



Cancer and Macrobiotic Self-Healing

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I will be very honest and upfront right from the start: healing cancer is not easy. But it is possible, and many have proven this to be so. Cancer usually develops slowly and unseen for many years before it becomes obvious enough to be diagnosed. So, it is not going to be healed easily or overnight and not even in a few months for most people. Be careful of anyone who offers you a quick and easy approach or who claims a high cure rate. No treatment, chemical or natural, and no diet, can honestly claim an unusually high cure rate. This is true of macrobiotics, too. But it can be honestly reported that numerous individuals have recovered after beginning a macrobiotic self-healing practice.

A worthwhile approach to healing cancer will not be easy, and it will not offer you magic bullets or promise a quick fix. So be prepared for hard work and much effort in a macrobiotic healing process if you should choose to go this way. Why I am telling you this? Why not tell you that the macrobiotic approach to healing is a snap and that it will take you right to good health in no time with very little effort on your part? I might get your attention and make you feel excited for a moment, and there is probably much money to be scammed in preaching such nonsense, but my purpose is to help you clearly understand what is involved in a self-healing process. I am writing in order to share with you what I believe it will take for you to open the door to your own healing. If one person reads this who has the unshakeable faith and determination that macrobiotic self-healing requires, then my efforts to communicate the truth here will have been worthwhile. I am waiting for you up around the bend. Read on.

For most people, a macrobiotic healing diet will be a radical 100% change from their former way of eating. Almost all of the former foods will have to go. So, for the person who isn't really willing to give up favorite foods and eating habits, and invest time and attention into self-healing, attempting a macrobiotic practice could bring about resentment, anger, and frustration. For the person who is willing to change so completely, though, the door to macrobiotic self-healing begins to open, but even that person will find it a challenge in the beginning to give up old habits. Patience and determination will be necessary.

Please take a deep breath and begin to learn about macrobiotics carefully. Macrobiotics done in a state of panic or in a rush to implement it without proper education could possibly lead to serious misapplications of its healing principles. The macrobiotic healing approach requires education in specific self-healing skills and cooking instruction from an experienced macrobiotic teacher. Developing a clear understanding of macrobiotic self-healing principles, solid confidence in the macrobiotic way, social support from family and friends, and a disciplined, daily practice of macrobiotic eating, are essential.

The macrobiotic healing approach will require a major investment of your time and effort over an extended period, and it will require some financial investment, too. You will have to be willing to spend time and attention on your healing process and on the education necessary to acquire macrobiotic self-healing skills. You will have to be willing to go through

an initial period that can best be described as a kind of self-imposed healing “boot camp.” This isn’t meant to make macrobiotics sound impossible but to make it clear that you will have to work hard for your healing to become a reality. You will have to learn about macrobiotics and macrobiotic cooking and allow time for the process to unfold. If you are bedridden or otherwise unable to seek the proper macrobiotic education in person for yourself, there must be someone you can send away to learn who will then come back and teach you and/or cook for you.

Primarily as a result of the residual effects of past dietary and lifestyle habits and/or medical treatments, some cancer patients’ symptoms may appear to increase during the initial phase of a macrobiotic self-healing practice. A change to a macrobiotic diet won’t reverse overnight the symptoms of cancer and lingering side effects of the past lifestyle. Self-healing takes time. Additionally, after starting a macrobiotic way of eating or any other dietary change, there can be unpredictable episodes of various symptoms as the body adjusts and changes. You will have to be willing to work through this initial phase and to understand the process as it occurs. At the same time you are going through this initial phase where many ups and downs can happen, you and those around you may begin to notice positive signs such as smoother skin, better sleep, improvement of digestion and normalization of functions of elimination. Of course, a cancer patient should consult with his or her medical doctor when experiencing any symptoms.

My own experience of working with many people who have established a macrobiotic self-healing practice has shown that for most there has generally been three 6-month consecutive phases (18 months total) to the beginning process of macrobiotic self-healing as follows:

1st six months: This first phase is one of laying a very basic foundation of macrobiotic practice. The person will be getting started through seeking education in macrobiotic self-healing methods, stocking the kitchen with macrobiotic staples, learning macrobiotic cooking, eating daily macrobiotic meals, learning and applying the relevant home remedies and generally becoming familiar with the macrobiotic changes. Friends, family members and medical personnel may naturally have questions about the macrobiotic practice, and these will need to be addressed through open communication.

During this time blood quality changes begin, and possible improvement of symptoms may be experienced such as gradual reduction of any pain, and general improvement of appetite and energy level. Some have even experienced dramatic improvement of symptoms during this period; others may experience gradual improvement. Each person is unique and each will have a different experience.

2nd six months: In this second phase, the person will be building upon the foundation laid in the first six months. Usually, he or she will have become more relaxed and knowledgeable in their practice of macrobiotics. The blood quality will continue to be re-built. Most people become more stabilized in their macrobiotic self-healing practice and more familiar with macrobiotic foods, cooking styles, etc, during this time. The second six months period usually finds the person far more settled in a macrobiotic practice and experiencing the benefits of the previous months of practice and investment of time and attention. During this time the physical health benefits usually become clearer and clearer since the blood quality and practice have improved.

3rd six months: The third phase very often finds the person significantly improving and becoming physically stronger and much more grounded in a macrobiotic practice. By this time, as a result of obvious health improvement, many people find that family, friends and some medical personnel who may have been doubtful in the beginning, are now far more supportive and encouraged by the person’s choice of incorporating macrobiotic self-healing practices. Rather than an unknown and unfamiliar way of eating and living, the macrobiotic practice by now has taken on a familiar routine and ease of understanding.

The above phases are a very general description of what is commonly experienced. Each individual will be unique, and the time frame for each person will be different. The above general time frame is not meant to imply that it takes 18 months to experience any benefits from a macrobiotic practice, but that 18 months is generally a reasonable time frame to look at for establishing a solid and sustained macrobiotic understanding and practice.

After this beginning 18-month process, you will probably want to continue a healing-quality macrobiotic practice with the on-going guidance of an experienced macrobiotic counselor.

If you have had chemotherapy, radiation and/or surgery, you can still begin a macrobiotic practice. However, you must keep in mind that any side effects of these treatments must also be overcome and healed along with the cancer, and so you will need to be very patient and willing to deal with the unpredictable ups and downs of a self-healing process. Real patience and willingness to learn and understand macrobiotic self-healing theory will be essential.

Curing and/or Healing

Cancer brings many challenges, including many positive opportunities for self-reflection and self-transformation. Healing can be much more than physical recovery of health, although this is usually what is most focused on and desired at the start. However, healing doesn't always involve physical health recovery, but it can bring about a positive transformation in one's priorities, relationships and outlook. Ideally, healing would include physical recovery AND personal transformation. For some individuals it could include both, for others it could be one or the other but not both. Neither you nor anyone else can predict or guarantee in advance how a healing process will unfold for you. But the only way to know is to begin and to follow through.

Emotional Challenges

Often cancer brings up difficult and sometimes overwhelming feelings, emotions and mental challenges such as worry, anxiety, fear, anger and more. There is a common belief that the cancer diagnosis alone created these emotions and mental states. However, in most cases, many of these feelings were already below the surface prior to the person getting a cancer diagnosis. The cancer diagnosis may have caused a jolt that released the feelings and emotions from where they had been accumulating and holding for many years. As an essential part of a macrobiotic healing practice, the person on a cancer recovery process will need to find a trained professional who can help facilitate emotional and attitudinal stability.

If you are truly willing to fight for your life like never before, macrobiotics can help you. There are no easy roads to recovery, but only for the one who faces head on the difficult challenge of self-healing can the door to the road of recovery be opened.

Moving Beyond Fear

Fear may serve as the initial propellant that brings a cancer patient to macrobiotics, but fear will not be enough for healing. Healing needs positive factors not negative ones. Fear will not support and motivate a healing process over the long-term. What can support healing, though, are positive factors. These include exploring what is the meaning and purpose of one's life from now on, and discovering what it is that one wants to do with the rest of life. Seeking one's song in life, beginning right now, at the outset of the healing process, not later, is as essential to true healing as a macrobiotic diet. In ancient cultures cancer was approached differently than today's modern fearful and obsessive approach. The person with cancer went about his or her day to day life and didn't view cancer with so much worry and anxiety. The macrobiotic approach is similar for today's cancer patient: Learn and do what you need to do for your macrobiotic self-healing, but also practice going about daily life without worry and anxiety. You may feel that this is easy for a

person without cancer to say, but if you try it, you will begin to see how helpful it truly is. There are various practices taught in macrobiotics to help us achieve less worry and anxiety and a calm mind.

Best wishes as you freely choose your way of living and healing from this moment forward!

Some books written by individuals who have taken the macrobiotic self-healing challenge and met it head on:

My Beautiful Life Mina Dobic

Double Vision Alexandra Dundas Todd

The Very Basics of Getting Started:

1. Stock your kitchen with a complete supply of macrobiotic foods and cooking utensils.
2. Cook and eat healing-focused macrobiotic meals daily, chewing each mouthful at least 50x.
3. Receive solid education in macrobiotic self-healing principles, including macrobiotic cooking and personal guidance from an experienced macrobiotic counselor.
4. Establish solid faith and unshakeable confidence in your natural self-healing ability.
5. Live each day with deep appreciation for the miracle of life and the simple gift of macrobiotic food and macrobiotic self-healing principles.