

## Illness is Not Purely a Physical Problem

It is our central premise that an illness is not purely a physical problem but rather a problem of the whole person, that it includes not only body but also mind and emotions. We believe that emotional and mental states play a significant role both in *susceptibility* to disease, including cancer, and in *recovery* from all disease. We believe that cancer is often an indication of problems elsewhere in an individual's life, problems aggravated or compounded by a series of stresses six to eighteen months prior to the onset of cancer. The cancer patient has typically responded to these problems and stresses with a deep sense of hopelessness, or "giving up". This emotional response, we believe, in turn triggers a set of physiological responses that suppress the body's natural defenses and make it susceptible to producing abnormal cells.

From *Getting Well Again* by Dr. Carl and Stephanie Simonton and cited in *Doctor's Orders: Go Fishing* by Dean Shrock, Ph.D.