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### From an Interior Point of View, Cancer is not a Problem, but the Solution to a Problem

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#### Abstract

The known causes of cancer are manifold. The focus is on carcinogenic substances, the number and intensity of which are constantly increasing. What can be done? It makes sense to strengthen the body's ability to detoxify, which in turn requires strengthening the function of the liver. Means for this and thus for the reduction of carcinogens are shown. The second field of work is psychosomatics. Unresolved

conflicts accumulate in the psyche, which can also be the cause of cancer. If too many such "toxins" of a somatic and psychological nature accumulate, the path to cancer is paved. It can therefore be argued that the actual illness takes place before the onset of cancer, and that cancer is a method of the body-mind wholeness to free itself from these problems.

**Keywords:** Cancer, Somatic Focus, DNA, Switzerland

#### Introduction

The title of the article is of course a provocation. After all, since President Nixon made the fight against cancer a top priority in 1972<sup>[1]</sup>, pumped a lot of money into it and predicted victory, we no longer have a problem with this disease. Or: Another provocation? What problem could exist before the outbreak of cancer? It is a poisoning on both important levels: Soma and psyche.

Localizing the cause of cancer to only one of the two levels is insufficient. After all, man is his soul, which has chosen a body for a limited time<sup>[2, 3]</sup>. Let us first look at the body.

One should imagine that tiny, harmful particles accumulate unnoticed in the body every day. These toxins, hidden in the environment, in our food and everyday products, creep into us unnoticed or are produced in the body as harmful substances<sup>[4]</sup>. There are also exogenous toxins that are multiplied endogenously, think of mRNA or spike proteins<sup>[5, 6, 7]</sup>. These toxins can trigger a chain reaction in our body: They damage our cells and can alter their DNA. Normally, our body repairs or destroys damaged cells with the help of enzymes. But if this process is disrupted by constant exposure to toxins, the damaged cells can revert to their atavistic lactate metabolism behavior and multiply uncontrollably: Cancer.

#### Somatic focus: The liver

This is where the liver, our most important organ for detoxification, comes into play: It works hard to render these toxins harmless. But if it is overloaded or weakened, it can only perform its task inadequately. The toxins remain in the body and increase the risk of cancer: A silent product of many toxins in our body.

No one realizes that over 87,000 chemicals have come on the market since the 1970s. The amazing thing is that of all these chemicals, only just over a thousand have been correctly tested to see if they can cause cancer. Of these, around 500 have been classified as possible carcinogens.

But it's not just about these obvious carcinogens: There are also chemicals such as xenoestrogens that can mess with our hormones. These are called endocrine-disrupting chemicals (EDCs, 8). They are everywhere: In our food, in our drinking water, in the air, in the environment and in products we use every day.

These EDCs do not directly cause cancer, like asbestos<sup>[9]</sup> or microplastics<sup>[10]</sup> do, but they can affect our bodies in a way that makes us more susceptible to cancer. It's like rewriting the blueprint of our cells. What do you need for protection? A) Immune system strengthening or centering: A robust defense against viruses and bacteria. B) Inflammation control: Active reduction of

smouldering inflammatory reactions in the body that lead to auto-aggression. C) Infection defense: Prevention against infections and pathogenic agents.

However, the liver is the most important. By strengthening your liver, you help to fight toxins and remove them from the body. After all, what has left the body is no longer harmful to it. The remedies for this are all bitter.

**#1:** Milk thistle <sup>[11, 12]</sup>: Known for its liver-supporting properties, milk thistle helps regenerate liver cells and protect against toxins. It contains silymarin, an active ingredient that acts as an antioxidant and improves liver function.

**#2:** Dandelion <sup>[13, 14, 15]</sup>: Taraxacum is not just a simple weed, but a powerful herb that supports the liver in detoxification. It promotes bile production, which helps to remove toxins from the body and improve liver function.

**#3:** Artichoke <sup>[16]</sup>: Artichoke is known for its ability to stimulate bile production and support the liver. It contains cynarin, a substance that promotes liver health and improves digestion, which in turn helps to process toxins more efficiently.

**#4:** Alpha-lipoic acid, a catalyst for the liver <sup>[17, 18, 19, 20]</sup>. This particular sulphur-containing fatty acid is not only a powerful antioxidant that supports other antioxidants, but it also enhances the positive effect of bitter herbs. Other sulphur-containing substances such as MSM (methyl-sulphonyl-methane), methionine and cysteine have a similar effect.

**#5:** Licorice <sup>[21, 22, 23]</sup>: One of the main ingredients (glycyrrhizin) influences mineralocorticoid metabolism. Licorice also has an antibacterial, antifungal and antiviral effect. The effect of glycyrrhizin has been proven in various studies against HIV-1, the hepatitis C virus and also coronaviruses.

**#6:** Bicarbonate: According to the findings of Otto Warburg, one of the conditions for the development of cancer is hyperacidity <sup>[24]</sup>, especially in the blood and mesenchyme. The simplest and cheapest method of deacidification is the regular intake of sodium or potassium bicarbonate. After all, this substance is the most important physiological buffer in the blood.

**#7:** Other useful and effective substances: Epigallocatechin gallate/green tea extract <sup>[25]</sup>, quercetin <sup>[26]</sup>, resveratrol <sup>[27]</sup>, curcumin <sup>[28]</sup>, piperine <sup>[29]</sup>, baicalin <sup>[30]</sup>, hesperidin <sup>[31]</sup>, etc.

### Somatic sense

Regular intake of these products is useful for the prevention of cancer on a somatic level and in addition as part of a therapy. Why? A tumor serves the body as an opportunity to accumulate toxins, it can concentrate them in one place and thus achieve detoxification in the rest of the organism <sup>[32]</sup>. Since tumors regularly contain an acidic environment, this can also achieve a deacidification of the body, from a teleological point of view a self-therapy that should lead out of a situation that is no longer tolerable. Insofar as non-malignant tumors such as cysts and fibroids are to be assessed, the same applies in a reduced form.

From this point of view, cancer is a "meaningful endeavor", but one that is later coupled with the possibility of autodestruction. The author has observed in a number of cases how the body's environment increasingly deteriorated before the onset of cancer and how the general environment improved after the onset of cancer in the sense of relief. From this point of view, careful surgical removal of the

tumor is indicated, as this allows toxins, harmful substances and acids to be removed from the body.

### Psychic sense

If we accept a psychosomatic view of the development of cancer <sup>[33]</sup>, we find a correspondence here to the physical level. The "toxins" here are negative information patterns, i.e. repressed conflicts, swallowed anger, uncompensated insults or slights, humiliations, devaluations, disappointments, traumas, negative thought patterns, unacceptable stress, etc. Territory conflicts have the strongest effect, i.e. when other people have not respected the power in their own territory but have intervened manipulatively. The more this has not been dealt with and worked through for the sake of "peace and quiet", the more virulent the content becomes. The most important, but most difficult thing to do is to accept yourself as you are, then to forgive and forgive others, first yourself and then others.

These pathogenic patterns can be described as negative energy fields that accumulate in the unconscious parts of the brain (in the psyche, which is the brain-coupled representative of the soul) and simultaneously in the soul. When "the measure is full" or overflows, the soul sends these energy fields into the organism in the form of an illness, e.g. in the form of a tumor as a storage location for these subtle toxins.

### Psychological consequences

As long as he lives, man is an inhabitant of two worlds, the material and the non-material. In this respect, Homo sapiens is a special construction. This has advantages and disadvantages. One advantage is that negative contents of the soul (e.g. karma) do not have to be dissolved laboriously and slowly in the immaterial worlds, but this can be done more quickly and effectively on earth in contact with karmically linked fellow human beings and by using the body as a place of suffering. Especially in the time of purification or grace in which we find ourselves. One disadvantage is that the body can and unfortunately often has to suffer pain, which naturally also puts a strain on the psyche.

Now there is a spiritual law that we find in the so-called Serenity Prayer <sup>[34]</sup>: "God, grant me the serenity to accept things that I cannot change, the courage to change things that I can change and the wisdom to distinguish one from the other." If you put this text into practice every day, you can alleviate or eliminate much of the negative content of your psyche and therefore also your soul. It is also important that, knowing these connections, you can see a sense in a cancer event in the form of a deposition and - if it goes well - dissolution of somatic and mental toxins, and possibly the avoidance of a further incarnation.

### Conclusions

It should be noted as a hypothesis that the outbreak of cancer naturally causes a scare, but is not the actual illness, but that this took place beforehand - albeit unnoticed - and that the tumor is an attempt to solve the problems. Body and soul deposit their toxins in the tumor. If one then detects the causes and tries to resolve them, somatically and psychologically, the progression may be slowed down and spontaneous healing may occur. However, if the reactions consist of shock and fear, metastasis is more likely to occur. This is a hypothesis that should be investigated and tested in

the future. The author is certain that it will prove to be true.

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