

## **Cancer, Emotions, & Manual Therapy**

by  
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This is a five-part article with implications for cancer prevention and treatment. This information is based on several assumptions, namely that: 1) Many cancers may be preventable; 2) Oncology patients can play a significant role in attaining their own remissions; 3) Manual therapies can make a huge contribution to cancer prevention and 4) Many of us are at-risk and could take significant steps to lessen our risk, if only we knew.

### **The Connection between Emotions and Cancer Has Been Recognized for Centuries**

Cancer has been linked with emotions for over 2,000 years, both in Ancient China and Greece, and recent studies underscore what the ancients knew. However, mainstream medicine and the media rarely acknowledge this. Ignoring the elephant in the room is unfortunate given that emotional and mechanical connections offer immediate potential for cancer prevention and in some cases even remission.

Western Medicine and the media generally would have us believe that cancer mostly results from either environmental or genetic factors. But, the connection between cancer and emotions was mentioned in the Yellow Emperor's Canon of Internal Medicine, one of the earliest medical texts in existence, written between 400 and 200 BC.

In a paper on the Chinese history,, Subhuti Dharmananda, an acupuncturist in Portland, Oregon cites other ancient texts expressing similar view points. “Shi Lanling and Shi Peiquan authors of “Experience in Treating Carcinomas with Traditional Chinese Medicine” discuss a Ming Dynasty text left by the surgeon Chen Shigong (1555-1636 AD) indicating that breast cancer ‘results from anxiety, emotional depression, and overthinking which impairs the liver, spleen, and heart and causes the obstruction of the Channels.”

Dharmananda, notes that “Emotions are the first of five causes of cancer cited by Pang Mingi in his book Cancer Treatment With Fu Zheng Pei Ben Principle. “Emotional disturbances refers to reactions, either excessive (excitation) or insufficient (inhibition) which will ultimately lead to disturbances in the flowing of qi and blood and the visceral functions, with subsequent illness.... The human body is susceptible to cancer when under emotional stress or disturbance.” Dharmananda goes on to cite numerous other ancient Oriental healing texts which discuss the connection between cancer and the emotions.

By focusing on genetics and environmental factors and ignoring the role of

mechanical factors which can lead to stagnation and mutagenic conditions in the tissues, medicine is missing golden opportunities for prevention and remission. Bodywork can release toxic emotions trapped in tissues and eliminate the stagnation that promotes DNA and cellular mutations.

### **Modern Research on the Cancer-Emotions Connection**

We needn't rely on the ancients for body/mind/emotion/cancer connections. In "Emotions and Their Role in Cancer" W. John Dimond, M.D. and W. Lee Cowden, M.D. with Burton Goldberg discuss the relationship between emotional stress, and immune-impeding corticosteroid production. They cite several studies and recent advances in psychoneuroimmunology which establish direct links between emotions and biochemical events in the body. In other words, recent research has explained the mechanism behind what folk healers have always known, namely that emotions can manifest as physical symptoms.

The authors cite a study by a psychotherapist begun in the 1960s that followed 1,353 inhabitants in Crvenka, Yugoslavia for a decade. Grossarth-Maticek, the researcher, concluded that nine out of ten cases of cancer could be predicted on the basis of "an overly rational, anti-emotional, attitude and a tendency to ignore signs of poor health. On the other hand, people with low anti-emotional scores were 29 times less likely to develop cancer than those with high anti-emotional scores."

The authors mention that the longest such study to date, initiated in 1946, focused on students from the Johns Hopkins School of Medicine. "Over the course of three decades, students categorized as 'loners' who suppressed their emotions beneath a bland exterior were 16 times more likely to develop cancer than those who gave vent to their feelings. In an earlier report based on 1,337 medical students, cancer death rates correlated significantly with a lack of closeness with parents."

Given all the above, it may not be surprising that there is even a name for this cancer-prone personality, Type C. We've all heard of the Type A (Grab life by the horns; never take no for an answer), and type B, (laid back, take life as it comes. No worries.)

### **The Cancer Personality Type: Signpost To Prevention and Remission**

Another article, "Emotional Causes of Cancer – Negative Emotions in the Body Can Cause Cancer!" lists the seven leading personality traits most commonly associated with the Type C personality. These are worth repeating because readers may be able to recognize one or more of these traits in themselves, their friends, family members, or clients. Recognition could be the first step in prevention. Should you have one or more of these traits and choose to work on

it, the cancer you prevent may be your own.

Fortunately, the list easily converts into a personal growth “to-do” list. Many of the traits mentioned are common to massage professionals and other in the healing professions. Here they are:

1. Being highly conscientious, caring, dutiful, responsible, hard-working and usually of above-average intelligence.
2. Exhibits a strong tendency toward carrying other people’s burdens, worries, and obligations.
3. Has a deep-seated need to make others happy. Being a “people pleaser” with a great need for approval.
4. Often lacks closeness with one or both parents, which sometimes, later in life, results in lack of closeness with others who would normally be close.
5. Harbors long-suppressed toxic emotions, such as anger, resentment and/or hostility. Usually internalizes and has great difficulty expressing such emotions
6. Reacts adversely to and often becomes unable to cope adequately with such stress. Usually experiences an especially damaging event about two years before the onset of detectable cancer. The patient is not able to cope with this traumatic event or series of events, which culminates years of suppressed reactions to stress.
7. Has an inability to resolve deep-seated emotional problems and conflicts, usually beginning in childhood, often even being unaware of their presence.

The article goes on to list and explain the Six Stages of Tumor formation: 1) Inescapable shock / Emotional Trauma; 2) Stress Suppresses the Immune System.; 3) Stress causes cell Glucose Levels to Rise; 4) Fungus Enters Cells to Feed on Glucose; 5) Fungus and cancer form symbiotic relationships; 6) Stress Stimulates Tumor Cell Growth / Metastases.

If you’ve experienced a major shock or share one of the above characteristics, **physician** (massage therapist/bodyworker/citizen) **heal thyself!**

HYPERLINK "<http://www.raw-wisdom.com/canceremotions>" **Cancer and Emotions** [www.raw-wisdom.com](http://www.raw-wisdom.com) by **W. John Diamond, M.D. and W. Lee Cowden, M.D. with Burton Goldberg** HYPERLINK "[http://innerself.com/Health/emotions\\_cancer.htm](http://innerself.com/Health/emotions_cancer.htm)" "[http://innerself.com/Health/emotions\\_cancer.htm](http://innerself.com/Health/emotions_cancer.htm)"

## **Different Cancers and Their Meanings**

Over the past ten years, Dr, Ryke-Geerd Hamer has examined 20,000 cancer patients with all types of cancer in Germany. A surgeon, Dr. Hamer wondered why cancer never seems to systematically spread directly from one organ to the surrounding tissue. He also noticed that all his cancer patients had had some kind of un-resolved psycho-emotional conflict prior to the onset of their disease.

X-rays showed a 'dark shadow' in exactly the same place in the brain for the same types of cancer. Dr. Hamer also found a 100% correlation between the location of the cancer in the body and the specific type of unresolved conflict. Based on these findings, Dr. Hamer suggested that unresolved conflicts lead to a gradual breakdown of the associated emotional reflex center in the brain. He further hypothesized that this center starts sending misinformation to a specific organ, producing cancer cells in these same tissues. Dr. Hamer also suggests that metastases are not the SAME cancer spreading, but the result of new, associated conflicts, such as the very stress of having cancer or cancer treatment.

Dr. Hamer found that when psychotherapy resolved the specific conflict, the cancer immediately stopped growing, the dark spot in the brain started to disappear, and healing edemas appeared around the damaged emotional center and the now inactive cancer tissue. Eventually, the body encapsulated or eliminated the diseased tissue to be replaced by normal tissue.

Dr Hamer developed a list, showing the relationship between emotional issues and various target organs, for example, cancer of the Colon: Ugly, Indigestible Conflict. These and other invaluable insights can be found at HYPERLINK "<http://www.healingcancernaturally.com>" [www.healingcancernaturally.com](http://www.healingcancernaturally.com).

## **The Role of Bodywork in Prevention and Remission**

It's important to emphasize that none of the above suggests that cancer patients have consciously created or are in some way responsible for their having cancer. Nonetheless, it is hoped that the information may help people understand a possible cause of a particular dis-ease and another possible avenue toward remission.

Stagnation increases the chances of mutations. Manual therapies like massage and lymphatic drainage can release restrictions and toxic emotions, thereby improving fluid exchange and may help prevent cancers.

The emotional and spiritual causes of stagnation may be less obvious, but they are certainly no less common. Any time we receive an emotional overload, our Central Nervous System transfers the emotion and its energy to the body's

tissues; this is all done subconsciously/automatically. This transfer enables us to keep functioning, to do what we have to do to survive. The emotion and its energy stays parked in the tissue until we are ready to deal with it. Typically, though, because the transfer was subconscious, we don't release the content later. Nonetheless, it takes a certain amount of energy to hold this "content" in place, in fact, more and more energy over time. And this holding translates into stagnation.

By finding areas of stagnation, bodywork often uncovers the buried content and eliminates the associated stagnation. This is why emotional release work is potentially fertile therapeutic ground for cancer prevention and treatment and can be immensely satisfying for practitioner and patient alike.

Manual therapists are in a unique position to provide safe, appropriate touch. In other words, we can help prevent cancers, our own and others'. Most doctors cannot or will not take an hour with a patient and most of them do not have the training or inclination to do manual therapy. On the other hands, that's what manual therapists do. And they may contact the very tissues where many of these toxic emotions await discovery and release.

The potential of working in the tissue is enormous, because the tissues are where everything--body/mind/spirit/and emotions--comes together. This is precisely where the nervous system dumps emotional overloads. Merely by providing safe, informed touch, a bodyworker may disarm one of these carcinogenic, buried-emotion, time bombs. In providing a safe, intimate setting, a person who might otherwise not open up to anyone else (Type C Personality) , may begin learning a new, healthier way of being. Bodyworkers who have the inclination and training to work with the emotions have an even greater chance of preventing cancer.

The website [HYPERLINK "http://www.healingcancernaturally.com/emotions-and-cancer-healing.html"](http://www.healingcancernaturally.com/emotions-and-cancer-healing.html) <http://www.healingcancernaturally.com/emotions-and-cancer-healing.html> also cites interesting research on the power of prayer and positive and negative emotions on DNA and immunity.

## References

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