

Holistic Healing for Cancer:

Our Way

You shall not give false testimony... *Exodus 20:16*

How It All Started. I was in academia for twenty-six years, starting my work as a lecturer and slowly moving up the ladder to become an associate professor and then a full-fledged *Professor of Botany*. I know how to give lectures, do research, write books, present scientific papers, etc., but what did that mean to others at large? How many people really read what I wrote? How many people really benefited from my academic research? I was not sure and was not impressed.

In 1995, I prayed: *With the knowledge You've bestowed upon me, Show me Lord, Your way.* I did not realise that with that prayer, I had just taken the first step of a new journey of *a thousand miles*. From an *orchid man* I turned into a *herbal medicine man*. In May 1995, my wife and I started CA Care. We used the sitting room of our home as a meeting place to help people. Word spread and many patients came to us for help. As of this date, we have helped hundreds of patients who have suffered from cancer. And the results have been beyond our expectations and dreams. Indeed, it is our hands but God heals.

Our Mission and Code of Ethics

From the very beginning, we set our mission as below:

*In obedience to God's will and counting on
His mercies and blessings
And driven by the desire to care for one another,
We seek to provide help, direction and relief for those*

who suffer from cancer.

When you are told that you have no hope and to be prepared for your imminent death, we believe that there is still hope.

We join you in this last effort to seek a healing.

We shall carry out our task in good faith and to the very best as humanly possible

Without regards to material rewards, race, religion or social status.

We formulated our own code of ethics to guide us:

1. Show love and care. There is no place for detached concern.
2. We do not substitute medical doctors. Go for the best offered by medical science and holistic healing methods.
3. Do not play God – we do NOT promise or guarantee a cure. Remember, it is only our hands but God who heals.
4. Do not exploit the sick – we provide free consultation, help the genuinely poor, and give balanced, honest advice.
5. We wish to help those who are committed and need our help.
6. We do not promote-to-sell our therapy.

We are aware that to help find healing for cancer is not an easy task. We tell cancer patients that herbs are not magic potions. Healing comes from within one's own self. We can only help and point out the direction to healing but ultimately, it is the patients themselves who make the choice and make the efforts to achieve their goals.

In this world, we cannot choose when and how long we can live or die but we do have a choice of whether we want to be healthy or not. In this regard, our way of healing is different from the surgery, chemotherapy or radiotherapy advocated by medical science. However, we would also like to make it clear that we are not against current methods of medical treatment

for cancer. We advise you to seek the help of your doctors. We see the wisdom of seeking the best of both medical science and holistic treatment approaches for cancer. Looking at, and treating the problem from only one *fixed* viewpoint is at best *shortsighted* and *naïve*. Medical literature has shown that there is no *magic bullet* for cancer cure. Even nurturing the idea of finding a *magic bullet* or *antibiotic mode* of treating cancer itself is self-defeating. It is true that over the last hundred years, there have been much advancement in medical science – the discovery of antibiotics for the treatment of acute infectious diseases and medical technology for imaging and diagnoses – all these have resulted in miraculous life-saving recoveries. Unfortunately, such successes have *blinded* many and have made them believe that chronic diseases like cancer can also be cured by a similar treatment approach. Indeed, many chronic diseases that we face today, have numerous causative factors that are often beyond the scope of medical science alone to treat or cure. We need to look back at the wisdom of our ancestors to see if we can seek some benefit from their healing ways.

When we go about doing our work, we know that we make many friends but we also have made many *enemies*; some love us and some *hate* us. We draw comfort from what Mother Teresa said:

*Few of us can do great things
But all of us can do small things with great love.*

*If you are kind, people may accuse you of selfish, ulterior motives;
The good that you do today, people often forget tomorrow;
Give the world the best you have, and it may never be enough;
You see, in the final analysis; it is between you and God.
It has never been between you and them anyway.*

As I was preparing this booklet, I am reminded of the beautiful song we sang in church last week:

*There is a candle in every soul,
Some brightly burning, some dark and cold,
There is a Spirit who brings a fire,
Ignite a candle and makes his home.
Carry your candle, run to the darkness,
Seek out the hopeless, confused and torn,
Hold out your candle for all to see it,
Take a candle, go light your world.*

*We are family whose hearts are blazing,
So let's raise our candles and light up the sky.*

Kathy Troccoli

The Cancer Care Therapy

Realising that cancer is a complex problem we advocate a multi-approach to healing. We tell cancer patients the following:

Step 1: *Give total commitment to your healing.* This is your sickness and only you can heal yourself – others can only help. If you come to us but do not believe that we can help you, then go and find someone else whom you have faith in or can trust so that he can help you better. Finding healing for cancer needs your whole-hearted commitment. You need to change your ways – your lifestyle and mental attitude. It goes beyond swallowing some pills or getting an injection. Our experiences show that those who actually participate in the healing process benefit and win but those with a *kiasu* (only wanting to win) attitude fail.

Step 2: *Seek proper medical help.* We do not substitute

medical doctors. We advise you to consult your doctors and get the best possible treatments, but at the same time be aware of the limitations of what medical science can do. There may come a stage when there is only that much a doctor could do and no more. After this point, to do more may perhaps just mean mere *adventurism*. So, learn to know when enough is enough.

Step 3: **Take herbs.** Herbs are not *magic potions*. You need them to restore the imbalances that exist in the sick body. Herbs do not kill cancer cells like the cytotoxic drugs used in chemotherapy. Many *educated* (presumably *scientific*) people are sceptical about taking herbs. Our experiences show that herbs do no harm but on the contrary, help many cancer patients. There is a saying: *the believer asks no question, while no answer can satisfy the unbeliever!* If you do not believe in herbs, our advice is not to take them. Find other avenues for your healing.

Step 4: **Eat rightly.** We believe that diet by itself cannot heal cancer, just as drugs or herbs alone cannot cure it. However, diet is important and can determine the progress and direction of your healing. Of course, our stand is being refuted and even *detested* by some patients. They counter: *My doctors say I can eat anything I like – food has nothing to do with my cancer.* To the sceptics, we suggest that they read more widely. Every year, more and more evidence accumulates and points to the fact that what we eat determines the progress and direction of our healing or have a great influence on whether we get sick or not. Today, we are aware that the causes of 70% of cancers are related to our food and lifestyle. Studies have shown that as the Western way of life gains popularity in the developing countries, more and more people are getting cancers.

From the literature, we know that cancer patients benefit from a diet that consists of the following:

- Fresh vegetables, either raw or cooked.
- Lots of fresh juices and fruits.
- Whole grains, cereals, seeds and nuts in an as unprocessed form as possible.
- Avoid taking meat, dairy products, table salt, white sugar and cooking oils in the diet.
- Avoid types of food that are preserved, canned or processed.

Step 5: *Lead a happy, stress-free life.* We advocate that you do proper exercise daily but do not over-strain yourself. *Qi kung, tai qi* and deep abdominal breathing exercises are good for you. Go ahead and practise them.

Cultivate a positive attitude. Avoid anxiety, anger and other forms of negative emotions. Learn to love and to forgive and forget. Let go of any emotional *baggage* that you have been carrying all along in life!

We also find that those who believe in God or some form of *Superior Being* have a better sense of coping with their sickness. We advise cancer patients to find solace in the *Loving God*, in ways that are compatible with their own individual beliefs. We also find that those who receive full-hearted family support manage better. The love, care and understanding of the spouse, children and relatives are important for healing. Those who do not have such emotional support from their family members generally get worse.

Why Some People Fail to Find Healing

Many patients come to us with high expectations. They expect us to dish out *cures* for their cancers, most often after all medical treatments have failed them. Surely this is extremely *unrealistic*. Some have even reach the point of being *absurd* – expecting

miraculous results within one or two weeks!

A lady and her two daughters traveled all the way from Kuala Lumpur by bus to see me. The reason? The lady had colon cancer that had spread to the liver. She was on oral 5-FU. In such a condition, her chance of survival for long was almost nil. As the three visitors sat down by my table, the daughters requested me not to tell their mother that she had cancer. That was a fair request and I had no problem with that except that in some cases, especially like this one, it was a non-starter! When I turned to the lady, she blurted out that she did not want to take the prescribed herbs. *Then, why come and see me?* I asked. I told the lady that I was not a magician. Healing needed genuine efforts on her part and if she was not prepared to help herself, nobody else could. In fact, in our earlier days, we used to feel very upset, discouraged and saddened by such an attitude. But with time we have learnt to take things easy and cope with them. There is a saying: *There is no incurable disease, only incurable people.* Since our mission is to help those who seek us, we continue to help them the best we know how.

From experience, NOT all who come and see us find their healing. If you are interested in statistics, let me share this with you: from my calculation I conclude that only 30% of those who come to seek our help benefit or find their healing in one way or another. The remaining 70% of them are mostly on a *fishing trip*, hoping to find a magic potion and luck. Let me also share with you some of my observations as to why people can or cannot find their healing.

- **Fear.** Many who come are generally lost in fear, and they panic. They go *nuts* after being told of their cancer diagnosis. Unfortunately, things are made worse when they are told that the treatments: surgery, chemotherapy or radiotherapy,

must be done fast – sometimes, by tomorrow or the day after, or else the cancer will spread like wild fire. Indeed, this is sad *misinformation*! Cancer patients should know that any decision made in a state of fear and panic is never a good decision. I have often told patients to relax and take it easy. Calm down and have some space and peace. Take a bit of time to think things over, evaluate the strategy and seek a second or third opinion before you commit your life into someone else's hands. Committing your life and believing in only one doctor is perhaps not the best option.

- **Ignorance.** There is a Chinese saying: *The road to health is the road of knowledge.* Ignoring knowledge is to end up with sickness. Many people who come to us are basically ignorant of their own health and are caught off-guard when faced with cancer! Almost overnight they have to cope with a life-or-death problem for which they are not prepared for or ever expected. There is another Chinese saying: *You don't sharpen your sword while in the battlefield!* Or, *start to dig a well when you are thirsty.* But how many people actually practise this? In fact, many well-to-do, healthy people would consider that reading about cancer when they are not sick would bring them *soi* or bad luck. It is a taboo! They do not wish to hear anything about such a dreaded disease.

Many cancer patients have the impression that after surgery, chemotherapy or radiotherapy they will be cured of their cancer. One cancer patient, Devi told me: *I have not read much about cancer and after I have had my radiotherapy I thought I was cured! I was sent for a scan and the doctor said there was no evidence of cancer. That was it, I thought that was the end. I never ever conceived that the cancer would come back again. I thought I was cured. Exactly a year later, I had a relapse of the lymphoma.* And Devi is not a village housewife or any person on the street. She is a lawyer!

- ***Quick fix and instant noodles mentality.*** As said earlier, a majority of patients who come to see us expect a *quick fix*. This is unfortunate and we tell them in no uncertain terms that we have no such thing. Healing takes time. Some patients write to us while others request that we give them herbs that do not require boiling. They want the herbs in capsules, which are easier to take. Indeed, we know that too. But probably that can be done only at the expense of the herbs' effectiveness – so what choice do we have? If our mission is to sell as much of our herbs as possible, then we would probably do things to please our customers. In our case, we are not running a *popularity contest* and our *bottom line* is never a *sale volume*, so we stick to the ways which we feel would bring the most benefits to those whom we help.

This *instant noodles mentality* is also seen in those who e-mail me after visiting our website. After reading their mail, I just wonder how many really read the contents of the website? They write to ask for information that is already given in the website anyway. My only conclusion is that many people want things the easy way – if it is easier to ask and get answers, why bother to read and spend time looking them up?

- ***Kiasu – seeking healing on your own terms.*** Many patients have the impression that managing cancer is as simple as taking Panadol for a headache. Unfortunately, it is very much more complex than that with cancer. We need to change our mental attitude, our lifestyle and our diet besides undergoing all the treatments and taking drugs. Even after they have suffered relapses from their cancers, many patients do not seem to realise or learn that there is more than the medical treatments, if they want to regain their health. Yet these people still insist on *playing the game according to their own rules* or seeking to be healed on their own terms. Their argument is that: *My doctors never asked me to do what you*

have asked me to do. You say I cannot eat this, I cannot eat that – then what do I eat? We let all cancer patients know that with cancer, it is not easy to win all the time nor can you win on your own terms.

In the book, ***When Heaven is Silent*** by Ronald Dunn, the author wrote: *Ten years of ... overloaded schedules, ...and fast food restaurants had taken their toll. On my way to saving the world, I had acquired a stomach disorder that was throwing me into the hospital with increasing frequency, threatening my ministry and my sanity...To me a well-balanced meal was a Coke in one hand and ...pizza in the other. I was too busy to get well. I wanted to get well – but without changing my lifestyle...I wanted a pill. The doctor assured me there was no such pill, but I'm still looking....I am not alone in my quest for the quick-fix. The doctors I talk to say that most of their patients come to them looking for a way to continue living as they like, but without suffering the consequences... We look for the easy path, always ripe for a quick-fix scheme.*

- ***Complacency.*** Those who are really sick very often come with open ears to our advice. They seem to readily agree to practise what we advise them to do. I tell them this: *When you are dying you will listen and follow what I advise you, but when you are a bit better you curse me!* As patients become more energetic and regain their appetite they start to be fussy and demand to go back to their old lifestyle. So, we always remind patients not to be complacent even after they feel well. The cancer may come back. If you think you are done with cancer, remember, cancer may not be done with you yet.

Our advice to cancer patients is always to relax and be positive. We also hope that their healing experience has changed their lifestyle and attitude towards life positively and permanently.

Often people ask me this question: *When can I go back to my old favourite food?* Some people learn easily while some learn things the hard way. Many others do not seem to want to learn at all. Our answer to such a question is well known: *Never go back to your old unhealthy habits. But later, if for some reasons, you decide that you are bored or tired with life – then indulge in whatever you want, and pray that you go quickly and peacefully.*

The second question often asked of me is: *When can I stop taking the herbs?* Honestly, I do not know. *You should take the herbs for as long as you wish to remain well. Do whatever you wish. If you value life more and do not mind that extra chore of cooking and swallowing the herbs, then continue.* There are many patients who have been on the herbs for the last three to five years and they are still taking them. While on this, my mind goes back to a pretty lady – our friend Su, a matron in a hospital. She had thyroid cancer and was one of our earliest patients. The doctor told her that she would not be able to get her voice back and that she was in a bad shape indeed. She took Capsule A and drank fresh rodent tuber juice. In addition, she underwent radioiodine treatment. With God's grace and mercy, she became well and could even sing with a beautiful voice. She became whole again. One evening she came to CA Care with a nice cake as a present to us. The cake was loaded with sugar and it really disappointed me! A few months later, we learnt that Su was not well again. We called Su's husband and asked if we could be of any help. It was too late as the cancer had spread to the lungs. She was breathless and died soon afterwards. We went to her house and talked to her husband, a staff of a health department. I asked him this frank question: *Why did Su stop taking the herbs?* His answer was: *We thought that the problem was over. We were over-confident because she had recovered so well. So we stopped the herbs and went back to eating our catered food again.*

Indeed, patients do have a choice. So exercise that prerogative wisely. Reflect on the above true story. For me, if at all there is a lesson to learn or advice to give, let not Su die in vain – she has a message for you.

Doubling Thomas. As I am editing this paragraph an e-mail came from the son of a lady in Kuala Lumpur. This is what the son wrote: ...*After her chemo, my mom didn't look good. I supposed that is one of the side effects of chemo. She has been vomiting and her appetite was not encouraging either....my mom is rather reluctant to explore the alternative therapy of using rodent tuber due to many negative comments she has been hearing from well-meaning but misinformed relatives and friends.....* Well, I have always said this to all cancer patients: *If you are doubtful then go to someone else for help.* But to trust and believe *well-meaning* friends and relatives who only hear stories but know next to *nothing* about what they hear would be *foolish*.

But what baffles me most is why patients who are doing extremely well suddenly *disappear* out of the picture totally. We never see them again. They stop taking the herbs and of course, they do not inform us. At times these supposedly *cured* patients resurface and this time they visit us because they have suffered a relapse of their cancers. One reason they give us for abandoning the herbs is that *the herbs can be toxic if consumed for too long!*

Melisa is a lady with cervical cancer that had spread to the liver and lungs. The doctor gave her three to six months to live. She has been taking the herbs for almost two years now. Then she decided to take the fresh rodent tuber juice. After a few days, she came and asked me: *Doctor, one Datuk relative of mine told me that I will die if I take the rodent tuber.* I gave Melisa a big smile and said: *Melisa, you were supposed to have died two years ago when you had that chemotherapy. Your doctor asked you to prepare your will*

and gave you only three to six months to live. You took the herbs and some of them contained the rodent tuber. If the rodent tuber can kill you wouldn't be here talking to me. But you are still alive and well! I have numerous patients coming to tell me that after they have taken the fresh rodent tuber juice, they feel better and well. We have many patients taking Capsule A for four to five years now and none of them has ever dropped dead because of the herbs. Also, none of them has ever returned with new or *strange* diseases or side effects. On the contrary, they have felt better and become healthier. From literature, I have come to know that *bad mouthing* often happens everywhere. At times, the rivalry between the drug companies and complementary medicine has become so fierce that the rich would finance *scientists* to conduct *fake* or *flawed* experiments and churn out *dubious* data to provide *proof* and *justification* that complementary medicine is harmful. Such is the world that we live in.

The Exceptional Patients – Those Who Find Healing

Power of the Mind: The main basic difference between medical science and holistic healing is the perception of what we are. The holistic view regards man as a trinity, made up of the body, mind and soul. Indeed, the body is only the physical *case* that *houses* the mind and soul. Medicine, however, is based on the philosophy proposed by Rene Descartes, a French mathematician and philosopher in the 17th century. He regarded man as a machine that obeys only the physical laws. The mind and soul play no roles in the body.

Given this conflicting view about man, it is therefore up to you to decide what you want to make out of yourself. If you believe that you are just a pile of chemicals, bones and flesh that has no mind and soul, then so be it. Worry not, for like an old car, you can remove any worn-out parts of your body and replace them with some newer parts from somewhere, if you can. Hopefully

by doing so, you *can function* better. Or can you? I am reminded of an article in *Newsweek* (Special Issue 1999) about a man who had undergone a heart transplant. Everything done, the man recovered very well. Modern technology had saved him. What surprised the cardiac surgeon was that the man with the new heart did not behave as he did before. He had the tendency to become *suicidal*. So, that much about the mind and soul not having any influence over the physical body.

From the holistic point of view, the mind is the root cause of problems. Carolyn Myss (in *Creation of Health*) says that cancer is created through excessive fear, guilt feelings, inability to cope with changes, self-hate and self-denial. Debbie Shapiro wrote (in *The Bodymind Workbook*): *Cancer appears to be the result of many years of inner conflict, guilt, hurt, grief, resentment, confusion or tension surrounding deeply personal issues. It is connected to feelings of hopelessness, inadequacy and self-rejection.*

According to Freud, the mind is an iceberg and only one-third floats above water. However, Avni Sali, a professor of surgery at the University of Melbourne, Australia, said: *But I'm sure that in cancer patients it's probably 10%. Most of it is under water.* Paramahansa Yogananda said that *there is an innate connection between the mind and the body. Whatever you hold in your mind will be produced in the physical body...All diseases have their origins in the mind. The pains that affect the physical body are secondary diseases.* The holistic healers view pain, sickness or the disease of the body as a signal that there is an imbalance within, perhaps due to conflicts of emotions and thoughts deep down within us, and is threatening our survival. This *disease* represents a *wake-up* call for us to do something to heal ourselves. However, few ever understand this message.

Contrary to medical views, body-mind healers have pointed out

that:

- The healing power of the body is within us. There is a physician within us and this power heals us absolutely.
- Many of us are ignorant or are unaware of our own body's healing potential.
- Many of us block ourselves off from this potential, preferring to trust others whom we think can *cure* us rather than trust our own *Infinite Intelligence* within.
- Many of us create unhealthy circumstances by thinking negatively and harbouring self-denying thoughts that eventually make us sick. We fail to recognise that these are the root causes of our many illnesses.
- We are unaware that from the day we are born, we have been bombarded with negative suggestions. Negativity begets illness.

The seat of our real mind is the subconscious. Joseph Murphy (in *The Power of Your Subconscious Mind*) wrote that we view our world through thoughts in the subconscious mind. *Think good and good will follow, think evil, evil follows. Change your thought and you change your destiny.* Ralph Emerson said that *man is what he thinks all day long.*

From the above, I can conclude that the very first step in healing is for every cancer patient to recognise the influence of his own mind on his illness and recovery process. Many a time, I ask patients if they carry any emotional *baggage* or harbour any *unresolved* emotional conflicts within them. Invariably the answer would be: *No, no, I have no emotional problems at all.* They simply do not want to admit or discuss them, perhaps for fear that people know their *secrets* or they do not see the relevance or relationship between unresolved personal *emotions* and their cancers. After all, in schools we are taught that illness is caused by some kind of *bug*, virus or germ and it has nothing to do with the mind. Most patients would tell me that whatever *problems*

they have are all *old issues* and have *long been forgotten*. Such comments and attitudes only go to show sheer ignorance or *arrogance*, whichever way you wish to put it. However, as I began to dig and probe deeper, some of them just break down and cry. So, my first advice to all cancer patients is to be honest with your own self, especially your subconscious mind. Think again, do you carry any *baggage*? Remember that you are not just a machine – without any mind or soul. You are sick because *something inside is eating you up*.

Let me suggest a list of some active steps that you can take to heal your mind, your soul and lastly, your body and its cancer.

- ***Think positively: as you think, so you become!*** According to Susan Bannerman, a clinical psychologist working with cancer patients (in *As you think, so you become. Proc. 1st World Congress on Cancer*, Sydney, 1999, pg. 199): *Illness is a reflection of a person's negative perception and self-defeating ways of thinking. Hatred, envy, selfishness, jealousy, self-judgement, self-doubt, self-criticism, lack of self-respect, feeling of unworthiness, etc.* All these are negative and destructive thoughts. Do not harbour them for they do not help you at all. On the other hand, cultivate positive attitudes of love, joy, happiness, sharing, caring, self-esteem and self-confidence.

When you see a glass of carrot juice that is not filled up to the brim: how would you see it – as half full or half empty? Our perceptions of many situations can be either negative or positive. Learn to see things positively. Alex is a colon cancer patient. He told me: *I do not consider myself taking herbs. I just drink tea and it brings me a lot of good.* On the other hand, I have patients telling me: *Yuck! the tea just tastes horrible!* Think for yourself, do you think you will benefit from drinking a *yucky* drink?

From talking to patients, I can easily pick out those who can

potentially heal themselves and those who cannot. I see the *potential healing* right in their faces – by the way they talk and behave. What messages do you think the following remarks convey to you?

- *Are your herbs hygienic?*
- *Have I to boil the herbs? I have no time to do so. They are so bitter!*
- *My doctor said this..... My doctor said that.....*
- *I have this problem for such a long time already, my doctor said there is no more cure....*

You may want to tell me: *No, I can't change. Take me for what I am.* I remember one young lady who had breast cancer. She hated her father very intensely. The sight and thought of her father *worked* her up so much so that she felt pains in the lump of her breast. I told her to go home and hug her father and love him. She was adamant at sticking to her *guns* saying: *No, I hate him.* I then told her: *The problem is it is you who have to suffer and perhaps die. It is not your father.* Again here, patients have a choice, to embark on the healing journey rightly or to be left in misery. In our Centre, there is a quotation: *when you hate people, the only person who gets hurt is you, because most people you hate, don't know. And the rest of the world don't care.* To cultivate positive thinking is simple and easy. It is just like letting go of your *baggage*. Put it down! This requires no skill at all but you must have a loving heart. Unfortunately many people insist on hanging onto their *baggage*. Again, my advice is: Let go!

Free yourself of negative thoughts. Many negative thoughts are ingrained into our subconscious mind and they become a part of us. You and I have similar problems. And more often than not, you do not even know that these negative thoughts ever exist or are causing you all these problems. We are the product of our environment and the experiences of our lives. So to be able to free yourself from these negative thoughts you

must first and foremost be aware and recognise that these negative thoughts are in you. If you keep insisting that they are non-existent, there is no reason for change or wanting to be free.

If you admit that negative thoughts are your problems, the next step is to consciously correct them and replace them with positive thoughts. Keep on doing this *correction* like *cultivating new habits*. With time these good values stick in your mind. All along tell yourself that you want to change and are capable of doing so. In time you will see that you do change. Remember, you need not be trapped in your past. Life is not living in the past, it is living for the present and future.

Go for Healing!

Most people who come to see us are generally desperate and lost. They do not know what else to do. Some of them have never had any experience with cancer before. So they are unsure of what to do: to go for surgery, chemotherapy or radiotherapy? Yet many others are told point blank that there is no more treatment available or there is nothing that can be done. In simple language it means to go home and wait to die. They receive a good supply of painkillers or morphine to tide them against the pains. There are also the more experienced patients. They know what these treatments are about for they have gone through them all. Apparently they have been well and thought that they have been fully *cured*. Then cancer strikes again. They come to seek other avenues of help. Whatever category you are in, I have the following advice for you: *Go for healing!*

- ***Never say die and never give up.*** As long as you are still breathing, know that there is still hope even when you are told that you have no more hope. Hang on to your hope

and believe that you still have hope. Some people may accuse me of trying to give people *false hope*. It is cruel to raise false hopes. But on the other hand, some doctors tell you that: *You only have three to six months to live. There is no medicine, no cure. Just prepare to die.* Some patients are told to enrol themselves with the palliative centre for further management (and you know the reason why!). Do you not think such insensitive comments or actions are even more cruel than raising *false hopes*?

This book has many stories about *false hopelessness*. Goh had colon cancer that had spread to the liver. He could hardly walk and his stomach was bloated. He was told to go home to die. He was in the hospital for two months and was put on morphine only. The doctors on ward rounds even refused to see him. Yet this *no hope* patient recovered and became much healthier than he was before he had cancer. Two-month old baby Carisa had Stage 4 neuroblastoma and was given three months to live. At the time of this writing, Baby Carisa is now two years old and is still alive. Melisa was ill with cervical cancer that had spread to the liver and lungs. She was asked to write her will as the doctor concluded that she only had three to six months to live. It is now more than two years and she is alive and well. The unbelievable and amazing thing about this case is that her thirty spots in her liver have all disappeared. Raju had bone cancer of an unknown origin. He was unable to move and had to *sleep sitting up* on a *deck* chair. The doctor gave him six months to live. After two months on herbs, he came back alive and was able to visit India twice. He is now able to drive around normally. Indeed, if at all there is one message that this booklet is meant to convey, it is HOPE!

I am fully aware that during distressed moments, cancer patients become very gullible and will grab at any *straw* that promises the slightest chance of hope for living. I have heard of *vultures*

descending on your home, even in the middle of the night, offering *magic potions* with a promise of cure. The mother of a boy who had cancer told me of one salesman who would ring her four to five times a day to keep tabs on how the son was doing. And each time the phone rang, it was with the advice to take more and more of the capsules he was selling. So the son ended up taking sixty capsules of the product a day, besides another dozen of other supplements. Use your discretion and be cautious.

From the point of view of science and medicine, hope and feelings do not count or exist. These attributes do not belong to the physical body for they do not show up on the X-ray film or CT scan. Therefore they are not supposed to exist. Yet, you and I know that there are things such as hope, love, feeling and inspiration. These are attributes of the soul and mind. They do exist and they matter - irrespective of what Rene Descartes wanted you to believe or what the medical world says. The feeling of no hope kills. So, I end this discussion by saying that there is no such thing as *false hope*. But there is such a thing as *false hopelessness* because no mortal on earth can play God. Only God decides who dies or when you die!

When the terminally ill patients come to me I used to tell them this: *Don't worry. All of us have to die someday. It is a matter of when – tomorrow, next month or the next ten years. But, let me tell you that you need not yet die just because you have terminal cancer. I am younger than you and do not have any cancer but I may even die earlier than you. So don't worry so much. Death is not an issue here. What matters now and the future is that while you are still alive you do not have to suffer. Let us pray that we can help you lead a normal, pain-free life. When the time comes and you have to go home, let us pray that you die peacefully.* Petrea King of **Quest for Life Foundation, Australia** said: *Life is not a competition about how long we survive. It's about the quality with which we live.*

This is what Cancer Care Therapy is all about. We see healing at various levels: physical, mental and spiritual. We may not be able to cure the physical body but we may be able to touch and heal the mind and the soul.

- ***Empower yourself.*** *Knowledge is power* goes a saying and I truly believe this is true. So, I advise you to read and ask questions. Seek knowledge so that you understand your illness. Research has shown that those who feel hopeless, helpless and accept their fate *lying down* survive poorly. I tell cancer patients to stand up and live! Do not just be contented to remain at the bottom of the pile with the following mentality: *My doctor says this and my doctor says that.* You will then end up following everything that he says. I am not asking you to defy your doctor's instructions but I also know that you may be led by the nose without having a clue of what is going on. It may not always be good for you.

Let us look at the case of Melisa again. She had approximately thirty spots of varying sizes scattered all over her liver. The oncologist recommended that she went for liver surgery. Melisa asked the oncologist: *How are you going to dig out all the spots in my liver?* Of course this question irritated the learned doctor, but saved Melisa's life! The question may sound *stupid* but it packs a lot of sense. In the absence of a satisfactory answer, Melisa declined the surgery. And she was absolutely right. Guat had breast cancer. When she was asked to go for chemotherapy or radiotherapy after her mastectomy, she asked the surgeon: *Can these cure me? Can you guarantee that?* The doctor was dumbfounded; there was no guarantee. That being the case, Guat declined further medical treatments. To her, she preferred to *die*, if that is what it all came to, in peace without the agony of the side effects of the medical treatments.

- ***Reevaluate your strategy.*** In my books, I have written about gut feelings and common sense. Body-mind healers advocate

the use of intuition or the sixth sense when making important decisions in life. I have come to realise that not all decisions made based on *scientific data* are *wise* or *correct* in many of life's situations. Statistics and data can be deceptive, cold, dead and insensitive to human feelings. I advocate the use of simple common sense. For example, ask yourself if the treatment that you are undergoing is bringing you anywhere. Is it benefiting you or killing you? Of course, when you go for any invasive treatment, your hope is always to achieve a cure. Ask your doctor if there is such a thing as a cure for your condition. Some patients are given chemotherapy just for palliative reasons, not cure. The treatment is supposed to make your life better or more bearable. Reevaluate that strategy and determine if this is true.

Dr. Jeffry Tobias (in ***Cancer***) wrote: ...*one important decision to stop, (know) when to say no more.* Indeed it is wise to know *when to withdraw and to say enough is enough*, if and when the treatment is *spinning you in a circle*. There was one lung cancer patient who came and told me that his oncologist spent only half a minute with him every time he went for his chemotherapy. My advice to him was: *Find another oncologist who can be more caring and who could give you more of his time and expertise.* How much can a half-a-minute doctor help you? Can you expect such a *busy-no-time* doctor to save your life? Evaluate my comments and make your own decisions about all these issues, for sometimes what it takes is only common sense to save your life.

- ***Make wise decisions.*** Gurdjieff said: *The wise man is not educated and the educated man is not wise.* These words of wisdom are true. To enable you to make wise decisions, you need to be aware of the following:
 - Do not make decisions based on or out of fear.
 - Seek more information, from different sources and viewpoints, if possible, before you make any important decision.

- Weigh out the options, both pros and cons. Do not simply see the good side of things only. Take into account the *worst possible scenario* as well.
 - Connect with your inner self. Seek out your intuition, common sense or gut feelings. Take time to be alone, to be silent. Relax and let the inner voice within you speak to you. If you are too busy or preoccupied with others, you cannot hear your own inner voice.
 - Arrive at a decision that you can live with. It is your body, it is your liver or your breast that is to be *taken off*. Ask yourself if you can live with that decision. It is your life that is at stake. Doctors and other people can only help but you are the one who suffers the brunt of whatever is done to you.
 - Once a decision is made, stay on course. Then, reevaluate your strategy if it harms you.
- ***Trust and flow – easy does it!*** Dr. Joseph Murphy (in *The Power of Your Subconscious Mind*) said: *According to your belief, it is done unto you.* The causes of failures in healing are mental coercion, lack of confidence, doubt and hesitation. All these reflect negative attitudes. If you come with the main goal of *going all out* for a *cure*, chances are that you will fail to get one. In your intense desire to cure yourself, you can become very tense and may not have peace of mind. Have you ever experienced a time when you are trying very hard to crack and solve a problem? Your mind comes to a dead end. Try to take it easy. Relax and go to sleep. When you wake up the next morning, things will look easier and you will get to solve your problem in no time. This is because the subconscious mind does not respond to mental coercion. You do not have to teach your body how to heal itself. It is intelligent enough and wise enough to know how to heal itself. Relax and let the body do its job without your unnecessary interference. Ask and pray for good health and you get just that. Again, I say, take it easy.

- ***Forgive and let go.*** Negative thoughts such as hurtful memories, bitterness, hatred, anger, etc., beget negative reactions and they block the free flow of life. Let your life be expressed in terms of love, forgiveness, sharing, caring, harmony, peace, beauty and abundance. By loving and forgiving yourself and others you let go of your negative emotions and this is the first necessary ingredient of healing.

Peace and Blessing

If you have learnt to put into practice the advice above, I am sure that you will have peace of mind. Your perception towards life and your illness will change. You will not feel that you are just an unfortunate victim. It may perhaps dawn on you that in any circumstances that you may be in, there is always a positive or brighter side to things. Therefore, we need not always view things from their negative viewpoints. A relaxed and peaceful mind is therefore important for you to *regain yourself*. It also provides the very best environment for your body to heal itself. Fear, confusion and negative emotions within impede the body's healing process.

Many cancer patients who have peace of mind do not fear their cancers anymore. They learn how to live with their illnesses and feel at ease. When you are calm and have attained this stage of consciousness in your mind, many good things can happen and flow from you.

- ***More blessed to give.*** You will learn that it is more blessed to give than to receive. You open your heart to others and share. By sharing you not only give and help others but you also heal yourself from within.

Jee Sun had renal cancer and has been on the herbs for the last five years. He is still doing fine today. He told me: *The old Jee Sun*

is dead. I am the new Jee Sun. I have found peace and at the same time am healing myself by helping others. Many people unfortunately do not see this point. They prefer to hide in their own shell, refusing to talk and share. Selfishness does not help you heal. It is most regrettable too that some people believe that if you are well after an illness, you must keep your mouth shut. Going around telling others about your recovery is to invite the devil to come back and have his revenge again. Many patients used to tell me: I don't want people to know that I have cancer. It is soi (bad luck or curse) and I am ashamed. Let me tell you this: There is nothing to be ashamed about. To get sick is also not bad luck or a curse by the devil or God. Sickness is a natural process. Look at the branches of any big tree. Some branches are diseased and they rot away. Some are broken and snap off due to strong winds while others grow straight and healthy. That is what Nature is. So in the same way we need to look at our life as a natural process like that of a tree. In the old days, some religions taught us that illness was a punishment from an angry God. I say to you, it is not.

My own experiences tell me that by giving my heart more to others, I also benefit more in return. While on this point, I am reminded of one young lady, a bank officer. She came to our house late one night because of her mother's cancer. She told me: *Oh, you are helping people, your God will give you all the points when you die.* I told her: *Young lady, I do all these without even thinking of wanting to collect points. Fortunately, I do not believe in a God who gives out points for good work. My God is Love.* My message is if you give with an intention or hope of getting back something in return, you will be disappointed. Worldly possessions do not necessarily bring real happiness. When I help others and they become well, there is great sense of satisfaction and joy in the heart that no money can buy. There is joy in such actions. Generating such feelings in yourself is good for health and healing! It is medicine unto itself and is more powerful than herbs or

drugs.

- ***Count your blessings.*** The events in life can be perceived differently by different minds. A mind full of hatred and anger sees things as always being destructive. The good is never seen or appreciated. A mind ingrained with love sees things positively and always sees blessings in any crisis or circumstance. My advice is: *Learn to count your blessings.* Give thanks with a grateful heart for each new day. Be grateful for what you are and what you have. Live one day at a time. And most important of all, try to seek the inner meaning of your illness. Your mind, soul or body is giving you a message for being sick. Seek that inner voice and understand its message.

I remember talking to one lady who had breast cancer. I told her this: *I am glad that you are fine. You are indeed lucky.* She replied: *I have cancer, what is so lucky about that?* I replied: *You are lucky because your arm is not swollen, your liver and bone are OK. There are many others who suffered metastasis after their chemotherapy and radiotherapy. And you are alright! That is why I said you are lucky, very lucky.* In contrast, a few patients had told me: *I am glad that I had breast cancer. Because of this, I got to know you!* Dr. Shirley also had breast cancer and she once told me: *I am so happy. With this cancer, I have learned how to save my whole family. My children and husband are much healthier now than they were before. Before I got cancer I did not know anything about a healthy diet. Now the family enjoys good food.*

Three Options for Cancer Management

The doctor removed a lump from the breast of a lady and found it to be malignant. Next, the doctor wanted to remove the whole breast. After mastectomy the usual *recipe* would be:

chemotherapy, radiotherapy and probably tamoxifen. This lady and her husband came to seek my advice. I made it clear to them that they had to make their own decision, I could only advise and give information. At first, they should relax, take time to reflect and need not be hasty in wanting to do something very quickly, for each step taken may mean a lot in terms of a possible recovery, alleviating emotional problems, sufferings, etc. Of course, the easiest option would be to *lop off* the breast and follow exactly what the doctors say. To some patients, this is the obvious and best option, but some patients would prefer or want to explore other options for healing.

Perhaps those who wish to only have a brief one-page advice of what they should do if they have cancer can simply take note of the following summary.

- If you have cancer, know that no one on earth can guarantee you a cure. At best, there will only be remission.
- The remission can last for a few months or for a few years. The cancer may come back again.
- In general, it appears that neither modern medicine nor holistic medicine can claim great success at curing cancer. At most, there is a 30% - 40% success rate. What is meant by success? When people mention a success rate, the term is vague. Anyway, the fact is that about 60% of cancer patients would, unfortunately, be left high and dry not knowing what else to do after their treatments have failed them.
- Even if you are well after you have undergone the necessary treatments, it is foolish to assume that you are done with cancer. Cancer may not be done with you, yet. Take appropriate and necessary steps to prevent recurrence or to prolong your remission period.

- What seems to be a realistic aim in managing cancer is to be able to live a quality life, i.e., to be as normal or healthy as possible knowing that cancer cells may still be in your body. It may be wiser for you to learn how to live with your own cancer cells.
- The doctors may prescribe drugs, e.g., tamoxifen, to prevent the cancer from coming back. This is not necessarily effective, although popping pills into the mouth is an easy task. The holistic healers ask you to change your lifestyle and diet, take herbs, exercise, etc. For many people, these are hard chores to put into practice, for herbs may taste repulsive to some people. But in the long run, a holistic approach to health may be better for you.

The Options

ONE: seek only treatments of modern medicine i.e. surgery, chemotherapy, radiotherapy, etc. Bonus: YOU CAN EAT WHAT YOU LIKE and also continue with your old lifestyle. Literature says some people suffer badly from the side effects of these treatments – vomiting, becoming *botak* (*total loss of hair*), suffering possible damage to the liver, kidneys, heart, etc. Some people may even die from the treatments themselves rather than from the cancer. But to most people, medical treatments are still considered the best, *for it is **perceived** to be a scientific and proven* method. So they follow and do what the doctors say without questioning or thinking.

TWO: seek alternative medicine with no aggressive medical treatments. This is as good or bad just as there are good and bad apples. If these alternative healers promise you a cure or you need to spend a great amount of money for the procedure, my advice to you is to be very cautious. He may be after your money not the cancer. For various reasons, most doctors consider alternative medicine as *quackery*.

THREE: seek integrative therapy. This is marrying the above two options. Unfortunately, you need to change your diet and your old lifestyle. It does not make sense to continue polluting and abusing your body further. We advocate this path although we also end up being called *quacks* at times. But we also know that there are many people, even those in the medical fraternity who *silently* and *morally* agree with what we are doing.

To help you make a decision, I have drawn up a check list of eleven affirmative statements associated with each option. Put a tick in the appropriate column. At the end of the exercise add up the number of items you agree or disagree with and this should represent what you ought to do.

Consider the following carefully

<i>Option One: Go for medical treatments only</i>	<i>Agree</i>	<i>Disagree</i>
1. I have total trust in medical doctors for they are the best persons to know how to handle my cancer problems.		
2. I consider all those talks about alternative or complementary/ integrative medicine as quackery.		
3. I consider a change of diet, lifestyle and doing exercises as too much of a chore or routine to practise.		
4. I have no time and I want everything done quickly and be done with.		

	<i>Agree</i>	<i>Disagree</i>
5. I leave my life in the hands of mydoctors. In that way I need not worry so much. I only need to follow what my doctors tell me to do.		
6. I am very sure that my doctors can cure my cancer.		
7. When I do chemotherapy/radiotherapy, I am aware that both the good and bad cells in my body get destroyed.		
8 . When I undergo chemotherapy, I am aware that I may suffer many side effects like vomiting, hair loss, destruction of blood cells and even failures of the vital organs. But I trust my doctors to be able to help and revive me.		
9. When I undergo radiotherapy, I am aware that I may suffer numerous short-term and long-term side effects. But I trust my doctors all the same. These do not bother me.		
10. I am aware that some chemo-drugs or radiation used on me are themselves cancer causing. As a result of their use, I have the additional risk of getting more or other cancers as well, besides the one I am currently having. Anyway, this is a small risk which I believe may not happen to me.		

	<i>Agree</i>	<i>Disagree</i>
11. After all the expenses, sufferings, etc., I am aware that all these procedures may not necessarily give me a cure at all. I may be worse off than when I first contracted cancer.		

<i>Option Two: Go for alternative medicine only</i>	<i>Agree</i>	<i>Disagree</i>
1. I have heard or seen many patients who suffer, spend their life savings to pay for the high cost of medical treatments which ultimately lead them nowhere. There is no cure. I therefore do not trust doctors entirely.		
2. All along I have been taking herbs and seeing <i>holistic healers</i> for my health problems. So I fully believe in holistic procedures.		
3. I am not concerned about taking herbs or doing holistic procedures. I am not bothered about comments if these are <i>scientific</i> or not. What matters to me is that the herbs or procedures DO help me and make me better.		
4. I am not prepared to risk my life and health due to the various side effects brought about by the medical treatments.		

	<i>Agree</i>	<i>Disagree</i>
5. I am not prepared to undergo chemotherapy because I do not want to suffer all the side effects associated with it. Even though the doctors can help with the immediate side effects by giving me more drugs, I am more concerned with the long-term side effects which doctors do not know about or are unable to help with.		
6. I am not prepared to undergo radiotherapy because I do not want to suffer all the side effects of this treatment. I also do not want to risk suffering long-term side effects.		
7. I do not want to undergo medical treatments because I may end up having more or other types of cancers as a result of the invasive treatments I would have to undergo.		
8. After all the medical treatments, I am not sure if I can get better or not. I may be worse off than when I first started. Therefore, I would rather go for the less invasive methods of treatment. I may have a better quality of life.		
9. I am aware that alternative holistic rocedures cannot cure me but they are not necessarily worse than medicaltreatments.		

	<i>Agree</i>	<i>Disagree</i>
10. I am aware that following holistic procedures mean I need to spend time cultivating my health. I am prepared to allocate time for my own self. I do not mind taking those herbs, change to a new healthy lifestyle and stick to a <i>good</i> diet.		
11. I shall read, talk, ask and seek advice from experts of various fields in search of my own healing. I am prepared to do what it takes to make me well. My life is in my hands. Others can only advise me what to do.		

<i>Option Three: Go for integrative medicine – Options 1 + 2</i>	<i>Agree</i>	<i>Disagree</i>
1. I am a person who cannot or do not want to make any decisions on my own. I depend on others to help me.		
2. I do not fully trust the medical doctors but I cannot ignore them totally either. I do not have strong opinions for or against doctors or holistic healers. I believe that both have their roles and both want to help me with my cancer.		

	<i>Agree</i>	<i>Disagree</i>
3. I want to get the benefit of both worlds. I wish to see what medical science can do while I also hope to adopt holistic ways to benefit me. In this way I do not put all my eggs in one basket.		
4. When the doctor asks me to go for chemotherapy, I would follow his advice but I am fully aware that there are risks and side effects.		
5. When the doctor asks me to go for radiotherapy, I would follow his advice too, although I know that there are risks and side effects because of the treatment.		
6. When the doctor prescribes me drugs I would take them. In addition I am also taking herbs and doing other things that I feel are helping me in my healing.		
7. I do not fully agree with the doctor's advice that I can eat anything I wish. I cannot simply eat anything I like; I need to change to a healthy diet and lifestyle.		
8. I am prepared to go through the various inconveniences of boiling the herbs, changing my diet, lifestyle, etc., for as long as these help me to get better.		

	<i>Agree</i>	<i>Disagree</i>
9. The main reason why I want to combine both treatment approaches is because I want to get well. I am not bothered if it is the medical treatment or the holistic ways that help.		
10. Though some people say that taking herbs is not <i>scientific</i> or an old-fashioned idea, I am not bothered by such comments. What matters to me is that they are effective.		
11. I shall give the herbs a try. If they work for me, I shall continue taking them. If they do not, I shall stop taking them.		

Quackery, Luck or God’s Blessing?

In July 1999, I was invited to be one of four panelists in a live talk show on ***Complementary Medicine on Cancer***, which was aired on a Malaysian television (***Global***, TV 2, RTM). The host posed this question to me: *People tend to think of complementary medicine as quackery or hocus-pocus. What is your response to that?* Definitely, complementary medicine is not quackery. It is based on experience. It is based on knowledge accumulated over thousands of years. I do not believe that technology by itself can solve this problem of cancer. To my mind, we have to look at it from a point of view that is different from what is being conventionally done. Well, the conventional method is to destroy the tumour. The methods of medical science need not be the best in this world. I am a scientist with 26 years of

experience teaching science and I feel I know what science is. I feel that I am fortunate and lucky to be involved in traditional medicine. If anyone wants to accuse me of being a quack, he has to think twice because I understand science. I always tell cancer patients: *See your doctors, by all means. But one thing, you should know the limits of medical science. Doctors are no more infallible as much as anybody else.*

As the discussion *heated up*, the host shot another question: *You had patients who came to see you and they have been doing well, have responded you said. Do you think that you are just lucky and whoever have come to see you were also just lucky? Is that what it is all about?* Alright, let us talk about luck. If I have helped one person and he is OK, you can call that luck. If he brings along another friend next week and I can help again, you might call that coincidence. If you bring another person and another person and another person and it adds up to a thousand, do you want to say all that is due to luck? Do you want to say that it is a fluke? My results with cancer people is not luck. That is God-given.

Let me end by saying this. Many Chinese have known and lived by their traditional medicine for thousands of years. To them, the question of whether what they have been doing is *scientific* or not does not arise at all nor is of any concern. To them, what matters is that the herbs work.

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