

## Cancer - Why the Holistic Approach is so important!

An Ampuku® White Paper.

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As I relate my personal experience with a cancer, I must also relate the relationships we feel are necessary for a full recovery from a very intense experience.

As we all know, the control center for the body (the physical being) is the mind. A simple statement for such a complex network of cells, blood, and organs. The heart is the center of the Circulatory System as is the lungs are the center for the Respiratory System. However, they both look toward the mind as their regulator. This concept gives credence to the expression we hear time to time "She lost her will to live". For this reason primarily, it is important for one to go into this experience with a positive frame of mind. Consider the fear and intimidation the mere word "Cancer" brings in many of us. Even for me, one who has lived a lifetime of pain and intimidation of [migraine](#), the words "It was positive. It is Cancer!" brought an immediate and significant change to my current state of mind. Not necessarily a fainting spell but a significant lightheadedness and racing of my heart. This is a first and a very important point in the process. We must recover appropriately from this initial shock. For some of us it consumes our mental processes and we never adopt the "I can overcome this" attitude so necessary for a full recovery. The attitude eventually dominates our everyday behavior and, in this case, influences our success or failure in beating this disease.

As the treatment goes, one must treat both the physics (the cancer itself) as well as the metaphysics (the mental state of the whole being). We must treat the mind and body as one (as the name Holistic implies). To treat the mind simultaneously with the body involves much more than the physician can control personally, therefore treatment is a Team effort.

- **Support** - from the very first utterance of the words "You have cancer." the support structure must begin a long and concentrated effort to reinforce the positive attitude and thoughts of the afflicted. And the understanding and support from loved ones and even acquaintances is crucial. This is not to be confused with pity. Pity is a negative emotion. What the patient needs now are positive responses. The support is not just that which is directed towards the patient but understanding the patients emotional responses to those around him/her. They no longer have the patience they used to have and snapping becomes a unfiltered response. The recipients of these reflexive responses must understand that these responses are not meant to hurt but are indicative of the frustration and stress the patient is currently experiencing. It is very important that the recipient release these negative experiences and not hold them inside with the belief that they were directed to them.
- **Normalcy** - Notwithstanding that life can no longer be "normal" once the word Cancer is brought into play, it is essential that to the largest extent possible life should be as normal as possible under the circumstances. If too much change is made in too short of time, it can destroy a significant amount of positive emotions and the positive state becomes a negative state. Instructions from the doctor regarding change in diet, for example, needs to be communicated in such a way that the consequences are clear to the patient and his/her support structure. Let me explain. If spicy foods are to be avoided. It should be communicated that spicy foods irritate the throat which can cause the vocal chords to swell and eventually cause a permanent change in the quality of the speaking voice. Just stating that it could be irritating leaves too much interpretation to the unskilled. If it doesn't have consequences other than discomfort, it should be left up to the patient whether to try it. If loved ones strip away the patients normalcy based on their own interpretations and based on consequences the positive environment can surely deteriorate.
- **Ki (Life-force)** - Ki (also pronounced Chi in some therapies) in Ampuku® is either positive or negative. Many philosophies or therapies that recognize the presence of Ki, also recognize the need for each to balance each other (A balance of Power sort of speaking). Here in Ampuku®, we recognize that is more of a push and pull regime. If the positive Ki (or PosiKi as we call it) dominates the negative Ki (or NegaKi), a state of positive energy flow exists. The total amount of

Ki must always remain the same or the mind and thus the body (holistically speaking) shows the essence of that abundance or shortage. A shortage of Ki would tend to show in lack of interest in things one would normally be active in. An overabundance of Ki would manifest itself in something similar to what we would call hyperactivity. Whatever event causing the change in the total amount needs to be identified and counter-events initiated to reverse the effect of the initial event. If the total amount of Ki remains constant and the amount of PosiKi or NegaKi changes, the mind reacts by reducing or increasing the amount of endorphins, enzymes, or hormones secreted. The lymph glands also are affected and the body's cleansing system is either more or less effective in cleaning the toxins from the body. So during the treatment, the patient's Ki is a major factor in the overall quality of life during the term of the disease.

- **Chemistry** - A prominent Acupuncturist once told me, many years ago, in a small village on the outskirts of Tokyo, that the body is like a huge Chemistry Set. You know like the ones you used to play with or used to use in school. Each of us (as individuals) have a different body chemistry than the rest. This is what makes us unique. We have different levels of hormones, enzymes, Ki, etc. The balance of these "chemicals" determines the body's (and the mind's, naturally). This explains why all my "pre-migraine" life, I could eat like a horse but not gain an ounce. I was even feed doughnuts and drank fat enriched milk (that's certainly something you would not see today). After 24 years of prescription drug therapy, my body chemistry was changed forever. Even after I weaned myself off all of the prescription drugs I was given, I have not been able to regain my chemistry presets and my metabolism is such that I cannot lose the bloated state the prescribed drug Pamelor caused. When I approached my Primary Care Giver with my concerns the side effects the Pamelor was causing, the reply I received was the good ole "lesser of two evils" justification. Which do you want a few extra pounds or migraines. (For the record, a few pounds was actually 127 extra pounds in a year). So trying to maintain the chemistry balance is also of high importance. Luckily, radiation does not introduce another synthetic drug into the equation as this oncologist has told me this radiation is much like the radiation you get when you are out in the sun only highly concentrated and aimed at a specific area. (Makes you kind of wonder how radiation can cause (skin) cancer and another kind of radiation can kill cancer.) Anyway, once your "unique" body chemistry has been altered by any of many influences such as stress, prescription and non-prescription meds, even some herbal remedies; it is difficult to regain the exact balance that made you, you. I have been migraine and migraine med free now for 5 years. What a relief, but my body chemistry has never returned to its original balance. The acupuncturist said it may take years or it may never be exactly the way it was. As for me, I noticed I am not the same person anymore. Stopping the daily dose of heavy-duty meds no longer restricted my emotions. I got excited too often and too quickly and became too moody. I guess the meds did calm me quite a bit and change my personality. Another factor in my chemical balance not returning to normal was my metabolism. So anything that changes your body chemistry may be something to consider just a little bit longer.
- **Localization** - Since the laser is aimed precisely at the site of the cancer, there is little chance for it to adversely affect other parts of the body. The healthy tissue surrounding the cancer site usually recovers fully from the treatments. Side effects directly related to the laser treatment itself are minimal. However, add other ailments that affect the treatment area and the rules are changed. For example, I also have Sinusitis and Arthritis in my neck. The Sinusitis causes Post-nasal drip which fills my throat with phlegm blocking my passage way making it difficult to eat or breathe. It also causes a reflex to expel it from my throat. By clearing my throat, I take a chance of straining my vocal chords and permanently affecting the quality of my voice. The arthritis in my neck makes the treatment uncomfortable and may cause movement during treatment which causes the laser to not be so precise in its delivery no matter how hard I try to be still. This shows the necessity of using the mask and jump-rope to make me movement free during treatment. So in essence the radiation treatment in itself is not painful and extremely tolerable.