

The Seven Causes of Cancer

Introduction

The purpose of this book is to present the seven causes of cancer and what you can do about them, in order to arrest and/or eliminate the disease. I know that much has been written about cancer, and this may just be another voice crying in the wilderness. However, I can guarantee that the information presented here will help you get an understanding of the disease. You will see it from both a physical and an emotional point of view. It is essential that you understand the emotional aspects and is most beneficial if you do. I will discuss these in depth in this book.

—M

The Seven Causes of Cancer

Table of Contents

- Cancer
- The First Step
- Newest Approach
- Chemical Pollution
 - The Breath of Life
 - Essence of Life
 - Substance of Life
- How the Body Deals with Toxins
- Viruses
- Free Radical Damage
- Emotional Causes of Cancer
 - Strong Emotions
- Viral Causes
- Excess Sunlight
- Tobacco
- Nutrients to Support the Immune System
 - What the Nutrients Do
- Blood Cleanser
- Liver Cleanser
- Free Radical Scavengers
- Symbology of the Nutrients Listed Above
- Symbology of Malignancy in Places in the Body
 - Lungs
 - Breasts
 - Colon
 - Uterus
 - Mouth
 - Bone Marrow
- Symbology of Cancer's Warning Signs
 - Change in Bowel or Bladder Habits
 - Non-Healing Sore
 - Unusual Bleeding or Discharge
 - Thickening or Lump in the Breast or Elsewhere
 - Indigestion or Difficulty in Swallowing

Warts and Moles
Nagging Cough or Hoarseness
Symbology of Cancer Treatments
Surgery
Radiation and Chemotherapy
Symbology of the Nutrients
Beta-Carotene (Vitamin A)
Folic Acid
Magnesium
Pantothenic Acid
Vitamin B-6
Vitamin C
Zinc

Cancer

Along with AIDS, cancer is one of the most devastating diseases plaguing mankind today, claiming millions of lives each year. The most frightening thing is that the numbers are growing, and the cancer rate is getting progressively worse. According to some medical reports, cancer is now the number-one cause of death for people under the age of eighty-five.

Medical science tells us that researchers have absolutely no idea what causes this disease. From a physiological perspective, it can be seen that cancer is mutated or uncontrolled cellular growth. So, the medical community actually does know what causes cancer but is reluctant to admit it. This reluctance is based on economic and political considerations.

The doctors who say that cancer can be cured through dietary changes and increased nutritional supplementation are drummed out of the medical community. To cure cancer or to admit its cause would create financial havoc in the world economy, because we would not be able to change quickly enough to a non-cancer causing system of economics. Everything we are currently doing would become invalid. Therefore, the truth of the situation is played down, rebutted, and ignored, and the people who bring up the truth are generally discredited or silenced.

The truth is easy to see when you examine the facts about cancer. There really is no mystery. Cancer is a general term for forms of new tissues that have no controlled growth patterns. These tissues, at a cellular level, are produced by a growth of mutated cells. Mutated cells are generated within the body when certain cells are affected by mutagens. Mutagens are any chemical or physical agents that cause a gene change (mutation) or speed up the rate of mutation.

In essence, cancer is a disease born out of a man-made chemical interaction at a cellular level. The chemicals enter the body through the food chain, as well as through the air we breathe and the drinks we consume. In an internal atmosphere, a chemical “fire” is ignited. As it burns and smolders, its “smoke” or cells spread, and as it spreads, it consumes or infects everything in its path. Eventually, if left unchecked, the “fire” will destroy the body.

Cancer does not require oxygen to thrive and grow; an illness of this type is called an anaerobic infection. The opposite of an aerobic organism or a process that thrives only in oxygen, an anaerobe is a microorganism that can live without oxygen.

In seeking to understand the symbolic implications of cancer, just as we do with any ailment, we need to go back to definitions of cancer contained in medical textbooks and references, such as *The Merck Manual*. In them, we get the impression that the cause of cancer is “unknown.” When something is unknown in life, it is usually because it is not understood. With that concept in mind, new questions arise: From what frame of reference have we historically looked at this condition? What guidelines and points of reference did we use? Did we ask all of the right questions?

Let us look at how a disease grows within the body. What causes a healthy body to move to a state of ill health? The answer is simple: it is a result of something a person brings into the body. There are four primary avenues of introduction: food, water, air, and light.

The abundance or lack of each of these elements leaves its own distinctive mark on health. For example, the fluorescent lighting that most of us are exposed to every day of our working lives has cumulative detrimental effects. Over time, the skin becomes yellow and heavily creased.

Concerning natural sunlight, there are two distinct outcomes. On one hand, some people have health problems because they don't get enough natural sunlight; on the other hand, we are told that too much exposure to the sun increases the risk of developing skin cancer. Maybe the problem is not the sun at all, but the pollution in the air and the food. Maybe the pollutants in these substances, once they are in our bodies, react with sunlight and create a chemical reaction we call cancer.

Every day, you and I breathe air and drink water that contains various types of chemical pollutants. At any given time, we are eating, drinking, or breathing minute particles of toxic pollution that alter the systems within the body and create conditions that cause weakness or vulnerability, compromising the integrity of certain systems and leading to many health problems, including cancer.

By the time an individual is seventy years old, he or she may have had a form of cancer up to six times. One difference between those who manifest

it and those who do not is the immune system, your body's first line of defense.

If you understand symbology, you are constantly aware and in prime defensive mode. Even though you do not have a defensive attitude, you know that you need to be in control. You know everything you are dealing with and can make the proper decisions, because you see it clearly and deal with it from a position of strength. This leaves no room for failure, which can lead to feelings of guilt, resentment, or possibly even blame, and this continual barrage of strong emotions contributes to the development of cancer.

Warning signs for cancer may be a change in bowel or bladder habits, a non-healing sore, unusual bleeding or discharge, a thickening or a lump in the breast or elsewhere, indigestion or difficulty in swallowing, an obvious change in a wart or a mole, a nagging cough, or continuing hoarseness.

Recall that medical science defines cancer as a tumor or various forms of new tissue cells that lack a controlled growth pattern. Cancer cells are mutated cells with uncontrolled growth that usually invade and destroy normal tissue cells. A cancer tends to spread to other parts of the body by releasing cells into the lymph system or the bloodstream. In this way, cancer cells can be carried to a spot in the body that may be far from the first site or tumor.

The first site of cancer is sometimes called a primary cancer, and the tumor that grows as a result of the cancer spreading is called a secondary cancer. A secondary cancer is often detected before the primary cancer can be found.

Cancer has many different causes, including viruses, too much exposure to sunlight or X-rays, smoking, and chemicals in the environment. Cancer is also a broad term describing any of a large group of diseases, in which malignant cells are present anywhere in the body. The most common sites for the growth of cancerous tumors are the lungs, the breasts, the colon, the uterus, the mouth, and the bone marrow. Many cancerous tumors or lesions are curable, if found in their early stages.

The First Step

The first step in physically dealing with cancer is to modify your diet. Look at the foods you eat on a daily basis, and if yours is the typical American diet, the need for dietary change is obvious. Begin immediately to increase your regular intake of fresh, organically grown raw vegetables and fruits.

Fresh, organically grown foods are full of energies that promote vitality, compared to cooked, frozen, or canned foods. Organic farming methods also mean that fewer chemicals will ultimately be introduced into the body. Cooked foods, conversely, produce a lifeless type of energy in the body. Heat destroys the vitamins and the enzymes within foods that stimulate the life force within the body.

Let us go back to the concept of “unknown” causes again. We begin to see that the substances, the foods, and the pollutants that enter the body play a role in affecting our health; our diet plays the main role.

If you knew that certain foods were bad for you, would you continue to eat them? For most people, the answer would be an immediate and resounding no. However, some people do continue to eat the foods they know might be detrimental to their health. Why?

The answer is in the human thinking process, wherein can be found the true cause of cancer, as well as other diseases. Every action and reaction that you have begins within your mind. There is not one interaction you can think of that is not directly related to a particular thought.

Every choice you make, including your food selection, is the result of emotional associations and desires buried deep within your subconscious mind. Advertisers use this psychological tendency to their advantage in crafting their commercial messages.

Newest Approach

I'm sure you have seen TV commercials advertising the new class of drugs for cancer that is based on stimulating white blood cells in the immune system. These protect the body from invaders and foreign substances.

Strengthening through nourishment is something that those of us in the health food industry have been saying for decades. Your immune system is your first line of defense.

Your immune system is very much like the U.S. Border Patrol. Its agents patrol the countryside, and when they stop someone, they ask for identification. Your immune system is doing the same thing. It is constantly surveilling your body, looking for cells that don't belong. When it finds them, it seeks to eliminate them.

However, if your immune system is not strong, and if your body is overwhelmed with toxins that corrupt thousands of cells simultaneously, then your immune system will not be able to eliminate all of those corrupted cells. Therefore, some of them will continue to grow and will manifest as a tumor or a cancerous situation.

It's also essential to understand the symbolic significance of where the cancer grows in the body. This will provide you with the ability to identify the emotional conflict. Once you understand that conflict and you gain control over the emotional reactions engendered by the conflict, you will be on the path to healing without a reoccurrence.

Chemical Pollution

Chemicals are identified as a major source of mutagens. What are the sources of these chemicals? Unfortunately, chemicals are everywhere—in our food, the water we drink, the air we breathe, and the substances we rub on our skin. It is virtually impossible to eliminate them from our world at this stage. In fact, the amount of chemicals in use is so staggering that we may have created a cancerous situation for the earth as well, which—if we do not correct our ways quickly—will kill the planet. Earth is a living entity, too, and can only take so much abuse and neglect.

In addition to polluting the planet, we have disrupted its own natural feeding-and-replenishing cycle. We have depleted the soil of nutrients and contaminated it, so that it no longer supports life in the same abundance it once did. The vegetables, the grains, and the fruit produced in this soil are nutritionally depleted, as are the animals that graze on the grass growing in it. All living things that require the soil as a source of nutrients are undernourished because the soil is sick, and so are we.

Why doesn't the government regulate the harmful chemicals and ban them from human consumption? As for government involvement, or the lack thereof, could it be that commerce in the pursuit of profit and dollars is more important than the conservation of life—the planet's and ours?

The Breath of Life

Let us begin with air. To survive, we need to breathe air—oxygen. Without air, we are physically dead. Air is symbolic of spirit, the heaven in which God dwells, and without spirit, we are also dead on the inside . . . empty shells. What is the symbolic significance of the fact that our air is loaded with chemical toxins?

We will start by defining chemicals. A *chemical*, in the sense that I use the term, means a substance made by man. These substances are either ingredients in manufactured products or by-products of the manufacturing process.

Man creates all manner of products, ostensibly to make our lives better. But what kind of better are we talking about? Do we mean emotionally better? On some levels, yes. We think if we have a bigger, better, brighter car, our lives will be better. True? Not at all. A car is just a vehicle we use to get from one place to the next. You purchased the type of car you drive to satisfy a particular ego need, regardless of the sales presentations about engineering.

The bottom line is this: you buy something that tells the rest of the world who you think you are and where you are financially. In that process, we have created chemicals that are, in truth, toxins that pollute not only the air, but also the water and the land. Through our own needs and our emptiness within, we have created toxins as by-products that destroy every part of our lives.

Spiritually, we have multiple religions in the world, telling us how to live. Not all religions or the people who follow them live in accordance with the true Universal Teachings. As a way to understand and see the truth in that, look around at how much murder and mayhem are happening in the world. You can see how many different religious factions are fighting one another every day (each of them full of anger and hatred). You can see the lack of understanding, love, or acceptance, as greed and attempted domination rule the day. These attitudes and situations also generate by-products full of chemicals that create toxins in our system.

Essence of Life

Water, like air, is essential for our existence. Water is symbolic of our material life. Without it, we would dehydrate and die of thirst. In viewing the symbology of air and water, we can see that we are in reality both material and spiritual beings: two in one house. We are part spiritual being and part ego persona, each half with its own set of directives. You might say man is a house divided.

Substance of Life

Another aspect vital to our existence is the land on which we grow our foods. Major commercial farms use chemicals to grow the plants they cultivate for food. These chemicals are drawn into the plant and become part of its structure; we then consume these additional chemicals from the land.

The symbology involved here is that the land represents our body and the physical plane. All of the chemicals are symbolic of man's erroneous thinking; they corrupt the natural process of growth and development. This is especially true of our spiritual and mental capabilities. When people lack understanding of the inner self and emotional control, it can create a familiar situation, underwritten by uncontrolled patterns of behavior. Because we live with man-made misconceptions every day, there is the potential for anger, resentment, guilt, and frustration: all factors that cause cancer.

What you must do is take an inventory of your own life, identify the situations that produce anger, and then seek to understand why. Only within yourself will you find answers, because your concepts, expectations, and memories are unique to you.

Most other people can offer you only man-made theories in the way of guidance. Of course, there are those who do counsel from the Universal Teachings, based on the Universal Laws, but they are rare and hard to find.

How the Body Deals with Toxins

It is a known fact that 70 percent of your immune system is in your intestinal tract. There, it protects your body from invasion by "germs," meaning bacteria, viruses, and fungi. However, sometimes those creatures will get through the intestinal wall and end up in the bloodstream. Once

there, they will multiply and affect your body. The immune system may let toxins in the diet slide, because it doesn't know that they pose a threat.

Now the toxins are floating in your bloodstream. They cause havoc, because your body is divine and will use whatever is in your bloodstream for building material. When that happens, a toxin can damage a cell or the body in one of three ways. First, it can corrupt and damage the DNA. Now the cell does not look right, nor does it function properly. This is the beginning of the foundation for disease, as well as aging.

There are two other ways that toxins damage the body. Within each cell, there are genes. One of the functions of the genes is to manufacture proteins. Your body runs on enzymes and proteins. Now visualize a picket fence, and a toxin comes along and opens the gate. As a result, you lose the ability to manufacture the protein that will hunt down and destroy tumors.

Now imagine that the gate is open, and a toxin closes it. The cell begins to multiply, rapidly and uncontrollably; that is cancer. So you can see how chemicals in the air, the food, and the water can corrupt your cells and kill you.

Your body does make an effort to protect you, even before the immune system goes into action. It does so when the blood, with toxins in it, flows through the liver. The liver will try to detoxify or render harmless those toxins. It will convert them into a harmless liquid, gas, or solid for elimination from the body. What cannot be rendered harmless and eliminated immediately will be stored in the fat cells of the body.

Viruses

In some medical circles, cancer is being examined as a viral disease that has been able to flourish because the body has lowered defenses. This is brought on by an improperly functioning immune system and stress. As research continues to focus on this aspect of the disease, it is becoming very clear that stress is a major factor in weakening the body's immune system.

Stress taxes the adrenal glands, which secrete hormones that carry messages to the other glands on how to perform or what hormones to manufacture. When the adrenal glands are stressed and begin to falter, the immune system also falters. All of the body's glands are tied together in a

complex system, and each and every aspect of life within the body is interdependent. This is why it is so important to maintain proper nutritional balance. In this way, you are providing the system with the ingredients it requires to function properly in a state of optimum health, thus eliminating opportunities for disease to take hold.

Free Radical Damage

Free radicals are created within the body through natural processes. Another way that they manifest in the body is through the substances we ingest: certain elements in the foods we eat, the liquids we drink, the products we apply to the skin, and the air we breathe.

The way a free radical affects the body is through this process. A free radical has an oxygen atom missing an electron in its outer orbit. In this case, the oxygen atom seeks an electron and will steal it from wherever it can. This, in turn, creates a chain reaction, because the atom that had an electron taken will also seek to balance itself out. So you can begin to see the chain reaction that will occur. This is why free radical damage is a cause of disease, up to and including cancer.

Everything in nature seeks to balance itself, except man.

Emotional Causes of Cancer

There are four emotional energies that can manifest physically as cancer: anger, resentment, frustration, and guilt. Each of them influences thoughts, feelings, actions, and reactions within the mind. The real significance of these energies and cancer concerns how those particular concepts operate in your life.

All of the different energies in your earthly existence operate in specific areas of your personal life and expression. For instance, the energy of enthusiasm, which may be a prominent energy for you, operates in one area of your life, such as in your work, while the energy of despair operates in another, maybe in relationships or finances. Multiple energies are at work all of the time, in every area and on every level of each person's life.

Learning to identify the energies that influence you gives you a degree of control over them. From that position, you can begin to effect change that will lead to balance and harmony. This will manifest in every area of your

life in the course of time, and this change will be proportional to the depth of your understanding and the degree of control you exercise.

How can you identify the aspects and energies that you need to change? Let us examine the different types of cancers and where they affect the body. More than one form may be at work in a cancerous condition. To better understand the true significance of the concepts involved, examine the body part affected.

Strong Emotions

Looking at cancer as a tumor or as a formation of new tissue cells that lack a controlled growth pattern makes you wonder what that means, symbolically. Stop and think about anger, guilt, resentment, and frustration. If an individual allows those emotional energies to permeate the mind, they will influence thought patterns. When you have no control over your emotions and thought processes, these aberrant thought patterns have an uncontrolled growth pattern. They will begin to infiltrate every area of your life, affecting or corrupting your perception, and will alter the way you look at things, ultimately impacting your evaluations, interpretations, actions, and reactions to people and the things they say and do.

Once you look at things from a shaded perspective, you begin to react differently. Emotionally, you may begin to lose control and may draw on malignant thought patterns that can knock you so far out of control, there is no telling how they will influence your actions. Nor is there any way to determine how they will manifest within your body.

Normally, when we think about lack of control, we think of ending up in anger-producing situations, which often involve an element of retaliation. If you attack or offend others, they, in turn, will ultimately attack and offend you. Conversely, if you internalize your anger, it will attack and consume you, and you may end up with a cancerous situation.

Another characteristic of cancer cells is that they usually invade and destroy normal tissue cells. The symbolic parallel is seen when you lose control over your thoughts and your thinking process. You begin to scan around and mentally start looking for all of the reasons to justify the anger, resentment, or guilt that manifests in your life.

In the areas where there is harmony, you look to find disharmony; in areas where there is acceptance, you look for rejection; and where there are

completion and success, you look to find incompleteness and failure. In all of your actions, you allow your uncontrolled thoughts to infiltrate everything that is already well established.

By definition, a cancer also tends to spread to other parts of the body, through either the lymph system or the bloodstream. Consider the symbology of the lymphatic system, a system designed for cleansing. The body has an ongoing cleansing process designed to keep it free of accumulated toxins, too many of which will sicken and possibly kill you. Toxins will interfere with the normal functioning of cells and systems, infecting, polluting, corrupting, and even destroying your body. Ergo, that which we do not cleanse from our system kills us, be they physical toxins from the physical body or toxic man-made thoughts from the spiritual one.

The material body is a direct reflection of our deepest inner thoughts, as shown in the Universal Teaching "Whatever is within us will manifest without." Put another way, you become what you eat and think. Using this framework, it is not too difficult to see cancer as a direct result of toxic thinking.

Continuing with our definition of cancer, let us consider how the disease spreads through the bloodstream, which nourishes every part of the body. Thus, it is easy to understand how cancer cells can spread everywhere. The symbology of the bloodstream is in the blood cells, which carry oxygen throughout the body and are one of many symbols of spirit. You will recall that oxygen (air) is symbolic of spirit, because God dwells in the air (heaven).

Although the first site of cancer is called the primary cancer, the tumors that grow are usually at a secondary cancer site, which is often detected before the primary cancer can be found. So, what you may see in your life when you react to something is only the superficial side of the situation or that which is most apparent, much like the secondary cancer site. What you may not see is the root cause of the anger, resentment, or frustration that is stimulating your reaction. You have not found the primary concept, the primary source of antagonism or aggravation.

The basic concept that makes you believe you are guilty, unworthy, inadequate, and so on, is the primary cause of the disharmony. In all diseases, there is a primary cause that sets the stage for disharmony and disease.

To bring about a cure or to arrest a condition and stop it dead in its tracks from spreading, you must understand what supports, nourishes, and promotes it. All of those things that contribute to its uncontrolled growth and rage must be identified, dealt with, and—most certainly—controlled.

Viral Causes

Of all of the different causes of cancer, viruses are the most interesting. A virus is a life form that comes into our system and affects the body. From another point of view, life forms are symbolic of thoughts, and just as chemicals are symbolic of thoughts, viruses symbolize a specific kind of thought.

A virus is a thought that is presented to you from an outside source, a thought that has power and a life of its own. If you allow someone else's thoughts to dominate your life, then it is easy to see how anger and frustration are born. It is also easy to see how guilt arises, when you do not follow what you are told. Listen to the words of people and how they communicate with one another, especially in a family setting, and how guilt is used as a tool to control and dominate.

Anger and frustration also result from constantly being put down and humiliated: "He is not bright enough." "She is not pretty enough." These negatives can produce incredible resentment. Is it any wonder we grow sick, based on what we hear and on the viral thoughts implanted into our belief systems?

Excess Sunlight

Overexposure to sunlight, X-rays, or microwaves is another suggested cause of cancer. Although it has been proved that cancer results from X-rays, or radiation, I do not personally subscribe to the belief that sunlight causes cancer. I believe that is more of a man-made construct and a way of keeping people ill, because sunlight is essential to manufacture vitamin D in the body. Keep in mind: moderation in all things.

Vitamin D is a fat-soluble vitamin, meaning that excess amounts of it can be stored in the body's fat tissue. It is known as the "sunshine" vitamin, because the action of the sun's ultraviolet rays converts a form of cholesterol present in the skin into vitamin D, which aids the body in assimilating calcium. This is important symbolically, because calcium is symbolic of strength.

Let us look at all of the other functions of vitamin D. It aids in the absorption of calcium from the intestinal tract and also helps with the breakdown and assimilation of phosphorus, which is required for bone formation. Vitamin D helps synthesize the enzymes in the mucous membranes that are involved in actively transporting available calcium. It is particularly important for the normal growth of children and also helps the body maintain a stable nervous system, normal heart action, and normal blood clotting—functions related to the body's supply and use of calcium and phosphorus. Vitamin D is most effective when used in conjunction with vitamin A.

Tobacco

Smoking is a very specific act that causes cancer. It poses a threat for smokers and nonsmokers alike.

The smoker is trying to fulfill two driving forces: the need to present a particular image and the need for nicotine. Each brand of cigarette paints a different picture, designed to appeal to a different aspect of ego or personality type. For example, the Marlboro man is portrayed as rough, rugged, and manly. Other brands may stir feelings from a different aspect of personality; for example, Virginia Slims portrays those who smoke their cigarettes as sleek and elegant. Marketers know that most people are insecure and lack self-acceptance, to some degree. To capitalize on these emotions, marketing messages present many images that demonstrate how to be happy, fulfilled, and successful.

Advertisers play on people's weaknesses and perceived needs, which in truth do not exist. People are whole and complete, because they are part of the Creative Force that is God. Nonetheless, we don't believe this, we don't accept this, and, therefore, we have an emptiness within that we try to fill with external things: gold, money, cars, sex, drugs, wine, whiskey, or cigarettes.

Our own frustrations in life drive us to any of the "pleasures" that we seek to make us feel whole and complete. Smoking is one of them. It paints a picture that we want to be a part of, because we want to be happy. Many people are angry, however, and frustrated that they are not happy, content, or successful, so they become open to the energies that produce cancers in the body on different levels.

There is a Universal Teaching that says, “Excess leads to rejection.” This does not imply that you can smoke tobacco in moderation without causing harm. Smoking has been shown to be detrimental to the lungs. This means that the more you attempt to attain something by a certain means but do not reach the goal, the more you will continue to do it. The more you do it, the more imbalances you create. A perfect example is a person’s love of a particular food. How often have you heard someone talk about how he or she loved a certain food as a child but can’t stand it now?

Nutrients to Support the Immune System

In regard to the nutrients that prevent or cure cancer, suffice it to say that every nutrient is absolutely essential in battling cancer. Some are especially important, such as selenium, astragalus, and the Chinese mushrooms: reishi, shiitake, and maitake. Cordyceps, which is actually a fungus, is also effective. In Japan, cordyceps is the first “herb” they use to combat cancer. All of these mushrooms are wonderful for strengthening the immune system, and that is one of the things you must do with cancer.

The best nutritional approach to prevent or combat cancer is a comprehensive daily foundational program that includes all of the nutrients available today. Of course, some nutrients have a more vital role than others. A prime example is vitamin A, which happens to be my favorite nutrient for this reason. Vitamin A nourishes every mucous membrane that is exposed to the environment. Therefore, vitamin A is your first line of defense. The second and more important aspect of vitamin A is that it goes to your thymus gland, where it facilitates the maturing of your T lymphocytes, a type of white blood cell.

To strengthen the immune response and battle cancer:

- Vitamin A
- Folic acid
- Pantothenic acid
- Vitamin B-6
- Vitamin C
- Selenium
- Zinc
- L-cysteine
- Astragalus
- Codonopsis

Echinacea
Ligustrum
Reishi mushroom
Graviola

Frankincense oil

With this item, one must use it sparingly. Too much can be very harmful.

What the Nutrients Do

Vitamin A and Vitamin C. These should always be included in any formula designed to fight disease/infections.

Nothing is more stimulating and nourishing for the thymus gland than vitamin A, which affects cell-mediated immunity.

Vitamin A and beta-carotene, a precursor to vitamin A, have been found to protect against cancer in humans.¹ Higher intakes of beta-carotene² and vitamin A³ are associated with a lower risk of cancer, and beta-carotene has been found to have specific anti-tumor activity in animal studies.⁴

¹. T. Kummet, F. L. Meyskens, and T. E. Moon, "Vitamin A: Evidence for Its Preventive Role in Human Cancer," *Nutrition and Cancer* 5(2) (1984): 96.

². M. Lepper, S. Liu, C. Maliza, W. J. Raynor, A. H. Rossof, and R. Shekelle, "Dietary Vitamin A and Risk of Cancer in the Western Electric Study," *Lancet* (1981).

³. E. Bjelke, J. J. Gart, and G. Kvale, "Dietary Habits and Lung Cancer Risk," *International Journal of Cancer* 31 (1983): 397.

⁴. M. M. Matthews-Roth, "Antitumor Activity of Beta-carotene, Canthxanthin, and Phytoene," *Oncology* 39 (1982): 33.

Synthetic forms of vitamin A have been used to correct pre-cancerous conditions⁵ and to treat cancer itself.⁶

Vitamin C, or ascorbic acid, has its own history when it comes to fighting disease and infections. It has prophylactic and therapeutic effects in pathologic conditions. Studies indicate vitamin C modulates cyclic nucleotide levels in B-cells and T-cells, a process that may mediate immune reactions.⁷

Pantothenic Acid. This nourishes the adrenal glands, which in a weakened state can allow the immune system to become debilitated. It is also involved in energy production.

Vitamin B-6. It is vital because of the role it plays in antibody and red blood cell production. The presence of vitamin B-6 also increases the number of T-cells. T-cells are phagocytes, white blood cells that are matured by the thymus gland.

Zinc. This mineral plays an important role in nourishing the thymus gland, as well as liberating vitamin A from the liver. A zinc deficiency impairs phagocyte function, cellular immunity, humeral immunity, and their inter-communication.^{8,9}

⁵. J. Gouveia, F. Gros, T. Hercend, G. Lemaigre, G. Mathe, G. Santelli, et al., “Degree of Bronchial Metaplasia in Heavy Smokers and Its Regression after Treatment with a Retinoid,” *Lancet* i (1982): 710.

⁶. D. S. Goodman, “Vitamin A and Retinoids in Health and Disease,” *New England Journal of Medicine* 310(16) (1984): 1023.

⁷. P. Katz, R. S. Panush, G. Powell, et al., *International Journal for Vitamin and Nutrition Research* 53 (1982): 61–67.

⁸. G. T. Deusch, S. D. Waksal, and C. S. Wilson, *Nutrition, Host Defenses, and the Lymphoid System in Advances in Host Defense Mechanisms* 2 (New York: Raven Press, 1983).

⁹. P. Fraker, *Surv. Immunol. Res.* 2 (1983): 155–164.

L-Cysteine. This amino acid is active in the production of antibodies.

Echinacea. This herb is a very powerful immune booster that stimulates interferon production and helps cleanse the lymphatic system thoroughly. Echinacea normalizes the white blood cell count and stimulates intracellular processes that destroy pathogens, such as viruses and bacteria.¹⁰

Blood Cleanser

This is the environment where toxins pose the greatest danger to the cells. Your body has an ongoing detoxification system. It requires four fundamental minerals: iron, zinc, manganese, and molybdenum. If any of these nutrients are lacking or diminished, that in turn will impair the effectiveness of your detoxification system. Some herbs that can be used to clean the blood are red clover, yellow dock, burdock root, and echinacea. Echinacea is known to stimulate interferon production.

Liver Cleanser

The best nutrients to break up fatty deposits in the liver:

Choline, inositol, methionine, and lecithin.

Choline, inositol, and methionine are called lipo-tropic nutrients. *Lipo* means “fat” and *tropic* means “heat.” In essence, they are fat-burning nutrients.

The problem is that because people eat saturated fats, hydrogenated fats, and trans fats and some drink alcohol, all of these substances gum up the liver and, in doing so, reduce its capacity to detoxify the bloodstream. You can see the necessity for having a healthy liver when you're dealing with cancer and any kind of a toxic situation or toxic physical environment.

Two herbs that are fabulous for the liver are dandelion root and milk thistle.

Milk thistle has the ability to stimulate new cellular growth. This means you could actually rejuvenate your liver.

Free Radical Scavengers

¹⁰. H. W. Felter, *The Eclectic Materia, Pharmacology and Therapeutics*

(Eclectic Medical Publications, 1983, first published in 1922).

The best nutrients to reduce free radical damage:

Vitamins A, C, E, acai, resveratrol, pine tree bark, grape seed extract, and the spice rosemary.

Symbology of the Nutrients Listed Above

Zinc. This mineral nourishes the thymus gland and plays a role in liberating vitamin A from the liver, which is another source of nourishment for the thymus. Zinc has many different functions within the body. Some of them deal with taste and smell—which are two defense mechanisms—and reproduction. From that perspective, zinc is symbolic of the thoughts that contribute to courage, confidence, and expression and represents protection from negative forces.

When your ability to discern spoiled or adulterated foods is compromised, you are susceptible to being poisoned. The same holds true for toxic thoughts that are presented in tasty, fragrant ways. In this instance, a lack of zinc would denote that the inability to defend and express the self leads to anger and frustration, two of the causes of cancer.

Symbology of Malignancy at Various Locations in the Body

Another characteristic of cancer is that there are malignant cells present, which means the tumor or the condition could get worse, may be spreading, and could cause death. No matter how you look at it, you are in deep trouble if you are dealing with malignant cells. Symbolically, you are dealing with malignant thoughts, thoughts that will ultimately kill you if not brought in check, and if they are not identified, understood, and controlled, they will spread.

Based on findings reported in medical journals, the most common sites for cancerous tumors are the lungs, the breasts, the colon, the uterus, the mouth, and the bone marrow. Let us look at each of these areas from a symbolic perspective.

Lungs

The lungs are the organs with which you process air (spirit). They take the oxygen out of the air and draw it into the bloodstream, so, from another perspective, your lungs are symbolic of your courage and faith in the self. A working faith is the foundation for courage, and these are but two basic

elements of true spiritual power. They serve you when you must act on the truth of a situation. A working faith comes from the knowledge that you are a part of God; therefore, you would never be placed in a situation that you could not master or overcome.

Because of the nature of the material plane, our lives are loaded with misconceptions. These man-made ideas of how things should be were presented to us from birth, and we absorbed them as truth and built our lives on them. We draw on those beliefs when confronted with an event, a situation, or a person.

Problems arise when what you need to do is in conflict with what you think (believe) you can do. Often, when these two directives are in conflict, the result is physical disharmony. Therefore, all diseases of the lungs revolve around self-doubt and a lack of faith.

Symbolically, the lungs deal with faith in the self because they represent drawing in spirit. This is another situation where doubt and fear allow anger, resentment, and frustration to manifest. Because a person has self-doubt regarding his or her ability to deal with the forces and situations of life, that individual becomes frustrated. The thought or situation eats away at and literally consumes the person, just as cancer does.

Breasts

This is a site of high incidence of cancer in women, although men develop breast cancer as well.

There are many concepts of female self-expression tied in to the breasts; the breasts are a key symbol of womanhood. Breasts are also considered by most cultures as one gauge of a woman's attractiveness, as well as of her potential to be a mate and a mother.

Many women are prone to developing breast cancer because they may feel guilty—or angry—about the role they are living. Perhaps the woman's position in life is subservient, leaving her frustrated because she has no freedom to speak or express herself. Some women may feel that they were supposed to have been male but were born female instead. While there are many areas to be explored when a woman develops breast cancer, in the end the symbolism goes back to self-expression, or how one expresses oneself as a female on the material plane.

Colon

The colon is really the “bottom line” for all of us, on many levels. It is an integral part of the elimination/cleansing process. The body must constantly cleanse and eliminate harmful wastes, before it becomes toxic.

To advance emotionally, spiritually, and materially in life, one must cleanse and eliminate toxic thoughts. As with any substance held internally, if you hang on to that which no longer serves or works for you, you will ultimately compromise and destroy yourself through autointoxication.

This is analogous to what happens in the colon. Most people have one, maybe two, bowel movements a day, a holdover from our potty-training days. Being in the workplace is also not conducive to evacuating our bowels as frequently as we need to, so we suppress the urge and hold on to that fecal matter for release at a more convenient time. From a physiological standpoint, the body is reabsorbing toxins from this waste matter as it sits in the colon, waiting to be evacuated. It is no wonder that cancer occurs in the colon because of all of the additives, the colorants, the preservatives, and other chemicals in our diet.

Wastes that are not eliminated become toxic and then poison the body. Thoughts that are not in keeping with Divine Truth but that are maintained as a way of living life are also a type of waste, and this waste must be eliminated before it becomes toxic to the self. In both instances, the toxins will destroy the person on every level.

Symbolically, we know when our thought “diet” is poisonous to us, if it is a diet of falsehoods, a diet lacking true Universal Teachings based on Divine Truth, truth that is applicable to everyone because everyone is a part of God.

When we fail to eliminate the man-made misconceptions from our belief system, they are at work all of the time, polluting our true inner selves, and they are killing us.

Uterus

The uterus relates to female expression. It is where children are nurtured before they are brought into the world. This is also where thoughts are nurtured before they are expressed.

If a woman has cancer of the uterus or any part of the reproductive system, there is a tremendous amount of anger, frustration, resentment, or guilt present in her ability to create. She feels denied, is suppressed, or is rejected because of it. This also applies to breast cancer, where rejection and fear definitely play a part in developing the disease.

Remember that every source, every single energy that creates a reaction in one area has a reaction in other areas as well. Rejection can bring about anger, guilt, or resentment, and once feelings of rejection are experienced, there can be overcompensation to avoid it. That, in turn, sends out the energy of obligation to someone else, who then reacts from an anger/resentment point of view, and the anger is returned. Thus, a destructive cycle develops between any two human beings who are working at things from patterned reaction points. Patterns flow in a very specific cyclic fashion, and every action has a reaction. Cancer of the reproductive system deals with another aspect of self-expression, an aspect of creativity.

Again, there is a possibility that the woman feels guilty about being a woman and guilty about bringing forth personal expression (life) into the world.

Remember that it is vital to understand each area of the body affected by the cancer, because cancer needs to be more specifically comprehended. Your perceptions should be fine-tuned, in order to get back to the root cause, the primary concept, and the physical site.

Mouth

Through your mouth, you express yourself, communicate. In addition, you take nourishment in for the body through the mouth. Another way of putting it is that you provide for yourself through your mouth.

When there is cancer in the mouth, one feels a tremendous amount of guilt and frustration in one's ability to express oneself. There could be anger and resentment about what one is forced to consume through the mouth.

Essentially, the individual is dealing with forced or imposed consumption, as well as difficulty in expression. It is interesting how many people, males and females, have difficulty in truly expressing themselves. The amount of doubt and fear that permeates our society today is staggering.

The same fear and doubt permeate religious teachings. Teachings that should be giving us faith and hope do nothing to provide us with courage

and confidence to deal with day-to-day issues of living. Of course, it is also taught that you are unable to effectively deal with your life on your own. Therefore, you need an outside force greater than yourself to help you cope. If anything, man-made religions instill guilt, doubt, and fear.

In truth, when you understand the concepts and forces affecting your life and exercise control over your emotional reactions, you are in harmony, within and without, and this harmony is reflected by excellent health. Whatever your life is about, it is a reflection of what you are going through internally, on both conscious and subconscious levels.

Bone Marrow

Bone marrow produces antibodies, T-cells and B-cells, for the immune system. Your bones also represent inner strength and your ability to support yourself.

When people feel that they cannot defend themselves, cancer of the bone marrow occurs. This is true on both the emotional and the material level. When people feel that they cannot defend themselves, they are helpless in the world, and that alone is enough to generate anger, resentment, and frustration. Caught in such a belief system, they feel inadequate to the task at hand, and that is enough to eat them up alive. Once again, we can see how cancer can develop and consume a person.

One must also remember that God would never place an individual in a situation that he or she could not master. Never! The understanding here is that no matter what you are involved in, you are 100 percent capable of mastering it. All you need to do is understand which concepts you are working with that are shading your perception. These same concepts are motivating you to act in certain ways, which creates reactions from other people, and their reactions cause you to respond and act in yet another way.

Life is really about you reacting to people who are reacting to you. Your perception and understanding bring everything back to the self, as they should. They take you to the Doctrine of Personal Responsibility, which in essence means that you are totally responsible for everything that happens to you, including the diseases you live with.

Interestingly, many doctors say that some cancers are curable, if found in the early stages. What could be a better determination or a better validation

of awareness, catching something not only on a physical level, but on the thought level as well. If you can identify what you are going through and what you are about early on, then you have an opportunity to begin to control that energy as it manifests in your life. Through that control mechanism, you can begin to alter your own personal reality.

Learning to have eyes to see the things you and others do and ears to hear what is said will lead to a heightened awareness. Remember that symbols come in many different forms of sight, sound, and physical contact. They also tell you which part of the cyclic expression of your particular pattern of behavior you are drawing on to deal with the symbolic stimuli.

Look around, and pay attention to what is going on in your life. That way, you can realize where you are in the cycle. What kind of result, based on subconscious expectations, are you creating with your energy? What energies of expectation are you sending out, and what energies are you magnetically drawing back to yourself?

Nothing stands alone in the universe. Everything and everyone is interconnected, and this is something you must bear in mind. For healing resolutions to take effect, it is essential that you understand that the nature of your disease is of your own doing, and that it is based on concepts you have brought with you or accepted from others, concepts you must understand to gain control over and resolve in this life cycle.

Symbology of Cancer's Warning Signs

Change in Bowel or Bladder Habits

The warning signs of cancer are also symbolically interesting, because the first one that doctors list is a change in bowel or bladder habits. It is interesting because both your bowels and your bladder are part of your cleansing and elimination systems. This tells you that if you don't take the time or make the effort to eliminate the toxins from your thinking and from your body, they will accumulate. In their accumulation are the seeds of physical disharmony—the thought seeds of frustration, anger, and resentment.

It is amazing how often we keep coming back to the same causative factors. The unwillingness to eliminate toxins from the body will cause serious consequences in the elimination system first, and then, as the

toxins accumulate and progress, they create mutagens at a cellular level; thus, cancer is born.

It is no wonder that with everything going on in life—from the physical level to the man-made thought level—one out of three people will end up with cancer. This is because of the man-made teachings we have been taught regarding how to act in, and react to, certain situations in life. Life can produce frustration, anger, and resentment, and on top of that are situations other people create to make you feel guilty.

The other side of all of these energies is made up of positive manifestations, based on courage and confidence. Having excellent health is one example. The flip side of anger is acceptance and love, and the opposite of frustration is a feeling that is easygoing and smooth flowing, with ease of accomplishment and ease of understanding. The opposites of resentment are acceptance, forgiveness, and an embrace of life. Embrace people for where they are and what they are. Why resent the situation? Look at it as an opportunity for growth.

What is guilt? It is a crippling emotion that makes you feel bad about doing something you wanted to do, kind of like sin. What is sin? Sin is an action you take, based on the need to fulfill a perceived need within yourself, yet the action you take is viewed as sinful by others, because it is not in keeping with their laws, rules, and regulations. It may well be that all of their rules and regulations are so far from the truth that we live in total disharmony because of them. The truth of this perception can be found as we look at the world around us, which is full of anger, war, violence, hatred, disease, corruption, and pollution. These are all reflections of who we are in our thinking.

If you are dealing with cancer on a personal level, you now have an insight into where you are and what must be done. If you catch the cancer now, you may be at a point where you can turn it around and eliminate it from your life. The very first areas to begin are in bowel and bladder habits—cleansing habits. Remove the toxic thoughts from your system, and eliminate the toxic situations from your life. The only way to eliminate anything is to understand it, and understanding is the key to self-mastery, expression, and emotional control. It is also the only key that leads to a true cure.

Non-Healing Sore

That is a great symbol in itself. A sore is an area of great sensitivity within. You would have to look at the body part where the sore exists to know where your greatest sensitivity is. Obviously, something is going on, in which you are so sensitive to a situation that no matter what is said or done, you are beyond the point of healing.

A non-healing sore is a sign that you can no longer deal with life from a position of strength, and your immune system cannot even begin to function at any level of strength. Your whole modus operandi, your whole way of dealing with things, is from a position of weakness. You have an area in your life that from your perception is not healable.

The truth is that there is nothing that cannot be healed. All that is required is understanding. Everything in life can be brought back into balance and harmony with the proper amount of understanding and control.

Unusual Bleeding or Discharge

Doubt and fear have opened up the release of energy and faith from within. Symbolically speaking, we must remember that blood is the lifeline of the body. It is the spiritual aspect of the self-made material (physical) form.

If there is unusual bleeding that will not stop, regardless of the location, it reflects an area of weakness and great doubt, and the doubt will lead down the path toward anger and resentment. To understand the reason for the loss of faith, look symbolically at the area of bleeding or discharge.

Thickening or Lump in the Breast or Elsewhere

If a thickening or a lump has formed at a certain location in the body, it is an indication of where the conflict between concepts on a subconscious level is the greatest, and it is beginning to show itself symbolically. It is not necessarily the primary spot where the cancer is being generated but may be the secondary area of difficulty within the person.

An example of this is when one of the causes of cancer is not expressed, and the area affected is symbolic of the area of conflict. Yet the cause will still remain in the subconscious until it is dealt with by understanding the concepts involved.

Indigestion or Difficulty in Swallowing

This deals with the mouth, the esophagus, and the stomach. Difficulty in swallowing can relate to forced consumption. What are you being forced to ingest? What can't you stomach anymore? What don't you really want to swallow anymore? Do you feel a lot of anger about being forced into something?

Warts and Moles

A change in the appearance of a wart or a mole is another sign of trouble. Warts are little viral enclaves on the body where a virus has taken up residence and rooted itself, seeking to penetrate into the system. Where did the wart come from, and where is it on your body? Which thoughts does this area symbolize?

A mole is a birthmark, and again, this indicates sensitivity in a particular area. Examine the area symbolically.

Nagging Cough or Hoarseness

These symptoms tie into our faith in the self. If you are constantly coughing, you are not able to bring in the full amount of spirit/oxygen that you need, and this creates a situation in which you are not able to draw on the totality of your strength, the totality of your inner power.

Hoarseness takes us back to our inability to communicate clearly, from a position of courage and confidence. The hoarseness would indicate a fear of clearly expressing one's feelings and thoughts. Some people operate from anger, even when they talk with authority, so power may be based on anger. True power—spiritual power—uses a soft voice that does not need to yell or shout, in order to be heard.

Symbology of Cancer Treatments

Surgery

Often, the very first approach to treating cancer is surgery, which reflects how we are in life. If we do not understand something, we want to cut it out and try to eliminate it completely.

You cannot eliminate any kind of a thought process unless you understand it, so to cut something out of a body is useless, from that perspective. If you

have not dealt with the primary site, you have not dealt with the root cause of the guilt, anger, or frustration, so it remains there.

Maybe this is one reason why the survival rate for people who have undergone treatment for cancer with surgery and radiation is only five years—because no matter what you do, if you do not identify and understand the true cause, it will re-manifest in the next area of weakness within you.

Radiation and Chemotherapy

These two forms of treatment can themselves generate other problems. One problem would be the load placed on the liver to detoxify as much of the poison as possible. Both treatments are designed to destroy, but the belief and understanding behind these approaches are that although healthy tissue will be killed along with the cancer, the body will respond by generating new healthy tissue.

Again, you have the same kind of survival rate and the same type of thinking, of trying to destroy something without understanding it. If you do not change the way you think and bring in new, fresh, living thoughts and truth, then you will never eliminate the disease. This is because all diseases are the result of an internal conflict between the spiritual self and the ego self.

You can cut out physical parts of the self, yet there will still be conflict between the spiritual self and the ego self. You are not changing the belief system that the ego is built on; therefore, you have not really changed anything.

In order to bring about a cure for cancer, it is absolutely essential that you understand the cause. The primary cause is the basic concept that you believe about yourself, which is in total disharmony with the truth.

The truth is that part of you, the God within, is always seeking to manifest in love, acceptance, compassion, harmony, and balance. Often, when we try to express ourselves in those ways, we run into conflict with what we were taught. We are never taught to look within, we are not told how wonderful we really are—how divine, full of grace, full of love, or full of personal power we are—and that we are able to accomplish anything we set our minds to do.

If you had cancer of the brain, it would directly affect one or more specific functions of the body, so the areas that first showed signs of deterioration would be a reflective symbol of the concepts in conflict. I use the term *conflict* because every time you develop a disease, it is the result of two different internal drives. On one side is your ego, motivating you toward certain thoughts and actions, in order to accomplish some goal. The ego houses your true self and is the defensive cover you use in the world. At the same time, your ego suppresses your true self from manifesting its ideas, so you have conflict when the ego self and the true self try to express themselves. The conflict creates friction, which sets the stage for a chemical “fire” to take place; cancer is one such “fire.”

If you had cancer of the eye, then it would deal with the way you look at things—with anger or guilt, for example. Maybe you feel guilty about something you have seen and have not been able to understand or deal with. Maybe you cannot bear to look at yourself because of feelings you maintain about a past action.

Perceptions in life are shaded by your belief system, which results from programming based on man-made teachings. Man-made teachings are the ideals, standards, and guides for living that help man control and dominate others, but these teachings are not in keeping with Universal Truth, as expressed by the Universal Teachings.

If you had cancer in the throat and became incapacitated, no longer able to speak, then the conflict would be in concepts tied into communication. When there is conflict in this area of your body, it is a direct indication that you believe you do not have the authority or the ability to speak up. It may be that you were raised in a house where children were supposed to be seen but not heard, or there was a very authoritative parent who constantly shut you down.

Certain thoughts/beliefs within your belief system tell you that you don't have the ability to communicate clearly, intelligently, or effectively. They may tell you that you have nothing of value to say, and all of these types of thoughts and energies lead to suppression. As you grow older and seek to express yourself, because of life's demands or requirements, there is conflict, and one result of this conflict could be cancer.

Each area of the body has its very own symbolic meaning. Therefore, each gland, organ, or system requires a specific set of questions to elicit a clear understanding of the concept at work.

Symbology of the Nutrients

Beta-Carotene (Vitamin A)

This is essential for healthy night vision. What is the symbolic significance of night vision? Night itself symbolizes a time of preparation. It is when, through your dreams, you receive proper guidance on actions to take, based on your personal patterns of behavior. If you cannot clearly see which path to take, then you will proceed with doubt, so it can be said that the night is symbolic of both preparation and doubt.

Vitamin A is also instrumental in protecting you from invasion by outside forces because it feeds the thymus gland, which is the immune center. From here, T-cells rush out to do battle with invading forces. On a physical level, those forces can be allergens, bacteria, viruses, fungi, or toxins from the environment. Symbolically, those external forces can be the thoughts, deeds, and actions of others projected onto you. In essence, vitamin A is an essential nutrient in the defense of the body, as well as the mind.

Vitamin A is important for the outer cellular layer of many tissues and organs, such as the mucous membranes. The mucous membranes are the thin sheets of tissue cells that cover or line various parts of the body that open to the outside. Examples include linings of the mouth, the digestive tube, the breathing passages, and the genital and urinary tracts. The mucous membranes release mucus, which contains water, cast-off tissue cells, mucin, and white blood cells. Mucin is a carbohydrate that is the main part of mucus and is present in most glands that release mucus.

White blood cells, also called leukocytes, help destroy bacteria, fungi, and viruses. They also render harmless poisonous substances that may result from allergic reactions and cellular injury. Leukocytes are produced by diverse components of the body's immune system, particularly by the bone marrow, the thymus gland, and the spleen. Vitamin A is required in that production process.

Folic Acid

Folic acid has a direct nourishing and fortifying effect on the “front line” of the body’s defense system.

It is easy to see the symbology of folic acid when you look at how closely it is tied into how you live your life. Symbolically speaking, folic acid is a fortifier, a vitamin that helps in building and defending your perceptions of the truth. *Truth* is always a relative term, which is why you must know yourself so that you can see the truth of the Universal Teachings and look away from the teachings of man. The teachings of man instill doubt, fear, and other negative attributes that affect your life in an unfavorable way.

On a daily basis, the body requires every nutrient. The daily folate requirement hinges on the daily metabolic and cell-turnover rates, and the requirement is increased by anything that raises the metabolic rate (such as an infection) and anything that boosts cell turnover (such as malignant tumors).

Magnesium

An essential mineral, it activates enzymes necessary for the metabolism of amino acids, which help make antibodies. It helps promote the absorption and metabolism of other minerals, such as calcium, phosphorus, sodium, and potassium.

Magnesium is important in the conversion of blood sugar into energy. Symbolically, magnesium is a facilitator, assisting in the assimilation of thoughts that lead to strength. From a position of strength, all actions taken lead to a positive conclusion, whereas when you act out of fear, doubt, a lack of self-confidence, or uncertainty, the seeds of failure are sown.

Pantothenic Acid

A member of the B-vitamin family, pantothenic acid nourishes the adrenal glands and is also necessary for energy production in each cell.

The adrenals are the stress centers of the body; they go into action when the body’s systems are being overtaxed. When the adrenals are weak, they allow the immune system to become impaired in its ability to function properly; this happens because of the supportive role the adrenals play in immune system health. Limited research suggests that patients with rheumatoid arthritis and hypo-adrenalism should use pantothenic acid, also

known as vitamin B-5, to relieve symptoms and stimulate healing of the tissue.

Symbolically, on one level, this nutrient represents inspiration, due to pantothenic acid's nourishing of the adrenals and its role in facilitating energy production. The adrenals produce hormones that help the body act quickly after making fast decisions. This is reflected in the "flight or fight" concept.

When you face an intense force, you may go into a state of fear, and your reaction to this fear is based on your self-concept and self-confidence. The adrenal glands react to the impulse of fear and send out hormonal messages to signal various body parts how to react.

Vitamin B-6

Vitamin B-6 is vital because of the role it plays in antibody and red blood cell production. The presence of vitamin B-6 also increases the number of T-cells. T-cells are phagocytes, white blood cells that are matured in the thymus gland.

Symbolically, on one level, vitamin B-6 represents balance. In this instance, balance is maintained through the production of the correct amount of white blood cells necessary to keep a person in a good state of health. Vitamin B-6 acts to create balance within the system by increasing the number of mature phagocytes.

It is interesting to realize how important balanced thinking is in regard to gaining strength. Without strength, you may believe you are helpless in dealing with the forces or energies of life. The truth of this perception is seen in the physical fact that a vitamin B-6 deficiency leads to impaired immune response and muscle weakness.

Vitamin C

Vitamin C increases the absorption of iron, which symbolically deals with faith and courage. Iron is a major constituent of hemoglobin, which helps carry oxygen to the cells and removes carbon dioxide and carries it to the lungs for removal. Oxygen is symbolic of spirit, because heaven is located in the sky, or the air, and heaven is symbolic of God's home or dwelling place. Oxygen, therefore, is symbolic of spirit, and because iron is an oxygen carrier, it symbolizes faith and courage.

Vitamin C is also essential for the immune system, because it has prophylactic and therapeutic effects on pathologic conditions. These conditions include infectious diseases and immune deficiency disorders. Vitamin C plays a supportive role in the defenses of the body, as well as ensures that the ability to maintain faith and courage is intact and functioning properly. It should be said that when faith and courage are present, guilt, anger, frustration, and resentment are not as predominant in your life. This translates to diminished receptivity to cancer-causing conditions.

Zinc

Zinc nourishes the thymus gland and plays a role in liberating vitamin A from the liver, which is another source of nourishment for the thymus. Zinc has many different functions within the body. Some of them deal with taste and smell—which are two defense mechanisms—and reproduction. From that perspective, zinc is symbolic of thoughts that contribute to courage, confidence, and expression, and it represents protection from negative forces.

When your ability to discern spoiled or adulterated foods is compromised, you are susceptible to being poisoned. The same holds true for toxic thoughts that are presented in tasty, fragrant ways. In this instance, a lack of zinc would denote that the inability to defend and express the self leads to anger and frustration, two of the causes of cancer.