1. What You Can Do to Prevent Cancer and Heart Disease

Would you like to be able to prevent both Cancer and Heart Disease—the #1 and #2 killers of our culture?

You’ve come to the right place. That’s just what I’ll demonstrate to you in this very short presentation.

My name is Thomas Nicholas Skarshaug. (thomasnicholasskarshaug.com)
I grew up in Tacoma, graduated in Engineering from the UW, which taught me a very logical method of working problems.
After a couple of years working at Boeing, I then returned to school at UW in Dentistry, and subsequently practiced general dentistry for 42 years.
During that time I had some remarkably diverse life experiences that gave me unique perspective that has helped bring you this information.
Among these experiences was curing my depression of fifty years duration, judged by one researcher as the worst he had ever seen. He recommended that I get out of dentistry and totally rebuild my life.
His advice angered me because it was so radical that it seemed useless to me.
However I did eventually cure my depression with some alternative therapies and my own resources. ... but that’s a story for another day.

2. An empowered state of mind

1. Enhanced Love—enhanced by high self-love and acceptance
2. A habitually positive Inner Dialogue
3. Empowering Beliefs

I want to talk about the opportunity for you to create an Empowered State of Mind. Capable of preventing Cancer and Heart Disease.
Let’s begin by reviewing some cancer basics.
For instance, do you know what percentage of people have cancer cells in their body?
Actually everyone does, all the time! But we get rid of them.
3. You Have 2 Minds

**Conscious Mind or self-consciousness** (Pre-frontal Cortex)
- Who you think you are
- Creativity
- Ability to understand past, present, and future
- Your free will

**Subconscious Mind** (Hind Brain)
- Massive—one million times the processing power of the conscious mind
- Contains Beliefs and Habits
- Acts as programmed—primarily during first six years, while in brain-wave state
  - Theta, but can be reprogrammed
- Runs your life 95% of the time

4. Cancer

The best estimate is that you have 10,000 cancer cells in your body each day!
But your natural **defense mechanisms** get rid of them. It’s like this:
- You are a community of **50 trillion cells**. (That’s 50 million-million.)
- For maintenance, you replace about **6 billion cells daily**.
- About 1% of those new cells are **defective** and must be managed.
- It’s been estimated that of these 60 million defective replacement cells, **10,000 times a day**, a cell appears that is capable of creating **cancer**.
- All cancers we know about begin with a single cell.

If you don’t have cancer, it’s because of your **natural cancer defense system** of 2 parts—Genetic and your Immune System—has been working successfully.

In other words, you have been successfully defending yourself against cancer every day that you have not been diagnosed with cancer—for most people, your entire life. The concept of cancer prevention is very simple. When you understand your natural defenses against cancer, you can reinforce them, or learn to discontinue those habits that compromise those natural cancer defenses.
5. Genetic Cancer Defense

The most important element of your genetic cancer defense is your beliefs.

The explanation is complex, but is precisely explained on a YouTube presentation—a must see.

Dr. Bruce Lipton—a cellular biologist, has several informative presentations on YouTube describing clearly how and why the most important element influencing your genes is your beliefs.

*Your Beliefs control your biology*
Dr. Bruce Lipton

6. Your Immune System

“Your Immune System is constantly eavesdropping on your inner dialogue.”
Dr. Deepak Chopra

*See website: chopra.com>immune system*

This is a concise translation of a very esoteric and relatively new specialty of medicine—Psychoneuroimmunology.

For instance, at UCLA Medical School, the department of Psychoneuroimmunology is located in the Cousins Center—named for Norman Cousins, who cured his incurable immune modulated connective tissue illness by leaving the hospital after his personal physician was told that Cousins had a 1/500 chance of survival. Realizing that stress diminished the immune response, Cousins reasoned that positive emotions could enhance it.

He cured himself and lived another 26 years and wrote about his experience in a best seller—Anatomy of an illness.
7. Successfully Curing Cancer

There are many stories of miraculous cancer cures available, but medicine has traditionally ignored them as a misdiagnosis or a fluke, as Dr. Bernie Siegel says ...

“If a miracle, such as permanent remission of cancer, happens once, it is valid and must not be dismissed as a fluke.

If one patient can do it there’s no reason others can’t. I realized that medicine has been studying its failures when it should have been learning from its successes.”

Dr. Bernie Siegel

Peace, Love & Healing, p11-12.

In his book, Peace, Love, and Healing, Dr. Siegel tells a story of a woman diagnosed with cancer so advanced that her oncologist told her not to waste what little time she had left on chemotherapy. She should just go home and die.

However, a nurse friend convinced her to see Dr. Siegel, commenting that Dr. Siegel “cures lots of people.”

The woman believed her friend and agreed to an interview with Dr. Siegel, who had radically changed the way he practiced medicine. After the interview, the patient confided to her nurse friend, “I knew he could help me as soon as he held my hand.”

Chemotherapy was started and the woman with untreatable cancer, who believed that Dr. Seigel could help her, quickly recovered.

Dr. Seigel credited Love with his miraculous healings—but when you read his books, I think you will agree it’s Love and Belief, combined. The belief of the doctor and the belief of the patient.

8. Heart Disease—The New Evidence-based Risk Factors

1. Hostility
2. Job Dissatisfaction
3. Depression
4. Calcifications of your Coronary Arteries (not cholesterol)
5. Fear
9. Being Judgmental and Heart Disease

1. **Hostility:** Today, the heart disease-hostility link has gained significant credence among investigators, even though the exact nature of the connection remains up for debate.


   As an example, one study demonstrated that 20 percent of hostile lawyers were dead by age 50, compared to other lawyers.

   Hostility begins with a **judgment** about something or someone.

2. **Job Dissatisfaction:** Deepak Chopra, *Training the Mind, Healing the Body*—reaffirms that hostility is the number one risk and job dissatisfaction is second.

   Job dissatisfaction ... clearly a **judgment**.

3. **Depression:** Depression has been linked to doubling the chance of developing heart disease and tripling your chance of dying from it.


   Some forms of depression are now being associated with constant attention to problems or negative thoughts, which are **judgments**.


   **Note that three of the five evidence-based risk factors are associated with being judgmental.**

   Relating being judgmental and heart disease is a new concept and ideally should be studied scientifically. For now, **just be open** to the concept that being judgmental is in involved with three of the five evidence-based risk factors for heart disease.

   Also note, that acceptance is the opposite of being judgmental and acceptance enhances love.

10. Coronary Calcifications

   - The only Evidence-based risk factor for heart disease that is a physical manifestation, rather than a State of Mind!
   
   - Johns Hopkins study of 950 people and reported in 2010 that half of the participants that had coronary calcifications experienced 95% of the heart attacks.

   - Further, 75% of all heart attacks happen to people with normal cholesterol. **Calcifications not cholesterol** is the only physical evidence-based risk factor for heart disease, that is currently evidenced-based.

   “Why taking statins might be pointless—and even bad for you.”

   dailymail.co.uk, Dec 21, 2010

   (google) The Heart Test You May Need—but likely Haven’t Heard of,

   Johns Hopkins
11. Fear is a powerful emotion

Fear is an evidence based risk factor, because of a Finnish study of 1200 businessmen, who had more heart attacks when their diet and lifestyle modifications were stimulated by fear—the opposite of what was expected.

D. Chopra, D. Simon
Training the Mind, Healing the Body

There are also studies that implicate anxiety with tripling heart disease death risk. (Anxiety is a fear-based emotion.)

S. Reinberg,
HealthDay News, March 19, 2013,

Fear when teamed with negative beliefs, can be deadly as found in three cultures.
Australian Aborigines ... pointing a stick—one week to die.
Africa ... Voodoo Death—two weeks to die.
America ... Nocebo Effect ... If your doctor tells you you’re going to die and you believe the prognosis, you will die, on time.

Fear turns on the body’s HPA (Hypothalamus-Pituitary-Adrenal) System, which shunts blood from your immune system and digestion to the muscles of fight or flight.

It also shunts blood from your frontal lobe—conscious thought—to your hindbrain, which displays lightning quick reflexive action.

However, your hindbrain is incapable of conscious thought, so fear makes you stupid. That’s precisely why the training that soldiers and medics receive is highly repetitious, which creates habits, so they can do their jobs competently despite fearful conditions. (Your habits reside in your subconscious mind not affected by shunting of blood away from your conscious mind during fearful conditions.)

It is also why media moguls sponsor a constant stream of fear-laden stories in order to manipulate the electorate. (see Manufacturing Consent—Noam Chomsky).
12. Love and Heart Disease

**Love is the opposite of Fear** and it has positive influence on your heart.  

The studies relating love and heart disease are few, but they are interesting and should not be ignored.

In one study, a nurse made a one-minute phone call to heart patients once a month. She would ask how the patient was doing, and let them know that the people at the hospital cared about them. In that study, the post-surgery death rate was cut by 50%.

Another study, this time from Israel, included only one question, “Does your wife love you?” A yes answer increased the survival rate by 80 percent.

Deepak Chopra,  
*Training the Mind, Healing the Body* ...

Then there’s **Roseto**, Pennsylvania, in the 1950s.  
M. Gladwell, *Outliers*, p6-10

Physician Stewart Wolf, sociologist John Bruhn, and their team of researchers studied the population of Roseto, Pennsylvania.

To put their discovery into perspective, you have to realize that in the 1950s, heart disease was a huge problem in America—even bigger than it is now.

Roseto’s cooked with lard and 41% of their calories were from fat. They smoked heavily, and many struggled with obesity—in other words they completely abused the diet and lifestyle recommended for a healthy heart, but were actually much healthier.

The secret of Roseto was their egalitarian ethos and the culture of respect for people. If you choose to read about Roseto, I think you will come to the same conclusion as I have—**The difference between Roseto and other communities can best be described by the term ‘love’**—the same emotion that Dr. Bernie Siegel described as being the most important element in defeating cancer.
13. Belief and Heart Disease

“... Harvard Medical School associate professor of medicine Dr. Roger J. Laham reported on follow-up results of a randomized trial looking at laser surgery to improve blood flow.

Patients who got the surgery had significantly less pain and improved heart function. But so did patients who had a sham operation—the equivalent of a placebo. (Placebo is the garbage can that modern medicine places the power of human belief.) After 30 months, the placebo effect was still there. Scans and other tests showed physiological gains in blood flow among only those who thought they had been operated on.

A similar large placebo effect might explain “most of the benefits that we’ve seen so far with balloon angioplasty and bypass surgery,” Laham says.

BloombergBusinessweek.com, July 18, 2005

When we consider the astounding power of belief—and disbelief—to affect physical conditions, we must ask: “Might beliefs held in the mind be an area of untapped healing potential?” Put another way: “Could the power of belief produce results without costly drug trials, hugely expensive hospital facilities, or even medical insurance?”

Dr. Bruce Lipton
The Biology of Belief

14. Review: An Empowered State of Mind that is capable of Curing Cancer and Heart Disease. Therefore, it should be much easier to prevent these diseases, if you choose to create it.

1. **Enhanced Love**—enhanced with high self-love and acceptance
2. A **habitually positive Inner Dialogue**
3. **Empowering Beliefs**
15. What you can do right now

1. **Morning Meditation.**
   Begin each day with a 15 minute active morning meditation. Suggested topics are self-love and acceptance, counting your blessings, or gratitude for the gift and opportunities of a new day. Also, consider welcoming the billions of new cells that are created each day into your loving family of cells. Keep things simple at first and add other topics at your discretion. Even ten minutes each morning to ground your day is a great start. Fifteen minutes is excellent.

2. **Positive Inner Dialogue**
   Build a habit of awareness of your Inner Dialogue. The “little voice” is always talking. Place your attention on that voice from time to time and evaluate the messages: Are they primarily positive and healthy, or are you continuously pondering unsolved problems and focusing your attention on negative concepts? If they seem problem-oriented, take care to limit your focus by applying the three options to any problem or using the Serenity Prayer, and learn to see the Opportunity in Every Problem.
   
   a. **Three Options:**
      1) Solve the problem.
      2) Accept the situation—now there is no longer a problem.
      3) Dwell on the problem and undermine your immune system.
   
   b. **Serenity Prayer** (popular version)
      
      Lord give me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

   c. **Choose** to create the habit of seeing the opportunity in every problem.
      I believe anyone can learn to do this. It’s critical to a habitually healthy inner dialogue.

3. **End the Day** with a Journal entry.
   Complete your day by making a journal entry describing any problems or ill feelings. If you caught yourself constantly stewing about a problem, write it down. Make certain to include your feelings. This has been demonstrated to create long-term immune system enhancement.
   
   Complete your Journal entry with something you like, love, or admire about you, or something that you did that you liked.

   Deepak Chopra,
   
   *Training the Mind, Healing the Body*
16. There is far more Information than can be communicated in 50 minutes

*What You Can Do to Prevent Cancer and Heart Disease*
By Thomas Nicholas Skarshaug
For more information, see my website—ThomasNicholasSkarshaug.com