

# Cancer - it's not what we're told

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Part 4

## Good psychological health can fight off the big C

**IN the three previous parts of this series, we have discussed and exposed many of the problems with the claims made by the medical establishment with respect to the condition referred to as cancer.**

As stated in part one, cancer is not something that attacks the body. Instead, the processes that are claimed to indicate the presence of cancer are the body's responses to various harmful factors to which it has been exposed. These processes and the symptoms that accompany them usually represent the body's efforts to self-heal because the body continually seeks to restore and maintain the state of homeostasis.

In part two, we referred to the role of toxins, including those used as treatments for cancer, as contributory factors.

There is however, another contributory factor that requires discussion because it plays a significant role in our health, or lack thereof, and receives far less attention than it deserves. This factor is the mind, which exerts its influence through our thoughts, beliefs, fears, and emotions etc. There is an increasing awareness of the psychological aspect of health problems, especially with the growing interest in German New Medicine, although this article is not about GNM per se.

The power of the mind is demonstrated by the placebo effect, which is a well-known phenomenon. Its opposite, the nocebo effect, is less well-known but equally powerful. The nocebo effect can be demonstrated by examples that show a person's belief in the prognosis received from their doctor was the determining factor in the outcome of their illness. This is discussed by Dr Lissa Rankin MD in her article, *The Nocebo Effect: How Negative Thoughts Can Harm Your Health*, in which she states,

*"The literature shows that patients believed to be terminal who are mistakenly informed that they have only a few months to live have died within their given time frame, even when autopsy findings reveal no physiological explanation for the early death."*

The phenomenal power of belief is demonstrated by the fact that these patients died according to information they believed was true, despite the lack of sufficient pathology to justify their death. In his book, *The Myth of Normal*, Dr Gabor



Photo: Chris

Maté MD states that,

*"Body and mind, while not identical, cannot be understood separately from each other."*

In his further discussion of this topic he refers to a 1982 German study that,

*"...found personality traits to have a strong association with breast cancer."*

To be more specific, these traits include the 'extreme suppression of anger and other feelings'.

In addition, Dr Maté refers to a 1962 paper by David Smithers who,

*"...explored cancer as a manifestation of an imbalanced environment..."*

This imbalanced environment can be the result of emotional/psychological factors as well as physical factors, such as exposures to toxins.

Dr Maté is not alone in these findings. There are many doctors, scientists and researchers who have become aware of the close association between certain traits and various health problems. This may encourage people to claim that 'correlation does not equal causation', which is true. However, there is a plethora of evidence that, for a very significant proportion of people, the resolution of their emotional problems resulted in the resolution of their physical health problems and this includes chronic conditions that the medical establishment had deemed 'incurable'. Unfortunately, the ability of the mind to resolve emotional/psychological issues

that leads to the subsequent resolution of physical health problems is poorly recognised by the medical establishment. The reason for this is pretty obvious; the recognition of the mind's ability to beneficially affect our health would seriously damage the prevailing model that ensures patients remain perpetual customers for the products of the pharmaceutical industry and the money powers that seek to retain power and control over us.

The famed 'war on cancer' that was launched by Richard Nixon in 1971 has not been won.

It was of course inevitable that this war would be lost, because the approach employed by the medical establishment is based on flawed theories. Problems cannot be solved if the proposed solutions are based on an incorrect understanding of the nature of the problem. And the solutions utilised in this war have only succeeded in exacerbating the problem, as can be seen by the consistently rising morbidity and mortality statistics relating to cancer. Despite the efforts to downplay the role of the mind, it is nevertheless possible to find mainstream study papers about cases in which people experience remission from cancer without the appropriate treatment. For example, a 2021 study paper entitled *Spontaneous regression of breast cancer with immune response: a case report*, states that,

*"Spontaneous regression (SR) of cancer is a rare but well-documented biological phenomenon. SR is defined as "the*

*partial or complete disappearance of a tumor in the absence of any treatment capable of regression"*

The paper claims that the 'possible mechanisms underlying spontaneous cancer regression' include psychological factors, amongst others.

There is further evidence that our whole outlook on life plays a significant role in our health from the work of IONS (Institute of Noetic Sciences) published in 1993 under the title *Spontaneous Remission*. This work can be found on the website [noetic.org](http://noetic.org)

On the IONS web page entitled *Spontaneous Remission Bibliography Resources*, is a list of FAQs, one of which is: *What are some of the characteristics associated with remission and survival that cancer survivors are reporting?*

The answer comprises a list of 8 sets of characteristics, however there are 2 of particular note, which are:

- A change from dependency to autonomy combined with activities, attitudes, and behaviours that promote increased autonomy, awareness of themselves, others, and their environment, love, joy, playfulness, satisfaction, laughter, and humour.
- Taking control of their lives, (personal, professional, emotional, spiritual, and medical) and living each day fully combined with a willingness to evaluate their beliefs and attitudes and change old beliefs and attitudes that are no longer appropriate or adequate.

It is abundantly clear that taking responsibility for and control over all aspects of our lives has a hugely beneficial effect on our health.

The main message from this series of articles about cancer is that it is not a disease that attacks us for no apparent reason nor is it something that we need to fear.

Instead, we need to develop a better understanding of how the body actually functions; how closely connected our health is to our thoughts, beliefs, fears, and emotions; and how old beliefs can be changed to ones that are more beneficial, not only to our health, but to all aspects of our lives.

- <https://whatreallymakesyouill.com>