

Cancer - A Messenger of our Times

Cancer, one of the greatest scourges of our times, touches us all either directly – one in two or three people will develop it in their life times – or indirectly through afflicting family members or friends. It is an illness like no other, challenging our very existence, our deepest emotions, our greatest resources. It may awaken in us the fear of dying and suffering, but it may also call up in us our greatest strengths and resilience. Cancer can be overcome and the best starting point is to understand its nature and how it arises.

Towards an Understanding of Cancer

In the healthy state, a complex protective system controls the natural tendency of cells to grow and proliferate. Cells, the building blocks of all tissues, grow and multiply, each cell dividing into two cells by continuous replication. At some critical point the cell receives a signal to stop growing, continues living and functioning for a certain time and then dies off. The growth nature of the cell on its own would lead to ceaseless proliferation, lack of defined structure and disregard for the integrity of the whole organism. However, life and health are guaranteed by the continuous self-regulation of these two opposing bio-cellular activities: cell growth and replication controlled by cell containment and growth inhibition. These are highly complex immune, bio-chemical, genetic and psycho-spiritual functions, the understanding of which are driving modern cancer research today.

When cell growth becomes abnormal or excessive or when protective mechanisms become weakened, cancer can develop. This process usually takes many years, developing firstly as a silent pre-cancerous disposition, then creating disturbances in body functions and finally manifesting in the growth of a tumour. Many factors disturb this regulatory process, either by over-stimulating cell activity or by weakening the restraining system: inherited genetic expression; physical factors such as cold, heat and the radiation of harmful energies; chemical substances in the air, food and drink, in medicinal and body care products; detergents in the home and work place; mercury in fillings; and biological agents such as mould, dust mites, parasites and focal infections which cause chronic inflammation. All are potential immune, endocrine or chromosomal disruptors which can upset the balance between cell growth and cell containment.

The Path to Health Cancer Treatment Programme

My journey in understanding and treating cancer began when my grandmother died at a young age from breast cancer 4 weeks before I was born. This led me on a lifetime search to understand this world phenomenon and find effective ways to treat this illness. Our cancer treatment programme is a culmination of my training in clinics in Switzerland and Germany, many years of treating cancer patients and an on-going collaboration with cancer specialists around the world

Principle Aims

Our guiding principles are four fold:

1. To awaken the *will to heal* so that the patient become an active partner in the healing process
 2. To strengthen the physical, psychological, social and spiritual *powers of immune support*.
 3. To *reconnect and realign* the disconnected cancer cell growth with the healthy regulation of the mother body.
 4. To reduce or eliminate the external and internal blocks that promote cancer and hinder health on all levels.
- On the bodily level, this means controlling and if possible eliminating cancer cell growth and spread, and strengthening the immune system using a powerful blend of various therapeutic modalities.
 - On the lifestyle level it means avoiding those factors which result in this disconnection, and strengthening all those lifestyle elements that enhance the connection.
 - On the psychosocial level it means exploring the internal disconnecting biographical patterns, finding ways to restore the healthy connection and exploring the inner and outer social support structures that will assist in conquering cancer

Phases of Therapy

The journey of healing has five main phases:

- Foundational Phase

- Consultative Phase
- Treatment Phase
- Maintenance Phase
- Transformative and Healing Phase

Foundational Phase

This phase creates the right conditions for optimal transformation and healing

- **Right Intention:** Setting down positive hopes, wishes and intentions at the start of the healing journey, awakens a potent innate healing force – the focused power of will – which will direct, illuminate and magnify the healing process.
- **Right Position:** Choosing the most positive mindset will lead to the best healing outcomes. We help you find your most suitable inner character – the conqueror, the healer, the inner physician, who is willing and able to discover what needs to be understood and needs to be done to bring about the best outcome.
- **Lifestyle Modification:** Personalized life style patterns are explored and modified: Optimal Diet – Healthy water – Regular exercise – Optimal Sleep - Balance in work, leisure and creativity.
- **Environmental Modifications:** Since internal and external environmental factors are major trigger factors in the development of cancer, every effort is made to eliminate these carcinogenic agencies.

There are 5 main categories of cancer promoting agencies:

- **Physical** – Electromagnetic frequencies - Living close to cell masts, cell phones close to body especially head, microwave cooking, excessive or deficient sunlight, excessive cold exposure, unnecessary gamma or Xray radiation
- **Chemical** – Synthetic chemicals in food, cleaning products, herbicides, pesticides, perfumes, washing powder, dishwashing liquids, body products, soaps, shampoos, fluoride in drinking water, chlorine, petrol and exhaust fumes, heavy metals in dental amalgam, occupational toxins - paints, benzene, soldering metals, industrial fumes
- **Biological** - Mould and fungi in damp housing, house dust mite, root canal and cavitation micro-infections, low grade fungal, viral, bacterial infection
- **Nutritional** – Commercially grown meat, poultry and dairy, sugar and sugar products, alcohol, nightshades (potatoes, tomatoes, peppers, eggplant, paprika), earth mushrooms, polyunsaturated seed oils and grains with high inflammatory lectins.

- **Psychological** -destructive habitual personality patterns are Invariably present as a long-term constitutional predisposing factor.

Consultative Phase - In-formation Insight Options Participation

The initial 60 minute consultation provides the insights and information needed to create a personalized treatment programme

- the outer symptoms of the cancer process, the relation to other organ systems as well as the deeper root causes of the illness are explored. Cancer is a complex outcome of many factors that creates disorder in the body. These include specific constitution, temperament, personality, predispositions, biographic environment, lifestyle and habitual psycho-neuro patterning.
- This integral diagnosis, physical examination and gathering of medical reports leads to a *personalized treatment programme* that will outline various options for counteracting the cancer process. Further information and inquiry, choices and decisions, planning and preparation are part of this process.
- This personalized treatment programme together with *cost estimates* is emailed to the patient.
- Once full understanding, alignment and approval for the treatment programme is reached, *therapy appointments* will be scheduled.
- After further diagnostic assessments through conventional blood tests, live blood analysis (where indicated), and an initial Path counseling session (optional), the treatment programme is initiated.

Treatment Phase

- **Core Treatments**

- **SPDT**

This is a safe, non-toxic and non-invasive means of both **destroying cancer cells** as well as of enhancing immune protective function. This treatment uses light of a particular wavelength and sound of a specific frequency to activate a pre-digested light and sound sensitive substance which attaches selectively to tumour cells, causing their break down.

- **Hyperthermia**

This is a medical treatment in which body tissue is exposed to temperatures above body temperature, in the region of 40–45 °C. It is well established as an effective adjuvant to radiotherapy or chemotherapy, whereby cancer cells are sensitized to these treatments

and outcomes are significantly improved. Hyperthermia is applied locally to the tumour two to three times weekly while patients are receiving other integrative treatments

- **Ozone Therapy**

A safe well established therapy aimed at inhibiting cancer cell growth and supporting the immune system.

- **High Dose Vit C Infusions**

Is used world wide as a well established adjuvant therapy for cancer suppression and immune enhancement

- **Mistletoe Injections**

has been used by medical doctors as an effective cancer treatment for over 100 years; it is non toxic and supported by sufficient scientific evidence to justify serious consideration in the overall cancer treatment protocol.

- **Botanicals & Supplements**

- Diet and Nutritional Therapy
- Botanical Plant Remedies
- Vitamin, Mineral and Trace Element Supplements

- **Adjuvant therapies**

- Remedial support for key organs: liver, kidney, blood, bone marrow, thyroid, adrenals.
- Lymph Compression treatment
- Hydro-colonics, Acupuncture, Chiropractics,
- Laser therapy,
- Participatory Counseling –
explores the deeper habitual patterns that predispose to cancer and awakens the powerful hidden creative resources that lead to repositioning, empowerment, transformation and healing

Maintenance Phase Home treatment – After care

The time after formal treatment is a vital part of the management programme as patients who have developed cancer have a *constitutional predisposition* that requires long term management and vigilance for many years.

We provide the following options:

- a clearly defined sustainable *after-treatment plan* is provided for all patients to maintain the long term stabilization thus far achieved. Our goal is cure and

healing of the cancer condition or high quality long term management of the cancer syndrome.

- *Self administered Mistletoe injections* are a vital part of the after treatment process
- *Regular follow up visits* with the option of booster intravenous treatments
- The *Path to health Cancer Support Community* offers .long term support, fellowship, insight, resources and tools for self care, self transformation and self healing, based on an integrative and participatory approach to health and healing.

Transformation and Healing Phase

This phase is an on-going journey that begins from the moment of diagnosis through a journey of self discovery through the deep understanding of the cancer process to the way of overcoming it. This is a personal and epic journey unique for every patient, beginning with the will to know, to change, to heal and to understand the message of cancer.

The Message

This illness as a *powerful opportunity for patients to reassess* their lives, their choices and their own whole being, body, soul and spirit. It is a threshold for change, transformation and deep healing if patients can recognize its message and meaning. For every person the message will be uniquely personal, but for all it will require understanding where they've come from, where they are right now and where they are going. *For those who seek to understand the message of this illness, PATH Method Counselling offers a way to gain deep insight and the skillset to bring self-transformation and healing.*