



# 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?<sup>1</sup> 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.<sup>2</sup> 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%.<sup>3</sup>

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).<sup>4</sup>

So the question is what cells are considered benign/normal and which ones malignant/abnormal? If you are an 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 over 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 has not improved a lot.<sup>5</sup>

## Complementary and alternative medicine (CAM)

Complementary medicine approaches disease with the understanding that we as human beings can not 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 live
- Social factors

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

Unfortunately many CAM treatments, products and claims can not be taken too serious 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.).

---

## Breast cancer from a META-Medicine point of view

What new findings can META-Medicine bring? Are we able to understand the phenomenon of breast cancer more fully by applying the META-Medicine principles? What is the cause and process of this illness?

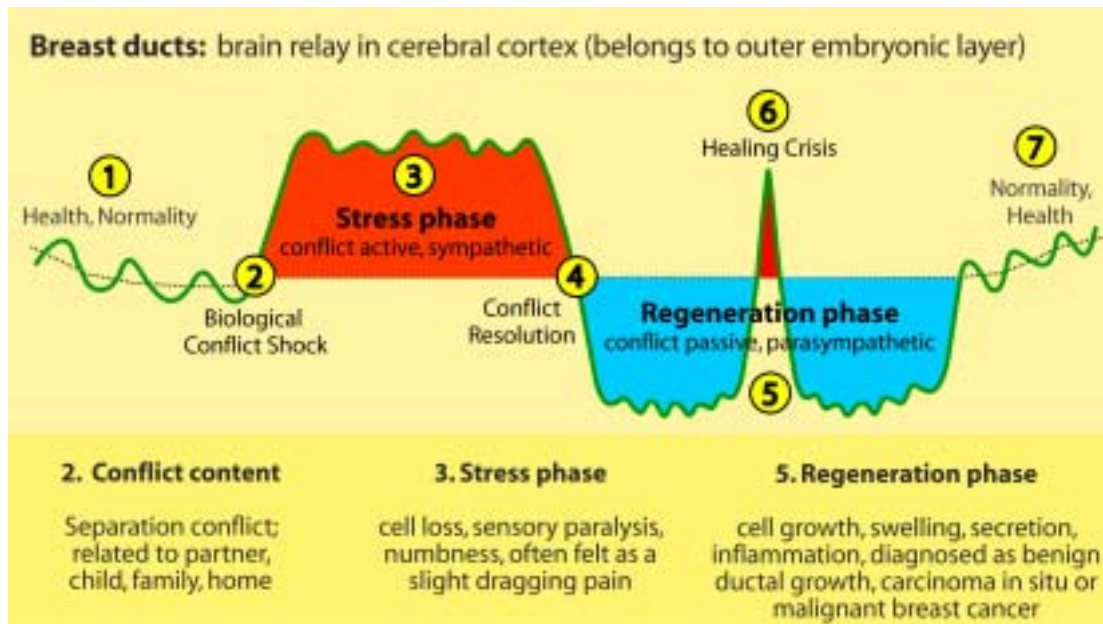
First of all, META-Medicine distinguishes between 2 different types of breast tissue. The breast glands and the breast ducts. Both tissues react completely different under stress and regeneration and both have a brain relay in very different areas in the brain (which can be confirmed using brain CAT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

### 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 this 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 started 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 an unexpected, highly-dramatic and isolative conflict shock experience (biological because this 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 the conflict shock as a separation. Typical examples are: an unexpected and emotional separation from our partner or child or we are losing our house/nest, etc. Depending on our handedness either the left or right breast is affected.

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. All 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.

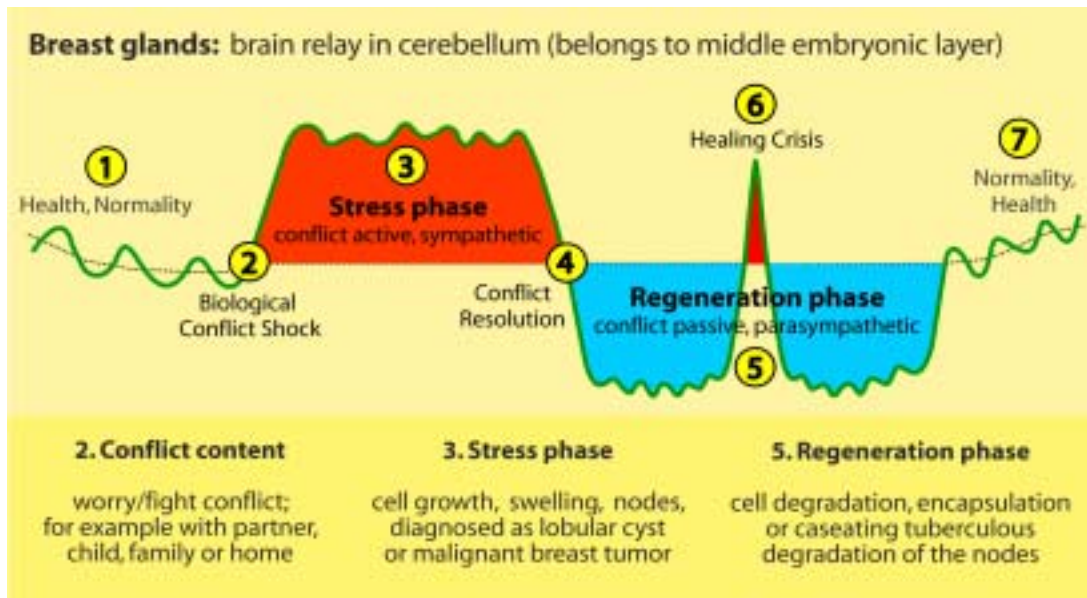
Usually what happens now is, that we go to the doctors because we feel "sick" and often at this point the breast tumor is diagnosed or noticed. The prior stress phase, where the actual loss of substance happened, has not been noticed and usually no connection is made to prior symptoms and the separation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

It is fully understandable, that most women are in shock when they are diagnosed with a breast duct tumors. "Why me? Why now? Why do I have a tumor, now that my life has improved. My old problems were gone and actually I felt much better, a huge weight of my shoulders (conflict resolution). Why is it then, that this illness happens to me?"

It all makes sense now, doesn't it? The conflict has been solved, the body tries to repair the damage and get back to health and we believed this 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. Because only an educated patient, having no fear about his symptoms, can make intelligent decisions.

## 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 and have a brain relay in the cerebral cortex.



Like all other organ reactions the breast glands go also through the 7 major points 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.

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. Because if the breast gland tumor patient does not solve her conflict, the tumor will continue to grow and grow.

---

## 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 research all these clinical facts are still true. Tumor cell growth can be clinically and histologically confirmed, chemo therapy often reduces the tumor, operation removes "defective cells and 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 bio-logically meaningful and intelligently and that a conflict 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 disease and healing process. By realizing the “big picture of healing”, 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 only symptoms (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 of understanding, all the specialists - the different experts in medicine and health care - can work together more easily.

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

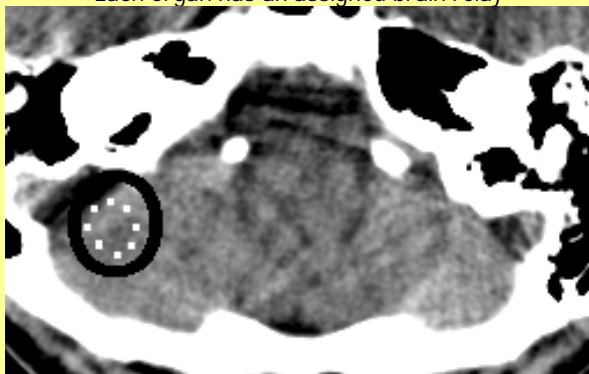
---

## Client case: Breast gland cancer – Worry/fight conflict

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

### Brain relay diagnostics

Each organ has an assigned brain relay



Brain CAT scan of the cerebellum: the dotted circle in the brain relay assigned to the brain glands show clearly visible markings (several ring formations = a chronic process, sometimes stress/conflict active then regeneration/conflict passive).

Brain relay diagnostics confirms scientifically the direct link between an organ, a conflict and the brain. A trained doctor can determine the organ symptoms (current, chronic, old), the state/process of the disease and the conflict content using brain relay diagnostics.

For information or to participate in research projects, please contact: [info@healbreastcancer.org](mailto:info@healbreastcancer.org)

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 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.

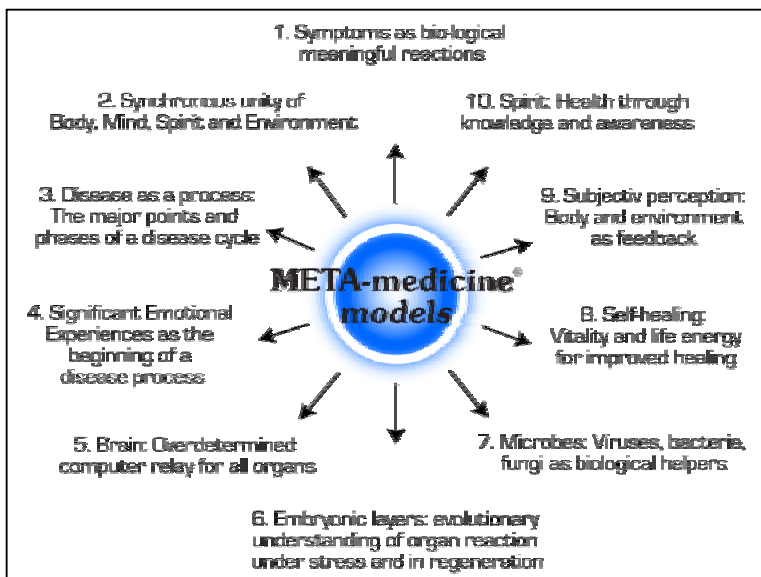
She could not sleep anymore, had no appetite, cold hand and feet, and was freezing a lot and the problem with her son was on her mind all the time.

We know by now, that a breast duct tumor grows with stress. In her case the conflict situation was very intense and emotional and it was not solved for a long time. After several months she noticed a node and was then diagnosed with breast cancer (which in our terminology means: a long, intense or chronic disease process).

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.

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 regeneration symptoms disappeared and she started to feel energetic and vital again, setting new goals in life and feeling overall healthy.

## META-Medicine – a revolutionary new healing paradigm



Now, let's see what principles META-Medicine uses to diagnose so precisely and quickly.

First of all, META-Medicine is not a therapy; therefore no claims to heal or treat someone can be made. META-Medicine is also not against a form of therapy or medical system. Being truly over determined and independent means, all current therapy and healing modalities have their place.

We believe it is essential to

first understand the cause, process and meaning of a disease from a holistic, bio-logical point of view. Then we can talk about therapy, but not before.

After answering the essential META-Questions, we have a clear picture and options and can make intelligent choices from the huge variety of possible therapies. 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 practitioner 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.

### **1. Meaningful process: Disease as a journey**

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. Rather every disease process can be understood as a bio-logically meaningful event of nature with the goal of survival, resolution and awareness of a conflict, evolution and the self healing of our organism.

### **2. The organ, mind, brain, environment connection.**

The development of a disease process is synchronous at all levels on the basis of the organ, mind, brain, environment connection. 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. Beginning of an illness**

A disease process originates from a Biological Conflict Shock. We experience this Significant 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 conflict mass and therefore the process of the disease process.

### **4. Disease as a process**

Every illness goes through two phases and specifically through 7 major points from the beginning of the disease process 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. The major points and phases of a disease process can be found using the synchronous unity of body, mind, spirit, environment and specific questioning techniques.

### **5. Brain: The over determined relay system**

The brain works as an over determined relay system of all functions 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: Organized by organs**

Our organism and diseases are not organized by symptoms, rather by organs and embryonic layer. 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 its embryonic layer connection with one of these organ reactions: cell/tissue growth or decomposition, over activity or under activity, loss of function or increased function.

## **7. Microbes: 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, life energy**

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: Our body 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 and active changes our inner and outer reality are important aspects of any healing process.

## **10. Spirit: Health through knowledge and awareness**

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

---

## **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.

Heal Breast Cancer Foundation  
Contact: (001) 310 500 8656, [www.healbreastcancer.org](http://www.healbreastcancer.org) and [www.metamedicine.info](http://www.metamedicine.info)

---

<sup>1</sup> <http://www.webmd.com>

<sup>2</sup> [http://www.webmd.com/content/article/9/1662\\_52440](http://www.webmd.com/content/article/9/1662_52440)

<sup>3</sup> [http://www.webmd.com/content/article/9/1662\\_52440](http://www.webmd.com/content/article/9/1662_52440)

<sup>4</sup> [http://www.webmd.com/content/article/9/1662\\_52440](http://www.webmd.com/content/article/9/1662_52440)

<sup>5</sup> Chemo therapy study at university Hospital Munich, Germany. Published in Spiegel Magazine 11/2004