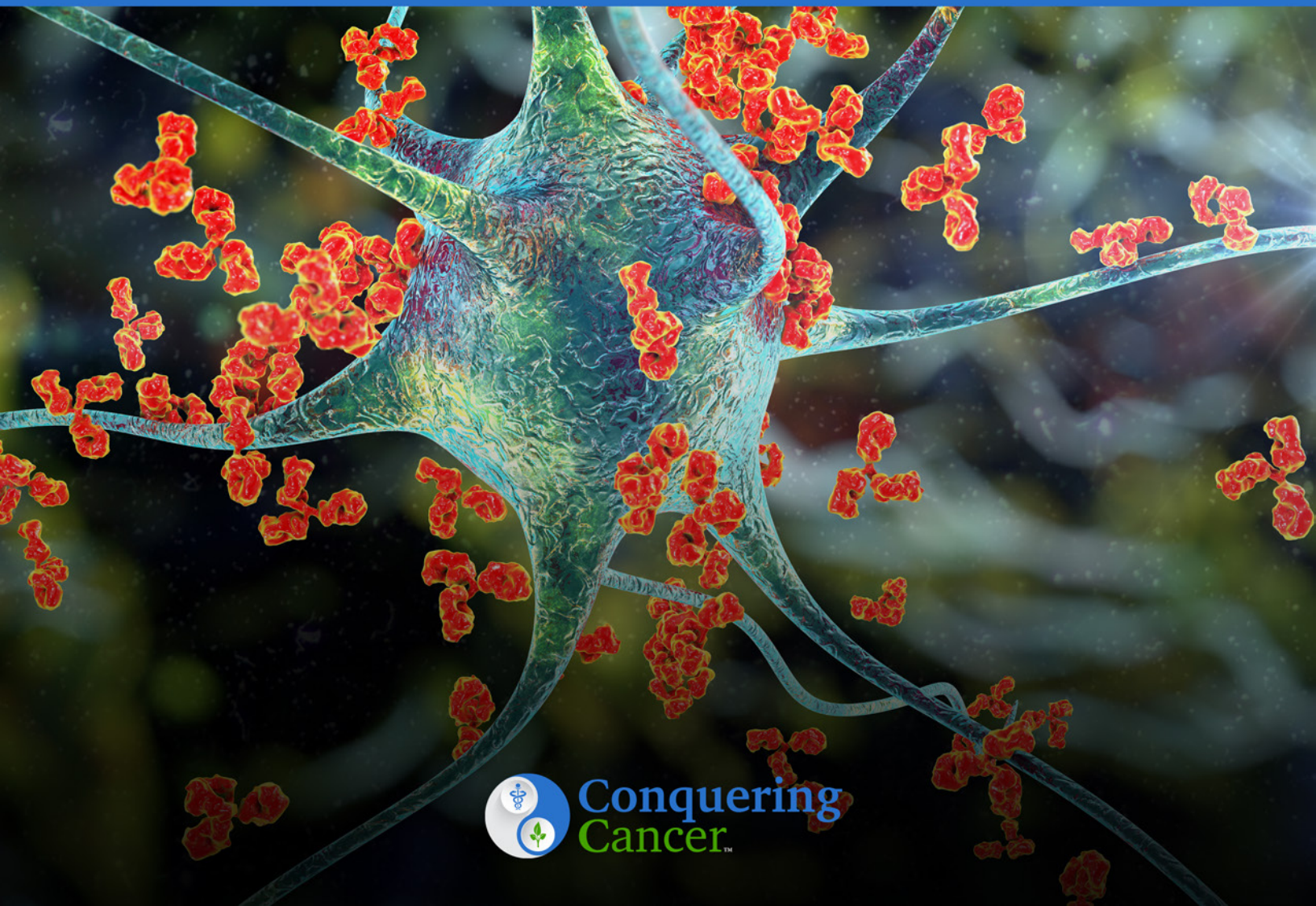


CANCER'S SECRET:

The Silent Culprit Ignored
By All (Including Your Doctor)

BY NATHAN CRANE



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Stress, Emotions & Cancer: What's the Connection?

The link between emotions and cancer is well-known and has been mentioned in medical writing as far back as 2,000 years ago!¹ It has also been discussed within mainstream cancer organizations such as the American Cancer Society (ACS) for years.

Back in 1959, Dr. Eugene Pendergrass, a radiologist and president of the ACS, gave a speech where he declared that “There is solid evidence that the course of disease in general is affected by emotional distress.”²

He went on to implore his colleagues to treat the whole patient and not just the physical manifestations of cancer. He urged them to consider the possibility that patients' thoughts and beliefs can not only contribute to the creation of illness, but to the attainment of health.

“...it is my sincere hope that we can widen the quest to include the distinct possibility that within one's mind is a power capable of exerting forces which can either enhance or inhibit the progression of this disease.”³

Yet here we are over 60 years later and most visits to an oncologist or other medical doctor rarely include a conversation about how your mental and emotional state may be impacting your cancer risk or progression of the disease.

The good news is that simply being aware of how important your thoughts and feelings are when it comes to preventing and healing from cancer is a step on the path to total body healing.

In this short e-book, you'll discover more about the connection between mental and emotional stress and cancer. You'll also learn two of the best ways to promote a positive mental and emotional state to enhance healing on all levels.

1. <https://www.jstor.org/stable/3427545>

2. <https://www.royhunter.com/articles/curing-cancer.htm>

3. <https://www.royhunter.com/articles/curing-cancer.htm>

The Link Between Trauma and Disease

Some of the most well-known work that has been done to show the link between cancer and emotions was created by Dr. O. Carl Simonton.

Dr. Simonton was an oncologist and radiologist by profession and champion of the mind-body connection to fighting cancer. He worked with thousands of cancer patients from the 1970s until his death in 2009.⁴

Early on in his career, Simonton became curious why some patients would recover their health and others would die, when the diagnosis was the same for both.

He began noticing that emotional and mental states played a key role in both the *susceptibility* to disease (including cancer), and in *recovery* from all disease.⁵



Simonton and other researchers have found there are certain characteristics that many cancer patients have in common. These include:

- ▶ The presence of some form of major loss (such as a divorce, death of a loved one, job loss, etc.) roughly 6-18 months prior to receiving the cancer diagnosis
- ▶ Hard time forgiving themselves or others
- ▶ Poor self-image (even though they're often considered unusually wonderful people by others)
- ▶ Inability to maintain healthy, long-term relationships
- ▶ A sense of hopeless frustration surrounding a conflict for which there is no solution
- ▶ Difficulty expressing negative feelings (bottling things up)

4. <https://www.latimes.com/nation/la-me-carl-simonton3-2009jul03-story.html>

5. Simonton, O. Carl, Creighton, James, Matthews Simonton, Stephanie, Getting Well Again [Bantam; Reissue edition, 2009]

- ▶ A youth marked by feelings of isolation, neglect, and despair, with intense interpersonal relationships appearing difficult and dangerous

Biologically, this older research into emotional states and their link to cancer makes sense and has now been verified by more recent scientific inquiries.⁶

Emotional Stress Suppresses the Immune System

Persistent negative emotions and behaviors put the body in a state called *psychological stress*.

Studies show that ongoing psychological stress can throw many mechanisms in the body off-balance, including hormonal balance via the HPA axis, sympathetic nervous system responses, and endocrine system functioning in general.

Psychological stress also raises inflammation. According to the inflammatory theory of disease, inflammation is the foundational state in which all diseases occur.⁷



According to research conducted at the University of Wisconsin's Carbone Comprehensive Cancer Center, psychological stress caused by negative emotions absolutely lowers the immune system. Lower immunity, of course, allows cancer cells to develop and spread.⁸

There is also a direct correlation between cancer and post-traumatic stress disorder (PTSD).

According to conventional research, one in four women diagnosed with breast cancer also has PTSD.⁹

The National Cancer Institute also recognizes that the act of receiving a cancer diagnosis itself creates PTSD in many patients.¹⁰

6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3467346>

7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709>

8. <https://pubmed.ncbi.nlm.nih.gov/21094927>

9. <https://www.cancer.gov/about-cancer/coping/survivorship/new-normal/ptsd-pdq>

10. <https://www.cancer.net/survivorship/life-after-cancer/post-traumatic-stress-disorder-and-cancer>

What's Your Stress Level?

Researchers have known for decades about the link between the amount of stress and emotional upset in people's lives and the likelihood of getting sick.

One of the most well-known self-assessment tools for measuring the total stress you're under is the *Holmes-Rahe Stress Inventory*. It was developed in the late 1960s by psychiatrists Thomas H. Holmes and Richard Rahe and has been refined over the years.¹¹

Also known as the Social Rating Readjustment Scale, anyone can take the test to find out their score.

The test recognizes that all major life events – even happy ones – require life adjustments and coping skills.

Remember, a high score doesn't mean you will get sick. It means you need to be gentle with yourself and take steps to mitigate the effects of the stress so that it doesn't make you sick.

Ultimately, each of us is responsible for our psychological state and need to identify and take action to address threats of stress, anxiety, and depression.

To check your stress levels, select each of the events that has happened to you in the last year and add up your total score.



11. <https://www.sciencedirect.com/science/article/abs/pii/S027273580000104>

The Holmes-Rahe Life Stress Inventory ¹²

The Social Readjustment Rating Scale

Instructions: Mark down the point value for each of these life events that has happened to you during the previous year. Total these associated points.

Death of spouse	100
Divorce	73
Marital separation from mate	65
Detention in jail or other institution	63
Death of a close family member	63
Major personal injury or illness	53
Marriage	50
Being fired at work	47
Marital reconciliation with mate	45
Retirement from work	45
Major change in the health or behavior of a family member	44
Pregnancy	40
Sexual Difficulties	39
Gaining a new family member (i.e. birth, adoption, older adult moving in, etc.)	39
Major business readjustment	39
Major change in financial state (i.e. a lot worse or better off than usual)	38
Death of a close friend	37
Changing to a different line of work	36
Major change in the number of arguments w/spouse (i.e. either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
Taking on a mortgage (for home, business, etc.)	31
Foreclosure on a mortgage or loan	30

12. <https://i0.wp.com/www.stress.org/wp-content/uploads/2019/01/Holmes-Rahe-Stress-Inventory.jpg?ssl=1>

Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
Son or daughter leaving home (marriage, attending college, joined military)	29
In-law troubles	29
Outstanding personal achievement	28
Spouse beginning or ceasing work outside the home	26
Beginning or ceasing formal schooling	26
Major change in living condition (new home, remodeling, deterioration of neighborhood or home, etc.)	25
Revision of personal habits (dress, manners, associations, quitting smoking)	24
Troubles with the boss	23
Major changes in working hours or conditions	20
Changes in residence	20
Changing to a new school	20
Major change in usual type and/or amount of recreation	19
Major change in church activity (i.e. a lot more or less than usual)	19
Major change in social activities (clubs, movies, visiting, etc.)	18
Taking on a loan (car, tv, freezer, etc.)	17
Major change in sleeping habits (a lot more or a lot less than usual)	16
Major change in number of family get-togethers	15
Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
Vacation	13
Major holidays	12
Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

Now, add up all the points you have to find your score.

TOTAL

What Does Your Score Mean?

150 points or less indicates a relatively low amount of life stress and a minimal risk of illness or accident related to stress in the next two years.

150 to 300 points indicates moderate stress and an elevated risk of illness or accident related to stress in the next two years.

300 points or more is a warning that you're experiencing high stress and stress intervention techniques are strongly recommended.

Important: Don't let a high score stress you out even more! Even in Holmes's study, 51% of people with scores 300+ did not get sick during the study period. While stress predisposes you to illness, how you cope with stress is still the most significant factor.¹³



13. Simonton, O. Carl, Creighton, James, Matthews-Simonton, Stephanie, Getting Well Again [Bantam; Reissue edition, 2009]

How Positive Emotions Can Impact Cancer

We've seen that stress and a negative mental or emotional state depresses the immune system. Fortunately, there's plenty of research to show that healing trauma and turning negative emotions into positive ones can absolutely lead to a stronger immune system and better outcomes for keeping cancer and cancer metastasis at bay.

According to social psychologist Barbara Frederickson, this is called the “broaden and build theory” of positive emotions. While negative emotions create a “stiffening” sensation physically and energetically, positive emotions create an expansion on all levels.

The mind, then, naturally becomes open to possibility and likewise, so does the physical body.¹⁴

Emotional Acceptance



An important component of emotional healing around serious illness, and especially cancer, is called *emotional acceptance*. According to Dr. Noam Shpancer, professor of psychology at Otterbein University in Ohio, emotional acceptance is defined as the “willingness and ability to accept and experience the negative emotion, to acknowledge it and absorb it.”¹⁵

In other words, before we can ever begin the process of healing our emotions, we first must acknowledge that they exist and that we are feeling them *in the moment*.

It wouldn't seem like the simple act of accepting our emotions would be such a big deal. It turns out, however, that this first step is absolutely vital for emotional healing to occur.

14. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1693418>

15. <https://www.psychologytoday.com/us/blog/insight-therapy/201009/emotional-acceptance-why-feeling-bad-is-good>

A 2016 study conducted at the University of Arizona found that of the 150 women with cancer who were being taught techniques to regulate their emotions, those who had the highest amount of “emotional acceptance” around their situation and their feelings were also the ones who had the lowest rates of inflammatory cytokines in their system overall.¹⁶

Gratitude and Forgiveness

Another powerful positive emotion directly linked to physical healing is gratitude. First of all, eliciting feelings of gratitude through visualization or in another way has been shown to promote the production of healing hormones and downgrade the production of cortisol.

A study sponsored by the American Psychological Association and conducted by researchers at the U.C. San Diego Center for Excellence for Research and Training in Integrative Health as well as the Chopra Foundation found that patients who had more “outward tendencies” towards gratitude slept better at night.

They also found that these patients were less likely to be depressed and that they had less overall systemic inflammation.¹⁷

Forgiveness is another powerful state that can have a profound effect on mental health. Forgiveness as a practice can help heal deep trauma connected to grief and grievances from the past.



Research shows that forgiveness is linked to a reduction in psychiatric disorders such as major anxiety and clinical depression. A few studies even correlate forgiveness to lower mortality rates.

One of the reasons why forgiveness is so healing is because when you forgive, you also melt long-standing feelings of anger and resentment.

Professionals often refer to anger as the “toxic emotion” because of its direct correlation to illness and disease. A 2009 study conducted at University College London found that unresolved anger and hostility leads directly to heart disease.¹⁸

16. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4917434>

17. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709>

18. <https://pubmed.ncbi.nlm.nih.gov/19281923>

ACTIONS FOR HEALING: 2 Evidence-Based Tools To Heal Your Trauma, Flip Your Thinking, and Upgrade Your Emotions

You now have an understanding that healing trauma and cultivating positive emotions such as gratitude and forgiveness can lead to greater healing in the body. But how in the world do you get started in doing this?

Below are two key modalities that have been proven to help.

Without calming our mind and taking the time for reflection, life just “happens” to us. When we take the time to slow down, reflect, consider, and weigh options, however, then we begin to feel a sense of empowerment that can lead to deeper healing.

1 Meditation

The first tool that we get to step into on our journey of emotional healing is meditation. A simple dictionary definition of meditation is the “practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.”¹⁹



19. <https://medical-dictionary.thefreedictionary.com/meditation>

Before you roll your eyes, there is a reason why people have been meditating for thousands of years. It's because it works and works well to calm the mind and put us into a state where healing can occur on *all* levels.

This is because meditation can elicit the “relaxation response.” Multiple studies²⁰ have shown that meditation can:

- ▶ Calm the heart rate
- ▶ Lower blood pressure
- ▶ Encourage the production of healing hormones
- ▶ Boost immune function

What's more, as our mind becomes calmer with regular practice, stuck energy naturally becomes unblocked as well. This allows deep-seated emotions (and often the memories that come with them) to rise to the surface and trauma to come up to be healed.

There are many different forms of meditation that you can choose from.

The type of basic meditation that has been studied the most is called mindfulness meditation.



This is a type of meditation where you are simply going about your everyday life, or you are purposely engaged in a particular activity, but you are making a point to put your whole focus on it – mind, body, and soul.

Similar to emotional acceptance, mindfulness simply allows one to be present and accept whatever maybe happening in the moment. Whatever emotions may come up while practicing mindfulness, you simply let them be with non-attachment and gentle observation.

20. <https://www.webmd.com/balance/features/transcendental-meditation>

Mindfulness Based Stress Reduction, or MBSR, is a practice originally designed by scientist, mindfulness meditation teacher, and best-selling author Jon Kabat-Zinn.

Among the dozens of evidence-based studies that have proven the efficacy of MBSR was a 2013 study sponsored by the Danish Cancer Society Research Center. The study participants were women aged 18-75 who were diagnosed with breast cancer.

The researchers concluded that MBSR practice had a “statistically significant effect on the level of symptom burden immediately after the intervention and after six months’ follow-up and on distress throughout the 12-month follow-up.”²¹

2 Visualization

Visualization is a type of imaginative meditation where, instead of emptying the mind and letting thoughts and emotions go, a person’s intention is set on actively eliciting positive thoughts and feelings.

More specifically, many people who practice visualization also imagine the “end result” or goal – such as healing on all levels – that they want to achieve.

Like other forms of meditation, visualization puts the brain in an alpha or theta brain wave state and lowers stress responses to elicit the “relaxation response.”



21. <https://bit.ly/3nokq7w>



Guided imagery (GI) is visualization where a person is “guided” to imagine a particular scenario, usually through a series of connected pleasant scenes that elicit a relaxed, open state. Guided imagery visualization is normally conducted via audio, video, or live instruction.

A joint study conducted in 2018 by Queensland University of Technology in Australia and Leeds Beckett University in the U.K. found that nature-based guided imagery helped individuals with moderate anxiety lower their symptoms significantly. Nature-based GI was found to reduce the symptoms more effectively than non-nature or “urban based” GI.²²

Meditation and visualization are two excellent ways to start to release negative emotions that are stored in the body. There are also many more effective modalities, both ancient and recent, which you can and should explore to find the one(s) that are right for you.

22. <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01858/full>

TOXINS EXPOSED

You've just learned that trauma and negative emotions are a toxic burden on the body... but they aren't the only ones.

According to world-renowned cancer expert Dr. Dana Flavin...

"We are literally swimming in toxins..."

"...these chemicals are hidden in our everyday products... they leach into our food, water and air."

These toxic substances destroy your cells, ignite inflammation, disrupt your hormones, wreck your DNA, and cause tumors to grow.

It's no coincidence that cancer rates have increased by 500% in the last 50 years!

But there's some good news to go along with these grim statistics...

Namely, that it IS possible to get the worst of these tumor-growing toxins out of your liver, kidneys, and other organs...

And stop them from wreaking havoc with your health.

If you want to help prevent a cancer diagnosis, heal from cancer, or stop a cancer recurrence...

You NEED to know about the 9 key cancer-causing toxins and how get them out of your life NOW.

That's why I'm so happy you signed up for my FREE **TOXINS EXPOSED webinar with Dr. Dana Flavin...**

Where we'll reveal the 9 most common cancer-causing toxins that you need to start eliminating from your body TODAY.

Once you know what to watch out for, you'll be able to take the right steps to protect yourself and your family from harm.

So mark your calendar and join me and Dr. Flavin for this eye-opening and potentially life-saving FREE training.

Nathan

P.S. Feel free to **share this event** with anyone in your life who wants to prevent or heal from cancer.

Nathan Crane

Nathan Crane is a natural health researcher and certified holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 best-selling author and 20x award-winning documentary filmmaker.

Nathan is on the Board of Directors for the Beljanski Foundation, a Non-Profit Conducting Scientific Research into Natural Solutions for Cancer.

Nathan is also the Director of Healing Life, President of the Holistic Leadership Council, Founder of Conquering Cancer, and Director and Producer of the award winning documentary film, Cancer; The Integrative Perspective.

Nathan has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

You can receive a Free Download of his bestselling book absolutely free by visiting BecomingCancerFree.com

