

**TREATMENT OF CANCER, THE CORE**

Diagnosis of cancer is the initial big shock to the patient and the relatives. There is sudden despair, fear and panic in the family. The thoughts of painful treatments, uncertain outcome, exorbitant expenses and general anxiety dominate the family members. The first question invariably is “ Can Cancer Be Cured?” The answer is difficult. It is not easy to answer this question with a simple Yes or No! There are thousands and thousands examples of cancer survivors, even from terminal stage! There are examples of many so called “spontaneous cures”. Patients, who were given “ Only few months to live” by their medical doctors, have beaten the “Judgment”. To the amazement of the friends bewilderment of medical scientists, these patients are around for 5, 10, 15, 20 years or even longer after the D-Day! Whatever the statistics predict, a patient is either alive or dead, 100%. They’re no such thing as 70 % survival rate or 80% mortality rate for an individual patient. The patient wants to get cured, by whatever means possible.

In following chapters, I will describe various conventional and not so conventional cancer treatments. I am trying to outline the overall strategy for dealing with cancer. I do not claim that any of these treatments will guarantee cure from cancer. The information is given for the readers. Any particular line of treatment mentioned here should be undertaken under the advice of your own doctor and under proper supervision. In general, to be successful, one should start with the attitude “ Cancer Can Be Cured!”

In a book called “Remarkable Recovery” published by Institute of Noetic Science, hundreds and hundreds of cases of victory over cancer, which was pronounced incurable by orthodox medicine, have been given. All these patients had faith and

positive attitude, which enabled them to fight cancer. Patients followed various novel methods to conquer their cancer, but the common factor was a positive attitude and lifestyle changes to healthier way of life. Most of such conquest could not be explained by the modern medicine and were termed as spontaneous cures!

Recently, there has been vigorous interest in scientific studies about the benefits of complementary cancer treatments and holistic approach. Several scientific medical studies document the benefits of complementary medical therapies. Following are just a few examples of such trials.

1. In a study conducted at University of California, LA, in Melanoma, a deadly skin cancer, psychological support therapy to the patients for 1.5 hours weekly for 6 weeks reduced the recurrence rates and increased the survival 300%.
2. In a Hawaii study on 675 patients of lung cancer, it was observed that the group, which had highest vegetable intake, had double the survival rates compared to the group, which had lowest vegetable intake.
3. A randomized study in Detroit on cancer of prostate patients observed that 15 mg of lycopenes (found in red tomatoes) given daily for 3 weeks before the operation caused partial shrinkage of the prostate cancer and reduced PSA level.
4. Patients under chemotherapy receiving antioxidants and micronutrients therapy had 30% fewer damage to the bone marrow cells. Micronutrients are special vitamins, minerals and supplements found to promote health.
5. Breast cancer patients on chemotherapy, who were given high doses of Vitamin A, had nearly double the improvement rates.
6. In a recent paper in New England Journal of Medicine, drinking green tea has been shown to reduce the risk of cancer of bladder.
7. Essential fatty acids in fish oil together with natural vitamin E given to advance stage cancer patients has shown to triple the estimated survival periods.

There are countless papers and publications in recent years on treatment of cancer and other chronic diseases with the help of complementary medical treatments.

It is obvious that to get better results, the treatment strategy for cancer should be much more than only to consider standard approaches of surgery, radiation therapy and chemotherapy. Basically, one has to consider the cancer treatment in three parts.

1. **FUNDAMENTAL CORE:** Attend to internal and external microenvironment of the individual. Resolve any emotional conflicts. Create positive attitude.
2. **FOUNDATION:** Attend to lifestyles, habits, nutrition, exercise, relaxation, and detoxification regimens.
3. **THERAPY:** Decide upon surgery, radiation therapy, chemotherapy, immunotherapy, herbal therapy, and other complementary therapies such as Ayurved, Acupuncture, Homeopathy and many others.

All the above points should be considered simultaneously or possibly even before definitive standard treatments like surgery, radiation therapy and chemotherapy. As we all are aware, these conventional treatments are directed only against the cancer tumor and give little attention to the person who has cancer. Radiation and chemotherapy, although effective in destroying cancer cells, usually cause lot of reactions and interfere with the natural immunity of the body. Normal tissues and normal cells also suffer significant damage during these attacks on cancer cells. Hence, to enable normal tissues to survive and fight against cancer, attention to the core and to the foundation is very important. This focus would certainly improve the results of any current cancer treatments and would help to control the cancer disease better.

## **THE CORE**

First we have to look in to the “core” of the patient, which consists of his/ her personality, emotions, belief systems and “Will to Live”. Bhagavad-Gita says, “ Mind is the prime cause for human liberation as well as the bondage”. This also applies to worldly affairs such as health, happiness, and success. Wise people all over the world, throughout all the ages, understood the power of mind over matter. One has to ask

certain questions to oneself to analyze own mind. If the person is unable to do it himself, others should help him do so. Close relatives, friends, social workers, psychologists and even doctors should attend to this aspect. The core is all-important for health and happiness as well as for disease and misery. The questions to be asked are:

1. Am I happy about myself and for my life so far?
2. Do I feel desperate or disappointed about my life?
3. Do I feel hopeless about the future?
4. Do I want to live? Do I wish to get better?
5. Do I blame others for my suffering?
6. Do I feel guilty about important events in my life?
7. Am I depressed about the past events?
8. Am I anxious about the future?
9. What are my fears?
10. Do I feel isolated and lonely?
11. What are my conflicts?
12. Am I in the habit of “proving my worth” to others?

I am fully aware that very few men and women would be able to give healthy answers to these questions. One has to be open to analyze and accept, at least for himself / herself, the emotional problems one is facing. Many patients subconsciously suppress despair, grief, disappointments, guilt, insults, fears etc. Life is a trial, and usually a hard one. It is mixture of pleasures and pains. Mostly, pains outweigh the pleasures. When we are unable to express our hurts, things gather steam internally and sooner or later these manifest as health problems. Persons who can find a vent to these pressures have a better chance of recovery than those who suffer silently! Quiet desperation is root cause for various health problems. Only one thing is perfectly clear that no one is perfect in this world. As Elisabeth Kubler-Ross said, cultivate the attitude “ I am not OK, You are not OK, but that is OK”. Try to bring your hurts, guilt, doubts, and insecurities in open with family and friends. Most of the times, nothing could be done to remedy the events, which have caused emotional trauma. Bringing them in open

could be a major treatment for such suffering. Many persons would not even be aware about their emotional suppressions. They are resigned to the suffering and may subconsciously wish to find a way out. Cancer is such an escape for some of us. If a person, with the help of supportive family and friends, is able to reverse these negative trends, chances of beating the cancer are markedly improved. Modern medical doctors are trained to be body mechanics. In medical school, we are led to believe that everything could be “fixed” from external efforts. Patient need not participate in this fight over the disease. Patient just has to follow “doctor’s orders”. Doctors know the best. Modern medicine, reluctant to acknowledge the power of mind, has almost discounted presence of mind in treatment protocols. Once a disease label is decided, each patient with that condition gets the same treatment. Focus is on treating cancer tumor rather than treating a person who has cancer! We doctors are taught to prolong the life, at any cost. We try to keep a terminal patient, with tubes in all the body openings and needles in veins, alive as long as possible. That is called “success”. Death is considered a “failure”. Curiously, everybody seems to eventually die. As Dr. Bernie Siegel said “Death is not the issue. Life is. Death is not a failure. Not to take the challenge of life is.” Hence there is a lot of work to be done at “core” level, simultaneously with the attack on cancer tumor. Earlier in the chapter of “Causes of Cancer”, we have seen how mind can promote as well as prevent cancer.

### **Mind-Body Medicine:**

How to do this? Core treatment is most difficult but potentially most rewarding type of therapy. The usual tranquilizers, sedatives and sleeping pills cannot correct the root cause. Usually, such pills only mask the mental symptoms and may produce side effects like drowsiness, disorientation, heavy headedness, clouding of alertness etc. Hence the speciality of Mind-Body Medicine is now being looked upon with new hope.

The aim of Mind-body medicine is to help the patient to help himself. Here, the patient has to participate himself in own healing. A lot of help is needed from family, friends and professionals. If successful, this would not only help reduce cancer tumor

but could make one a happy and healthy person. The motto of Mind-Body medicine is to “ Empower mind to help body heal”. A patient has to develop positive attitude. He should take the challenge and look at cancer as a milestone to find new meaning to life, to be a better person, to be at peace with himself and with others. This is the time to take stock of what baggage is stored in the subconscious. It is the time to seek new directions, proclaim new affirmations, to expand one’s perspective of life. Techniques of Mind-Body medicine can be considered as follows:

1. Nurturing spiritual beliefs based upon natural laws (Dharma, Religious truths)
2. Meditation, Mental concentration with japa, raja-yoga, bhakti-yoga, etc
3. Pranayama and other breathing practices to purify mind and body.
4. Auto-suggestions
5. Biofeedback
6. Visualization
7. Hypnosis
8. Spiritual Healing, Reiki, Therapeutic Touch, Prayers,

### **Spiritual Belief Systems:**

Although banished from the world by the “science”, the existence of higher power (call it God if you will), guiding the evolution of the universe cannot be denied by a thinking mind. For our human evolution from ego-centric mind to super-mind, we need to assume validity of certain universal truths perceived by our own metaphysical scientists, that is saints, rishis, seers, prophets who have actually experienced these truths. Our logical mind is quick to trust the words of Prof. XYZ or Doctor ABC in mundane matters. However our little ego would not accept the existence of some invisible superior principle like God. We deny the universal super-ego fearing subjugation of our little personal ego to higher ego. Ego resists extinction. That is the reason why all of us fear death, which we think as “The End”. Ego, by divine instinct, is immortal. Ego cannot tolerate the idea of it’s own destruction. Body is identified with ego. We want to pamper, care, comfort, adorn, adore and love our own bodies by whatever means possible. We seek pleasure and hate pain. Disease means suffering.

All the efforts are made to remove this suffering of body-mind-ego complex. Experiments with natural truths are like scientific experiments conducted in a laboratory. Only here, the body is your tool, your mind is the student and the world is your laboratory. You have to assume certain hypotheses to start the experiment of the life-time. Even for a degree in physics, maths, medicine etc, you have to pursue the required course of studies for many years and pass the exam. In spiritual matters, premature denial of natural truths by dry logic, without doing adequate experiments in a proper manner (read it as “ Saadhana”), cannot qualify you for graduation! You might have to return, again and again, to this world to earn your degree of liberation. There are no short cuts.

On practical side, a person has to discover self-love. When born, a baby is full of contentment and love. As long as the basic physical needs of hunger, sleep and security are taken care of, the baby is happy. The baby is not worried about the bank balance or job security. The baby soon catches up with the manners of the world. Likes and dislikes are learnt. Feelings of love or rejection and insecurity are created. The child then tries to win the love of parents. Upbringing of a child in a healthy manner is most important for the future health and happiness of the child. Very few grown-ups truly love themselves, as they are. There are endless lines of cosmetics and designer clothes to help us look better than we are. I apologize for this sermon, but I wish only to peel off the outer layers from the inner core so that we could focus our attention on the reality within. Belief in divine justice and divine grace certainly helps us to face the trials of life successfully. Patients who are happy and who love themselves suffer much less health problems and do recover faster if they develop any diseases. This also is true for a disease like cancer. The first principle therefore is “ Never give up hope”. You can make a miracle happen. As David Ben-Gurien once said “ Anyone who does not believe in miracles is not a realist”.

### **Meditation, Yoga and Pranayama:**

Meditation has been described in great details in scriptures and various books on yoga, philosophy, religions and health sciences. Various techniques are given. Meditation is

called by various names such as relaxation response (coined by Dr. Herbert Benson of Harvard), dipping in core, uniting with self, searching the ego, Quest for Self etc. All these techniques try to remove the block in the way of your conscious mind to reach your inner self, which is the real storehouse of universal energy. If you are successful in communicating with your inner self, all this benign energy is yours to use. This is a long process requiring commitment, faith and regularity of practice. Regular meditation is beneficial, not only for cancer patients, but also for all those who wish to be happy, healthy and prosperous. Yoga is union of your little self with the Universal Self. Various paths such as bhakti-yoga (devotion), japa-yoga (repetition of Name or Word), karma-yoga (selfless deeds), gyan-yoga (reaching the truth with discrimination), hatha-yoga, raja-yoga ultimately lead to the same goal. Pranayama, control of breath, is a technique described in yoga texts. Various breathing techniques are described that can lead to sublimation of negative thoughts, purification from thought pollutions, mental concentration, good health and ultimately samadhi. Samadhi is your union with your inner core. It is the supreme experience of infinite bliss, power and peace. Meditation, yoga and pranayama should be learnt under proper guru and should be practiced regularly for success.

### **Mudra & Aasana:**

Mudra and aasana are of special help in meditation and pranayama. Aasana, specific postures prescribed in Yoga texts, are a great help for meditation and mental concentration. Different aasana have been shown to improve the functions of different internal organs. Mudra is a specific posture of the fingers of hands held during meditation and pranayama. Subtle energy channels carrying prana, vital energy, run through all the parts of our body. In yoga texts, these are described as nadis. In Chinese acupuncture, these channels are called meridians. At the tips of the fingers, subtle energy channels are very active. Various spots on fingertips are connected to various internal organs by means of nadis or meridians. Joining two or more fingertips in certain fashion creates a mudra. Such mudra can help circulate the prana, the vital energy, through various internal organs of the body. Many mudras, e.g. gyan-mudra, dhyan-mudra, linga-mudra, prana-mudra, vayu-mudra, prithvi-mudra etc are described



with their individual health benefits. In a recent clinical study on carpal tunnel syndrome, it was shown that mudra therapy produced significant improvement in pain in hands and wrists without operation. Carpal tunnel syndrome is due to pressure on the muscles and nerves at the wrists, for which an operation to open the wrist space is undertaken.

### **Autosuggestions and Affirmations:**

These are practical daily routines to communicate with your subconscious mind to bring about many benefits. As stated by Louise Hay in her book *Heal Your Body*, cancer is usually caused by deep hurt, longstanding resentments, unresolved grief eating away at the self, carrying hatred, hopelessness, unresolved despair. Affirmation is speaking to your own subconscious mind directing it to correct a mental block. Affirmations are done daily as you wake up and also just before you go to bed every day. You repeat a sentence with full trust that required benefit is already happening. There are countless examples of changes in attitudes and healing of so many persons. For cancer, Louise Hay suggests following affirmation: ***“ I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve myself.”*** She also gives a list of negative mental attitudes and corrective affirmations for various other diseases. Interested reader may refer to her book “*Heal Your Body*” published in USA by Hay House, Inc., California.

Autosuggestions have similar effects. Suggestions for what you wish to happen should be quietly spoken to your own mind at the time of waking and just before bedtime. These are the periods when sleeping and waking states are interchanging. This is the moment when subconscious mind is especially receptive to any suggestion from the conscious mind. Infants and small children, who are unable to make affirmations themselves, could be helped by mother or father. A parent can whisper the affirmation in the ear of the child at the right moment, regularly. Although consciously unable to understand the affirmation, the child will have subconscious impressions of the affirmation to bring about the required benefits. Autosuggestions can also be passively transmitted to a patient in coma by relatives and friends. The whole idea of these

affirmations, meditations, yoga etc is to uncover the fountain of love and energy, which has been hidden due to the “teachings of the world”.

**Biofeedback:**

Biofeedback means sending voluntary signals to internal organs to change their function. There are voluntary muscles, like those of hands, feet, voice box, back etc whose actions are under our conscious control. We can start or stop such actions at will. There are involuntary muscles like those of heart, stomach, intestines, inner glands, which do their work automatically. These are not under our conscious control. These activities are under control of autonomic nervous system. Technique of serial contraction and relaxation of voluntary muscles can indirectly control the action of the autonomic nervous system. This is the basis of biofeedback. In the west, Edmond Jacobson first described in 1908 the technique of progressive muscular relaxation leading to various internal changes in the autonomic nervous system. This became the basis for biofeedback therapy. In India under British Rule, there are numerous recorded testimonials about some yogis voluntarily stopping heartbeats or suspending respiration for long time. These yogis could later bring the suspended functions back to normal. This could be called oriental style of biofeedback!

A person can be taught to contract and relax groups of muscles, which in turn would reduce the blood pressure, prevent attack of migraine etc by an effect on autonomic nervous system function. The desired effect can be linked with an audio-visual signal the patient can see. For example, a person with high blood pressure starts this muscular relaxation exercise. At the desired number, say 120 mm systolic blood pressure, a bell would ring announcing the patient has been successful in bringing down his own blood pressure at the desired level. Here the patient feels in control of the situation since he is rewarded with audio-visual signal of his own success. Similar techniques have been developed for many other conditions. Biofeedback is more acceptable technique for a scientifically oriented inquisitive person. He can see the rewards of his own efforts on a machine! There is no need for imagination. Patients can be conditioned for certain predictable response during the biofeedback therapy. I

remember Dr. Datey, a well-known senior cardiologist in Bombay, successfully treating patients of high blood pressure in 1960s with shavasana, a technique similar to biofeedback. I am not sure how biofeedback might be helpful in cancer treatments. Perhaps by reducing stress and physical pains, it might provide the patient some feeling of being in control.

### **Visualization & Imagery:**

Here a patient is taught to visualize with his mental eye, sequences of healthy scenes. With his mind, he sees that he is breathing pure air, smelling fragrance of fresh flowers, he is sitting near a beautiful riverbank and listening to mystic sounds of running water, or he is at the top of a mountain witnessing the splendors of the rising sun. He visualizes being bathed by healthy rays from the morning sun. Various health-promoting scenes are depicted by the patient in his mind's eye. He is told to actually believe that he is physically experiencing all these goodies of the nature. After that he is told to turn his attention to the happenings within his body. He then visualizes tuning up the functions of various internal organs to optimal levels, and then he visualizes the strengthening of his immune system, white blood cells, macrophages, and natural killer cells. Then he visualizes that this white blood cells immune force is attacking his black cancer cells and destroying them one by one. Repeated and regular visualization of such mental images has actually shown to improve immunity and destroy cancer cells.

To be successful, all the mind-body techniques described so far need a high level of self-motivation, persistence and positive efforts on the part of the patient.

### **Hypnosis:**

Hypnosis is a state of attentive and focused concentration. Hypnotherapist can induce a trance and slowly take a patient into deeper levels of subconscious mind. The subject goes into a trance but is partly aware of the surroundings. It is not like a sleep where a person is not aware of anything. In hypnotic trance, a person is highly responsive to the commands of the therapist. Therapist then issues some commands

and the body usually follows the instructions. Some persons are more easily hypnotized than others. Undoubtedly, personality of individual is important in being “hypnotized”. We did conduct some experiments with hypnosis on some cancer patients in early 1990s in Bombay. We observed that hypnosis offered good pain relief and relaxation in some cancer patients. Whether it can destroy cancer cells, I am not sure. It might be complementary treatment in certain patients for general improvement.

### **Spiritual Healing, Prayers etc:**

Here a therapist, who sincerely wishes to help a patient, acts as a channel for the universal energy. Spiritual healers can usually detect disturbances in the invisible aura around visible physical body. Yoga science has described 4 subtle bodies as sheaths around the visible physical body. These five sheaths are called panch kosha. These are 1. Physical 2. Vital-pranic, 3. Mental: Manomaya, 4. Intelligence: Vigyanamaya and lastly 5. Innermost Causal: Anandamaya kosha. Some spiritual healers and yogis claim that they can actually see these different sheaths surrounding the body. Aura is a bright colorful sheath of invisible light around all living beings. In disease, aura shows local changes of dull black-brown colors, corresponding to diseased organs. An experienced aura reader can detect various disturbances leading to different diseases. Such healers are able to “clean” or “clear” the defects in the aura somewhat similar to cleaning a dirty house, inside and out! There are testimonials of patients undergoing such spiritual healing feeling highly improved soon after such healing sessions. However, this might not have a long lasting health benefit unless the patient decides to keep his “house” clean by attending to periodic health maintenance. A house-cleaner can clean your house during his session but if you persist making your house (body) dirty by faulty lifestyles, the cleaning effect would not last forever.

Dr. Geoffery Morell, a spiritual healer from Washington, DC, frequently visits our centers in Mumbai and Pune to give healing sessions to patients here. I have personally witnessed his ability to feel the defects in aura and to accurately locate the places of tumors in many patients. Several patients have reported benefits from such

healing sessions. For cancer, spiritual healing sessions could be used as a supplementary therapy to other specific treatments.

### **Reiki & Therapeutic Touch**

Reiki is based on inviting the universal energy (Rei + Ki) to a patient through the hands of a reiki master. The technique of reiki sessions is slightly different from that of spiritual healing. An initiated reiki master can project various power transmitting symbols to the patient. Healing energy is thus transmitted from cosmic power to the patient, the therapist being only a channel. Reiki is supposed to have its own will and intelligence to effect a healing. Reiki was discovered by a Japanese Christian missionary, Dr. Usui, in the early part of 20<sup>th</sup> century. As per some reports, the art of reiki originated in India with Buddhist monks. Buddhist monks took this art to Tibet and other eastern nations later on, while it was forgotten in India. Now there is renewed interest in reiki all over the world. There are numerous reiki practitioners in India and in various nations around the world. Logical western mind, so far reluctant to admit anything that is not proved in a laboratory, is slowly coming to try these alternative mind-body techniques on increasing scale. A patient may use reiki as a complementary treatment to support his mainline cancer treatments. On its own, I doubt if reiki can destroy cancer tumor in an average patient. Therapeutic touch is based on similar principle and has similar scope and limitations. This can be learnt by any well-meaning person who sincerely wants to heal patients. There are courses and books, which would help reader to know more about these techniques.

### **Prayers:**

Prayers to mortal humans may not work but sincere prayers to higher truths, call it God if you will, certainly have effect on psyche of the recipients, for whom the prayers is done. It has been documented, time and again, that prayers do work. In all religious rituals, prayers occupy an important place. The validity of such spiritual techniques is beyond the understanding current science. However, what were once considered as unscientific blind beliefs were proved to be scientific facts later on when science advanced. Till 16<sup>th</sup> century in Europe, the earth was considered as

stationary and at the center of the universe. In early 17<sup>th</sup> century, Galileo, who tried to say earth went round the sun, was persecuted. Now we know the facts. As the science progresses, some currently held scientific facts might have to be discarded later on. Blind science is as bad as blind faith.

### **Strive For A Goal:**

Feelings of hopelessness, despair, rejection, loneliness, low self esteem cause depression and many other health problems. Such patients should be encouraged to find something in life worth living for. As per individual liking and capacity, a person can fix up some goal in his/ her mind. Striving for such a goal is one of the best treatments to uplift the spirit and come out of the negative mental blocks. A goal should be something concrete, material objective. Abstract objectives “ I wish to be happy”, “I want to achieve Nirvana” or “I want to find peace” cannot be considered as material goals. A mind needs a material goal to overcome physical illness. Pursuing a material goal within a fixed time frame can invigorate the body, mind and spirit.

### **Homeopathy as Mind-Body Medicine:**

Homeopathy, a peculiar alternative medical science discovered by Samuel Hahnemann in Germany in 18<sup>th</sup> century, is not basically a mind-body technique. However, I have personally witnessed many amazing instances where homeopathy has been very helpful in dealing with mental delusions, fears, and deep-seated mental wounds. It is said that one cannot change own nature. I can say that homeopathy can change negative mental reactions and unhealthy attitudes to a great extent. I find homeopathy especially helpful in dealing with psychosomatic illnesses, which result from mental stress. Flower remedies by Bach is another variation of homeopathy, which has been found helpful in dealing with health problems related to fright, fear, anxiety, grief, insecurity, panic, anger, depression etc. I will write about my personal experiences in this matter later in the chapter of “Psychology of Cancer”. I would suggest that a patient could be helped by an experienced homeopathic practitioner if he / she has a lot of emotional problems and mood changes. Homeopathy can play a complementary role in overall cancer care.

**Conclusion:**

A revolution is going on to explore mind's power over the matter. Mind is the basic factor in causing as well as healing most of the sufferings. Various mind-body techniques are being developed and tried to see if such things can give better health prospects to the people. The revolution is going on especially because allopathic medicine, although efficient in dealing with emergency and acute diseases, has proved to be unsatisfactory in control of chronic diseases. In spite of more advances, more hospitals and more doctors, health care seems to be getting more complicated and less effective for the masses. The progress of the science in general, and medicine in particular, is technology oriented. Many times, practical applications of such discoveries are driven by commercial interests. People all over the world are looking for safer, gentle, natural, affordable and effective ways to deal with their health care. The model of mechanic doctor, able to fix everything, in the machine called body is changing. Patients need to be equal partners in their own health care. After all it is your body, which is suffering and you deserve to look for safe, gentle, natural and effective ways of treatment for yourself. As a patient, you can take control of your own health matters, with the guidance from your health care providers. You should feel free to ask any questions and expect to get unbiased answers. The decision to follow certain line of treatment should be ultimately taken by well-informed patient himself, who is willing to do efforts to overcome the disease. All this may not guarantee so called "cure "of any condition, but if combined with mainstream medicine, the results would be better than the present day health scenario.