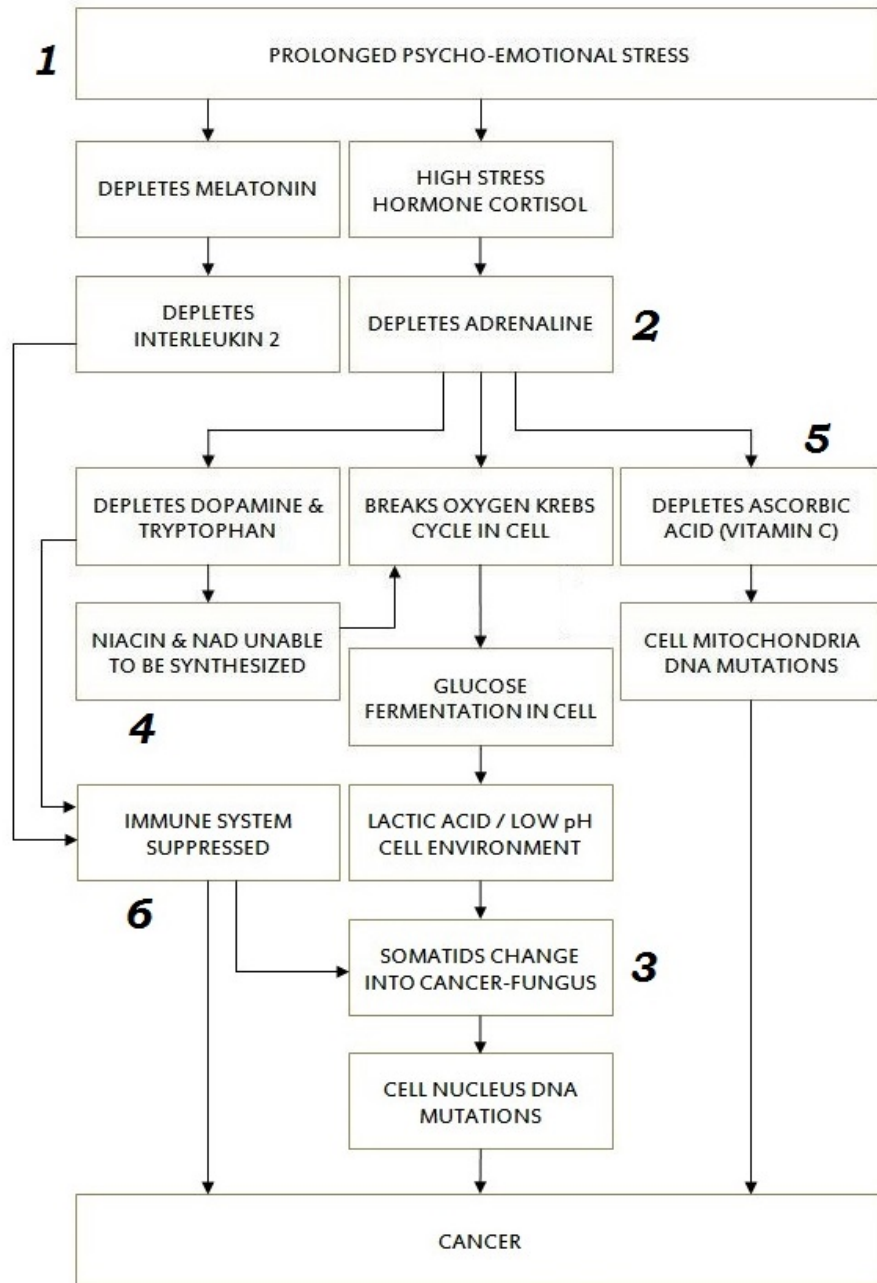


# **Cancer Cure**

Date : 7 December 2017

Updated : 11 May 2019



*Psycho-Oncology: The 6 Phases of Cancer*

# PSYCHO-ONCOLOGY

Discover How Prolonged Chronic Stress Causes Cancer and How to Heal Within ...

[PHASE 1 OF CANCER: INESCAPABLE SHOCK](#)

[PHASE 2 OF CANCER: ADRENALINE DEPLETION](#)

[PHASE 3 OF CANCER: THE CANCER FUNGUS](#)

[PHASE 4 OF CANCER: NIACIN DEFICIENCY](#)

[PHASE 5 OF CANCER: VITAMIN C DEPLETION](#)

[PHASE 6 OF CANCER: IMMUNE SUPPRESSION](#)

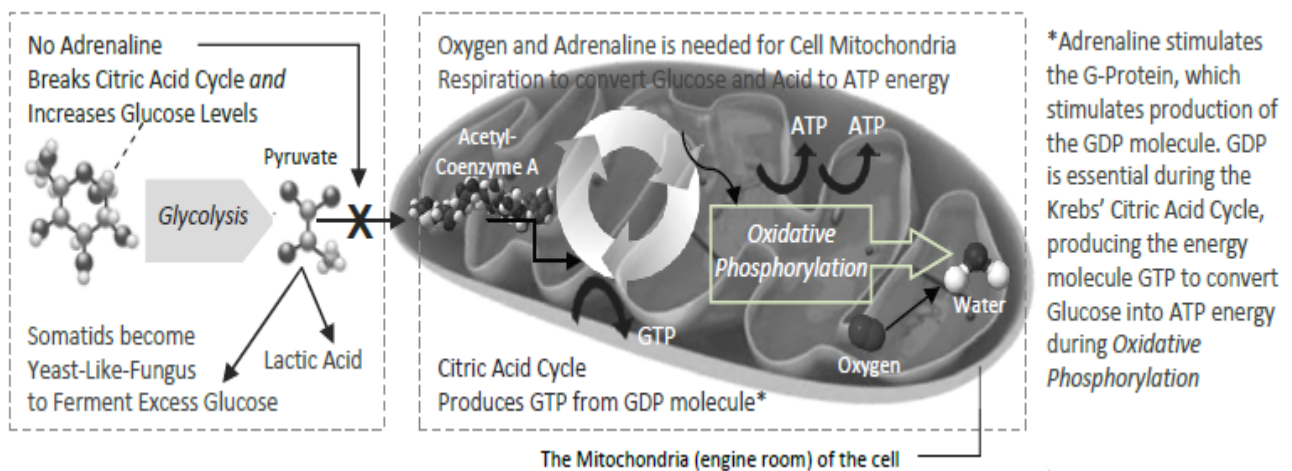
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## PHASE 1 OF CANCER: INESCAPABLE SHOCK

Phase 1 occurs approximately 18-24 months prior to the diagnosis of cancer. This is where the individual with cancer experiences an "inescapable shock" or acute psycho-emotional trauma, affecting deep sleep and the production of melatonin within the body. Melatonin is the primary hormone responsible for inhibiting cancer cell growth. Produced by the pineal gland during deep sleep, melatonin inhibits cancer cell growth through the on-going production of interleukin 2 (IL-2), which governs white blood cell immune activity and protects against microbial infection. Without enough melatonin due to prolonged chronic stress affecting deep sleep patterns, cancer cells thrive. As discovered by Dr Ryke Geerd Hamer (below) every cancer has a different and very specific psycho-emotional cause; whereby a part of the emotional reflex centre in the brain is damaged as a result of the prolonged psycho-emotional trauma. And as each part of the emotional reflex centre in the brain controls and is connected to a different organ of the body, as this emotion centre breaks down experiencing necrosis, so does the organ it controls leading to cancer.

## PHASE 2 OF CANCER: ADRENALINE DEPLETION

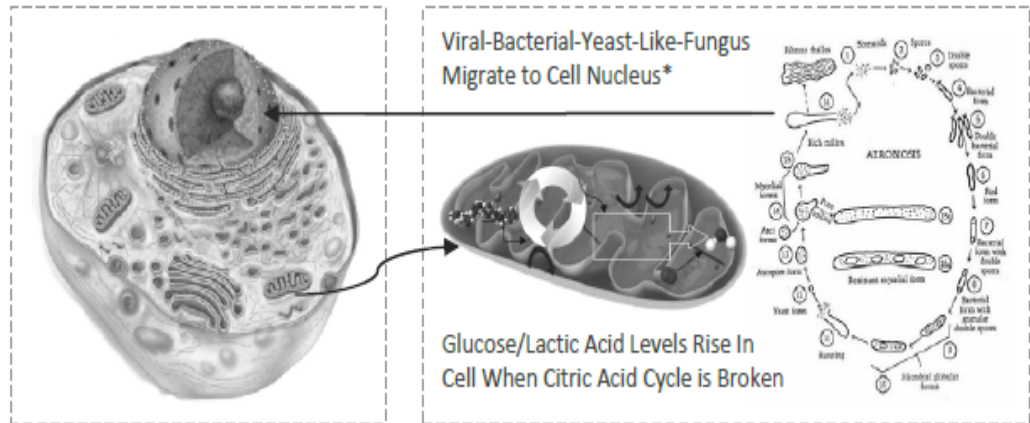
During phase 2, elevated stress hormone cortisol levels deplete all-important adrenaline (epinephrine) levels in the adrenal glands. There are limited reserves of adrenaline in the body and when a person is under constant psycho-emotional stress these reserves are depleted quickly. While insulin is used to transport glucose into cells, it is adrenaline which is critical for cell respiration and for converting this glucose in the cell into ATP energy for the body and for healthy cell division [which occurs via the metabolic pathway known as Oxidative Phosphorylation and via the Krebs' Citric Acid Cycle of the mitochondria of the cell]. Without adrenaline to stimulate the G-Protein to stimulate production of the GDP molecule [which is essential for mitochondrial cell respiration and glucose conversion] the cells Krebs' Citric Acid Cycle and Oxidative Phosphorylation metabolic pathway is broken and the cell is forced to ferment glucose instead as a means to obtain [smaller amounts of] ATP energy [via the process known as Glycolysis], which creates lactic acid in the cell and a low pH environment. This sets the stage for the cancer-fungus to evolve in phase 3 to ferment rising glucose and lactic acid, causing cell mutation.



# PHASE 3 OF CANCER: THE CANCER FUNGUS

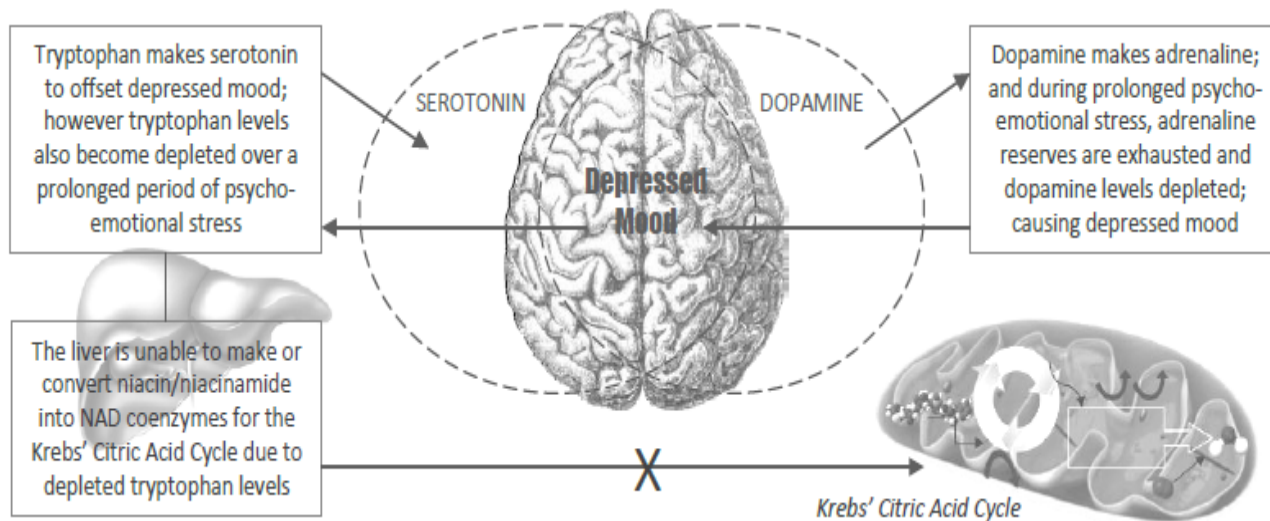
During phase 3, somatids (tiny microorganisms necessary for life) that live in our body pleomorphise [or change] into yeast-like-fungus to ferment excess glucose and lactic acid in cells. In a healthy person, somatids are limited to 3 stages in their life cycle – somatid, spore, double spore. However, in a highly acidic (low pH) lactic acid environment caused by prolonged chronic stress breaking the cell's Krebs' Citric Acid Cycle, somatids pleomorphise into a further 13 stages. These stages include viral-bacterial-yeast-like-fungus forms which then migrate to the cell nucleus to reproduce, releasing acidic waste products called “mycotoxins”, inhibiting cell DNA repair and inhibiting the all-important tumor suppressor genes. Without the tumor suppressor genes [namely p53] to regulate cell death (apoptosis) when the cell has mutated beyond repair, the cell lives on and ‘cell-growth regulating’ proto-oncogenes turn into oncogenes, causing normal cells to mutate into cancer cells.

\*Viral-Bacterial-Yeast-Like-Fungus release acidic waste products called *Mycotoxins* into the cell nucleus, inhibiting cell DNA repair and inhibiting tumor suppressor genes causing cell mutation and cancer



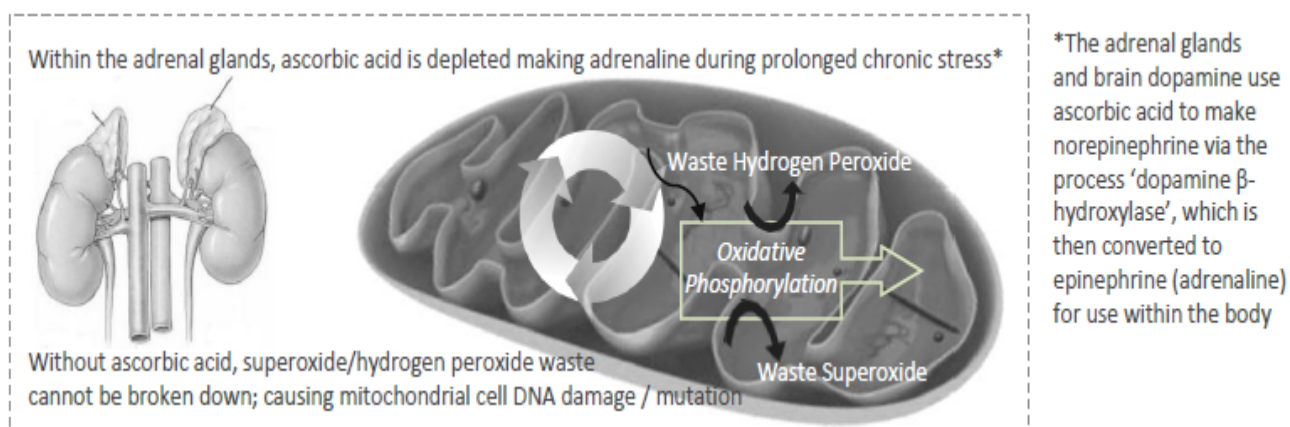
## PHASE 4 OF CANCER: NIACIN DEFICIENCY

During phase 4, depleted adrenaline (epinephrine) levels cause a depletion of dopamine in the brain. Adrenaline is made by dopamine, and as more and more dopamine is used up during prolonged chronic stress, the amino-acid tryptophan creates serotonin to offset depressed mood. This results in a depletion of tryptophan which is needed to synthesize niacin / niacinamide (vitamin B3) for cell respiration. Normally tryptophan converts niacin / niacinamide into NAD coenzymes which are then used by the Krebs' Citric Acid Cycle in the mitochondria of the cell for cell respiration, glucose conversion and the creation of ATP energy. Without niacin and NAD coenzymes, the Krebs's Citric Acid Cycle / Oxidative Phosphorylation metabolic pathway is broken, causing the cell to ferment glucose instead for energy, resulting in cell mutation and the formation of cancer.



## PHASE 5 OF CANCER: VITAMIN C DEPLETION

During phase 5, depleted adrenaline levels (caused by prolonged chronic stress) cause a depletion of ascorbic acid (vitamin C) in the adrenal glands. Ascorbic acid is the key ingredient used by dopamine to make noradrenaline (norepinephrine) in the adrenal glands, which is then converted to adrenaline. During prolonged chronic stress more and more adrenaline is pumped out and then depleted, meaning more and more ascorbic acid is used up in the creation of adrenaline. During chronic stress the adrenal glands also release ascorbic acid into the body to diminish the stressful impact of adrenaline [and other stress hormones] on the heart and blood pressure systems. Ascorbic acid is essential for preventing cell DNA damage caused by “oxidative stress”, converting oxygen waste product’s superoxide and hydrogen peroxide into oxygen and water within the cell mitochondria throughout the process known as Oxidative Phosphorylation. The continual loss of ascorbic acid [during prolonged chronic stress] thereby increases cell mitochondrial DNA damage and mutation, causing normal cells to mutate into cancer cells.



## **PHASE 6 OF CANCER: IMMUNE SUPPRESSION**

During phase 6, the immune system is shut down by a subconscious wanting to "exit life", caused by elevated stress hormone cortisol levels depleting serotonin and dopamine levels in the brain that cause internal depression. An individual experiencing inescapable shock and prolonged chronic stress often feels tired of life and deep down wants out of the never-ending struggle and pain of life, sending subliminal messages to the immune system to shut down. This occurs at the subconscious level where the immune system receives orders to stop production of interleukin-2-producing T cells, B cells, natural killer cells, macrophages and neutrophils. Without immune system cells, viral-bacterial-yeast-like-fungus that have pleomorphised within cells (in phase 3) continue to grow and newly created cancer cells continue to multiply.



# 12 STEP CANCER SURVIVOR PROGRAM

## STEP 1: HEAL THE ROOT PSYCHO-EMOTIONAL CAUSE OF CANCER

As revealed in the [6 phases of cancer](#), it is suppressed negative emotions (principally anger, hate, resentment and grief) which cause and continue to fuel cancer at the cellular level. Finding a way to remove these toxic emotions is critical to long term cancer recovery. It is recommended you undertake sessions with an experienced healer of emotions (such as an [EFT](#) specialist) who can work with you to permanently remove these toxic emotions. Continuing a daily self-healing program to express, release and dissolve cancer-causing emotions is also strongly advised and the [Cancer Healing Guide](#) is designed for this purpose. The [Vipassana meditation technique](#) is also beneficial for uncovering and releasing toxic emotions. Praying in a silent and relaxing manner can help in this area.

## STEP 2: SYSTEMS CHANGE (REMOVING STRESSFUL CONDITIONS)

As revealed by world-renowned cancer researcher [Lothar Hirneise](#), 100% of all late stage 'miracle' cancer survivors of the hundreds he interviewed had all made dramatic system changes in their life before getting well, and had typically left a highly stressful job or relationship or highly stressful living condition. This is because those diagnosed with cancer have significantly elevated stress hormone cortisol levels, which deplete all-important adrenaline reserves within the body in [phase 2 of cancer](#), breaking the cell's Krebs' Citric Acid Cycle, causing cell mutation and cancer. By removing anything in your life that is causing significant stress, this will help to normalize cortisol and adrenaline levels, and thus halt the condition known as cancer which is fuelled by chronic stress.

## STEP 3: ACTIVE RELAXING (TO LOWER STRESS CORTISOL LEVELS)

Over many years the typical cancer personality has trained their body to remain rigid and tense in response to life stressors. And when the body is not relaxed the mind will not relax sufficiently enough to enter the deep-sleep-cycle to produce melatonin, which is the primary hormone responsible for inhibiting cancer cell growth. It is this "rigidity of body" that adds to the internal stress which continues to deplete all-important adrenaline reserves in [phase 2 of cancer](#). You should ideally spend 2 hours each day in active relaxation mode to lower stress hormone cortisol levels, which in turn will help restore adrenaline reserves and enable you to enter the deep-sleep-cycle to produce melatonin. Here are some ways to actively relax: sitting amongst nature, walking on the beach, swimming, tai chi, aromatherapy [massage](#), watching funny movies, join a laughter therapy group, holistic pulsing, [meditation](#), deep breathing exercises, and listening to a [guided relaxation recording](#).

#### STEP 4: USING MEDITATION TO INCREASE MELATONIN LEVELS

As revealed in [phase 1 of cancer](#), melatonin is the primary hormone responsible for inhibiting cancer cell growth. It does this by producing interleukin 2 (IL-2) which governs the production of (cancer killing) immune system T cells, B cells, natural killer cells, macrophages and neutrophils. [Melatonin](#) is produced in the pineal gland of the brain between the hours of 1am and 3am in the morning during uninterrupted deep sleep. The cancer personality who suppresses for long periods toxic emotions (of anger, hate, resentment, and/or grief) is generally unable to enter this critical deep sleep cycle and therefore becomes depleted of melatonin over time---one day at a time. Removing the toxic emotions that disrupt deep sleep and lowering stress hormone cortisol levels will naturally correct the problem, however studies have demonstrated [meditation](#) can also be used to produce melatonin by stimulating the pineal gland. Consider meditating for 30 minutes per day as part of your 2 hours of daily active relaxation.

#### STEP 5: SUPPORTING / BOOSTING THE IMMUNE SYSTEM

There are a number of things that suppress or weaken the immune system, including high stress hormone cortisol levels, depleted melatonin and dopamine levels, parasites, pathogen microbes (viruses, bacteria, fungus), as well as chemotherapy and radiation. When the immune system is suppressed or weakened, the "cancer fungus" in [phase 3](#) thrives. We recommend you incorporate at least one protocol to support and boost your immune system. [High Dose Vitamin C Therapy](#) can be used for this purpose and should wherever possible be used PRIOR to chemotherapy and radiation. Consider also: [Fever Therapy](#), [DMG](#), [Lemon Juice Therapy](#), and [Avemar](#). Note: If you are undertaking chemotherapy or radiation, consider Graviola capsules to prevent side-effects such as hair loss, nausea, and general malaise and energy loss. This natural product really works and prevents cell-resistance to chemotherapy.

#### STEP 6: REMOVING THE CANCER FUNGUS

As mentioned in [phase 3 of cancer](#), what we know as cancer is in fact seven different types of fungus. When the cancer personality experiences prolonged chronic stress, somatids (tiny microorganisms necessary for life) that live in our body pleomorphise [or change] into yeast-like-fungus to ferment rising glucose and lactic acid in cells. In a healthy person, somatids are limited to 3 stages in their life cycle - somatid, spore, double spore. However, in a highly acidic (low pH) lactic acid environment, somatids pleomorphise into a further 13 stages. These stages include viral-bacterial-yeast-like-fungus forms that: a) migrate to the cell nucleus releasing "mycotoxins" causing cell DNA damage and the mutation of normal cells into cancer cells, and b) ferments the glucose in cancer cells, providing a natural growth factor for cancer and tumor cells to metastasize in the body. For this reason it is recommended you include at least one of the following protocols to remove and keep at bay the cancer-fungus in your body: [Apple Cider Vinegar](#), [Garlic](#), [Baking Soda](#), [Essiac Tea](#), [Clarkia](#), and [Hyperthermia](#).

## STEP 7: DETOXING THE LIVER AND COLON OF TOXINS

Those with cancer are typically overloaded with toxins in the key immune system organs of the body; the liver and colon. Toxins include "mycotoxins" or acidic waste products caused by: 1) the cancer-fungus, 2) a poor diet, 3) chemicals, alcohol, tobacco, 4) antibiotics, 5) chemotherapy agents, 6) fermentation of stress hormones, 7) poor exercise regime causing a build-up of lactic acid, and 8) dead microbes, parasites and cancer cells. These toxins build up primarily in the liver--the master immune system organ. When the liver is overloaded with these toxins, your immune system is weakened and you feel sicker, and cancer and viral-bacterial-yeast-like-fungus thrives. Thus it is very important to have a plan to detox the liver (the master immune system organ), the colon (the intestinal immune system), as well as the gall bladder and kidneys--especially if you are undertaking a treatment to kill cancer cells or the cancer fungus. If you don't, your liver cannot remove all the dead microbes and cancer cells, which remain overloaded in the liver. We recommend you include a daily treatment plan for detoxing the liver and colon. See [Liver-Colon Cleanse](#). [Ozonated Water](#) should be considered for it is a superb body detoxifier, but should NOT be used by those with lung cancer or lung conditions.

## STEP 8: RESTORING THE KREBS' CYCLE WITH NIACIN & VITAMIN C

Cancer can only exist when the Krebs' Citric Acid Cycle of a person's body cells is broken. And this is due to adrenaline depletion (in [phase 2](#)), niacin deficiency (in [phase 4](#)) and vitamin C depletion (in [phase 5](#)), all of which are caused by prolonged chronic stress. Dr Abram Hoffer, the department head of psychiatry at a major hospital in Canada, started using niacin and high doses of ascorbic acid (vitamin C) to treat psychiatric patients and found (by accident) that it also effected a cure in some of his patients with cancer. He subsequently found of 132 patients he treated in his own private practice with so-called 'incurable cancer', 101 patients who followed his program (below) lived on average 16 times longer than the 31 patients who did not or could not follow his program. Dr Abram Hoffer and Linus Pauling presented the following study findings: "Mean survival time for the 31 patients who did not follow the regimen is 5.7 months. Of the others, who did follow the regimen, 20% were poor responders, with mean survival time 10 months, and 80% were good responders, with mean survival time 122 months for 32 patients with cancer of the breast, ovary, cervix, and uterus and 72 months for 47 patients with other kinds of cancer."

Dr Abram Hoffer recommended the following regime to his patients: "The first thing I try to do is to cut their fat way down. So, I put them all on a dairy free program. I reduce, but I don't eliminate, meat and fish, and I ask them to increase their vegetables, especially raw, as much as they can. I think it's a good, reasonable diet, which most people can follow without too much difficulty. Having spent some time with them going over what they ought to eat, I begin to talk about the nutrients. The first one, of course, is vitamin C. The dose is variable. I find that most patients can take 12 grams per day without much difficulty, that's the crystalline vitamin C sodium ascorbate or calcium ascorbate. They take one teaspoon three times per day. If they do not develop diarrhea, I ask them to increase it until this occurs and then to cut back below that level. I think in many cases

it would be desirable to use [intravenous vitamin C](#). I also add vitamin B-3, either [niacin](#) or niacinamide. I prescribe from 500 mg to 1500 mg per day. I also add a B (vitamin) complex preparation 50 or 100. I think vitamin E is an extremely important anti-oxidant and I use that as well, 800 to 1200 I.U. They also get 25,000 to 75,000 units of beta carotene. (One cup of raw carrot juice contains 36,600 units of beta carotene, which converts to vitamin A). I sometimes use vitamin A. I like to use folic acid for lung cancer, and for cancer of the uterus. I use selenium, 200 mcg, three times per day. I use some zinc, especially for prostatic cancers and I do use calcium-magnesium."

#### **STEP 9: RE-ALKALIZING THE BODY'S NATURAL pH BALANCE**

As discovered by [Otto Warburg](#), cancer cells only survive in a low pH highly acidic environment, and this is why those with cancer typically have a low pH of between 4.0 and 6.5pH. This highly acidic environment occurs when the Krebs' Citric Acid Cycle of the cell is broken due prolonged chronic stress depleting all-important adrenaline reserves. As the cell can no longer produce ATP energy via the Krebs' Citric Acid Cycle, the cell instead ferments glucose [to obtain smaller amounts of ATP energy] via the process known as Glycolysis, causing lactic acid levels to rise sharply within the cell. This lactic acid problem is further compounded when the somatid in [phase 3 of cancer](#) pleomorphises into the cancer-fungus to ferment rising glucose and lactic acid, itself releasing acidic waste products called "mycotoxins". As cancer cells find it difficult to survive in a high pH alkaline environment of 7.5 or greater, it is therefore essential to: 1) Remove the lactic-acid forming psycho-emotional stress (i.e. toxic negative emotions), 2) introduce [alkaline-based foods](#), and 3) include [dextrorotatory lactic acid](#), which is administered in homeopathic form as prescribed by Dr Waltraut Fryda.

#### **STEP 10: REVERSING THE SUBCONSCIOUS DEATH WISH**

Cancer manifests as a result of a subconscious wanting to "exit life", caused by the individual feeling overwhelmed by the pain of life and no longer having a strong desire or will to live. This desire to exit life -- experienced not so much consciously, but at the subconscious "feeling level" of the mind -- sends subliminal messages to the immune system to shut down and stop working, enabling cancer cells and the cancer-fungus to thrive. God reveals it is important to examine this subconscious desire to exit life and to see whether 2-4 years prior to diagnosis you felt this way, and to make the decision to re-activate the immune system, by generating an energy of wanting to live that is greater than the energy to exit life. The [Cancer Healing Guide](#) will help you examine your will to live in greater depth, and of course, removing the suppressed toxic negative emotions (emotional pain) that caused the subconscious desire to exit life is a critical key component.

#### STEP 11: CONNECTING TO GOD / YOUR HIGHER SPIRITUAL SELF

Prayers related to these aspects are important. It is important to: 1. Ask God for forgiveness of any wrong-doings, 2. Ask God to fill them with white love and light, 3. Ask God for the pain to be diminished in. 4. Pray : "Please bless me and let the healing begin", and 5. Thank God, for His healing and your recovery. God will decide if a miracle happens. The patient needs to connect with themselves more that they are on the right path to awareness of spiritual realms and God. They must believe in God to get through, to have more faith and trust in God. Once they open up, they will be open up in more ways than one. Their pain will not be as intense, they will be comforted.

#### STEP 12: CHOOSING AN ALTERNATIVE CANCER TREATMENT

It is important to choose at least one alternative cancer treatment to target and eliminate cancer cells within the body. In most cases you should only need to choose one treatment in addition to the above 11 steps. We highly recommend your alternative cancer treatment include at least one dietary treatment such as the [Johanna Budwig Cancer Diet](#), the [Gerson Therapy Cancer Diet](#), the Bill Henderson Diet Protocol (based on the Budwig diet), or the [Brandt Grape Cure](#). The 42 day organic juice fast known as the Breuss Cure or Breuss Treatment has also been used in the treatment of cancer. **Remember, always choose a diet you enjoy that fosters a will to live.**

### EFT: A POWERFUL TOOL TO HEAL CANCER

EFT (Emotional Freedom Technique) is a form of energy medicine used to permanently remove toxic negative emotions. EFT is ideally suited to the cancer patient, for it the suppression of toxic negative emotions [primarily anger, hate, resentment and grief] that causes cancer. [See the [6 phases of cancer](#) to discover how stress causes cancer in the body]. With EFT, the practitioner guides the patient to tap on meridian energy points on their face and upper body while repeating specific phrases, that triggers and permanently removes painful emotions causing internal stress. EFT has an amazing success rate. More than 99% of people who use EFT achieve a permanent result if they are in the hands of an effective practitioner.

# SELF HEALING TOOL: THE CANCER HEALING GUIDE

The Cancer Healing Guide will help you take the first step in healing the root psycho-emotional cause of cancer, by guiding you through the simple process of journaling and releasing toxic negative emotions in the written form. Simply follow the tasks below and be as honest as you can.

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## TASK 1

Write a 1 page summary that describes intimately the relationship you had as a child with your mother. [Typical of the [cancer personality](#) is the long-standing tendency to suppress toxic emotions, particularly anger. Usually starting in childhood, this individual has held in his or her hostility and other unacceptable emotions. More often than not, this feature of the affected personality has its origins in feelings of rejection by one or both parents. Whether these feelings of rejection are justified or not, the individual perceives this rejection as real, and this results in a lack of closeness with the “rejecting” parent, followed later in life by a lack of closeness with spouses and others with whom close relationships would normally develop.]

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## TASK 2

Write a 1 page summary on what you do/did like about your mother. It does not matter if your mother is living or has passed. If you have two mothers, a birth mother and adopted mother, then do one for each.

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## TASK 3

Write a 1 page summary on what you do/did not like about your mother. Try to be as brutally honest as you can. If your mother is living or has passed, she will want you to be honest so you can heal.

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## TASK 4

If there were one thing you wanted to get off your chest and say to your mother - and it was the last thing you could ever say - what's the one thing you'd really like to say to your mother? [In a paragraph.]

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## TASK 5

Write a 2-3 page letter to your mother telling her how you feel about her. Express to your mother how you really feel about her at your deepest level; not just if you love her, but if you have anger towards her, feel any guilt or hurt, or have felt rejected by her in anyway. [Keep this letter private and do not send it.]

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## TASK 6

Write a 1 page summary describing intimately the relationship you had as a child with your father. [As mentioned, feelings of rejection by one or both parents is a common trait among those with cancer.]

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## TASK 7

Write a 1 page summary on what you do/did like about your father. It does not matter if your father is living or has passed. If you have two fathers, a birth father and adopted father, then do one for each.

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## TASK 8

Write a 1 page summary on what you do/did not like about your father. Try to be as brutally honest as you can. If your father is living or has passed, he will want you to be honest so you can heal.

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## TASK 9

If there were one thing you wanted to get off your chest and say to your father - and it was the last thing you could ever say - what's the one thing you'd really like to say to your father? [In a paragraph.]

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## TASK 10

Write a 2-3 page letter to your father telling him how you feel about him. Express to your father how you really feel about him at your deepest level; not just if you love him, but if you have anger towards him, feel any guilt or hurt, or have felt rejected by him in anyway. [Keep this letter private and do not send it.]

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## TASK 11

Write a list of all the upsetting or traumatic experiences you experienced up to the age of 15. Then write a 2-3 page summary account of each separate experience, expressing to God how you feel deep inside.

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## TASK 12

Write a list of all the upsetting or traumatic experiences you experienced after the age of 15. Then write a 2-3 page summary account of each separate experience, expressing to God how you feel deep inside.

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## TASK 13

Do you feel rejected by anyone in your family? Write a 2-3 page letter to each person in your family who you feel has rejected you and let them know how you feel. [Those at higher risk of cancer tend to develop feelings of loneliness as a result of having been deprived affection and acceptance earlier in life, even if this is merely their own perception. Note: Keep each letter private and do not send.]

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## TASK 14

Write a list of anyone you hate or feel angry towards and your reasons why. Then write a 2-3 page letter to each person, telling them why you feel anger or hatred towards them and how they have hurt you in your life. [Cancer is most commonly caused by repressed feelings of anger, hate and resentment.]

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## TASK 15

Write a 2-5 page summary account, expressing to God why you feel sad, lonely or hopeless in your life. [Cancer is commonly caused by repressed feelings of grief and feelings of hopelessness and despair.]

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## TASK 16

Cancer is sometimes caused by chronic guilt and an internal need for punishment that shows up in the body as severe bodily pain. Write a 2-3 page letter to each person you feel you have hurt or let down in your life, including a letter to God (if you feel you have let God down). In each letter explain why you did what you did, or why you feel like you are a bad person, and why you feel you should be punished.

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## TASK 17

Write a list of experiences you fear. Then write a 2-3 page letter to God relating to each experience, expressing your deepest fears and concerns and why you feel you could not cope. [Cancer is a stress-related dis-ease, and stress is built upon the energy of fear. Facing your fears is key to your healing.]

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## TASK 18

Write a 5 page letter to God expressing how you really feel about having cancer. This is an important letter. Be open and honest, and don't censor how you really feel deep down inside. [God already knows!]

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## TASK 19

Write a 5 page summary account relating to the psycho-emotional "trigger event" that has caused cancer to develop in your body, which has typically occurred 18-24 months prior to the diagnosis. [This trigger event is usually a highly charged traumatic event or period of your life preceding the onset of cancer, and is nearly always related in energy and theme to earlier life experiences, in order that you may face the underlying unhealed energy of the past.] In your account, express to God all the reasons why you feel or believe this trigger event has caused cancer in your body. Below is a list of psycho-emotional conflicts [Dr Ryke Geerd Hamer](#) proposes is the "trigger event" for each different type of cancer in the body.

**ADRENAL CORTEX:** Wrong Direction. Gone Astray

**BLADDER:** Ugly Conflict. Dirty Tricks

**BONE:** Lack of Self Worth. Inferiority Feeling

**BRAIN TUMOR:** Stubbornness. Refusing to Change Old Patterns. Mental Frustration [Dr Hamer does not propose a conflict for brain tumor. The above is Louise Hay's proposed cause.]

**BREAST MILK GLAND:** Involving Care or Disharmony

**BREAST MILK DUCT:** Separation Conflict  
**BREAST LEFT:** Conflict concerning Child, Home or Mother  
**BREAST RIGHT:** Conflict with Partner or Others  
**BRONCHIOLES:** Territorial Conflict  
**CERVIX:** Severe Frustration  
**COLON:** Ugly Indigestible Conflict  
**ESOPHAGUS:** Cannot Have It or Swallow It  
**GALL BLADDER:** Rivalry Conflict  
**HEART:** Perpetual Conflict  
**INTESTINES:** Indigestible Chunk of Anger  
**KIDNEYS:** Not wanting to Live. Water or Fluid Conflict  
**LARYNX:** Conflict of Fear and Fright  
**LIVER:** Fear of Starvation  
**LUNGS:** Fear of Dying or Suffocation, including Fear for Someone Else  
**LYMPH GLANDS:** Loss of Self-Worth  
**MELANOMA:** Feeling Dirty, Soiled, Defiled  
**MIDDLE EAR:** Not being able to get some Vital Information  
**MOUTH:** Cannot Chew It or Hold It  
**PANCREAS:** Anxiety-Anger Conflict with Family Members. Inheritance  
**PROSTATE:** Ugly Conflict with Sexual Connotations  
**RECTUM:** Fear of Being Useless  
**SKIN:** Loss of Integrity  
**SPLEEN:** Shock of being Physically/Emotionally Wounded  
**STOMACH:** Indigestible Anger. Swallowed Too Much  
**TESTES/OVARIES:** Loss Conflict  
**THYROID:** Feeling Powerless  
**TUMOR:** Nursing Old Hurts and Shocks. Building Remorse [Dr Hamer does not propose a conflict for tumor. The above is Louise Hay's proposed cause.]  
**UTERUS:** Sexual Conflict

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## TASK 20

Cancer is caused by a subconscious wanting to "exit life", where the person with cancer feels overwhelmed by the trauma and pain of life, and deep down has lost the will to live. While it is natural for you to want to go on living, focus on that part of yourself that is tired of life and feels life has no more joy or purpose; where there may even be a secret wish that you didn't have to endure such a hard life. This is the time to be completely honest and express these feelings on paper. Write a 5-10 page letter to God explaining why you do not want to be here on Earth anymore. [Note: Expressing your feelings in this way will not manifest the end of your life. The opposite is true! Only by evaluating the subconscious death wish on paper honestly, will you bring truth and healing to this part of your mind that simply wants relief. Remember, only when you face your fears will you overcome them.]

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## TASK 21

What is the number 1 thing you want for YOU in your life? What do you really wish your life would be like? And what would you like to remove from your life that is causing stress, making you feel tired of life, and depleting your will to live? Only you are holding you back from living a life filled with joy and purpose. Nobody else is, even if you imagine others are. If they truly love you, they will support you in helping you manifest your dream life. Write a 5-10 page letter to God, explaining what you would like your life to be like and why you deserve it. [Note: It is typical of the cancer personality to put the needs of others first and ignore their own needs and inner desires. In researching hundreds of late stage 'miracle' cancer survivors, cancer researcher [Lothar Hirneise](#) found 100% of all survivors had made dramatic "systems" changes in their life and removed from their life anything or anyone that was causing them *dis*-ease."

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## TASK 22

To reverse the [subconscious death wish](#), write a 5-10 page letter to God explaining why you want to live. Then once a week, read it out loud to affirm your resolution and determination that you now choose LIFE. You may also want to record it on tape, instead of saying it out loud, listening to it once a week or daily.

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## TASK 23

Forgiving others is a core component in healing cancer. However, before you can truly forgive, you must first express how you are feeling inside. Write a list of everyone you feel you have not forgiven (including those you have previously written letters to). Then write a 2-3 page letter to each person and explain why you are unable to forgive them. Keep writing them a letter once a week until you feel you have no more anger or hate in your heart. [Dr Bernie Seigel, Clinical Professor of Surgery, Yale Medical School: "I have collected 57 extremely well documented so-called cancer miracles. At a certain particular moment in time they decided that the anger and the depression were probably not the best way to go, since they had such little time left. And so they went from that to being loving, caring, no longer angry, no longer depressed, and able to talk to the people they loved. These 57 people had the same pattern. They gave up, totally, their anger, and they gave up, totally, their depression, by specifically a decision to do so. And at that point the tumours started to shrink."]

"When I suggest emotional healing to people with cancer, they always misunderstand me. They hear it as emotional support. They think I either just want to comfort them, or show them how to have a more positive attitude. They don't get that something like forgiveness might be the key to their getting well. I see their eyes glaze over when I go on to say that emotional toxicity is most likely the cause of their cancer, and that forgiveness, if used with appropriate treatments and lifestyle changes that address the physical, is a 'first-line' primary treatment. Their inability to hear this as a strategy for survival, is a measure of how brainwashed we all are into thinking that treatment for cancer must always be harsh, drastic and violent. With our War-on-Cancer mind-set, it's hard to imagine that something so seemingly soft and gentle as forgiveness could be the answer to our problem. Anne came to one my workshops. She had been given, at most, three months to live. She was depressed and had little life force left in her. She only came because her church had collected money for her. On the third day she recalled an event involving her old sister, that occurred when she was 2-1/2 years old that had made her believe that she was utterly worthless. When she realized how much of her life she had lived according to that belief she began to feel angry. She beat cushions with a bat until she was exhausted, did some art therapy and then a breathwork session. The next day, she did some forgiveness worksheets around her sister and her husband. By the time she left, her life force had returned, and she was all fired up to find an alternative program that would help her beat the doctor's prognosis. After two weeks of frantically searching for something, she realized that her healing would come through prayer. So, she worked with a couple who literally prayed with her for a week. Upon her return, she went to her oncologist who examined her. These were his words. 'I don't know how to explain this, but you have absolutely no cancer in your body. I could say it was a spontaneous remission, but I believe in God and I am not willing to describe it in any other way than as a miracle'. This woman serves as a wonderful example of how raising the vibration through Radical Forgiveness and prayer reversed the seemingly hopeless physical condition in days rather than years."

Based on information from : <http://www.alternative-cancer-care.com>