



# Whole Person Healing Complementary and Alternative Medicine for Cancer Care

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Any sound health safeguarding and restoring approach should at least include a thorough assessment of an individual's lifestyle, chemical toxic exposure levels (of which there are never really nil in the modern industrialized world), modern day near ubiquitous artificial electromagnetic radiation exposure, diet, nutrition, and the subtle things in life that to some extent come under the generalized guise of “stress”. This has been called, Whole Person Healing.

These health factors apply directly, but not only to an individual's health generally, but just as much, and also just as directly, down to the scale of small groups of cells, single cells, and small 'parts' of single cells, anywhere in the body.

Ancient and traditional health care and medical approaches dealt with most or all of these things. Modern conventional oncology does not. The World Health Organization indeed mentions that cancer is environmentally related.

The Australian Institute of Health and Welfare neatly sums up the situation. “Most deaths in Australia are caused by chronic disease rather than acute illnesses that were the cause of most deaths a hundred years ago. But many of these diseases, such as cardiovascular diseases, some cancers, chronic obstructive pulmonary disease and diabetes, are increasing because of changes to our lifestyles.”

This is general health talk, but what about “cancer”? There is not such a big chasm, if one at all. Epigenetics are increasingly seen to be major factors in gene switching, splicing and expressing; and oncogenes, the 'aberrant' genes, are conventionally considered to be underlying 'causes' of “cancer”.

Robert Sapolsky at Stanford has shown that chronic change in stress hormones is social hierarchy and responsibility related in primates, including humans. Stress hormones and immune function flip-flop. Chronic infections are also a conventionally considered cause of “cancer”. A depressed or suppressed immune system will be less resilient to the balance of microorganisms we are all exposed to and many of which are 'us' in the first place being the multi-gemone creatures we are.

Studies are showing that the non-fancy stuff like exercise, healthy, plentiful supportive social relationships, plant-based diets, meditation practices, stress reduction or 'management', actually lengthen telomeres—one of the current holy grails of longevity and disease prevention; even while you have been handed out a conventional diagnosis of a chronic disease.

And what if you already have “cancer”? The same Whole Person Healing approach logically applies. It is well established that we all have “cancers” coming and going during our lifetimes. Rather than malicious, malevolent occurrences, which is at least as far back as being a Bronze Age interpretation of these events, these are much more likely outcomes of complex, localized microenvironment endogenous and exogenous interferences in the almost infinite complexity of interactions at every criss-crossing natural phenomena-scale (from atomic-sub-atomic to big physical thermodynamic), needing rectification. Most of the time, the marvellous human organism does just that. We need to understand and focus on the instances where this did not happen, and a “cancer” results.

But then, the “cure” must be far from mercilessly attacking the affected cells and tissues of the “cancer” as with modern destructive oncology. Instead, the proper task of scientific Medicine is to concretely identify as many epigenetic 'causes' as possible that have prevented normal body, normal rectification of the “cancer”, and intervene to sort them out. A recent burst of 'research-publicity' tried to present the case that “cancer” was just a pot-luck event. We might as well do like Achilles and pray to the Gods for help vanquishing in battle. This isn't science. There is plenty of knowledge we already have about epigenetic 'causes' and influences on “cancer” formation and promotion. And this is where are sights should be in everyday life and in hard clinical practise.

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