

The Real Nature of Cancer  
A brief for the book of 'Cancer, Enemy or Friend?'

Ho, Yung-ching

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Introduction : ( or Prelude )

“ Know yourself, know your enemy, no failure in war; know all the circumstances, and success can be expected.” ( ‘Sun-tsu’s military strategy’ )  
Regarding the subject of cancer prevention and treatment, most people do not follow the above advice, and oftentimes, they take the wrong approach in tackling this subject. For instance:

- a. People seldom trace the origin of their diseases and often attack their own cells, wrongly assuming that cancer cells are always the enemy.
- b. The environment and the biosphere ( air, water, soil, sunshine, etc. ) have been deteriorated by the selfishness of human beings.
- c. It is not uncommon to find produce derived from polluted soil and livestock raised on un-healthy feeds. As such, farming products are becoming less fit for human consumption.

Even among those in the medical field, there has been a popular misconception and fallacy in theory regarding pathogenic cells and tumors. Many people, view cancer cells as enemy rather than as victim. Cancer cells, however, are actually like hard-working soldiers defending and guarding our bodies tirelessly against adverse factors (toxic-hazardous substances) in unstable conditions (poor internal and external environment). When a person is detected to have cancerous cells, one’s bodily functions may appear to be less effective; however, cancer cells are actually the key players in preventing the sudden onset of death when body is faced with toxic/hazardous conditions. Therefore: “cancer deserves no death penalty, it is a salvation army.” (Dr.Chen, Cho-yi )

Cancer, Enemy or Friend? The answer depends on one’s understanding of the nature of the cell and changes resulting to the cell from cancer. The answer to the aforementioned question also directs the approach one takes to address cancer cells.

I. ‘Kindness & Mercy’ v.s. Tyranny’

The world’s 6.5 billion people are distributed in 237 countries and areas. Of the many different types of governments found in these countries and areas, two particular types of government and rulers stand out in direct contrast to one

another: Nazi tyrant Adolf Hitler vs. the kind and friendly U.S.A. President F.D.R. (Roosevelt) . Just as the differing governments yield differing results in the country's overall condition and stability, the approach one takes in managing cancer cells also dictates the overall condition and stability in one's body.

A human body is composed of 60 trillion of cells, they live in a "Cell Republic", and the microcosm of each cell is governed by a president — you. Changes to the cell, resulting from cancer, varies from individual to individual. The nature of the change of each cell depends on the government of their ruler. If one follows the discipline of Hygeia, such as: moderation, physical-mental homeostasis, good lifestyle, etc., this "Cell Republic" will be peaceful and harmonious, without riots, rebellions or cancerous changes.

There is an important concept in management: "velocity is more important than speed." It is the same in terms of cancer care & treatment in that "concept is more important than the medical technology" . In other words, if you think cancer cells are bad and that they deserve to be killed, then "to kill" becomes the policy and tactic employed.

There is a saying: "False policy is more terrible than bureaucratic bribery". By the same token, having a negative mentality and concept and a bad lifestyle and mishandling medical care are more terrible than homicide.

## II. The Cancer Candidates

We often are overwhelmed and confused by a lot of statistical data, e.g. "One in every four persons in Taiwan will be a cancer patient in one's life" , or "One out of two in the U.S. will be diagnosed with cancer" . Although these findings are derived from scientific computation, one's fate is actually random, and we are all susceptible to being a statistic.

Based on the theory proposed by the Nobel Laureate in physiology Sir F. Macfarland Burnet in 1960, "There are  $10^4$  cancer cells in a normal immune system." Others have suggested that 22% of individuals who were never diagnosed as having cancer or tumors prior to death, were discovered, through post-mortem examinations, to have tumors.

The Geneva Medical College found that 48% of the 280 cases (average age of

75) that underwent post-mortem examination, had 1 to 3 tumors. The famous Japanese Geezer twin ladies, Silver and Gold, had tumors that were found after death; but symbiotically, they existed without the tumors causing any trouble in their lives. Surely then, if a person can live up to 120 years old, that person is inevitably going to be living with cancer cells. Obviously, cancer cell production is a normal physiological phenomenon. Homeostasis of the body determines the onset of disease.

The “Cell Republic” is comparable to a society or a nation. It is difficult to have a nation without dissidents and to expect that all the citizens in a nation would not have different thoughts and behaviors. If the majority of a population is guided in the right way, however, a few radicals would not cause turmoil in a society. On the contrary, the insurgents would be overthrown by the masses.

Since the presence of a few cancer cells is the norm in noble physiology, what we must concern ourselves with is the ruler’s attitude or lifestyle. Will one choose to be a kind president or oppressing tyrant to his/her citizens (cells)? If one follows Hygeia’s hygiene philosophy, he/she may be a possible candidate for getting cancer; but if one behaves like a tyrant, he/she will very likely be a cancer patient. Always remember, you will be prosperous if you are supported by your citizens (cells) . Always remember the dogma: Be in favor, and you will be prosperous; be against, and you will be torn down.

### III. 80% of cancer patients are scared to death

The famous U.S. psychiatrist, Dr. Martin Gardner, is strongly opposed to telling cancer patients, the true situation and status of their conditions. He believes that more than 80% of the  $6.3 \times 10^6$  cancer deaths were scared to death. One famous radiologist in Taiwan also said: “1/3 of the cancer patients are scared to death, 1/3 are treated to death, and for the last third, death is their destiny. ”

The above sayings are reasonable. They also describe the contemporary outcome of cancer treatment. For example:

A little cancer fighting hero in Taipei had the following statement in his diary: “chemotherapy is murder, every cancer cell in my body was stabbed; radiotherapy is a little devil, it attacked every part of my body.....” .

One famous music commentator with lung cancer, later found metastasis to the bone. As a bone cancer patient, he told me: “During radiotherapy, I felt my bone marrow burning with noise.”

One retired military general with lymphoma told me: “I am a soldier, and now in my 70s, I am not scared of death, but I don’t like to suffer the torture.”

Maybe some people will believe that better medical technology can ease the cancer treatment. Regretfully, Emperor Showa in Japan with pancreatic cancer, even with 30,000 c.c. of blood transfusion and the best care, was helpless.

Jacqueline Kennedy Onassis suffered from lymphoma and passed away six months later after chemotherapy.

Senator and Vice-President Hubert Humphrey, who had bladder cancer, received radiotherapy first. In May 1976, Dr. Dabney Jarman exclaimed the success of radiotherapy, and a book published by the American Cancer Association exhilarating that Mr. Humphrey was a famed beneficiary of modern radiotherapy.

Unfortunately, Humphrey’s cancer relapsed a few months later and got worse. Humphrey was then transferred to Sloan-Kettering Cancer Center for another surgery. Then Dr. Willard Whitmore declared in a National TV conference that Humphrey recovered. He received chemotherapy subsequently, but passed away within one year. It is clear Mr. Humphrey suffered during his entire battle with cancer.

As long as allopathy is used in cancer treatment, almost every patient, regardless of their social status, will have the same destiny. Contemporary medicine considers it a success when cancer patients reach a 5 year survival rate. People often forget that five years is hard to reach. Moreover, the quality of a patient’s life is seldom considered in defining success.

Actually, most cancer patients who receive contemporary cancer treatment must tolerate and accept the side effects of treatment, including oral ulcer, gingivitis, burning of the G.I. tract membrane (including esophagus and stomach), ulcers, vomiting, loss of appetite, alopecia, cyanotic nails, collapse, etc. Even with all these side effects, there is still no guaranty of healing. Are you not scared of experiencing such purgatory-like treatment?

One questionnaire to oncology medical doctors asked: “Will you let you or your family members receive the same contemporary cancer treatment?” Seventy-five percent of those surveyed answered, “no”.

Therefore, if cancer treatment still remains the basic allopathic three steps: surgery (to kill), chemotherapy (to poison) and radiation (to burn), people are not only being scared to death, but they are also being tortured to death.

Dr. Martin Gardner’s reasons for not revealing truth to the patients stem from his humanitarian concerns. But during the course of treatment, patients have difficulty tolerating the pathogenic progression and pharmacological side effects, and they finally pass away.

#### IV. Why cancer is a hot potato to modern medicine?

1. Cancer pathology has been studied quite extensively, but cancer therapy did not face all the same causative factors. If only the cancer symptoms (such as tumors) are receiving attention, then the patient will have the same problem as the firefighters fighting a wild fire —when the spring breeze blows, the weed grows and wild fire burns again.
2. The cancer treatment strategy and the therapeutic methods are less effective and invalid or sometimes even harmful, all of them aggravate the nature of cancer.
3. Modern medicine only targets the problematic organ or tissue and fails to take a holistic approach toward a cancer patient during cancer therapy.

Therefore, it is the concept and attitude a person adopts which causes one to consider cancer as terrible and as an enemy. This is comparable to educating a child: Will you punish your child without reasoning and communicating with your child first? Some more adverse factors in modern cancer treatment are: the current civilization has deteriorated our conceptual nature; the strategy and methods used against cancer are terrible; lifestyle is not correct; the message of sympathy from so many corners are confusing, etc.

#### V. What is cancer?

Nomenclature and pronunciation of a word often influence our thinking and logic to a phenomenon. They may sometimes misguide us or they may help us understand the real nature.

The etymology of the word cancer reveals that the word is derived from Greek mythology, specifically from story of Heracles' fighting with Hydra. "Karbinoe", the giant crab, was the trouble maker during the battle and was killed by Heracles. Today, cancer is one of the constellations in the Zodiac system. Hippocrates once described the shape of breast cancer as "Karbinoe", a crab. "Carcinoma" was later derived from Karbinoe. Hippocrates advised the holistic approach in dealing with patients. When crabs give birth, they lay hundreds and thousands of eggs, crawling left and right, behaving aggressively and forcefully, etc. Thus, just as the crab has a negative connotation, with practitioners of contemporary medicine, cancer also has a negative connotation with such practitioners. Isn't it naïve that contemporary science is deeply influenced by mythology?

The ancient Chinese had wisdom in recognizing the etiology of cancer. A proper word (癌) and pronunciation (一乃ノ, yen) were associated with cancer. Cancer is the outcome of unsmooth flowing of "chi" (氣) and "shie" (血, blood). After the "inflammation effect" of physical-mental effects, stagnation and accumulation of the abnormal cells, cancer was formed. In short, cancer can be defined as, "internal toxin prevails, normal vitality declines".

There is a saying, "One who humiliates himself first will then receive insults from others". In the same way, "Wood rots first then worms grow; when body's nature gets worse, then cancer emerges." It is bad circumstances (e.g. an unstable internal environment) that force cells to become cancerous; this is a mechanism of adaptation. Dr. Morishita of Japan pointed out: "The nature of cancer is the pollution of blood". From natural medicine's point of view: "Cancer is a chronic, systemic, degenerative (aging) blood circulation nature related, a deficient (or starving) toxic syndrome" (Ref. 'The Miracle of Biological Medicine', P.206, by Shi, Re-fung, 1984, Taiwan). From my personal observation and studies, a few more characteristics of cancer should be added: "degenerative radicals, mental abnormal and evil spirituality." It is the outcome of not following Hygeia's discipline, good lifestyle, moderation and 'L.O.H.A.S.' etc.

## VI. How to cope with cancer

1. Cancer develops through a series stages of Initiation, Promotion and Progression. It is comparable to a long term, chronic, cumulative effect, during which the quality and quantity of denaturizing occur. Therefore, cancer is not as acute or fatal as a heart attack or stroke. Cancer patients should take it easy facing the problems.
2. Since cancer is a systemic disease, problem solving should be considered holistically, not merely locally (surgery).
3. Since it is a degenerative disease (aging), causes of degeneration to the internal organ should be found out. Then following the philosophy of moderation, such as Chinese Medicine, Natural Medicine, through prudent diet, exercise and emotional regimen, one can gradually get rid of the harmful factors, and vitality will then be restored day by day. By means of burning cancers cells (radio therapy), vitality will be lost.
4. Since it is the problem with the quality of circulating blood, efforts should be considered in purifying, cleansing, and activating blood and hematopoietic improvement, etc. (an action of “providing”). It is not right to add burden to the blood system by using chemotherapy.
5. Since it is a deficient syndrome, cancer should be cared for and treated by adding the needed supplement. “To erect it to the proper position, and to get rid of the devil” is a more prudent way of dealing with disease. The offensive strategy will result in worse poisoning.
6. Given the deteriorating nature of cancer, one should consider the green lifestyle of internal environment protection earnestly. Recommendations are: organic foods low in fat, low salt, low protein, low sugar, beneficial enzymes and effective microorganisms (e.g. lactose bacillus, E.M. products). To prevent the stagnant, long-standing effect of digested foods, one always has to facilitate the smooth flowing of our intestines. Moreover, as postulated by Dr. Morishita, the G.I. tract is an important site for hematopoietic function. Therefore, the etiologic consequences of denatured food in the intestine, toxic and turbid blood, and cancer causing agents, will be eased.  
It is clear, the contemporary strategy in cancer fighting (surgery, chemotherapy and radiotherapy) often leads to a more adverse internal environment.
7. Since cancer is a psycho-somatic expression, how can the conventional way

of treatment (surgery, chemotherapy, radiotherapy, target organ therapy, etc.) be appropriate? There is a saying: “Psycho-Somatic disease can only be solved through psychological approach.”

8. Since cancer is a spiritually related disease, then one has to go through confession and regret. The spirituality cleansing is one of the trinity in natural medicine (the Tripod Ting of the Ting’s philosophy)
9. “Acute target be solved first”, is sometimes appropriate for cancer treatment by using tolerable dose of chemicals and radiation or minor surgery. But the fundamental concept of “build up the foundation first, both demolition and reconstruction can be performed at same time.” Otherwise, the host will wither or be killed together with the cancer pathogenic agent or cancer expression when the assault was in operation. “Paradoxically, conventional medicine uses cancer-causing material and methods to cure cancer”, expressed by Dr. Liang of Okinawa.

## VII Conclusion

‘*Medicatrix*’ of natural medicine is orthodox in keeping our health and guideline for cancer treatment. By means of the natural way of reasoning, methods, prescription, medicine and food, etc., we have to get rid of internal toxins first, then gradually build up the fundamental nature of body foundation. Both the assaulting demolition and reconstruction have to be handled in tandem. Spiritually, a good lifestyle has to be followed after confession and regret. Communication and transportation is essential to a society and a nation; it is also applied to our health. Only when the concept (mutual understanding), excretion (urine and stool) and ‘blood circulation and energy transfer’ are in smooth operation, can we achieve our health easily. Any disease, including cancer, follows the law of ‘cause and effect’, and (業 ‘Karma’) with the important influencing factor of “Yuan” (緣, the promoter). Therefore, the norm for medicine is equivalent to Buddha’s basic concept — “Yin-Yuan” (因緣法, causative agent and the promoter). Therefore, the basic concept of the “initiation, promotion and progression” theory in cancer etiology is the same as Buddhism’s saying, “broken the promoter, eradicate the agent, easing and solving the expression of an onset”.

Through years of observation, studies and understanding, I have compiled all of the above knowledge into one book of ‘Cancer, Enemy or Friend(2008)’. I bestow upon you the fruits of my labor and the gold nuggets of my studies.

Your comments will be highly appreciated.

Sincerely,  
Ho, Yung-ching