-healing wounds, a very acid condition, although infections and injuries, and some alkaline conditions are also associated with cancer formation.

Inflammation, physically speaking, is localized heat, redness, swelling, or pain as a result of injury, irritation, or infection. However, emotionally, something is also inflammatory if it tends to arouse passion or desire, anger or violence. These emotional states trigger corresponding changes in your physiology. In both physical and emotional terms, it is the autonomic nervous system and the immune system that carry out the inflammatory process. These two systems orchestrate changes in genes responsible for keeping the inflammatory process in overdrive. *Normative inhibition is clearly disrupted.*

The state of balance reflected in normative inhibition results primarily from the equilibrium of three sets of genes: oncogenes (cancer causing), tumor suppressor genes and cell repair genes. Tumor suppressor genes play a critical role in regulating when cells are allowed to divide and increase in number. For example, when DNA damage is detected in a cell and has not been adequately repaired, some tumor suppressor genes can stop the cell from multiplying. Also, specific tumor suppressor genes can stimulate cells with damaged DNA to commit "cell suicide". These gene activities are examples of the regulating mechanisms in normative inhibition that are disrupted by excessive inflammation. When these genes don't function correctly, the cells with DNA damage continue to divide and can accumulate further DNA damage that can eventually lead to the formation of a cancerous tumor.

The Molecular Body Transforming Key: Restoring normative inhibition through re-educating your autonomic nervous system leads to a return of balance between the tumor suppressor genes, the cancer forming oncogenes, and the cell repair genes. The balance sustained among these sets of genes provides a relatively cancer free environment for the body as a whole. The key to transforming the negative polarity to the positive polarity lies in reducing

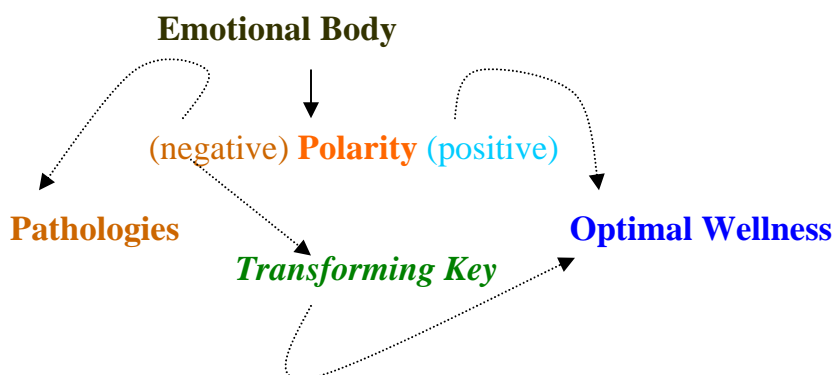
inflammation on the cellular level by reducing inflammatory outputs from the other 4 bodies. This process supports the return to balance between the tumor-promoting genes (oncogenes and tumor suppressor genes), and cell repair genes.

By reducing inflammatory outputs from the bodies – spiritual, mental, and emotional – the molecular and cellular body balance is restored. The key to vibrant health is reducing inflammation in all five dimensions.

Chapter 5

The Emotional Body

“If you obey all the rules you miss all the fun.” Katherine Hepburn



The Emotional Body: The emotional body functions as a communication bridge - between the mental body and cellular body, converting thought energy into cellular energy. We recognize this as feelings and emotions. The physiological actor in this communication between the brain and the body is once again the autonomic nervous system.

When the energy of the ANS flows freely, both the mental and cellular bodies are nourished. When the flow of this emotional energy is blocked, autonomic function begins to fail. The normal equilibrium between restorative forces and degenerative forces in the body is shifted toward the latter. You are probably aware of being more susceptible to illness when you feel stressed, overly fatigued, or “run down”. This is particularly true in the presence of negative emotions that create excessive autonomic activity in the attempt to handle this emotional energy. The autonomic nervous system is the channel for the emotional body energy – both positive and negative, so that positive emotions can normalize autonomic

activity. The immune system functionality is dependent on the ability of the autonomic impulses to quickly return to a normal rate of autonomic nerve traffic.

The Emotional Body Polarities:

Negative Polarity	Positive Polarity
Symptoms such as: <ul style="list-style-type: none"> • Suicidal feelings • Fear, panic, anxiety • Depression • Mood swings • Overly subject to one's own emotions 	Using humor, objectivity, and free flow of emotions for body control
Autonomic Symptoms	Healthy Autonomic Balance

The autonomic nervous system is the physical body's inner healer. Through this system, all of the organ cells in the body receive proper instructions that lead to collaborative and productive work thus providing the molecular and cellular basis for life. The ANS is a polar system, consisting of sympathetic and parasympathetic branches, both of which influence a 3rd autonomic branch – the metasympathetic.

The metasympathetic branch holds the instruction manual for turning organ functions on or off: the sympathetic branch turns the functions to the “on” position; the parasympathetic branch turns the functions to the “off” position. In this manner, the ANS through its 3 branches can both excite the cellular organs

and tissues, while relaxing and nurturing them at the same time. Metasympathetic dysfunctions in specific organs can, over time, lead to diseases such as cancer.

Furthermore, this branch is the “*Inner Physician*” that acts as the transducer to convert energetic impulse from the emotional, mental, and spiritual bodies into physical, chemical, and genetic realities. The balanced operation of this transducer promotes health, and is dependent upon the balanced inputs from the opposing sympathetic and parasympathetic branches of the ANS.

The Emotional Body Pathologies: The core pathologies for this body are the over-activity of the autonomic nerve traffic resulting in the failure of the immune surveillance system. This in turn is a function of how well the person’s coping mechanisms and defense mechanisms handle negative emotional information. Under conditions of chronic anxiety and depression, the metasympathetic division of various organs can receive excessive sympathetic and parasympathetic stimulation simultaneously. This would be analogous to operating a car with the accelerator to the floor and with the brake to the floor at the same time.

The Emotional Body Transforming Key: The key to vibrant health for the emotional body is the free flowing and properly balanced nature of the autonomic impulses that feed all of the organs of the physical body. Work with the breath and healing old emotional wounds through disclosure, sustained by disciplined objectivity is the key to restoring balance to this body.

The Dalai Lama has been acknowledged by Tibetan Buddhists to be a reincarnation of the God of Compassion and by the world in general to be a Nobel Peace Prize winner, but few know him to be a practicing meditator. All his life, he has been surrounded by masters of meditation and has been initiated into many different techniques. It is therefore appropriate that we pay attention when he

points out one method so valuable that he does it everyday. It promotes compassion for oneself as well as objectivity, both key to emotional healing.

Remember when you were a kid and they often had cartoons where someone had a devil on one shoulder and an angel on the other and they were whispering into an ear -- one encouraging doing "bad" and one doing "good". In a way, that's the basis of the Dalai Lama Meditation technique.

Sit quietly, calmly with eyes closed, as relaxed yet aware as you can be. Visualize yourself on the left side of your mind's eye as you would appear to yourself and others in a moment of impatience. Really see this inner vision. Watch your face, and observe your body language. What does your impatient self look like? On the right side of your mind's eye, see yourself when you are very patient. What do you look like when you have a lifetime of time? As tense as you appeared on the left as your impatient self, see yourself as relaxed in your patience on the right. Now on the left side, see yourself, as you appear when you're depressed. Look carefully. How does that make you feel? Can you be aware of the aura of doom and gloom you're radiating? And then, on the right side of your mind's eye, see yourself, as you are when you're joyous. Merge with that happiness. Know how others would see you.

Continue seeing all the seemingly negative feelings and behaviors on the inner left-hand side of your mind's eye and the opposite on the right. On the left, see yourself as jealous and on the right as how you appear when you are truly glad for someone else's success or happiness. On the right, see the bigoted you and on the right, the all-embracing. On the left, see the mean you, on the right, the sweet. See the stupid you and the brilliant. See the clumsy and the graceful. On the left side, see the unsatisfied, and on the right, the contented you.

Go on and on, becoming familiar with the "you" on the left and the opposite "you" on the right. Then see the total "you" who would be there on the left if none of the characteristics of the right side were present. Now see the "you" who would be the totality of yourself with the right side only if none of the behaviors and feelings of the left side "you" had ever appeared.

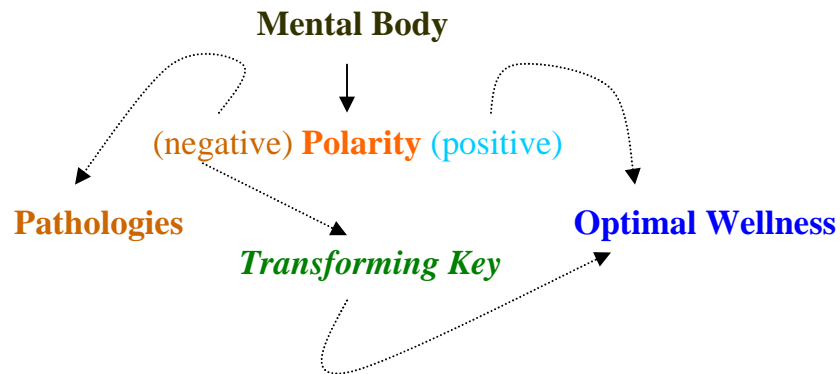
The Dalai Lama tells us that there is nothing else necessary because just by witnessing your negative left-side self, you will become so disgusted with these negative behaviors when you see yourself acting in these ways that you will automatically cease any of those actions and start doing and feeling the right-side actions. Eventually, you will become the right-side self exclusively. Eventually, you will have peace, compassion, wisdom, good health, patience, and all the other glorious aspects of life.

This technique has the potential to change your life profoundly for the better. It is one of the best antidotes for negativity. It is consistent with his unlimited compassion that the Dalai Lama has shared it with us. (Source: <http://www.meditationsociety.com/>). Balancing negativity will restore the free flowing nature of the energy of the emotional body.

Chapter 6
The Mental Body

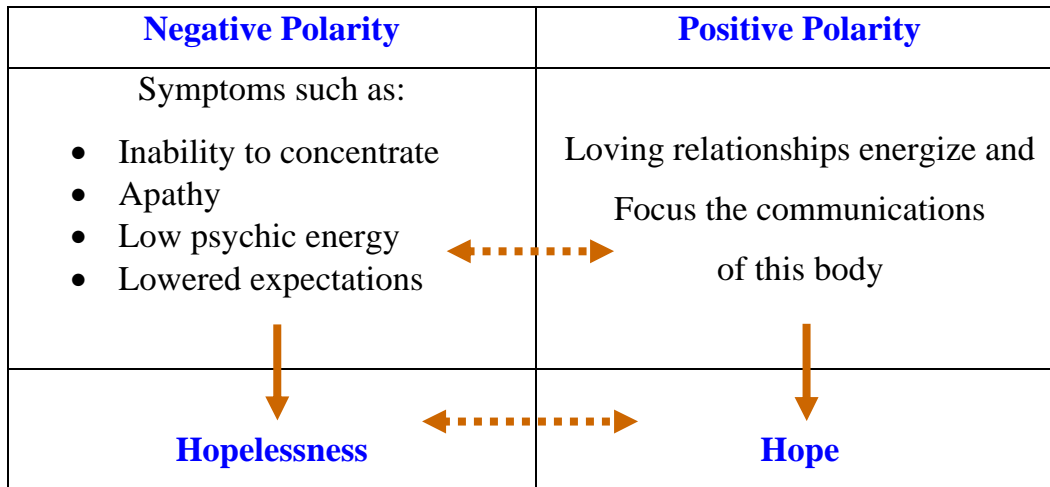
“If you do not live the life you believe, you will believe the life you live.”

Zig Ziglar



The Mental Body: The mental body houses the organ of thought and will – both conscious and unconscious. It operates in response to your attitudes, beliefs, expectations, assumptions, and intentions. Through the mental body, the conscious mind is aware of its surroundings, and internalizes this knowledge on a daily basis. We incorporate this knowledge as values or patterns or images of our culture, storing them within the self as conscious and/or subconscious guiding principles. In families where the familial message is “No you can’t!” a “locked in” syndrome may emerge, associated with the maintenance of counterproductive lifestyles and addictions. In this way, culture has biologic force that directly impacts our susceptibility for many diseases including cancer.

The Mental Body Polarities:



Jeanne Achterberg, of the Saybrook Institute in San Francisco, has suggested that hope is not the expectation that the patient’s cancer will be cured: rather, it is the “enduring feeling that life makes sense”. If life makes sense, then cancer, she believes can be transcended in the sense that a person can rise above it psychologically, and not be emotionally defeated by it. Research has shown that for persons who feel either hopeless or helpless, the immune system’s natural killer cells lose their function (Wood, 1996).

A 15-year study by Steven Greer and his colleagues demonstrated that women who possessed a fighting spirit, an optimistic determination to beat the disease, lived longer. Grace Gawler in Australia, working with over 10,000 cancer patients using a combination of therapies reported that patients “hope to experience their own true nature; hope to experience the peace and contentment to be found in the single moment. For them, hope is a quality of the spirit. The more qualities of the spirit that can be awakened during the course of healing, the more lasting the outcome” (in Wood, 1996). Hopelessness robs us of these qualities of the spirit.

The Mental Body Pathologies: We all use psychological coping mechanisms to navigate the ups and downs of life. The core pathologies for this body include the unconscious overuse of particular coping mechanisms, or failure of these mechanisms, which then contribute to the breakdown in our state of equilibrium, and undermine our health.

In women at risk for breast cancer, for example, mechanisms such as denial (suppression of thoughts and feelings), and intra-punitiveness (turning thoughts and feelings against oneself), are frequently over-used. The outward behavior seen in such women is that they try to get their needs met by literally giving themselves away, becoming the person they feel others need them to be at the expense of who they are.

This leads to a flawed map of reality because who they authentically are rarely surfaces, and their needs are still not met. Because psychological and emotional health depend on the appropriate use of coping mechanisms, when they are over-used, or fail completely, the person is left unprotected and undefended, a ready prey for the autonomic consequences of anxiety, fear, panic, and depression.

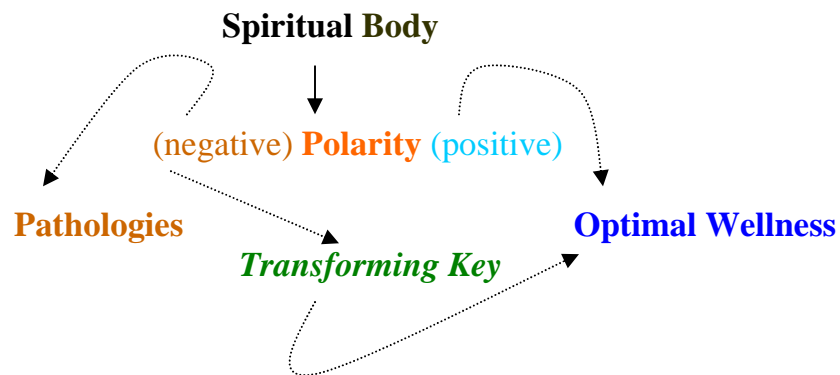
The Mental Body Transforming Key: The key for transforming the pathology of hopelessness into hope is the presence of loving and cooperative relationships. Mariilyn Barrick has written beautifully about this in her book, “Sacred Psychology of Love: The Quest for Relationships that Unite Heart and Soul”. In this book she shares what she has learned about love and relationships as a path of discovery and self-transformation. Each of us in our own way yearns to love and to be loved, for this is the way that we nourish our heart and soul. In each love relationship, we seek to recapture the experience of our soul's original union with the Divine, the state of unconditional love.

Chapter 7

The Spiritual Body

“The day will come when, after harnessing space, the winds, the tides and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire.”

Pierre Teilhard de Chardin



The Spiritual Body: The spiritual body is the central source of higher energies available to each individual. It is the relationship body – relationship with God or a Higher power, with deeper parts of yourself, and with significant others. It is through the spiritual body and its diverse relationships that your thought, emotion, and actions are created and organized. When your diverse relationships allow alignment of inner thought and outer action, and the energy of your emotions flows freely, you experience an inner coherence – a sense that your life is meaningful, comprehensible, and manageable. This sense of coherence is the basis for health and optimal wellness.

The Spiritual Body Polarities:

Negative Polarity	Positive Polarity
Symptoms such as: <ul style="list-style-type: none"> • Suicidal detachment; • Detachment from one's essence or "soul" • Conflicts with significant others 	Belief in something greater than the self; At-one-ment
Blocked Actualization	Free Flowing Actualization

Humans have an internal drive toward the realization and actualization of inherent potentialities – a force that Abraham Maslow called self-actualization. When this force is blocked, persistent states such as mistrust, cynicism, vulgarity, confusion, bewilderment, and/or grimness can occur. We have all received and internalized many messages from family and society that may discourage us from acknowledging and living what is our authentic truth. The tug-of-war between becoming who we authentically are and not becoming this unique being is the heart of this polarity. The key to modulating this polarity is to live your soul's life, and become your most authentic self.

The Spiritual Body Pathologies: The core pathologies of the spiritual body are the many ways that we disfigure that part of us that is most authentic. The resulting painful or negative states described above, are manifest not only in interpersonal relationships when we block our authenticity, but can also be acted out in dysfunctional relationships at the cell level directly supporting the development of cancer.

The Spiritual Body Transforming Key: Living your soul's life is the transforming key for the spiritual body. Anything in life that brings you closer to inner peace can be said to be "good". Of course, it is a given that anything that only brings you momentary peace, be it a state such as vengeance or addictive behaviors (alcohol, gambling, shopping, food, sex) is not necessarily good. To really qualify, the peace must be everlasting. Very often, good, and thus peace, doesn't come easily. For instance, politically and historically, it has often taken a war to bring about a lasting peace between enemies. Within ourselves there is a similar war-like interaction going on between the mind, body, and emotions that prevents us from knowing real peace. As the events in our life take place, we react mentally, physically, and emotionally, sometimes more emotionally, and at other times more physically.

This slave-like reactivity makes our life seem out of control, bouncing back and forth between joy and sorrow, and without lasting peace. However, we can gain control by witnessing this anxiety and conflict-filled state using an inner awareness, or Inner Self. This Witness to our life has always been there/here, silent, non-labeling, non-commenting, non-judging, and is present now.

As you are reading these words, your Witness is aware of your mind's thoughts, your body's sensations, and your emotion's feelings. You can sit back in your mind's eye and observe your body and ego reactions. It is at the moment when this occurs that what has been called your higher intuitive center kicks in and you can know, with a gut feeling, just what to do. You are then able to witness your mind, body, and emotions act, and either cease the reactivity that has taken away your peace, or start to do that which will bring about peace in your life.

For instance, you may have been banging your head against the wall for years, even though this caused you to suffer terribly. Your friends may have told you

countless times that your life would be more peaceful if you would just stop doing this foolish activity. But, you never listened, or perhaps justified it as worth continuing with for some silly and illogical reason such as that it felt so good when you stopped. Witness yourself now. Did you just see yourself laugh, or react in a "Yep! That's me!" embarrassment? Did your mind get angry and defensive and deny that this concept could apply to you? Are you witnessing now? And now?

Just as it is unlikely that you would continue to keep banging your head against the wall once you really recognized that you were doing it, when you witness yourself reacting to life's events inappropriately (in a way that steals your peace away), you can stop doing it and thus allow peace to fill and stay with you. For a powerful way of learning to witness your mind's activity, use the script below:

Relax yourself in the way you have found best prepares you for meditating. Focus your attention on your breath. Observe and feel air come into the body, stay, and leave the body. Silently say "One". Do it again and say "Two". On and on up to 108. This seems to be very easy to do, but don't be surprised, when you first try this inner exercise, if you can't concentrate well enough to get all the way up to 108 without being distracted by your thoughts, physical sensations, or emotions. Your mind has been your master and you have been it's slave your whole life, and it's not going to let you be in charge without giving you a very hard battle for control. Your mind has caused you to fritter away your most of your life rehashing the past and fantasizing about the future and will rebel if you try to live and control your life as it takes place.

Your breath always occurs in the present moment. Thus, if you are paying attention to your breath, you have the potential of experiencing reality, for it too can only occur now, in the present. Inner peace is not something for the past or

the future. It is available and present now. We just must stop being distracted from it. When we do this technique, and we watch our mind take us away from the object of our meditation, our breath, we must not scold ourselves. If we see that we are concentrating very well, we must not get too overjoyed. Both extremes are distractions. What is especially wonderful about this technique is that you can become aware of what causes your distraction as well as what happens as a result of your distraction. For instance, you may find that if you try to do this with your eyes open, something may catch your eye and you will start thinking about it. But, this is not necessarily bad because you may then have learned that it is easier to do this technique with your eyes shut and that this does bring more peace into your life. So, in a way, you may gain greater insight from "failing" at maintaining your concentration than from paying attention.

Another benefit that this method gives us is that we can gauge our progress over time. For instance, when you first try it, you may only get up to the number 12 before your mind's chattering, or your body's twitching, or your emotion's swings distract you. Then, perhaps a week later, you may find that you are able to maintain your attention up to 48. A 400% improvement! Eventually, you will be able to silently witness your mind obediently accomplishing the task you have assigned it and you will get to 108 successfully. It will be then that you can be considered the master, and your mind, body, and emotions, the slaves. They then can be used as valuable tools that will help you attain the consistent inner peace that you have been seeking. Easily!

Perhaps the greatest asset this technique offers is that you will become more and more aware of, and start identifying with, the Witness within - the pure, blissful, serene consciousness that is your Real Self. You will then need no tools, techniques, or concepts, and will live happily ever after: Source:

<http://www.meditationsociety.com>

Chapter 8
You Can Take Charge:
Applying the Five Bodied Approach to Optimal Wellness

Nature: The Curative Force

As you have seen, the keys to rebalancing the communication patterns of the five bodies are based on correcting the core imbalances, and not on simply treating symptoms. The healing wisdom of the keys to optimal wellness grew out of the principles of Nature. The earliest forms of life on earth were plants, which emerged as a result of the earth's marvelous relationship to the sun. Chlorophyll bearing plants absorb solar energy and synthesize organic compounds, the building materials for both plant and animal organisms. Plants also yield active principles and substances that can be employed as medicines.

As humans, we depend on plants for food, for energy, and for oxygen; there is between plants and humans a complementary relationship. We are part of the same whole, which is life itself. Living systems are complex information processing systems, and are characterized by adaptability and mobility in the use of information. Living systems start with a certain range of potential outcomes that then become actual in a feedback process with the environment.

Life uses universal structures (e.g., chromosomes, enzymes), and living systems borrow information from other living systems. Living systems to some extent can also incorporate alien information such as viruses. Hippocrates, the father of Western medicine, founded his medical practice on two basic principles:

- 1) The principle of similarities - treat the same with the same, the poison with the poison;
- 2) The principle of oppositions - find antidotes;

Modern allopathic medicine is based on the second, while the first is the basis for the practice of homeopathy, and anthroposophic medicine. Herbal medicine lies somewhere in-between allopathic and homeopathic medicine, since it relies upon the form and specific “survival” characteristics of plants, and can act just like allopathic medicine as antidotes. The sun in its daily cycles impregnates the earth, and the earth gives birth to Nature which we take in as light and nutrients. In this way, we are what we take in and we are direct derivatives of Nature. In this way, Nature is the curative force.

The power of herbal and botanical products lies in the combination of their elements, with their trace components being at least as important as the main components. While many drugs are attempts to reconstruct the chemical makeup of various plants, no synthetic pharmaceutical reconstruction can fully replicate a natural product. Plants are a storehouse of energies, and we are only beginning to understand the significance for the uses of these plant substances. We do know that plants are complex chemical factories, which have body, mind, emotion, and spirit altering properties.

Their full potential as medicinal aids to human needs is generally not yet fully recognized. Much is known, however, about the bioactive properties of nutrients, herbs, and other botanicals that we can use to great advantage. Essential oils, for example, isolated from plants play key roles in the biochemistry of the plant’s informational system. These oils act as regulators and messengers and they catalyze biochemical reactions. Oils also protect the plant from parasites and diseases and they play an important role in fertilization. In addition, essential oils

carry information between the cells of the plant, and represent the hormonal response of the plant to stressful situations.

As you have already learned, the ANS originates in the limbic system responsible for processing of emotions. The olfactory nerve located in the nose is responsible for the sense of smell, and connects directly to the limbic system. This path from the nose to the limbic system influences the primitive human drives - sex, hunger, thirst, and the many stress related emotions. These drives and emotions, in turn, influence the function of the ANS. Thus in this example of essential plant oils, it is clear that through their aromatic properties they play a major role in stress reduction for plants as well as for humans. In humans, essential oils restore balance to the ANS nerve traffic.

While conventional cancer treatments such as irradiation, surgery, and chemotherapy have a role to play, they also have severely toxic side effects. Although any substance with bioactive properties can have toxic effects, there is typically less risk of toxicity with botanicals and nutrients, if used under the guidance of a trained professional. This is especially true if used prior to employing more toxic therapies or in conjunction with these therapies.

Over the last 30 years, as we have improved our understanding of how cells transmit signals that lead to events such as cell division, we now have newer therapies such as photodynamic therapy and hyperthermia that are also less toxic. In the former, a substance is taken into the body, is selectively taken up into cancer cells, and is activated by a laser light making it lethal to the cancer cell. Hyperthermia, using intense heat, kills cancer cells or causes them to commit suicide. Indeed, more and more therapies are becoming available that use drugs and /or nutrients to shut down the signal causing cell division which contributes to cancer growth.

The power of the 5-bodied approach is that it accommodates these newer therapies, off-sets many of the toxicities of the older therapies that may need to be used, and empowers the patient to take the lead in restoring normative inhibition, cellular balance, and vibrant health.

Chapter 9

Using Integrative Oncology To Your Advantage

Integrative oncology incorporates the best of allopathic medicine and the best of Nature-derived medicines. Integrative oncology focuses on the whole person, and helps each person to explore him/herself as a “living system”. A living system exists essentially to be itself, as a distinct self-entity that continuously maintains itself in the various contexts in which it exists.

This new discipline of integrative oncology is based on a biopsychosocial model – in which biological, psychological, and social factors contribute to the onset of the various diseases that we call cancer. As a discipline, it is a *patient-centered, partnership-based approach to cancer care*. Since integrative oncology focuses on the whole person as a “living system” that has its own unique integrity, it requires a partnership between the patient and the caregiver based on mutual respect, understanding, caring, and fairness. From such a healthy partnership, the caregiver can assist the patient to define the values important to them as a “living system”.

Over the last 16 years, I have developed a structured approach to this partnership that I call “*Guided Self-Change*”. During these years, it has become clear that the patients who are most successful patients at putting their cancers into remission and keeping the cancer dragon asleep are persons who become active partners in their care. This observation led me to develop the *Guided Self-Change* process.

Frequently, when people receive a diagnosis of cancer, they are treated only for the disease and the symptoms. In a partnership relationship, the focus is on the “whole person who has cancer”, and on what you can do to heal yourself, while

reducing the visible tumor with the best methods available. The focus of *Guided Self-Change* is healing. Healing is different from curing.

Healing is what each patient must do from the inside out – changing unsupportive relationships, attitudes and beliefs, dysfunctional emotional habits, poor diet choices, sedentary lifestyles, and more. Cancer prevention is a function of the healing skills that you learn, your ability to partner with the unforeseen hand of Divine intervention, and the use of the most appropriate curative strategies chosen specifically for you. Guided Self-Change encourages the client's experimentation with new beliefs and behaviors as the primary source of healing and growth.

Over the last 32 years of clinical research and practice, I have learned that Nature is the curative force; doctors do not cure, and technology does not cure. Only Nature is capable of bringing about a cure. *This is not to say that doctors and technology are not important in the healing process.* The central message of this book is that you can use the power of Nature as the first step to take if you receive a diagnosis of cancer. Why the first step, you might ask?

Nature, in the form of nutrients and nutraceuticals, herbal and homeopathic medicines, flower essences, and essential oils are gentle and effective methods for restoring balance, hope, and courage as you begin to mobilize the resources needed to defeat these rogue cancer cells within you. Using Nature as a blueprint, you can learn to pierce the heart of fear, anxiety, panic, and depression.

At a time when those of us who treat sickness and disease have hundreds of powerful drugs, which can rapidly alter our body's physiology, there remains the need for guidance on the use of Nature's remedies. I teach this broad view of health promotion and disease treatment to our clients and patients to enable them

to become active agents of their own healing, rather than remaining only a passive recipient of some drug or surgical procedure.

As human living systems, we shape the information and messages we receive, by altering our own environment and internally reorganizing ourselves. Adaptive or maladaptive behavior in relationship to one's environment is determined by how flexible a person is with his/her internal organization. When emotions such as fear and anxiety are a part of this mix, they often distort or poison the person's adaptive capacity, and over time, degeneration occurs as a precursor of disease. *With degeneration, there is a decline in function compared to a former state; cancer is a prime example of this type of degeneration.*

Integrative oncology engages each person so that they learn about the processes of generation and regeneration. To generate is to bring into being new life. Physical regeneration occurs when new healthy tissue is formed. The integrative approach helps you to assess the resources required – both external and internal – so that generation and regeneration may occur.

The most important thing you need to know is that living human systems are capable of jump-starting the processes of generation and regeneration when faced with a degenerative process like cancer. To establish a self-identity and body free of cancer, harmony of purpose and coherence between the five bodies is required.

These bodies are the cellular, the molecular, the emotional, the mental, and the spiritual. Harmony and coherence of purpose between these 5 bodies – operating in tandem for the good of the whole organism – will lead you to high-level wellness.

The intention of the integrative medicine approach spelled out in this book is to awaken a clear vision within the imagination of you, the reader – a vision of balance, wholeness, harmony of purpose, and coherence between the five bodies. *This clear vision becomes the infrastructure around which the cancer healing process is constructed.* The initial task is to help clarify the unique inner blueprint, which directs the processes of generation and regeneration. It is this blueprint – which can be targeted by Nature’s pharmacy – that is the basis for achieving optimal wellness, wholeness, and balance. Likewise, through this blueprint, fear, panic, and depression may be removed as instigators of cellular uprisings in the form of cancers, and be replaced by an awakened Inner Physician.

Chapter 10

Empowering Your Inner Physician

Communication, Consciousness, and Health

The downside of cancer is simple: rogue cells want to take over, and not follow the rules. In the process of doing this, the normal rhythms of life are destroyed. Put baldly, a new definition of you is trying to take over. It is trying to hijack your life. Cancer is often the legacy of living someone else's rules, leading to an adapted sense of self rather than an authentic sense of self.

When our history has been *to live by other's rules and to fail to claim one's own unique life*, the normal function of the immune system as a surveillance system within the body is undermined. The immune system works by distinguishing between what is self and what is non-self on a molecular and cellular level. When working efficiently, anything that is non-self is attacked and removed by the immune system; self is left alone. The classic problem reported about the immune system in cancer is that the cancer cells are not recognized as non-self; instead, they are seen as "self", and thus not attacked and removed. This occurs as one of the road markers on the path to failed *normative inhibition*.

The pathologies underlying cancer are states of stress experienced in all five bodies, and are associated with autonomic nervous system dysfunction, immune system dysfunction, and ultimately physical symptoms. Your current status on this continuum from pathology to optimal wellness depends on your own personal relationship to the five pathologies:

- ❖ Gene instability and mutation
- ❖ Inflammation and malignant transformation
- ❖ Autonomic and immune system failures
- ❖ Failure of your normal coping mechanisms
- ❖ Soul disfigurement - the many ways that we disfigure that part of us that is most authentic.

The objective of our whole person, integrative, oncology practice is optimal wellness, which can be achieved by undergoing a rigorous yet simple training program. We call this program *Cancer WellnessCare™ Training*. Patients who engage in this program learn to reorganize their lives toward healthy living by *learning to apply the 5 transformative keys*.

Earlier in the book I discussed the nature of living systems. In living systems, the structure/composition is continuously changing (e.g., cell birth/death, nutrients, water, gases, wastes), while the organization/information content (e.g., the genetic library, personality traits, states of consciousness) remain relatively stable, although both can be modified and modulated.

It is the regulation of the organization/information content that is the heart of the *Cancer WellnessCare™ Training*. For example, a choice to restrict caloric intake is a change of “informational content” that results in an increased ability of DNA repair genes to function more efficiently in preserving the normalcy of your life.

As humans, we function on many energy levels, with each level converting energy from one form to another as the different levels communicate with each other to maintain the whole. It is this multi-level communication that constitutes consciousness.

The refinement of consciousness through the use of various forms of energy manipulations (i.e., autonomic re-education), promotes evolution of the whole organism leading to an improved state of health. The entire human experience within a physical body can be viewed as an inter-locking network of informational systems related to the 5-bodies, including but not limited to genetic, immunologic, hormonal, and autonomic systems.

WHAT MUST I DO TO MOVE FROM CANCER TO WELLNESS?

Below is a 5-step process for creating a path toward optimal wellness using Cancer WellnessCare™ Training. They are:

Step 1: *Choose empowerment*: Assume the director's role in your life. Awaken your capacity to discover yourself, and learn to make choices for health each day which influence the healthy expression of certain groups of your genes – the result of which will be vibrant health.

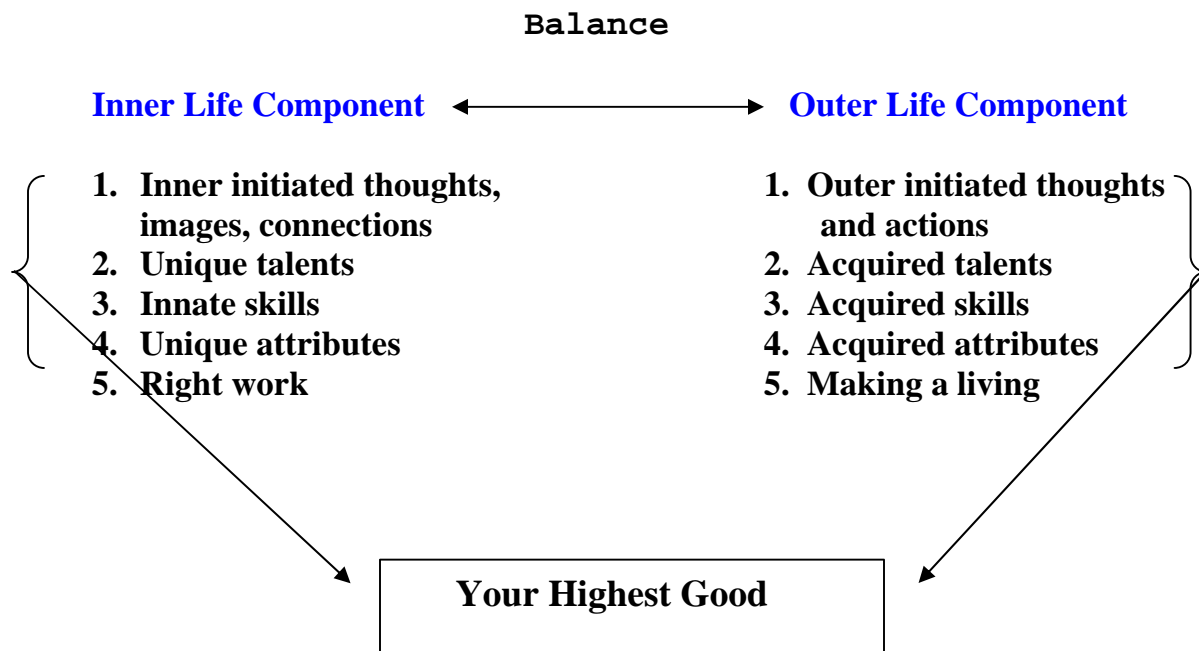
Step 2: *Begin a disciplined practice* of monitoring the difference between your “adapted self”, and your “authentic self”. Such a practice requires 5 things:

- a) regularly scheduled time spent alone without outside interruptions or sensory inputs
- b) a willingness to suspend your beliefs about what you “know”, and a willingness to “receive” new ideas, thoughts, and images during this “alone” time
- c) keeping a daily journal about what you receive – information from your “authentic self” – and contrasting these with ideas, thoughts, or

images that you receive in your daily outer life with others –
information from your “adapted self”

- d) reviewing your observations regularly, and summarizing what you have learned about this difference
- e) finding a trusted partner with whom to share your observations about these differences.

You may use the diagram below as a guide to organizing your journal:



Step 3: Increase your knowledge about *the highest good that you are capable of by connecting to and honoring your most authentic self*. Allow yourself to have the dreams that you put away years ago, and seek out persons who bring out the best in you. Learn to connect to your own truth. Because of the self-actualizing nature of the life force, honoring your own truth is the beginning of the journey to authenticity.

Step 4: *Create a personal growth team* to support *you - the team captain*.

Step 5: *Choose a personal growth and lifestyle balance plan*, for each of your 5 bodies: (1) physical, (2) energy, (3) emotional, (4) mental, and (5) spiritual.

How to think about your healing plan for each body:

- 1. **Physical**
 - 2. **Energy**
- } *Use Nature as the curative force.* Build your growth plan around foods, nutrients, and behaviors that influence the expression of your genes. Include herbal medicines and nutrition detoxification, physical exercise, breath work, meditation, and flower essence therapy.

3. Emotional Body

Positive Conscious Emotions	Negative Conscious Emotions
Positive Unconscious Emotions	Negative Unconscious Emotions

Use your journal to track your emotional experiences using the diagram to the left. You will find as you begin to keep track of these experiences that your negative unconscious emotions are harder to track than the other 3 groups. Allow yourself to become more aware of your negative emotions, and use the awareness of your breathing pattern as a guide for the presence of these unconscious emotions.

4. Mental Body

<p>Positive Conscious Attitudes, Beliefs, Expectations, Assumptions, Intentions, Coping Styles</p>	<p>Negative Conscious Attitudes, Beliefs, Expectations, Assumptions, Intentions, Coping Styles</p>
<p>Positive Unconscious Attitudes, Beliefs, Expectations, Assumptions, Intentions, Defenses</p>	<p>Negative Unconscious Attitudes, Beliefs, Expectations, Assumptions, Intentions, Defenses</p>

Use your journal to likewise track your attitudes, beliefs, assumptions, expectations, intentions, and coping styles.

Note that unconscious coping styles are called “defenses”. You will usually need professional help to learn about and work with your defenses.

5. Spiritual Body: Think of this body as the relationship body, your relationship with the Universal Principle, God, or a Higher Power; the relationship with the deepest part of the self, your “soul; and the relationship of your personality to your soul, to God or a Higher Power, and to Nature. Disclose to yourself in your journal on a regular basis the depth, intensity, and characteristics of your most significant relationships. What are the governing values for each relationship? How does each relationship promote within you the highest good of which you are capable?

The Role of Trust in Conquering your Fear of Cancer

One of the most vital innate healing mechanisms is a normally functioning metasympathetic branch of the autonomic nervous system. Re-educating this branch restores *normative inhibition*. The more that you actively acknowledge,

recognize, and accept the existence of the principle of *normative inhibition*, the more you will be able to trust it to protect you from developing cancer.

Over the last 11 years, *autonomic re-education and normative inhibition* have been incorporated into the practice guidelines of my medical work with patients. Our approach, as it developed, has the following components:

- ❖ **Disclosure:** This begins in the 1st visit, where a multi-dimensional intake assessment is obtained. In a collaborative partnership with the patient, over a 6 to 12 month period, disclosure is promoted around the personal issues identified through our assessment tools. This disclosure is accompanied by efforts to shift a person's attitude from being a passive victim to being an active agent in her/his own healing.

- ❖ **A Treatment Team:** Patients are encouraged and assisted to create a treatment team for themselves, with the patient as team captain and the various caregivers as coaches. The composition of the team - with the patient as captain - includes family, friends, and doctors

- ❖ **The Treatment Plan:** This includes:
 - a) Level 1 interventions - focused on cancer prevention and health promotion strategies); and
 - b) Level 2 interventions - focused on cancer treatment including chemotherapy, surgery, and irradiation).

- ❖ **Consultations with Other Physicians:** Consultations with conventional oncologists and/or radiation oncologists are obtained, and chemotherapy (including photodynamic therapy, reduced toxicity drugs, and mechanism specific drugs and nutrients) and radiation (including hyperthermia) are

recommended as clinically indicated

❖ **Couples therapy:** Conducted with the patient and spouse as indicated.

In addition to taking nutrients, nutraceuticals, and pharmaceutical agents that block cancer cell initiation, promotion, and progression, our patients also learn to re-educate their autonomic nervous systems in the following ways:

- (1) relaxation and diaphragmatic breath work;
- (2) guided visualization and meditation;
- (3) specific individualized guidance through “Guided Self-Change”.

Any patient faced with a diagnosis of cancer or who is at risk for developing cancer must and can:

- (1) improve her/his body’s defenses against cancer
- (2) normalize the birth-death cycle in her/his cancerous cells
- (3) promote cells to mature and become normally functioning
- (4) promote programmed cell death (apoptosis), and
- (5) stop the spread of cancer by blocking new blood vessel formation

The implementation of these 5 tasks becomes the daily routine of our patients.

Each of us has potent innate healing mechanisms that we can learn to mobilize. By learning autonomic re-education, you can stabilize and awaken your own “Inner Physician”, opening the doors that lead you to optimal wellness. As each of these key manifests in your awareness, it creates not only the possibility for prolonged survival, but also brings a structural approach for vibrant health. Understanding and learning how to restore Inner Physician balance results in

balanced gene expression consistent with health, and appropriate self/non-self discrimination by your immune system. This is the goal of *normative inhibition*. When the five keys are used to awaken and stabilize your Inner Physician, you build the infrastructure upon which vibrant health may stand.

A SUMMARY OF THE FIVE TRANSFORMATIVE KEYS

Molecular Key	Cellular Key	Emotional Key	Mental Key	Spiritual Key
The key to vibrant health is reducing inflammation in the emotional, mental, and spiritual bodies so that inflammatory potential is reduced in the cellular and molecular bodies	The key to transformation of the cellular body from rogue status to that of a model genetic citizen is <i>normative inhibition</i> .	The key to vibrant health for the emotional body is the free flowing emotional energy that initiates health-promoting autonomic impulses through the body, sustained by disciplined breathwork and objectivity	The key for transforming the pathology of hopelessness into hope is the presence of loving and cooperative relationships.	The key for transforming soul disfigurement is to Live your soul's life, those unique qualities, skills and attributes that are yours alone.

**A SUMMARY OF POTENTIAL CHOICES OF INTEGRATIVE
INTERVENTIONS USEFUL
FOR RESTORING BALANCE
TO EACH OF THE FIVE BODIES**

Molecular Choices	Cellular Choices	Emotional Choices	Mental Choices	Spiritual Choices
Herbs; Nutrition; Supplements; Music Therapy; Aromatherapy; Acupuncture; Homeopathy; Chemotherapy; Photodynamic therapy;	Yoga; Tai Chi; Chiropractic; Osteopathic Medicine; Surgery; Radiation; Massage Therapy; Hyperthermia Exercise; Colon hygiene/ Detoxification;	Breath Work; Exercise; Aromatherapy; Autonomic Re- education; Flower Essence Therapy; Hypnotherapy; Tai Chi; Yoga Psychotherapy	Meditation; Guided Imagery; Aromatherapy; Flower Essence Therapy; Psychotherapy; Journaling; Meditative Exercises	Coaching; Support Groups; Psychotherapy; Spiritual Guidance; Transition Counseling

More methods, articles, books, tapes, and additional skill building exercises can be found at our teaching and research websites:

<http://www.CenterforContemporaryMedicine.com>,

Our Cancer Treatment Site

<http://www.Arond-ThomasOnline.com>,

Our Cancer Prevention Site

<http://www.BreastCancerStrategies.com>,

Our Breast Health Site

For additional specific exercises to assist you to awaken an Inner Physician, visit the following URL:

<http://www.Arond-ThomasOnline.com/template.asp?articleid=52&categoryid=40>.

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Appendix A

The Autonomic Process Functions

Anabolic/Nutritive: Anabolism is the process of assimilation of nutritive matter and its conversion into living substance, including synthetic processes resulting in stored energy. Nutrition is a function of living plants and animals consisting in the taking in and assimilation through chemical changes (metabolism) of material whereby tissue is built up and energy liberated; its successive stages are known as digestion, absorption, assimilation, and excretion. Digestion is preceded by mastication (chewing) and deglutition (swallowing), and excretion is carried out through expiration, perspiration, urination, and defecation.

Secretion: This consists of chemicals made inside of cells being forcefully ejected into the surrounding watery world that makes up our physiological experience. This includes such chemicals as hormones, other messenger molecules, blood sugar, stomach acid, c acid and nerve transmitter molecules such as the catecholamines nor-epinephrine and epinephrine, the major transmitter molecules of the ANS.

Catabolic: Catabolism is the breaking down in the body of complex chemical compounds into simpler ones, often accompanied by the liberation of energy, as opposed to anabolism, the reverse process.

Elimination: This consists of the coordinated effort of multiple processes that make removal of unwanted substances from the body possible. Examples include the coordinated effort between an increased heart rate and blood pressure, an increased breathing rate and depth, both resulting in increased movement of the stomach, intestines, and large bowel in the removal of wastes. **Excretion:** This

consists of movements of chemicals from the inner watery world out of the body, such as sweat, bile, urine, and milk.

Reproduction: This includes the release and coordination of hormone releasers such as gonadotropin releasing hormone, as well as the hormones themselves such as growth hormone, estrogen, progesterone, and testosterone.

Appendix B

At this URL: <http://www.arond-thomasonline.com/template.asp?articleid=62>, you will find a hyperlinked and printable, comprehensive view of this 5-bodied map of the transforming territory described in Chapter 2. Each of the 25 data categories represented on this map are hyperlinked to definitions and scientific data provided by the National Library of Medicine and the National Cancer Institute located in Bethesda Md. In addition, other pertinent factual pieces of data including articles of interest from my research or from the research of other scientists are available through the hyperlinks on the map.