

Date: 25 Jul 1999 07:15:58 -0400

Cancers' Difficult choices

Dear Dr. Van:

I had scans done this week and got the results Friday.

The cancer is growing again and there are new tumors. According to the doctor, I have 6 month to 1 year to live. But my daughter told me that the doctor doesn't have control of that, it is in Gods hands.

I have 3 choices

1— Do nothing

2— Participate in a Mayo clinic experiment which would mean that I might get the medication or I might get a placebo, and I wouldn't know nor would my doctor know what I was getting.

3— Do chemo again which is less then 50% effective.

I know the decision is mine, but which would you suggest, and why?

Dear Sir:

I was struck by your honesty, open-ness and apparent despair and it moved me to answer your question. I hope it helps. Number one is not a choice. Do nothing and choice is taken away from you. I agree with your daughter - you DO have another choice - one which you are not familiar with and seldom given by the scientific community or AMA members as an alternative because they are sworn to keep you from dying no matter what the (your) cost. Often the implications and results of this "principle" are infinitely worse than the cancer itself.

You can start by making yourself a priority and drastically change your lifestyle to include the benefits of Nature; take special, concentrated supplements as advised by a biochemically-educated doctor who knows what he or she is doing with enzymatic "chemotherapy"; change your eating habits to reflect an antioxidant, fiber-rich, plant-based diet and build, rather than destroy, your defense system; drink the only universal biochemical & physiological solvent - pure water; adding some ancient herbs into will facilitate the removal of toxins; use light or color therapy regularly; have a professional do weekly session of body-work; take special baths to optimize the skin to assist you in your struggle for freedom from accumulated toxins; search for life's meaning; count on prayer or meditation; express both love and anger in a responsible way; re-learn the art of breathing, reading and writing (or listen to tapes); and to find out what you're made of - challenge your values, your goals, yourself; improve your communication skills and learn a more wholistic lexicon; believe with all your heart that cancer does not have to be a death sentence and lean heavily on hope, optimism and different attitudes; use affirmations and visualization, exercise (tai chi & the mini trampoline); include humor and a sense of comedy in your life; forgive; keep a diary of your dreams; fill the air with a pleasing and healthy fragrance; work in a garden and see things grow; make different, more healthy choices. Learn.

In other words - dealing with cancer is a full-time job for you and your loved ones. Cancer is the lesson that reminds us that we are tribal and dependent upon one another and that means much more than just one physical body gone awry. Cancer is not a personal but a familiar condition and seems by Nature to be designed for us to rally around the one designated to carry the burden. The strength of the family response is the teacher that heals all of us. Above all you must remember that cancer is not a deficiency of chemotherapy or radiation. Your entire family and friends must work, plan, research and help you in (re)learning the joy of living.

Again - without the next generations' active and hands-on participation not only will you not "survive" (even if you live) - but a part of them will die too and make them much more susceptible as well. Dis-ease, but especially cancer, is a cultural, familial lesson that we must learn from - all of us. Have we decided to forget how to live because it's much easier to die - no matter how expensive in monetary terms?

When my grandmother calmly announced during dinner one evening that she had breast cancer all of us went to work as a team. I was 12 years old and in charge of her nutritional needs and it was no accident that I went on to become a nutritional physiologist & biochemist specializing in cancer.

My oldest sister (10) was in charge of helping her with exercises, etc. All 14 of us in the extended family had a job to do and my grandmother lived another 20 years thanks to our total involvement, commitment to (the early) weekly meetings (with reports!) & the expert cooperation of all members, both amateur and professional.

If I had cancer I would ask myself the following questions:

- A. How strong is my will to live? Is there enough love in my life?
- B. What incident(s) happened in the year or two (or more) before my diagnosis or illness? How long has this process been in my body?
- C. Why is my illness needed and how does it benefit those around me? What is the compensatory factor? What is making my body implode?
- D. What does the illness mean to me? Why is it so important for my cells to revert back to an ancient way of obtaining self-limiting energy - through the process of fermentation, putrefaction and rancidity?
- E. What has research revealed are the leading characteristics of those who have had cancer and survived? What alternatives are open to me?

The road before you is not easy but whatever becomes of you, this crisis has given you and your family an opportunity like never before. Don't waste it. Ask for help.

Warmly,

Dr. Van Beveren

Princeton Health Integration Center

DISCLAIMER: The material contained here should not be considered a substitute for a physician. These are only general guidelines to help you think about the medical possibilities. You are encouraged to consult your own licensed wholistic health care provider with any questions or concerns you may have regarding your condition.

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