

5 Powerful Methods for Fighting Cancer God's Way

Someone once said that the best way out is always through. It's true in your fight against cancer. By combining God's natural foods and nutrients with His positive prescriptions for the mind, emotions and spirit, you can build a powerful immune system that can knock cancer to its knees. No toxin will be able to get a foothold in your body, and fear will gain no place in your mind.

Taking various foods and supplements focuses on strengthening and protecting your physical body, but what do you take for the mind and spirit—two of the other parts of you that greatly affect your overall well-being? Consider these five suggestions:

1. Take refuge in the Scriptures.

God's Word breaks the destructive power of certain deadly emotions, such as fear, rage, hatred, resentment, bitterness and shame. I encourage you to quote Scriptures related to them at least three times a day on a continuous basis. Also read and meditate on Bible passages like 1 Corinthians 13, the chapter on God's definition of love, since there is no greater force in the universe than the power of God's love. It is able to break the bondage of any destructive emotion.

2. Take up positive attitudes.

A spiritual habit related to Scripture reading is the practice of putting on the positive, healthy emotions like love, joy, peace, patience, kindness, goodness and self-control. We know that certain emotions are associated with lowered immune function. Approaching life with a biblical attitude will help you avoid the damaging effects of stress, fear and worry. Several decades ago, S.I. McMillen, author of the best-selling

None of These Diseases, confirmed what I'm saying:

Peace does not come in capsules! This is regrettable because medical science recognizes that [deadly] emotions such as fear, sorrow, envy, resentment and hatred are responsible for the majority of our sicknesses. Estimates vary from 60 percent to nearly 100 percent.

3. Take time to offer a blessing.

Naturally, I recommend that everyone bless their food prior to eating it. Blessing the food and then choosing to eat unhealthy foods is unlikely to protect you since Galatians 6:7 says, "Be not deceived. God is not mocked. For whatever a man sows, that will he also reap." Too many Christians are blessing toxic foods on a regular basis. Lay the sugars, high-glycemic foods and fried foods on the altar and choose life more abundant by eating more living foods. We all slip up at times, and because of that, we need to constantly remember to rely on God's strength and wisdom more than anything else. Simply forgive yourself for slipping and affirm your commitment to following a healthy diet.

4. Practice forgiveness and gratitude.

After losing his son Dirk in a tragic accident, German oncologist Ryke Geerd Hamer developed testicular carcinoma. The connection between loss and illness inspired him to conduct extensive research on thousands of cancer patients, concluding that all had suffered some shock or trauma before their illness. Hamer's research showed that a severe shock or trauma causes a focus of activity in the brain called an HH (Hammerschenherd), which appears as concentric rings centered on a precise point of the brain on a CT scan. As soon as the HH appears, the organ controlled by that part of the brain registers a functional transformation, including a growth, tissue loss or loss of function. If the trauma is resolved, according to Hamer, the cancerous or necrotic process is

reversed to repair damage and return the patient to health.

In my practice, I address the traumas from patients' pasts as well as leading them through what I call "Forgiveness Therapy" as part of their treatment. I discuss the connections between emotions and the body in several of my books, including the attitude of gratitude, which takes your eyes off of whatever circumstances you may be facing and puts them on the Deliverer from bad circumstances and the Healer of diseases. I recommend you start each day by identifying at least 20 or 30 specific things, both big and small, for which you are grateful. You can do this with your family at the breakfast table or alone as you get ready for your day. When you do, it sets the tone for your daily conversations and thoughts that will keep you mindful of how wonderful life really is, walking in the path ordered for you by God. Stress really can't get a hold on you if you do this every day.

5. Take a laughter break.

Some of us hardly ever laugh, especially patients with cancer. Some haven't laughed in years, but we need to do so often. In fact, one of the best ways to prevent cancer is to laugh. The book of Proverbs 17:22 says, "A merry heart does good like a medicine, but a broken spirit dries the bones." Excessive stress is quite dangerous because it increases our cortisol levels, which then typically suppresses the immune system. I recommend 10 belly laughs a day to all my cancer patients and patients who want to prevent cancer. Belly laughter increases natural killer cells, our first line of defense against cancer. It also reduces stress and usually improves sleep, both powerful cancer fighters.

Although there's no question that environment and genes play a significant role in our vulnerability to cancer and other diseases, the emotional environment we create within our bodies can activate mechanisms of destruction or repair.

It's true: Our emotions work like medicines—good medicine or bad. And laughter really is the best medicine! Watching funny movies, going to comedy clubs where there is good, clean humor, telling jokes and simply enjoying life is the best prescription for stimulating the immune system. Comedians George Burns, Bob Hope and Red Skelton were all 100 years old when they passed away. Burns abused his body for much of those 100 years by smoking, drinking and carousing. It may be because he had a joyful heart, though, that he was able to live so long!

Take Courage for Tomorrow

In addition to focusing on all the nutritional steps you can take to battle cancer, it's essential to maintain a hopeful heart. As you've seen, the war against cancer is by no means a hopeless endeavor. Stay curious about the things you can do to prevent it. Pursue those things, make those changes, remain joyful in the love of God. I have no doubt that, if you do this, God's great promise will be true of you: "Then your light shall break forth as the morning, and your healing shall spring forth quickly, and your righteousness shall go before you; the glory of the Lord shall be your reward" (Isa. 58:8).

A Bible Cure Prayer for You

Father, You are the source of my health and the joy of my heart. The wisdom with which you made my body and the things on the earth that feed and strengthen it are beyond wonder. Science can only hope someday to discover all the miracles You worked into everyday foods and nutrients.

Not only that, but the fruit of Your Spirit is also the strength of my bones and the well-being of my body, as well as of my soul. To follow You is a blessing in every step.

Please give me wisdom, not only in how to live in the fullness of health that is Your promise, but also to expand that health, healing and salvation to others around me. Thank You

that I can be Your child and benefit from the wonders of Your creation.

I praise You, Father, in the name of Your Son, my divine Healer, Jesus Christ. Amen. {eoa}

This article is an excerpt from The New Bible Cure for Cancer: A Dietary Answer by Don Colbert, M.D. Copyright 2010 by Don Colbert, M.D.

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