

# Cancer and Cancerous Mind: Cancer as a Turning Point

By Simon Yu, MD

Is there such thing as a cancerous mind or cancer personality? Cancer patients, as a rule, are some of the nicest, decent people you will encounter in your life. I remember Mary, a 75 year old lady who came to see me with a bronchial cough 20 years ago when I was starting out as a young physician at a managed care clinic.

I suspected she had bronchitis and started her on antibiotics. She came back several weeks later with a persistent cough. This time, I thought she may have pneumonia. I recommended a chest X-ray (CXR) and put her on a stronger antibiotic. However, she refused the CXR. She was more concerned about me and how managed care comes down on doctors to cut costs. She insisted that she would get better in no time with the stronger antibiotic.

Several weeks later, she came back with a cough and hoarseness in her voice. Again, she refused the CXR and seemed more concerned about my working under the pressure of the managed care system. This time, I persisted and the CXR was ordered. The report came back highly suspicious for lung cancer and recommended for further evaluation. Mary was sent to a cancer specialist. A few months later I found out she died while going through chemotherapy.

For the last 20 years, my practice has been gradually transformed from an Internal Medicine practice to an Integrated Alternative/Complementary Medical practice. During this time, I have seen more cancer patients looking for alternative/complementary medicine. I still find that most cancer patients are some of the nicest, decent people I have encountered in my practice.

Currently, one out of two men and one out of three women will develop cancer during their lifetime. One out of eight women will develop Breast cancer alone during their lifetime. Why are so many nice people developing cancer? Are mean, hot tempered aggressive people immune to cancer? Not really. They are more prone to have a heart attack before developing cancer.

In the last 50 years, medical scientists have hypothesized the development of cancer cells based on the influence of Watson and Crick's DNA model. Genetic mutation at the DNA level was the suspected cause. Ever since, scientists have been targeting cancer cells with "magic bullets" to make corrections at molecular and genetic levels.

I am not too optimistic that we will ever find a cure by discovering cancer genes (oncogene) at the genetic level. Scientists have tried for the last 50 years without significant improvement for advanced metastatic cancer.

Instead of the gene, it is time to explore what influences the genetic expression, called epigenetics. Epigenetics can be environmental toxins, synthetic chemicals and pesticides, infections from viruses, fungus or parasites, specific nutritional deficiency and, finally, exploring a patient's unresolved emotions and their cancerous mind.

Each cancer patient has a unique story to tell. A patient's emotional life history may give us a clue to the development of cancer. A generation of unresolved emotional conflicts will pass on to the next generation in the crystal matrix of the DNA.

DNA is not a two dimensional nucleic acid sequence. The Human Genome Project has sequenced human genome in vain for a two dimensional nucleic acid sequence of the DNA. DNA is a multi-

dimensional crystal matrix. It stores human experiences in a vibrational resonance of the time-warping crystal matrix. I will cover this topic more in detail later.

A diagnosis of cancer gives an individual an opportunity, as a turning point, to re-examine and re-discover their life. Almost all cancer patients have unresolved emotional conflicts. Most cancer patients always think of other people first before they think about themselves, just like Mary.

There are many books on nutritional therapies and detox programs for cancer. The first step is detoxifying and nourishing your mind. Love yourself. Reclaim your childhood dreams. Let go of your fear, anger, and resentment. Take care of yourself first by forgiving yourself and then others. Start praying, meditate and laugh. Feed your mind/body with positive, loving thoughts and with healing foods.

Psychotherapy by an experienced clergy man, psychologist, or psychiatrist may open a new turning point for a cancer patient. Cancer begins in your mind. That is where you can get rid of it.

I recommend reading “Cancer as a Turning Point” by Lawrence LeShan, Ph.D. I also recommend looking for the articles on my web site at [www.preventionandhealing.com](http://www.preventionandhealing.com) titled “Nutritional Therapies for Cancer” and “Accidental Cure.”

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at [www.preventionandhealing.com](http://www.preventionandhealing.com) or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion by Dr. Yu on Alternative Medicine at his office on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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