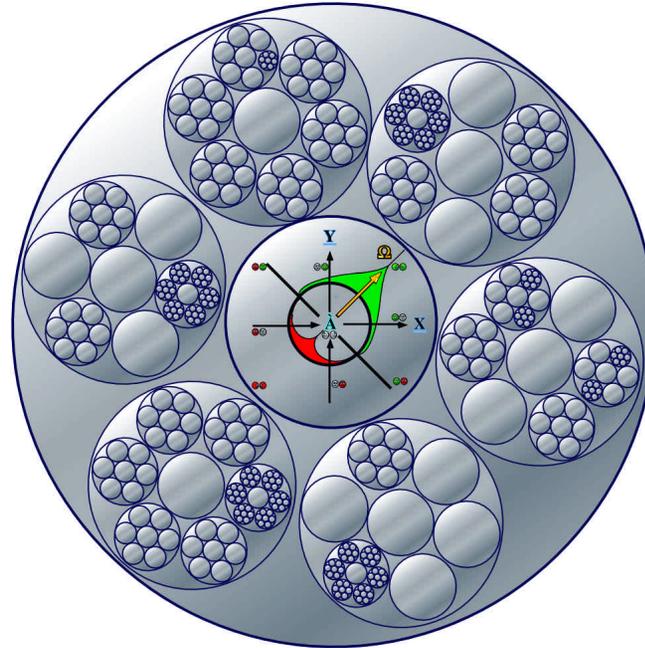


# Timothy Wilken, MD



Local Physician, Synergic Scientist,  
and Perennial Student

[www.SynEARTH.net](http://www.SynEARTH.net)

# A Time for Healing

Timothy Wilken, MD

Thursday Evenings 7:00 to 8:30 PM

A continuing program of lessons, meditations, exercises  
and discussions on health and wellness.

## **Understanding Cancer**

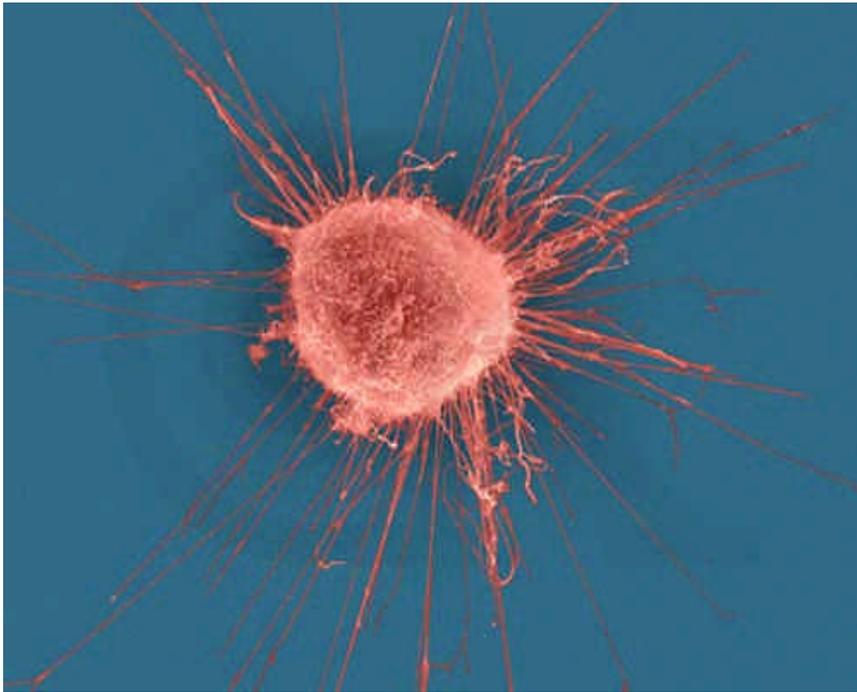
**January 27, 2005**



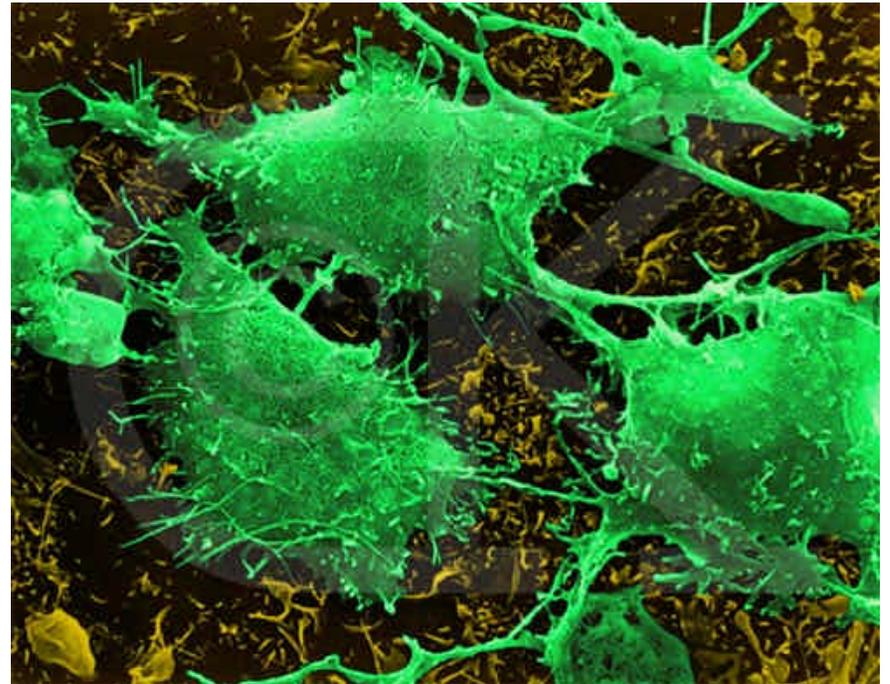
# Science of Mind

Opening Treatment

# Cancer Cells



Breast



Brain

# What is Cancer?

A cancer cell is simply one of your cells that never knew or has forgotten that its you. It doesn't identify with the whole system. There are 40 trillion cells in your body but that cancer cell doesn't recognize or has forgotten about the other 39+ trillion cells.

Normally the cells of our body are synergic cells. They “work together” to survive as a whole rather than as individuals. Their primary strategy is one of co-Operation.

Co-OPERATION –def→ Operating together to insure that both parties are helped and neither party is hurt.

# Adversary Cell

The cancer cell is an accidental mutation created without its synergic programming, or a normal cell that has lost its synergic programming. It thinks: 'Hey, it's me against the world.' And, the world is the other 39+ trillion normal cells of your body. And so the cancer cell begins to try to turn everything into itself. If it's a liver cell turned cancer, it tries to turn the whole body into a liver. And every time it lodges somewhere it starts making liver. If it gets in your bone, it makes liver in your bone. If it gets in your brain, it makes liver in your brain. Same thing with a carcinoma cell from the breast. If it gets in your brain, it makes a breast in your brain. If it gets in your bone, it makes a breast in your bone.

# Cancer is a Mistake!

Cancer is not any horrible thing outside of me, cancer is an error in creation, or one of my previously normal cells forgetting it's a part of me.

# Damaged Cells

A cancer cell can be created by a random mutation. But, often it is just a normal cell that has become damaged. Normal cells can be injured by a combination of the physical and biological stressors acting on the mind-body.

Physical stressors—Cigarette smoke damages the bronchial cells lining the airways of our lungs. Solar radiation damages the epithelial cells on the surface of our skin.

Biological stressors—The Human Papilloma Virus damages the cervical cells on the surface of a woman's uterus. In the case of cancer viruses, some of the viral genetic information carried in the viral nucleic acids is inserted into the chromosomes of the infected target cell, and this causes the cell to become malignant.

# Cells Who've Forgotten

Remember, the cells of our bodies are susceptible to disease.

They go through the same four stages of disease that the body as a whole goes through—distress, disability, damage, & death.

Cancer cells are damaged cells. The damage sustained by cancer cells is so dangerous to the rest of the body because the function they have permanently lost is their normal ability to remember that they are a part of the body. They no longer remember that they should follow the rule of Co-Operation and work together with the other cells of the body as a synergic whole.

# Fighting Adversary Cells

Normally your body's immune system identifies, attacks, and eliminates *non-self* or foreign cells which includes bacteria and viruses. And while a cancer cell does not start out as non-self. It acts like a foreign cell in that it doesn't respond to the body's normal mechanisms for controlling cell growth and reproduction.

We now know that the immune system plays a major role in watching for, identifying, and limiting the development of these adversary abnormalities.

# Immunological Surveillance

This role of immunological surveillance was originally postulated by Noble Laureates:



Peter Medawar



Frank M. Burnet

# Theory of Immunological Surveillance

Tumors can arise during a random error (mutation) of the genome, and/or from damaged genomes of previously normal cells. Normally, the immune system watches for, identifies, and continually eliminates these damaged cells, yet some succeed to sneak through its surveillance, and cause cancer. From its very beginning the tumor belongs to the realm of the *non-self*, and yet the immune system does not always attack it. Thus two types of errors seem to cause cancer, a error in the genome from mutation or damage, and a failure in immunological surveillance mechanism.

# Why the Immunes System Fails?

Negative emotions steal adaptability.

When you're angry or afraid, your body is preparing to fight or flight from an enemy in the external world and it will not fight an enemy in the internal world. You can only use your body for one thing at time. And its all based on hierarchy and priorities. So if you're thinking somebody is trying to kill you, how important is it to worry about internal threats from viruses, bacteria or cancer cells.

And so our immune system shuts down, and we basically have no protection against viruses, bacteria and cancer cells.

# Cancer and Adaptability

Sometimes the body just makes mistakes. The random mutations of our genomes are one of the mechanisms for our evolution. This is how the animal species adapt to the ever changing external world.

Sometimes a random mutation leads to a beneficial change that will serve the cell line well in the future, but sometimes it leads to negative effect that will harm or end the cell line. Since these changes are random, they are just one of the risks for living systems.

Sometimes if it wasn't for bad luck we wouldn't have any luck at all.

# Cancer and Stressors

Physical and biological stressors damage the genomes of normal cells producing cancer cells.

Psychological and Social stressors shut down our immune systems thus crippling our adaptability, and preventing the elimination of these dangerous cells.

# Reducing Cancer Risk

Avoiding Dangerous Stressors

Balancing Stressors & Adaptability

Increasing and Improving Adaptability

Mastering and Practicing Calmness

Practicing Unconditional Respect

# Reducing Stressors

An estimated 80% of cancer cases are linked to the way people choose to live their lives. In fact, this year, many thousands of people will be diagnosed with cancers caused by smoking, sun exposure, poor diet and nutrition, excessive alcohol consumption and exposure to radon. These are all avoidable risk factors.

# Stop Smoking

If you smoke STOP! And if you don't smoke, don't start! Discourage your family members and co-workers from smoking around you, too.

Tobacco use is the number one cancer killer. About one-fourth of all cancers are related to smoking, chewing or “dipping” tobacco. Environmental tobacco smoke – second-hand smoke, or the tobacco smoke of others – is also classified as a known carcinogen (cancer-causing agent). In addition, smoking causes heart disease and cardiovascular disease, aggravates such conditions as asthma, and creates serious and even life-threatening health hazards for unborn and young children.

# Respect the Sun

Excessive, unprotected exposure to sunlight will be responsible for more than 9,000 skin cancer deaths this year. Two types of skin cancer, squamous cell and basal cell, are highly curable if detected early. A third, malignant melanoma, is far more difficult to treat. Take these steps to protect yourself and your children against skin cancer:

- Apply a sunblock or sunscreen with a sun-protecting factor (SPF) of at least 15, if you are fair use 30
- Avoid exposure to the sun between 10 a.m. and 3 p.m. when the sun's ultraviolet rays are strongest
- Limit length of time exposed to direct sunlight
- Avoid childhood sunburns, which can greatly increase the risk of melanoma later in life.

# Safe Sex is not just for HIV

The most common sexually transmitted virus is HPV. It causes cervical cancer. Its transmission can be blocked with the use of a condom.

Sexually active women should have biannual pelvic exams and those with new partners, or multiple partners should be examined annually and see the Gynecologist for Colposcopy if screening exams are abnormal.

# Normalize Your Weight

Studies clearly demonstrate that obesity increases the risk of dying from certain cancers. Even people who are somewhat overweight have a greater chance of developing some types of cancer.

This is not to mention the risks for Diabetes, Hypertension, and Cardiovascular disease.

# Avoid Excess Alcohol

One to two drinks a day with meals can be healthy. More than that is unhealthy and increases risk for many diseases including cancer.

The immune system's critical role in controlling cancer cell development is exemplified by an astounding statistic: Cancer is 100 times more likely to occur in people who take drugs that suppress the immune system than in people with normal immune systems. Alcohol and nearly all tranquilizers suppress the immune system.

# Avoid Environmental Risks

Excessive exposure to certain environmental substances, such as asbestos, benzene, ionizing radiation and radon, has been shown to cause cancer. Common sense and good safety practices are the best insurance against these hazards.

If you are concerned about occupational hazards in your workplace, discuss your concern with your employer. You have a right to know if and how you are exposed, and the steps you can take to protect yourself. If protective clothing and equipment are recommended on the job, wear them.

Radon is a radioactive, gaseous element found beneath the earth's surface. Extreme exposure to radon in homes, usually in the basement, may increase risk of lung cancer especially in people who smoke cigarettes. Have your home tested for radon levels. Simply corrective measures, such as improving ventilation, can reduce this household hazard.

# General Signs & Symptoms

- **Unexplained weight loss**
- **Fever**
- **Fatigue**
- **Pain**
- **Skin changes**

# Specific Signs & Symptoms

- **Change in bowel habits or bladder function**
- **Sores that do not heal**
- **Unusual bleeding or discharge**
- **Thickening or lump in breast or other parts of the body**
- **Indigestion or difficulty swallowing**
- **Recent change in a wart or mole**
- **Nagging cough or hoarseness**

# God Helps Those Who Help Themselves

Knowing the signs and symptoms of cancer

Responding quickly to suspicious signs or symptoms with  
medical health checkups

# Nutrition and Cancer

Some components of food may play a role in decreasing the risk of developing cancer, including phytochemicals, antioxidants, and omega-3 fatty acids. Foods high in phytochemicals include the following: broccoli, berries, soybeans, pears, turnips, celery, carrots, spinach, olives, tomatoes, lentils, cantaloupe, garlic, apricots, onions, seeds, soybeans, green tea, apples, cabbage, Brussels sprouts, bok choy, kale, and red wine. Antioxidants include vitamin C, beta carotene, and vitamin E. The omega-3 fatty acids are found in: seafood, especially cold-water fish like salmon, mackerel, sardines, herring, halibut, striped bass, tuna, and lake trout (aim for three to four servings of these fish every week), and in flaxseed oil and beans such as kidney, great northern, navy, and soybeans.

# Improve Adaptability Psychologically

CALMNESS —def—> The ability to process information without physiological response.

Intelligence is different from knowing. Intelligence is the mechanism for processing incoming information. Intelligence is the hardware. Knowing is the software. And when you are deeply calm you are 100% intelligent.

An individual who has mastered calmness knows that all internal thinking is symbolic. If my body responds to every thought of danger let alone every real danger, then I will truly come to know the meaning of the sentence: “The coward dies a thousand deaths, the brave man only one.”

# Calmness

Most powerful human emotion

- Reduces Heart Rate
- Lowers Blood Pressure
- **Turns on the Immune and GI Systems**
- **Enhances cellular repair and healing**

Turns on the Time-mind—Enabling the Dual Mind, thus  
Maximizing and Optimizing Effective Intelligence.

# Relaxation and Imagery

*O. Carl Simonton, MD* and his wife developed relaxation and imagery exercises to improve immune function for patients. Their exercises are used by many patients with significant illnesses and infections, including cancer.

Their exercises included step-by step instructions on the use of the mental imagery process. Designed specifically for cancer patients, the patient is guided through progressive relaxation, visualization of one's immune system effectively combating cancer cells, as well as imaging chemotherapy, radiation, or other treatments effectively producing the desired outcome of treatment.

$$I \longrightarrow H + A + O + S + M$$

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

The secret to reducing anger in others is respect.

# RESPECT !

Communicate with respect if you want others to hear you.

# Unconditional Respect

Everyone is as they should be.

Every human's identity is LIFE, their form is HUMAN, respect that.

Don't try to respect behavior. Try to understand behavior, then you can *could* on it to make it better.

Reality is a shared space. Control of that reality is also shared. When other becomes calm and happy, my reality improves.

# Communication Effectiveness Training

Problem ownership

Active Listening when other owns the problem

“I” Messages when you own the problem

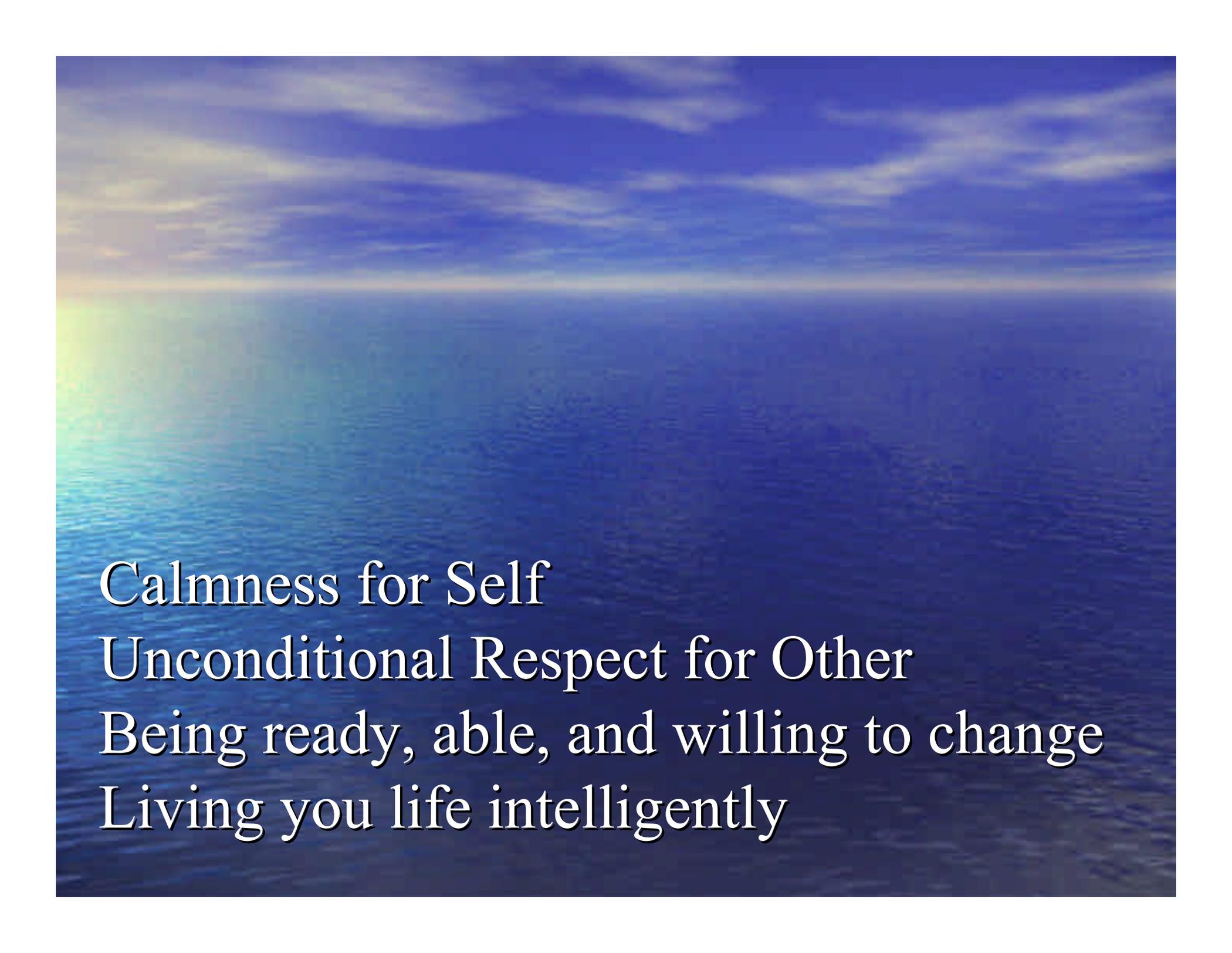
Creating *win-win* relationships with *both-and* solutions

-Thomas Gordon, Ph.D

# Psychological Adaptability

Psychological Adaptability is defined as: *Being ready, able, and willing to change.*

The individual with 100% adaptability lives what he knows. The highly adaptive individual is always seeking to adjust himself to optimize his relationship with reality. He lives what he knows. If he knows a behavior is unhealthy, he chooses to avoid that behavior.



Calmness for Self

Unconditional Respect for Other

Being ready, able, and willing to change

Living you life intelligently