Breast cancer? Why me and why now?
A fresh look at the facts based on the newest holistic research
Author: Johannes R. Fisslinger, Ph.D.

This seems to be a valid question, right? Why did I develop breast cancer and why now? Breast cancer is the most common cancer for woman and not only celebrities like Cheryl Crow and Kylie Minogue are diagnosed with this disease, but we all seem to know family members or friends, too. But isn't it interesting, that the cause of breast cancer [and most other cancers] "... is not known !". Read medical reference books or websites and you will be as surprised as I was.

Yes, modern medical science has found many risk factors like a person's age, genetic factors, personal health history or diet contributing to breast cancer. But risk factors tell us only if we are at risk and not what the actual cause or origin of the most common cancer for women is.

Did you know that in most cases, it's not known why a woman gets breast cancer and in fact 70% of all women with breast cancer have no known risk factors? That statement alone should make us think.

In 1940, the lifetime risk of a woman developing breast cancer was 5%, or one in 20. The American Cancer Society estimates that risk to be 13% in 2005, or almost one in eight. Aren't we told that we have made huge advances in cancer treatments and is it really true? Or are we loosing the fight against cancer? Have the billions of dollars in research funding gone down the drain? Or did we focus only on the biochemical and mechanical mechanisms of breast cancer without looking at the big picture?

Breast Cancer: Overview of Risks

The majority of breast cancer cases are "sporadic," meaning there is no direct family history of the disease or risk factor involved. Still, reading the list of risk factors is quite a strange experience because many of them are just part of life itself and confuse the issue even more then clearing it up. Known risk factors for breast cancer are:

- **Getting older:** Your risk for breast cancer increases as you age.
- **Family history:** risk factor found only in 5-10% of breast cancer patients. About 75% of women with a family history of breast cancer will not develop the disease.
- **Genetics:** risk factor found only in 5-10% of breast cancer patients. Carriers of alterations in either of two familial breast cancer genes are at higher risk.
- **Other risk factors:** The age at childbirth, early menstruation, late menopause, excessive radiation, weight, alcohol, race, long term use of estrogen, progesterone.
- **No risk factors present:** Approx. 70%.
Do you know what this means? The risk factors we usually hear about and we often believe to be the cause of this disease (genetics, family history, etc.) are present only with approx. 30% of all breast cancer patients. Are you as surprised as I am? First, we do not seem to know what causes breast cancer and second, 70% of breast cancer patients do not show any risk factors! This does not reflect too well on medical science and research considering the billions of dollar spent, right?

Let’s dig deeper and look at the current scientific understanding of breast cancer from a traditional medicine and alternative/complementary medicine point of view first.

**What Is Breast Cancer?**

Traditional medicine has been excellent in diagnosis, monitoring and analyzing the biochemical level of the body and especially tumors. Usually, cells in the body divide (reproduce) only when new cells are needed. Sometimes, cells in a part of the body grow and divide out of control, which creates a mass of tissue called a tumor. If the cells that are growing out of control are normal cells, the tumor is called benign (not cancerous.) If however, the cells that are growing out of control are abnormal and don’t function like the body’s normal cells, the tumor is called malignant (cancerous). ⁴

So the question is what cells are considered benign/normal and which ones malignant/abnormal? If you are a oncologist or doctor then please do forgive me if I am trying to explain this in a simple language, because we as patients should understand the difference, right?

**Malignant or benign breast cancer? What factors decide?**

If a tumor is normal or abnormal is not an easy determination. In our traditional medical system a pathologist will receive a sample of the breast mass cells or tissue after a biopsy. In a lab he will view the sample under a microscope and look for abnormal cell shapes or growth patterns (differentiation: if tumor cells resemble normal cells or lack the structure and function of normal cells; nuclear grade: size and shape of the nucleus in tumor cells and the percentage of tumor cells that are in the process of dividing or growing).

Important to understand is that a pathologist must determine if a tumor is benign and malignant based on how the cells appear through the microscope. The non-invasive, benign cell growth is called intraductal carcinoma in situ (CDIS) or carcinoma lobular in situ (CLIS). The invasive, malignant cell growth (if tissue boundaries have been broken) is called ductal or lobular carcinoma (or breast cancer).

At a certain point (determined by medical standards and the pathologist) a cell growth is considered malignant and the current belief in Traditional Medicine is to fight these out of control symptom [which already assumes a non-intelligent reaction] with full force. Because we interpret the facts of cell growth as malignant, destructive and a sure sign of death, it makes sense to use all means necessary to treat the symptom and therefore prolong life.

The therapy goal in Traditional Medicine is to reduce or eliminate the symptoms, which is achieved by the standard treatments, which have been very similar for the last 30-40 years: chemo therapy, radiation and operation. We do not need to cover the problems these treatments bring with them, because most of us are familiar or have heard about the tremendous side effects.

Contrary to common belief, many independent studies confirm, that the survival rate for breast cancer (and many other forms of cancer) using chemo therapy, radiation, operation have not improved a lot over the last decades.⁵
Complementary and alternative medicine (CAM)

Complementary medicine approaches disease with the understanding that we as human beings cannot be reduced to machines made of cells, atoms and genes. Body, mind, spirit are seen as a whole and treated accordingly. Many forms of therapy and systems are available, like Chinese, Mind Body, Energy, Natural Medicine, Energy Psychology and many others.

Some of the factors causing cancer from a CAM point of view are:

- Malnutrition
- Lack of exercise
- Psychological issues
- Emotional factors
- Energetic imbalance
- Stress
- Past life
- Social factors

There is a huge variety of CAM Therapies, some more accepted or used than others. Breast cancer seems to be treated with a basic immune regulation, hyperthermia, hormone and mistletoe therapy, orthomolecular medicine, oxygen, visualization, relaxation, biofield therapy, lifestyle changes, psychotherapy, conflict resolution, energetic healing, etc. Currently, mostly CAM methods are applied in combination with chemotherapy, radiation and operation.

Unfortunately many CAM treatments, products and claims cannot be taken too seriously and lack completely empirical or scientific evidence. The main problem with CAM is that not enough scientific data is available (which is understandable considering that almost no research funding is available) and this field seems to miss a clear structure and scientific foundation (every field uses very different approaches for diagnosis and therapy: nutrition, energy, mind, spiritual, etc.).

META-Medicine – a revolutionary new healing paradigm

Now, let's look at breast cancer from a totally different "non-specialist" point of view. Because reality is, all disciplines are more or less specialized and look at disease from their specific angle or perspective.

META-Medicine is based on the newest holistic empirical research and work being done in Europe and has been used and applied by doctors, naturopaths and health practitioners for many years.

META-Medicine is researching disease, healing and health from an over determined "big picture" point of view and is based on 10 basic principles.
Let’s review some of the META-Medicine models and assumptions:

1. **Symptoms are biological meaningful reactions**

Nature does not make errors or mistakes. Our organism is a highly intelligent, orderly and sophisticated system with biological meaningful reactions which we have labeled “disease or illness”. Every disease can be understood as a meaningful biopsychosocial process.

2. **The biopsychosocial connection or the organ-mind-brain-social connection.**

Organ, mind, brain and our environment are interdependent systems. Each organ is associated with a specific conflict theme and brain relay. The development of a disease process is synchronous at all levels. Because all levels are synchronous and in-phase with each other, we can use the data of one level to conclude the other levels. Every change at one level simultaneously affects and is visible on all other levels.

3. **Traumatic life events as the beginning of a disease process**

A disease process originates from a Traumatic Life Event or Biological Conflict Shock. We experience this highly emotional event as unexpected, dramatic and isolative simultaneously at all levels of our organism. The way we unconsciously react and associate a conflict experience determines which disease process (which organ and brain relay) is affected. The emotional intensity, conflict length and the tracks (anchor) determine the conflict mass and therefore the intensity and process of the disease process.

4. **Disease as a process: The major points and phases of a disease cycle**

Every illness goes through two phases and specifically through 7 major points from the beginning of the disease cycle to a complete healing. The typical symptoms of an illness, such as muscle pain, headache, running nose, ulcer, cancer, leukemia, fear, anger, stress, etc. are not the illnesses per se but a partial aspect of a comprehensive disease program.

5. **Our brain as the over-determined relay system for all organs**

The brain works as an over determined relay system of our organism. Each organ with conflict content can be assigned to a specific brain relay. The cerebral changes in a brain relay, during a disease process, can be measured by using a brain CAT scan or MRI.

6. **Embryonic layers: Evolutionary understanding of organ reactions**

Based on embryology and ontogenesis we can assign all organs to one of the three embryonic layers (from which our complete body has developed as an embryo). Each organ reacts based on it’s embryonic layer connection with one of these organ reactions in the stress or regeneration phase: cell/tissue growth or decomposition, over activity or under activity, loss of function or increased function.

7. **Microbes: Viruses, bacteria, fungi as biological helpers**

Microbes are not the primary originator of a disease; rather they are biological, meaningful helpers and part of a complex disease process. Viruses, bacteria, myco bacteria and fungi are organized by embryonic layer and brain relay and are active in the regeneration phase.

8. **Self healing: Vitality and life energy to stimulate the natural self healing response**
Our self healing qualities can be influenced by eliminating factors aiding disease and supporting factors aiding healing. A strong immune system, high life force and vitality are essential aspects of this healing process. Especially during the stress phase and the regeneration phase additional energy and nutrients are needed. The biological, meaningful disease process can be supported by therapeutic measures at all levels of our organism.

9. Subjective perception: Body and environment as feedback

Our perception is a projection. Every person perceives the environment through the senses as a subjective reality. Our environment and our body are mirrors of our inner reality. Self responsibility, taking action and changing our inner and outer reality are important aspects of any healing process.

10. Spirit: Biopsychosocial health through knowledge and awareness

Each disease is a meaningful and intelligent process. Becoming aware of the conflict, the emotions and our environment and transforming them through forgiveness, letting go, love and consciousness are essential aspects of our personal growth, biopsychosocial healing and evolution.

The META-Medicine models allow doctors, naturopaths, psychologists to fully understand the cause and process of every disease and consequently be more precise and complete in diagnosis and therapy.

Now, let's look how this new model will help us understanding breast cancer better.

Breast cancer from a META-Medicine point of view

First of all, META-Medicine distinguishes between 2 different types of breast tissue. The breast glands and the breast ducts. Why? Because both consists of different tissue (ectodermal and mesodermal tissue), both have a brain relay in very different areas in the brain (which can be confirmed using brain CAT scan or MRI) and both organs react completely different under stress and regeneration.

META-Medicine: Breast ducts

It is important to understand that everything in our body is an intelligent process and that breast tissue does not just grow without a command or intelligence behind it [software]. Or do you believe a tumor is a random process? Remember 70% of breast cancer patients do not even have risk factors. In META-Medicine, we totally believe in the inherent intelligence of our body - starting from a minor disease like the flu, back pain, eczema to cancer.

What triggered the symptom “breast cancer” becomes clearer, if we know that every disease goes through very distinctive points and phases. From the beginning of a disease to the complete healing we find 7 major points and phases, as graphically displayed below.

The beginning of a disease process is triggered by a Specific Traumatic Life Event (STLE). – an unexpected, highly-dramatic and isolative biological conflict shock experience. Biological because it is an unconscious process beyond our conscious awareness. Our complete organism will react synchronously at all levels with “stress symptoms”. Depending on the type of conflict the related organ is affected and will react.
The breast ducts are affected only if we experience a “separation” conflict. Typical examples are: an unexpected and emotional separation from our partner or child; we are losing our house/nest, etc. Depending on our handedness either the left or right breast is affected.

Breast ducts: brain relay in cerebral cortex (belongs to ectoderm/outer embryonic layer)

We do not experience the biological conflict shock only in our mind (as believed in psychology), but our complete organism reacts and we see a number of symptoms in the first stress phase: numbness, slight pain, problem thinking, emotional imbalance, stress. Remember, these are only symptoms - not the cause of the disease. If the patient is able to solve the conflict (for example: the partner returns, we accept the fact that he/she is gone, etc.) then our organism switches into regeneration and needs to repair the “damage” done in the stress phase. Now, we recognize completely different symptoms like swelling, secretion, inflammation, cell growth, exhaustion.

Usually what happens now is, that we go to the doctors because we feel “sick” and often at this point the breast tumor is diagnosed or noticed. The prior stress phase, where the actual loss of substance happened, has not been noticed and usually no connection is made to prior symptoms and the separation conflict experience.

It is fully understandable, if most women are in shock when they are diagnosed with a breast ducts tumor and ask themselves: “Why me? Why now? Why do I have a tumor, especially now that my life has improved. Why is this illness happening to me?”

Suddenly, after knowing the healing mechanism of breast duct cancer, it all makes sense now, doesn’t it? The initial stress phase is over, the conflict has been solved, the body tries to repair the damage and get back to health. Up until now, we believed this intelligent reaction to be a “malignant, out of control and deadly disease”! By understanding that the body actually does something very intelligent and meaningful, we can let go of the fear and support the natural healing process with whatever therapy method the patient is comfortable with.

META-Medicine: Breast glands

Let’s look at the second type of breast cancer. The breast glands react completely different during the stress and regeneration phase because they consist of tissue that belongs to a different embryonic layer (mesoderm). The breast glands brain relay is in the cerebellum.
Like all other organ reactions the breast glands go also through the 7 major points and phases of healing. The Biological Conflict Shock is a worry/fight conflict, often related to a partner [private or business], children, etc.

Right after experiencing the conflict shock we are stressed, think about the "problem" all the time, and if the conflict is very intense or goes on for a long time we notice organ symptoms like swelling and a node in the breast. After we solve the conflict (either through a real life solution or mentally/spiritually) we fall into the regeneration phase feeling exhausted, tired and notice a completely different set of organ symptoms. Now, the tumor growth stops and either decomposed or encapsulates.

Did you notice that the breast gland tumor grows in the stress phase and the breast duct tumor grows in the regeneration phase? You probably can imagine the implications in therapy. If the META-Medicine model is correct – and based on empirical research it is – wouldn’t it seem necessary to approach these 2 different types of breast cancer differently?

A new look at Traditional Medicine and CAM

You might ask, well has Traditional Medicine and CAM be wrong? No, not really. All medical systems have specialists in their particular field of expertise with tremendous knowledge. But they all have their pro and cons and basically look at very different aspects of the disease and healing process.

For example Traditional Medicine concentrates mainly on the biochemical reactions and even in the light of the newest meta-medical research all these clinical facts are still true. Tumor cell growth can be clinically and histologically confirmed, chemo therapy often reduces the tumor, an operation removes the "tumor tissue". Because the cause of the cell growth has not been know, these mechanical forms of treatment seem to make sense.

But consider this: If it is true, that our body reacts biologically meaningful and intelligently and that a Specific Traumatic Life Event was the starting point of the mind-body symptoms, then suddenly our interpretations of these biochemical facts will change. Tumor cells are not benign or out of control or malignant anymore, but symptoms of a much larger,
intelligent and meaningful disease and healing process. By realizing the “big picture”, we notice a much more complete process and interaction between body, mind, spirit, and environment.

Biochemical reactions, physiological stress, emotions like fear or anger or conflictive thinking are only symptoms. They are not the cause of the disease but either symptoms of the stress phase or regeneration phase.

Yes, we can treat symptoms only (biochemical, energetically, emotionally, mentally, etc.) without really understanding the process and yes, we will achieve limited healing results (often with tremendous side effects). But by understanding the cause, process and meaning of each disease we can apply our “arsenal of therapies” way better. And even more important because META-Medicine formulates a new foundation and platform, all the specialists - the different experts in medicine and health care - can work together more easily. Suddenly they speak the same language, have the same understanding and will be able to agree on the most productive and positive therapy plan for each patient.

Additionally, in the light of these new findings prevention and a truly holistic approach to healing seems to make more sense and promises better changes for a sustainable cure and a long life full of vitality.

Client case: Breast gland cancer – Worry/fight conflict

Woman, age 47, right handed is diagnosed after a biopsy with a malignant breast gland cancer.

Questions a META-Medicine practitioner might ask now are: Which phase is the patient in? What are the major points and phases? What was the conflict shock? What are the triggers that keep the disease process chronic?

The META-Medicine Diagnosis Process allows a health practitioner to be very precise and quick in diagnosis and finding the conflict preceding the illness, the major points and phases, the subjective situation of the patient.

Just by knowing the symptom, the META-Medicine doctor knows exactly the facts of the breast gland disease process [see graphics above]. In this case he also had a brain CAT scan available and could confirm a chronic process through Brain Relay Diagnostics. See box for details.

The conflict shock experience for this patient was her son leaving the family and house after an intense fight. This was especially dramatic, because the son was mentally unstable. The patient experienced the situation as a worry/fight conflict for her son [a right handed woman will react with her left breast if the worry is about her son, mother, home. If the right breast is affected, then it has to do with the partner, often husband or a business partner.]

Right after the initial conflict shock, the patient worried all the time and was very fearful, sad and angry at the same time. She could not sleep anymore, had no appetite, cold hand and feet, and was freezing a lot and the problem with her son was on her mind all the time [all typical symptoms of the stress phase].
We know by now, that a breast duct tumor grows under stress. In her case the conflict situation was very intense emotional and it was not solved for a long time. After several months she noticed a node and was then diagnosed with breast cancer.

The conflict resolution for her happened when her son came back to the family and his mental condition improved. From this moment on, she felt extremely tired and totally exhausted. Even if “her problem” was solved and she was relieved, she still felt physically “sick”. The symptoms changed and suddenly the breast was painful and swollen (typical symptoms of the regeneration phase).

After several months going through this regeneration phase (often not an easy process) her tumor felt “solid and hard” which is an indication of an encapsulation of the tumor (the other possible reaction would be a decomposition of the tumor, basically the tumor would be smaller or would disappear).

Towards the end of the regeneration phase her symptoms disappeared and she started to feel energetic and vital again, setting new goals in life and feeling overall healthy.

Conclusion

We believe META-Medicine is the natural next step in medicine and healing. It does not threaten current modalities or negate their work or findings, rather integrates them into a new more complete model or system. Whatever specialty or modality a doctor, naturopath and health practitioner uses META-Medicine will increase understanding and knowledge and therefore improve holistic diagnosis and therapy.

Author: Johannes R. Fisslinger, Ph.D.
Contact: (001) 310 928 6638
Email: info@healbreastcancer.org

www.healbreastcancer.org
www.metamedicine.info

1 http://www.webmd.com
2 http://www.webmd.com/content/article/9/1662_52440
3 http://www.webmd.com/content/article/9/1662_52440
4 http://www.webmd.com/content/article/9/1662_52440
5 http://www.webmd.com/content/article/9/1662_52440

Chemotherapy study at university Hospital Munich, Germany. Published in Spiegel Magazine 11/2004