

I turned 70 in March. None of my health advisors believe I have any active Cancer growing in my body. I feel incredibly healthy. I continue to do research. Clearly we are all unique and there are many different types and forms of cancer. What works for one person may not work for another. I have accepted the idea that the [Prostate Gland](#) which is heavily involved with reproduction, becomes a weak place in the male body after our prime reproductive years and more susceptible to disease as we age. My thoughts today are to “treat” cancer holistically from many different directions.

Western Medicine was greatly influenced by [Louis Pasteur](#). Western Medicine gives him the credit for discovering Germs. Following the idea that something is attacking the body, traditional approaches to Cancer in the United States “attack” the culprits. Surgery attempts to remove Cancer from the body. Unfortunately **urinary incontinence** (being **unable** to control urine) and **erectile dysfunction (impotence; problems getting or keeping erections)** are likely side effects with prostate removal. Radiation burns and they do kill healthy cells around the Cancer site, “to make sure they get it all.” Chemotherapy attempts to poison and it does that well throughout the body. Unfortunately, along with long lists of side effects for both, Radiation and Chemotherapy also have been accused of causing Cancer.

[Antoine Bechamp](#), a contemporary rival of Pasteur, lost the debate, hence he is not well known. His research suggested that disease happens and pathogens attack when there is an imbalance within the environment. Today, while talking about genetic mutations and cancer, the Mayo Clinic writes “A number of forces can cause gene mutations, such as smoking, radiation, viruses, cancer-causing chemicals (carcinogens), obesity, hormones, chronic inflammation and a lack of exercise.” Actually, the 21st century environment is filled with toxins and many have suggested that [we all will get cancer cells](#) in our body many times during our lifetime. Fortunately, the human body is [constantly regenerating cells](#), repairing cells when possible and blowing up (apoptosis) those beyond repair. Unfortunately as we age an increasing number of cells become [senescent](#), which means they do not finish the regeneration process, become inert, clog up systems in the body and contribute to the aging process. The traditional Western Medicine approaches (cutting, burning and poisoning) can add to clogging the system by making healthy cells inert. Their methods may miss small pockets or not be effective against more virulent cells. While initially it appears that the Tumors are gone, [they may return](#) with a vengeance.

Following my understanding of the Mayo Clinic list, I believe too much smoking is bad because the tar from the paper and other additives are carcinogens and clearly inhaling less oxygen is not healthy. Radiation continues to increase dramatically with ever increasing cell phones, computers and electronic devices, cell towers, electric wires and radio waves. Apparently we have only touched the surface of understanding viruses which are very tiny entities that become dangerous if they get inside our cells and are able to use the cells to replicate themselves. If they do so unchecked, we die. Cancer causing chemicals are on the rise. Humans as a group continue to put pesticides, fungicides, plastics and synthetic drugs and additives into our soil and water supplies. Obesity has a lot to do with food cravings associated with inadequate nutrition and becomes quite insidious for those with slower metabolism. Hormonal imbalances occur naturally as we progress through life stages and can also come from physical, mental, emotional and spiritual stress. Chronic inflammation occurs when we experience a particular injury more often than the time needed for the body to repair whatever is inflamed. Exercise helps prevent the loss of muscle mass which normally comes with older age. We need to move the body, circulating fluids and energy to keep everything functioning in the best possible manner, more simply put at “use it or lose it.”

By treating Cancer and all disease holistically from many different directions I am talking about incorporating ideas I have encountered that deal with the physical, mental and spiritual realms. I do believe they are intrinsically interwoven, meaning they all affect one another. The body has an amazing ability to enter [survival mode](#) to deal with catastrophe. It is equally effective in more pleasant environments to find [homeostasis](#) and optimum self healing. The dangers of [chronic stress](#) and the “healing” in a positive [bedside manner](#) and the [placebo effect](#), have long been concepts in western medicine. When I read about them I see the power of thoughts, words, beliefs and emotions influencing chemical reactions. I know there are illusions. I know there are entities marketing ideas for profit. However, simplistically interpreting our experiences, there are clues to tell us whether or not the expressions of reality we personally encounter are toxic or healing. Furthermore, we have access to an incredible amount of information allowing us to explore the thoughts of others to help us determine if anything they have investigated has anything to do with our existence.

I am very careful when consuming food. I like to eat fresh fruits and vegetables grown in “live” organic soil as close to their time of harvest as possible. I do eat fermented food to refresh my gut bacteria and will choose raw food, lightly cooked or slow cooked at lower temperatures foods as healthier preferences. I limit seafood consumption and meat consumption paying attention to where products come from to lower the possibility of consuming toxins. Small cold water fish are better than large warm water fish high on the food chain. Pastured animals or those living in natural free roaming environments are clearly healthier to consume than factory farmed. I have my own organic garden and identify everything that grows because many “weeds” are exceptionally nutritious. I buy additional fruits and vegetables in season to freeze and store for off season consumption. I believe the human body is very good at processing toxins so I am not afraid to eat a little bit of everything I encounter to allow the full experience. However, when we eat too many toxic substances the body gets overloaded, cannot properly eliminate and we do get ill. Too many aches and pains, over weight and low energy are all signals that we are not eating properly for optimum health.

To build muscle and “pump” my heart I have a Pilates Physical Therapist and attend a group class. I do work in my yard and garden, stretch and incorporated “energy” movements into my daily activities. I often start the day with a guided healing meditation (free over the internet with earphone when using binaural beats). I often do a detoxing sauna (I own an infrared sauna) and I often employ intermittent fasting (extending the period of time between the last time I ingest food at night and the next time I ingest food the next day). Eating too much too often, steals your energy, causes digestive reactions and increases storage in fat of what the body is unable to fully process and eliminate. Indeed there is considerable literature about [fasting](#) help the body detox and heal from Chronic diseases. I care for 3 1/3 acres, on the river in the woods and reach [meditative states of consciousness](#) in the garden, in the water and in the woods. I practice gratitude, forgiveness, positive affirmations and love.

I get a massage with a certified Reiki therapist on average once a month. I see an ART (Active Release Technique) Chiropractor. I employ a biological Dentist who heals the body through the mouth. My primary physician and I analyze the composition of my blood and utilize diagnostic tools to determine my general health. I discuss discuss vitamin and mineral supplements and healthy foods with all these individuals.

I research virtually every day. I read, I write and explore as many different perspectives as possible. I take personal responsibility as the author of my life and as the primary person responsible for my

health. I consult with my cadre of health professionals and people I trust for their opinions and do my best to hear the wisdom of the universe.