

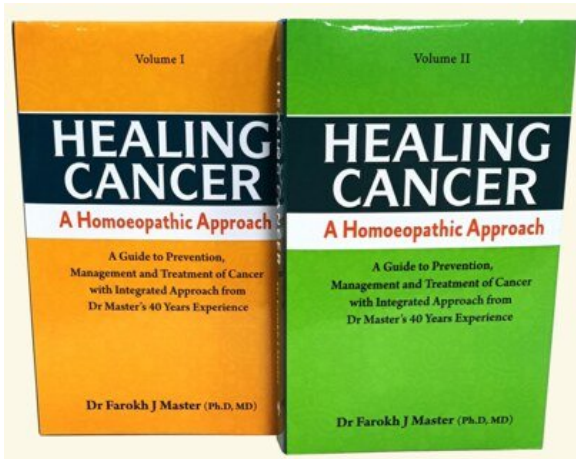
Farokh J. Master
Healing Cancer: A Homoeopathic Approach - Volume
I & II

Leseprobe

[Healing Cancer: A Homoeopathic Approach - Volume I & II](#)

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Healing Cancer: A Homoeopathic Approach

**A Guide to Prevention, Management and Treatment of Cancer
with Integrated Approach from Dr Master's, 40 years experience**

Volume I

By

Dr Farokh Master MD, Ph.D (Hom)

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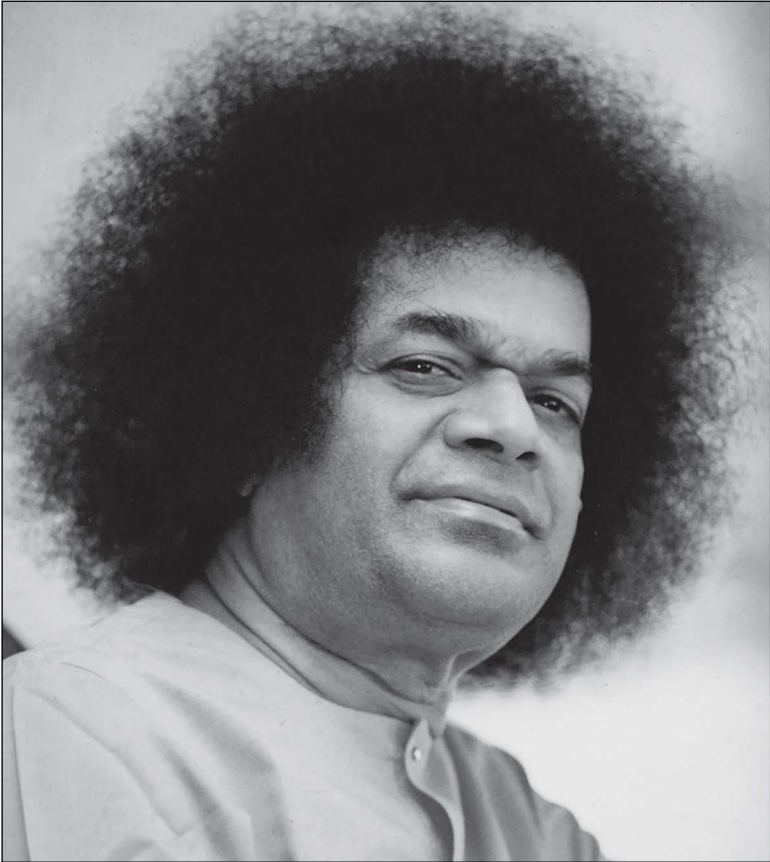
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Dedication

This book is dedicated to the

lotus feet of

Shri Satya Sai Baba.



Recommendation

for

‘Healing Cancer: A Homoeopathic Approach’ by Dr Farokh J Master

“A multidimensional rendering of the varied etiologies of cancer and the various treatment modalities available – conventional, integrative, homeopathic. This tome is a fount of information, encyclopedic in its scope, providing guidance in the homeopathic management of cancer cases, cancer-related materia medica, treatment approaches from a miasmatic perspective, and numerous references to small remedies Dr. Master has found effective. ‘Healing Cancer: A Homoeopathic Approach’ – a two volume tome – is a homeopathic gem and should prove invaluable to homeopathic physicians.”

George Guess, MD, DHt
Vice President, American Board of Homeotherapeutics
Associate Editor, American Journal of Homeopathic Medicine

“This is a text to treasure and learn from. There is virtually no aspect of cancer that is not covered in Dr. Master’s encyclopedic work, including theory, research, and the allopathic model, with the whole of Volume 2 devoted to homeopathic treatment, encompassing materia medica and therapeutics of different cancer types. His long experience makes it a must-read for every practitioner.”

Richard Moskowitz, MD, Fellowship in Philosophy,
Private Practice, Family Medicine,
Specialized in Homoeopathic medicine,
Herbs, Japanese acupuncture, Natural medicine.
Author of several articles and
4 books including ‘Vaccines: A Reappraisal’

“Dr. Farokh Master’s new book, ‘Healing Cancer: A Homoeopathic Approach’ is an encyclopedic masterpiece of holistic, natural, integrative medicine. Having practiced homeopathy and nutritional therapy in my integrative medicine practice and provided comprehensive cancer care to thousands of patients over the past

thirty plus years, I can definitively state that this is the best book on cancer therapy that I have ever read. It is an excellent resource for doctors of homeopathy, naturopathy, and all other health care providers involved in the care of patients with cancer. It is also a perfect introduction to the holistic, natural, integrative medical therapy of cancer patients for conventional, allopathic doctors. The extensive, detailed materia medica of homeopathic medicines useful in all aspects of cancer, and the comprehensive information regarding nutritional supplementation, dietary interventions, and other relevant therapeutic modalities will prove invaluable to all serious practitioners. I admire and salute Dr. Master for this enormous contribution to the safe, natural and effective treatment of patients with cancer, and strongly recommend it as an essential, resource text in the library of all health care providers.”

Dr Mitchell A. Fleisher, M.D., D.Ht., D.A.B.F.M., Dc.A.B.C.T.
Physician, CEO, President at Fleisher Health Care Corporation,
Medical Director, Virginia Center for Anti-Aging & Regenerative Medicine
Author of *Alternative DrMCare Natural Medical Self-Care Protocols*®, and
Rapid Reference to the Fundamentals of Vitamin Therapy: Oral, Topical,
and Intravenous Clinical Applications.

*“Dr. Farokh Master, a well-recognized expert homeopathic physician, has here given us the benefit of his extensive experience in treating patients with cancer. ‘**Healing Cancer: A Homoeopathic Approach**’ will be an invaluable guide for homeopathic clinicians in their efforts to help suffering patients.”*

William Shevin MD, DHT.
Licensed Physician, Surgeon, and Homeopathic physician
Director, Homeopathic Pharmacopoeia Convention of the United States
Faculty, National Center for Instruction in Homeopathy and
Homeotherapeutics

*“Dr. Farokh Master’s epic two volume edition ‘**Healing Cancer: A Homoeopathic Approach**’ is an encyclopedic compendium of information pertaining to all aspects of cancer garnered through more than 40 years of practice.*

Volume I casts a wide net summarizing conventional, state-of-the-art knowledge about cancer pathophysiology, detection and

management. Volume II focuses almost exclusively on homeopathic, integrative and dietary approaches to prevention and treatment of cancer and the complications that arise from it. Master draws from many sources and it was a pleasure to find the wise words of wisdom of many homeopathic giants, who were authorities in their time, gathered together in the same place.

This two-volume set is a thorough, fair and comprehensive analysis of cancer “from soup to nuts”. I would strongly recommend it to practicing homeopaths, integrative medicine specialists and conventional practitioners alike. As a reference text, it is unsurpassed.”

Ronald D. Whitmont, MD
Clinical Assistant Professor, Family and Community Medicine,
New York Medical College
Past President, American Institute of Homeopathy

*“I have had the privilege to be introduced to a prepublication copy of Dr Farokh Master’s ‘**Healing Cancer: A Homoeopathic Approach,**’ Vol. 1 & 2. Upon reviewing the text, it is clear this is masterful work, a tour-de-force. The first volume discusses cancer from a broad perspective, its pathophysiology, presentations, diagnosis, classification and treatment, with conventional and integrative approaches with traditional and complementary therapies, including diet, lifestyle and sociological aspects in cancer incidence and treatment. This is presented in an incredibly comprehensive and yet very approachable manner. The second volume is an even greater treasure, since there are only very few texts on the use of homeopathic medicine in the treatment of cancer. This resource is a treasure, primarily because Professor Master generously shares his experience of about four decades in the treatment of cancer with homeopathy. In this volume he shares perspectives from well known homeopaths as well as his own, including many homeopathic medicines prepared from Indian substances. The volume also includes a homeopathic repertory developed from his clinical experience and confirmed effects. The volume ends with various integrative, holistic, approaches that include various naturopathic interventions for the management of complications in cancer treatment, both iatrogenic*

and as part of the evolution of the cancer. This magnum opus should be part of the library of any practitioner treating patients with cancer; it will certainly provide welcomed direction and guidance.”

Bernardo A Merizalde, MD, DHt, ABIHM
Assistant Clinical Professor,
Myrna Brind Center for Integrative Medicine
Thomas Jefferson University Hospital
Philadelphia, PA, USA

In ‘Healing Cancer: A Homoeopathic Approach’, volumes I & II, in nearly 1000 pages, Farokh Master has created a first of it’s kind compendium on the homeopathic treatment of cancer, which is a much needed addition to the homeopathic literature. In volume I he covers the causes, types, pathophysiology, prevention, and conventional treatment of cancer. He further ventures into Iscador (mistletoe) treatment and integrative approaches to cancer as well as to prognostication. In Volume II he digs deeper into the homeopathic approach to cancer and describes the familiar polychrests useful in cancer treatment as well as some smaller remedies and Indian drugs noted for their effects in cancer cases. He rounds this volume out with experiences that some of the past great masters of homeopathy like Cooper, Grimmer, Gilchrist and Clarke have had with cancer. He then discusses the homeopathic treatment of specific cancers and shares his own experiences with cancer treatment and palliative care and hygienic measures useful in cancer treatment. He finishes with a very necessary repertory of cancer from head to toe. This is a book every homeopath should have on their shelf or on their computer. It will provide many hours of insightful reading for those seasoned homeopaths who treat cancer patients regularly and also those new to homeopathy who need a guide as to what the possibilities are with homeopathic cancer treatment.

Timothy Fior, M.D., D.Ht.
President and founding member, Illinois Homeopathic Medical Association
Secretary, American Board of Homeotherapeutics
Lecturer, National University of Health Sciences
Founding partner, Center for Integral Health

Author's Preface

This book is the result of more than forty years of practicing classical homoeopathy and integrating it every single day with conventional medicine in the different hospitals with which I am associated. Through homoeopathy, iscador therapy, nutrition and herbs, I have been directed towards improving the results of conventional cancer therapy. I became interested in cancer treatment while in medical school, during which time I explored one of the newer methods of treatment using the body's own immune system. It was during this study, I discovered the critical importance of classical homoeopathy and other anthroposophical drugs, including nutritional therapy in immune function.

I wish cancer was not so much prevalent and challenging medical problem of today's time, there would have been no need for this book. But with alarming number of cancer cases encountered by practitioners, a trustworthy source of accurate information becomes pertinent. Since every doctor ultimately wants to cure the patients and enhance their quality of life.

Homoeopathic medicine in its classical form is a vast subject that a lifetime of study would fail to exhaust. When understood and practiced in accordance with the works of Hahnemann, Hering and Kent, it becomes limitless in its possibilities for development and in its power to treat millions of sick people in the world.

Dr Stuart Close made the statement “that the treatment and cure of cancer is definitely within the scope of possibilities of Homoeopathy, has long been known and proved. The first thing to do after one has made and substantiated a pathological diagnosis of cancer is to forget it. Thenceforth, if one expects to succeed, he will treat not cancer, but a cancer patient.”

Cancer takes the life of one of every six people in India, second only to heart disease overall, but surpassing it in some age categories. More than 2,500 people die of cancer every single day. The future

doesn't look any brighter. The next two decades will most likely witness a 45 percent increase in the number of cancer diagnoses from 2.6 million in 2010 to 4.3 million by 2030. Cancer is among the leading causes of disease-related death, and it is certainly the most feared one. In addition to its physical and emotional toll, cancer has a devastating economic impact. Cancer is a very expensive illness.

Receiving a diagnosis of cancer is a startling life event that often makes a person feel as if they have totally lost all sense of control. Suddenly, they are at the mercy of their surgeon, radiation medicine and chemotherapy oncologist; and life as they knew it is, at best, put on hold.

The emerging field of integrative oncology strives to return to the person living with or beyond cancer, a sense that they can also participate actively in their journey back towards health. To date, however, there are few oncology professionals who are well versed with the modalities, which the patients seek to incorporate into their conventional cancer care. Focus on targeting the tumour and ridding the body of malignant cells is certainly a noble venture. However, in doing so, the person living with cancer is often overlooked. While cancer is the weed, integrative cancer care deals with the garden as well, making the soil as inhospitable as possible for the growth and spread of the weed. Nutrition, supplements, physical activity, stress reduction, homoeopathy, mind body interventions, spirituality - these are all incorporated with the conventional cancer care regimen to optimise the patient's outcome, decrease symptoms associated with the cancer or its treatment and maximise quality of life.

For the newly diagnosed individuals, trying to sort through the vast amount of potential complementary interventions recommended by family or friends or encountered on the internet can be a daunting experience. Regarding homoeopathy there are so many homoeopaths!!! How do you know whom to trust? As most of them have engaged themselves as self-proclaimed prophets of cancer!!!

Research in the field of malignant tumours has not yielded satisfactory results even though this project has the benefit of enormous

manpower and economic support. Most of the research is performed to find a chemotherapeutic substance that is cytotoxic to cancer cells. However, experience has shown that drugs are toxic to the normal cells as well. Thus, a philosophical change of approach to cancer research is needed so that the concept of holism is accepted, directing research toward treatment of the host who produced the tumour, not to the discovery of new ways merely to destroy the growth. Homoeopathy provides the philosophy and science necessary to deal with curable and incurable cancer cases. Homoeopathic and preventive medicine together can do much to alleviate the suffering caused by the rampant cancer problem.

The potential for helping many cancer patients via good Homoeopathic prescribing and proper case management is enormous. Thousands of successful treatments of this malady are recorded in Homoeopathic literature of the past.

I have many reasons to write this book. Over the past four decades, an increasing number of people are using methods to maintain or improve their health and well-being. People in India and all across the world are spending billions of rupees on these methods and the current estimate is that this has become a multi-billion rupees' industry. Mostly, the methods where money is spent is focused on the cancer field, for reducing one's risk of developing cancer, improving the quality of life while undergoing treatment of cancer or hoping that a different approach may treat or cure cancer. Major cancer centres throughout the United States, Europe and India have begun 'integrated cancer programs'. These programs are aimed at education, research and clinical investigation of complementary and alternative therapies used alongside conventional therapies.

It is extremely important for patients and general public, to share with their doctor, what their specialist and oncologist are doing in addition to the prescribed medications. What nutritional supplements are being taken or what form of relaxation or physical activity is making them feel better? A decade ago, there was very little sharing of this information with the treating physicians. Despite the fact that more than half of cancer patients participated in complementary therapies, the information was not shared with the oncologist for

fear of negative response. Recent physician surveys have shown that with the development of integrated cancer centres and positive outcome studies using complementary therapies, there is currently a greater acceptance by the medical community. In addition, numerous medical schools have incorporated the study of complementary and alternative medicine (CAM) into the curriculum.

The Government of India, and especially the Ministry of AYUSH (Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy), recognises the enormous public interest in the growing area of complementary and alternative methods and is committed to providing the public with a reliable guide in selecting and using these treatment methods wisely. AYUSH is committed towards the study of the effects of complementary and alternative medicine among those living with cancer. Since 2003, AYUSH has addressed the safety and effectiveness of cancer treatment. Even CCRH (Central Council of Research in Homoeopathy) has expressed concern over the claims of cancer cures and began gathering information on these therapies. CCRH has also begun publishing information regularly in the form of workshop or conferences about specific claims and criteria for assessing the merits of cancer treatment.

CCRH believes that all cancer interventions must withstand the scrutiny of scientific evaluation before they can be recommended for the prevention, diagnosis, or treatment of cancer. AYUSH urges individuals with cancer to remain in the care of physicians who use standard, conventional therapies for cancer and approved clinical trials of promising new treatments. CCRH also encourages patients to talk openly with their health care providers about any other therapy they are considering and to seek information from unbiased and reliable sources. In this way, patients can make informed decisions about complementary and alternative methods.

Cancer, being the greatest human malady, is a challenging subject. With the long experience in treating cancer patients, it was felt that students need a concise book to understand the basis of oncology, and practitioners need a brush-up of their knowledge in this growing discipline, which I have tried to offer in the first volume of this book

under the general topics like understanding of cancer: what it is, what causes it and how to help prevent it, inflammation, immunity, endocrine system, digestion, etc. Whereas in the second volume, I have discussed the homoeopathic part like: understanding cancer from homoeopathic point of view, therapeutics of individual cancers, nutrition, social and psychological problem, general management, etc. I have simplified difficult chapters like Cancer and miasms, and Homoeopathic approach to cancer in the second volume of this book, so that it becomes an enjoyable reading. Important and recent references have been added to help the interested students to search for literature in specific subjects. My only goal is to present information on homoeopathic management in a practical, useful manner so that readers will be able to understand the scope of homoeopathy in this field.

I have looked closely at how we define cancer treatment success. My focus is on healing from cancer, which refers to an internal process of becoming whole and feeling harmonious with yourself and your environment. Healing pertains to all levels of being, bringing a person's true character into focus and healthy expression. Here's how I define cancer treatment success:

1. Accepting and embracing positive and negative emotions with love and in a non-judgmental way so one can enjoy the journey no matter where we are on the path.
2. Enhancing the quality of life - physically, mentally and spiritually by connecting the mind, body, and spirit in order to grow and gain peace.

Success relies on internal awareness just as much as external factors. You cannot force success; you just need to make room for it. Those who have transited from this life of cancer should not be judged unsuccessful. Perhaps cancer was meant to be a vehicle for them - a stepping stone.

Fighting cancer is not just about hoping to discover a 'Magic Bullet' to annihilate it. It is a much broader problem, involving effective prevention, early detection, curative measures, rehabilitation of the patient, and psychological problems faced by a patient and his relatives. All of this needs to be addressed. Remarkable strides have

been made in fighting cancer during the last two decades. I feel that spreading knowledge about Homoeopathy and natural, integrative medicine is itself a step towards fighting and curing cancer, and, thereby improving the quality and quantity of life for people all over the world.

It has been said that the true measure of life is not reflected in the number of years lived, but in how one lived those years on this earth. This is particularly true for people with cancer. The measure of a life is calculated by how we spend our days and how we treat others. These are the outcomes not dictated by chemotherapy, radiation, surgery or supplements. Cancer success comes in the form of realization, personalization, connection, contentment and grace, which can't be measured in a test tube, diagnostic lab or Homoeopath's office. Regardless of the physical outcome, these measures of success are embedded in one's heart and soul. Not even cancer can steal the true measure of a life well lived.

Dr Farokh J Master

Acknowledgement

The successful completion of such a comprehensive book depends upon the support, assistance and help of great number of people. A very special word of gratitude goes first and foremost to my family starting with my beautiful wife, Dilnavaz and my daughters Dr Rukshin and Dr Mahaziver for all their support and also for bearing my anxiety, temper and insecurities for umpteen number of years. My family over a period of years have understood and accepted the many demands created by my professional relationships; they have given me the support, the time and the inspiration to continue. Now I understand why authors thank their spouses and siblings for their acceptance and tolerance of the many hours, days, weeks, and months of time devoted to the book, which is an all-important ingredient in any manuscript's completion.

While I was still studying medicine and growing to become a cancer therapist; three or four doctors from Tata Memorial Hospital, Parel, Mumbai showed me the path to learn oncology in a scientific manner, their contribution is the first and foremost. They are Dr Rajendra Badwe, Dr Parmanand Jain, Dr Pankaj Chaturvedi and Dr Boman Dhabhar from Fortis Hospital. I wish to express my gratitude for their generous support. Honestly, I could not present any scientific paper if they had not guided me at every stage of writing the paper. Dr Manisha Shigwan selflessly helped in research methodology for all my research projects so far.

I also want to thank Dr Chaturbhujaya Nayak for giving me basic knowledge of how to write my thesis on cancer and conduct the research; Dr Prashant Tamboli and Dr Devangini Broker from Dr ML Dhawale Memorial Homoeopathic Institute, Palghar for helping in all my medical statistics; Dr Ramjee Singh, Chairman CCH and Dr Arun Bhasme, Vice Chairman CCH for helping me secure admission to PhD course.

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Special thanks to Dr Farhad and Dr Jayesh who are associated with me since more than a decade giving me valuable intellectual inputs in all the work I do. Dr Michael Lorenz and all the doctors working in Lukas Klinik who have understood the concerns of cancer patients and have always guided me how to treat difficult cancer cases.

I would like to thank Sunita Shah for her immense hard work and contribution in editing during this book's initial raw stages. I want to acknowledge Dr Daisy Katarmal and Dr Isha Gupta for the tireless hard work, dedication and enormous effort put into making highly complex medical information comprehensible to readers and great help in correcting the proofs diligently; thereby making this book possible. I also thank Dr Munmun Koley, for making a structure of this book from my PhD thesis. Without their support, careful reading of the text and suggestions for important changes, it would not have been possible. I would also like to thank Dr Geeta Rani Arora and Mr Manish Jain from B Jain Publishing House, and Dr Ashish Jha, for their valuable assistance in preparing the manuscript for this book.

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Dr Pooja Gori and Dr Surabhi Chitre helped me to correct the manuscript and rearrange my notes. Dr Yatrik Kheradia took the most difficult painstaking task of constructing the repertory and rearranging chapters thereby reducing a big burden from my cerebral cortex.

I owe a tremendous personal debt of gratitude to my teacher Dr Farokh Udwardia and to Dr Zarir Udwardia who cared about me and my family. One of the most relevant thing I learned from Dr Farokh Udwardia was art of human medicine.

I thank Mr Nusli Wadia for sponsoring my trip abroad to present research papers in World Congress of Cancer.

I am indebted to my friend Dr Mitchell A. Fleisher for providing his insightful thoughts and inputs regarding this book. He has diligently gone through the entire text of two volumes, and with his expertise in Homeopathic Family Medicine and Nutritional Therapy, including IV Chelation Therapy, IV Bio-oxidative Therapy, Natural, Bio-identical, Bio-mimetic Hormone Replacement Therapy, Naturopathic Medicine, etc., he has provided valuable points to enhance the content of this book. I am also thankful to him for helping me in getting the valued recommendations for this book.

I am grateful to Dr George Guess, Dr Timothy Fior, Dr Richard Moskowitz, Dr Bernardo A Merizalde, Dr Ronald D. Whitmont, Dr William Shevin, and of course Dr Mitchell A. Fleisher for writing gracious endorsements for this book.

Special thanks to all my old friends who always believed in me. The list is very long, but it is incumbent mention names of Ameet and Renu Judge, Fali Nariman, Prakash Nandu, Meher Dubash, Farida Nicolson, Rashna and Noshir Talati, Nina Pillai, Kiran Rao Khan, Lara Dutta, Norman Suhu, Piyush Parikh, Ramesh Bhutada, Arup Bhattacharya, Tomy Njarthadam, Frederick Schroyens, Wanlop Tanakeiti, Yezdi Karanjia, Burjor Patell, Kershasp Kasad, Jane Crains, Alastair Gray, Roberto Petrucci, Rene Otter, Kim Elia, Edouard Broussalian, Cathy Meyers, Dario Spinedi, Alok Parikh, S.M.Singh, Tarkeshwar Jain, Will Taylor, Carlo Rezzani, Dale Emerson, R. K. Manchanda, Sunny Bakshi, Sunny Gupta, Nishant Jain, Olivia Barkoff, Deborah Vidal, Didier Grandgeorge, Erick Von Woensal, Frederick Recolle, George Vithoulkas, Pankaj Bhatnagar, Guiseppe Spinelli, Peter Hassman, Zsuzsanna Czovek, Bona Lazlo, TuscManori, Jimmy Sharb, Jeremy Sherr, Misha Norland, Michael Frass, Patty Palhemus, Rin Colabucci, Spero Latchis, Rob Williamse, Robert Gramlich, Paul Albers, Shivin Gupta, Noshir Dadrewala, Sam

Calagopi, Nirag Shah. Thanks for being the shoulder I can always depend on.

Finally, I am grateful to my patients who shared with me some of the most difficult times and grave struggles they underwent. They allowed me to play a part in their struggles and in many cases they made me feel like a family member.

I have learnt a lot from them over the years, not only about cancer and its treatment, but also about hope courage and the indomitable human spirit.

I and the society in general, owe all cancer patients a great debt.

Dr Farokh J Master

Publisher's Note

This project by Dr Farokh Master had been taken up by BJain Publishers as it is a complete work on cancer therapy. It is also a perfect introduction to the holistic, natural, integrative medical therapy of cancer patients for conventional, allopathic doctors. The extensive, detailed materia medica of homeopathic medicines will be useful in all aspects of cancer, and the comprehensive information regarding nutritional supplementation, dietary interventions, and other relevant therapeutic modalities will prove invaluable to all serious practitioners.

The book has been divided into two volumes: Volume I casts a wide net summarising conventional and contemporary knowledge about cancer pathophysiology, detection and management. Volume II focuses upon homeopathic, integrative and dietary approaches to prevention and treatment of cancer and the complications that arise from it.

It is an excellent resource for doctors of homoeopathy, naturopathy, and all other health care providers involved in the care of patients with cancer. We are sure that this work by Dr Master will make a great resource for the physicians of alternative therapy.

Kuldeep Jain
CEO, B. Jain Publishers (P) Ltd.

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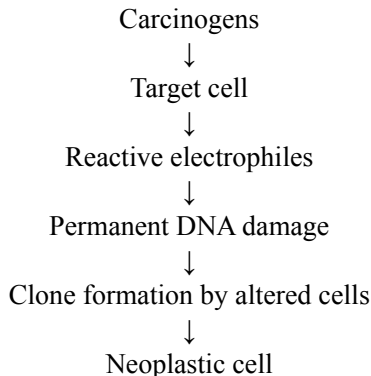
Introduction to Cancer and Tumour

- Introduction to cancer
- Introduction to tumour

Introduction to Cancer

Cancer is a general term for abnormal growth or new growth of cells. The term is derived from the Latin word for Crab - as it adheres to any part that it seizes, in an obstinate manner, like a crab. The process of developing cancer is known as carcinogenesis, which literally means “the birth of cancer.”

Cells, as we know, are the building blocks of our body, each of them containing twenty-three pairs of chromosomes. These chromosomes are made up of the double helix spiral of the deoxyribonucleic acid (DNA) molecule, which controls and transmits the genetic characteristics which are inherited from the parents and passed on further to the offspring. The chromosomes contain millions of different genes that control the growth, function and behaviour of the body.



Healing Cancer: A Homoeopathic Approach

**A Guide to Prevention, Management and Treatment of Cancer
with Integrated Approach from Dr Master's, 40 years experience**

Volume II

By

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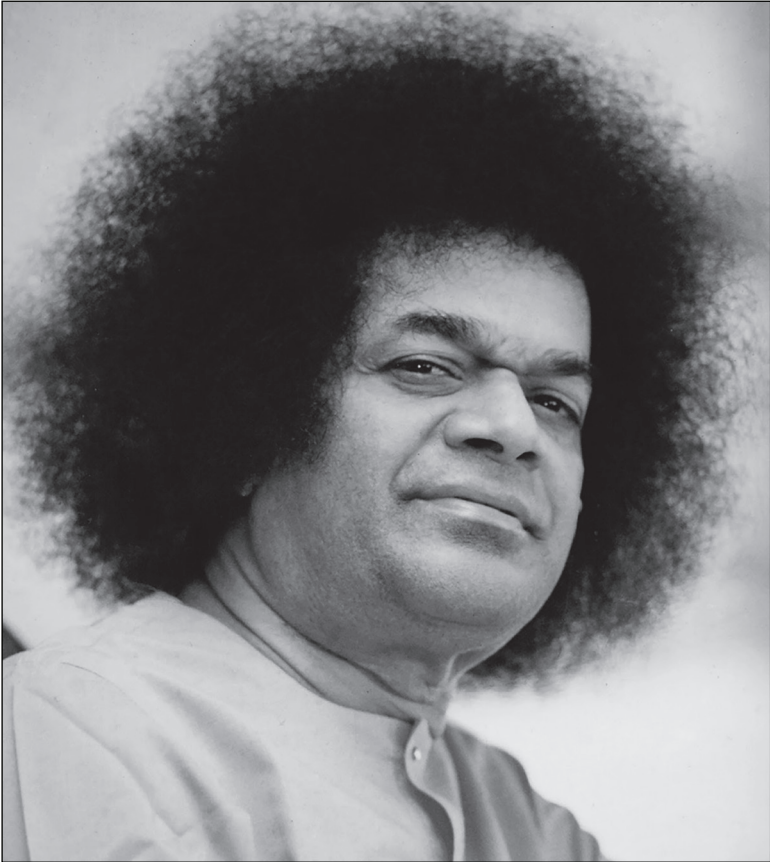
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Dedication

This book is dedicated to the

lotus feet of

Shri Satya Sai Baba.



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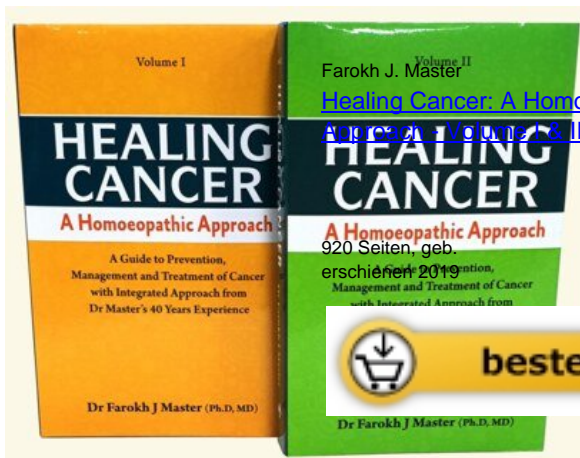
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The Cancer Archetype

Modern medicine has identified the major causes and risk factors of cancer, however, another school of thought often describes the ‘cancer personality’ comprising of the traits that may determine one’s risk of developing cancer. Homoeopathy, since past 200 years, has proposed the theory of mental and emotional trauma as the precursors of cancer. Also, in the early nineteen thirties, Dr D.M. Foubister from London described the cancer personality under the remedy *Carcinosin*. While it is interesting to explore such theories, these types of designations if applied superficially, can be dangerous. The simple fact is that we do not find every person with cancer to be negative, mean or unhappy; in fact, people who appear to be happy, nice and peaceful also get cancer too.

So, does a person’s mental emotional nature really have any relation to cancer? I believe in this cent percent; not only in causation, but this also has a role in prevention and treatment. Cancer development and growth has multidimensional influences. So, it makes sense that one’s attitude or personality may play some role. While I do believe in personality that can cause cancer, in Homoeopathy we call this as ‘cancer diathesis’ or ‘cancer type’, I feel and have observed in my practice that a positive attitude that includes laughter, love and kindness does help in strengthening any cancer treatment plan. Some of the most interesting studies regarding cancer prevention and treatments involve humour, jesting, laughing and mirth. A literature review featured in the *Clinical Journal of Oncology Nursing* demonstrated the following benefits of laughter:

1. Assists with pain management and increases comfort levels.
2. Lessens anxiety and discomfort, helping cancer patients relax.
3. Positively affects immunity by increasing natural killer cell activity.
4. Improves physical stress responses and influences stress hormones to increase overall feelings of well being.



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