

#### **HEALTH CORNER**





# Health Is the Good Fortune You Make

By Diana Gifford

When it comes to health, my father always told me that good luck is as important, if not more so, than good genes. Like genes, luck is allocated at life's outset. Watching nightly news on wars, famine, and other disasters has always made me grateful to have been born in Canada. Yet, there's something to be said for manufacturing your luck too. Sometimes

the greatest good fortune comes not from happenstance, but from the choices you make. And among the most consequential of choices is the selection of a life partner. People commonly equate getting married with happiness. But it is every bit as important to health. Research shows that being teamed up doesn't only add years to life, which on average it does. It also means quicker recognition of symptoms of a health problem, a supportive push to see the doctor and assistance in getting there, and caring advocacy for best interests.

Former President Jimmy Carter, who lived to 100, credited his 77-year union with Rosalynn as "the best thing I ever did". Comedian Rita Rudner said: "I love being married. It's so great to find that one special person you want to annoy for the rest of your life." Herein, two commonly unrecognized elements of how marriage generates health: love and laughter. If you are lucky, you get both.

In addition to the benefit of living longer, people in committed partnerships recover more quickly from illness, and face lower risks of depression, dementia, heart disease, and even cancer. But the quality of the union matters. Stress-filled, resentful partnerships are like slow-acting poisons, raising blood pressure and weakening the immune system. The healthiest marriages, in fact, are not fairy tales. They are long experiments in teamwork, patience, forgiveness, and stamina. Healthy unions generate happiness. But they also test the ability to recover after inevitable ruptures – little ones or big ones. In finding good health, resilience is more important than avoiding every risk. The healthiest people are not those who never fall ill, but those who rebound well. The same is true in relationships. A marriage that can heal after conflict, adapt through change, and find laughter in the middle of the mess is often the strongest of all.

Think of it like inflammation. In the body, chronic inflammation erodes health, quietly damaging arteries, joints, even the brain. In a marriage, unresolved resentment does the same. Forgiveness, like an anti-inflammatory, doesn't erase the injury, but it allows healing to begin.

How do shared struggles strengthen your bond and lead to better health? Couples who weather illness, financial strain, or any kind of trouble with children often emerge closer than before. A new kind of bond develops from hardships. Much like bones that sometimes heal stronger at the fracture site, marriages can become most resilient at their breaking points. Unfortunately, too few people know this. It's not taught. People give up, and therein lose a great deal.

It seems wrong to be overly calculating about marriage. Falling in love is so much more romantic than arranged marriages. But there does come a time in any partnership when it's useful to develop skills of appreciation. Both individuals in a couple need to know that arguing about the thermostat can be an opportunity for expressing care for each other. Whatever the issue, when tempers flare, you'll be wise to remember how much stronger the team is than the sole player. Years on, you won't recall who 'won' the thermostat battle, only that you fought it together.

Don't aim for a perfect partnership. Aim for a resilient one. Done well together, this is its own form of health.

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## Are bladder cancer patients running out of options?

#### I offer a choice

By Roger Farrell

I Just heard. There are 80,000 patients in Canada with bladder cancer. Are they all waiting for a surgeon? What a huge number. That's not counting less serious symptoms.

Over the past 60 years I have helped people get over that type of symptom quickly, as well as many other types of symptoms and ail-

ments.

What is not understood by partitioners is that cancer or ailment is providing a message. It's the body's cells way of telling its person he or she must change a certain opinion or attitude that is negative, and unhelpful. But healers, and others, prefer to pick away at the symptom.

Consider a restaurant operator that puts a lit sign up high on its main window that says "open." Clients don't try to enter through the sign. No. They enter through a door to the side. Neither do our cells expect us to be distracted by the cancer. The cancer is only a message. You can consider the symptom a decoy. Duck hunters use a decoy to attract real ducks. They won't be shooting the decoy. But that is what western medicine men and women seem to be doing. They intend to kill the messenger, the cancer. Literally it's a waste of time. If surgery occurred, a waste of an organ.

My style is so simple. I interpret the cells message which leads me to the source. The source that invited the symptom aboard. The source is the cause behind the symptom. It is most often invisible. That is why it is ignored by professionals. It isn't invisible to me. I've been dealing with invisible sources since I was 21— and still do.

The location an ailment sits in a body gives me a good hint of what type of source needs to be found. It is most often in one's head. In the thinking. I coach the individual into dumping the old way of thinking in favour of more suitable thinking. Thereby the person removes the symptom. It never slips into that mystical, non-existing, realm called "remission."

Let me provide you with an allegory that depicts my method and compare it to the medics. There are peanuts on the driveway. A squirrel comes and nibbles some. We will call the peanuts, the source, and the squirrel, poor thing, cancer. A doctor kills the squirrel, cancer, but

doesn't see the source, the peanuts. And if she or he sees it, it is meaningless. Another squirrel is attracted to the peanuts, the source, and chews on them. Cancer then erupts again sometime later. The doctor claims the cancer must have been hiding in remission, and I say, "No. It is a second cancer." And no it wasn't parts of the previous cancer left over. The source, the cause, remained.

That is as simple as I can explain things. I successfully remove the sources that are attracters of ailments. Remember, ailments don't arrive unless invited. And messengers don't need to be removed, or shot dead. – May I answer your questions?

Weekly I add a video to, YouTube Roger Farrell, about health and making life improvements.

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### Can Cancer Be Reversed? YES! I've seen it happen

Roger, you say cancer is a messenger. What message does cancer have to tell us?

Based on its specific location in the body, it can tell us what opinions, beliefs, or attitudes we need to change to alleviate it.[RF1] [RF2] And by alleviating it, a scheduled surgical operation could be avoided.

Why does an ailment come to one person and not another? Just as bees are attracted to flowers that provide pollen, ailments are attracted to a body wherein the mind provides an opportunity.

For instance. The mind's type of thinking of the two people is different. One person's mind-set contains negative-like considerations and opinions. The [RF3] other person has a strong belief in being healthy.

I have been helping people develop their own ability to remove their cancer or symptom for 60 years.

How did you do it, Roger?

The way I did it was by coaching people into changing unhelpful opinions and attitudes that are the source of symptoms. It is important to understand that symptoms originate in a person's thinking. This, I explain when we meet. There could be enough time for you, or someone precious to you, to successfully apply my method. Contact me to discuss it.

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