Podcast Interview of Dr. Belanger and Avinoam Lerner Transcript

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Cancer Concepts and Guest Introduction

The views and ideas expressed on the The views and ideas expressed on the following program are strictly those of following program are strictly those of the host or guests and do not the host or guests and do not necessarily reflect the views and ideas necessarily reflect the views and ideas held by the Voice America Talk Radio held by the Voice America Talk Radio If you or a loved one is living with If you or a loved one is living with cancer, you probably have two focal cancer, you probably have two focal points. How to rid yourself of it and points. How to rid yourself of it and how to prevent it from coming back.

how to prevent it from coming back. You'll get some terrific information You'll get some terrific information today on cancer concepts and compliments today on cancer concepts and compliments with Dr. James Bang. We'll explore with Dr. James Bang. We'll explore natural medicines which may enhance natural medicines which may enhance conventional therapies, share cutting conventional therapies, share cutting edge research, and offer insight on how edge research, and offer insight on how diet and natural medicines can play an diet and natural medicines can play an important role in treating and important role in treating and preventing cancer. The information preventing cancer. The information presented herein is in no way intended presented herein is in no way intended as a substitute for medical counseling.

as a substitute for medical counseling. Hello everyone. This is Cancer Concepts Hello everyone. This is Cancer Concepts and Compliments. I'm your host Dr. James and Compliments. I'm your host Dr. James Bell from the Lexington Natural Health Bell from the Lexington Natural Health Center and today I have a very special Center and today I have a very special guest, Ainomoam Learner. He is an guest, Ainomoam Learner. He is an integrative medicine practitioner who integrative medicine practitioner who specializes in cancer care and he earned specializes in cancer care and he earned his degree in holistic health from his degree in holistic health from Reedman International College for Reedman International College for complimentary and integrative medicine complimentary and integrative medicine in Israel in 2000. He is a certified in Israel in 2000.

Whole-Person View of Cancer and Recovery

He is a certified clinical hypnotherapist and author of a clinical hypnotherapist and author of a book titled the new cancer paragum which book titled the new cancer paragum which is a very good book. He's also a mind is a very good book. He's also a mind and body consultant to the Zikum Center and body consultant to the Zikum Center for Integrative Medicine at Dana Farber for Integrative Medicine at Dana Farber Cancer Institute right here in Boston, Cancer Institute right here in Boston, Massachusetts. He has an innovative Massachusetts. He has an innovative approach to cancer recovery. He he likes approach to cancer recovery. He he likes to highlight the multi-dimensional to highlight the multi-dimensional nature of our being. In other words, he nature of our being. In other words, he treats the body and the mind. And Aviona treats the body and the mind. And Aviona Onam's guiding belief is that for true Onam's guiding belief is that for true and lasting recovery, one must transcend and lasting

recovery, one must transcend the mechanistic redust reductionist the mechanistic redust reductionist Newtonian view of disease and recognize Newtonian view of disease and recognize that illness is a whole person event. As that illness is a whole person event. As such, he works with patients in all such, he works with patients in all stages at his Watertown, Massachusetts stages at his Watertown, Massachusetts office to one, strengthen the body's office to one, strengthen the body's innate immune response, two, increase innate immune response, two, increase physical and psychological resiliency, physical and psychological resiliency, and three, enhance their outlook and and three, enhance their outlook and attitude towards a favorable outcome.

attitude towards a favorable outcome. Uh, Avion, welcome. I hope I'm Uh, Avion, welcome. I hope I'm pronouncing that correctly. pronouncing that correctly.

>> We can settle for a >> We can settle for a >> AI. Okay. Well, Avi from from this point >> AI. Okay. Well, Avi from from this point on. And um can you just tell me um in on. And um can you just tell me um in your bio you you say transcend the your bio you you say transcend the mechanistic reductionist Newtonian view mechanistic reductionist Newtonian view of disease. Um can you give a brief uh of disease. Um can you give a brief uh what what you mean by that?

what what you mean by that? >> Of course. Uh it relates to the old >> Of course. Uh it relates to the old paradigm. You know my book the new paradigm. You know my book the new cancer paradigm uh focus um in length cancer paradigm uh focus um in length about the differences between the old about the differences between the old paradigm which related to disease as a paradigm which related to disease as a local event within a particular organ local event within a particular organ particular part of the body and as such particular part of the body and as such isolated or separated the person from isolated or separated the person from the illness. The new cancer paradigm the illness. The new cancer paradigm relates to uh treating illness versus relates to uh treating illness versus disease. And if the listeners will look disease. And if the listeners will look it up uh in the dictionary, they will it up uh in the dictionary, they will see a meaningful difference between the see a meaningful difference between the two. And so illness is a whole body two. And so illness is a whole body event, a whole person event rather event, a whole person event rather because we are a multi-dimensional because we are a multi-dimensional being. And as such uh more than our just being. And as such uh more than our just our flesh, more than just uh uh the sums our flesh, more than just uh uh the sums of our organs and u illness really of our organs and u illness really impacts us in all those different levels impacts us in all those different levels of our being. And it's important vitally of our being.

How Hypnotherapy Supports Healing

And it's important vitally important to address these uh other important to address these uh other levels because in my view separating the levels because in my view separating the person from the illness we fail to treat person from the illness we fail to treat the root cause of the illness and um the the root cause of the illness and um the evidence is in everyday's life patients evidence is in everyday's life patients everyday's life when the cancer return everyday's life when the cancer return in again and again even though the in again and again even though the operation the the surgery the the operation the the surgery the the radiation the chemo was successful uh it radiation the chemo was successful uh it was very successful at treating was very successful at treating the tumor, the symptom, but not the root the tumor, the symptom, but not the root cause.

cause. cause. >> That's great. Well, I refer a lot of >> That's great. Well, I refer a lot of people to you and I uh wanted to give a people to you and I uh wanted to give a a sense to our listeners what it's like a sense to our listeners what it's like when a person comes to see you for their when a person comes to see you for their first visit. What is like a typical first visit. What is like a typical format for you um for that first visit?

format for you um for that first visit? >> Well, let me first describe what it is >> Well, let me first describe what it is that I do so that people can have a that I do so that people can have a better context. As a clinical better context. As a clinical hypnotherapist, I uh work with cancer hypnotherapist, I uh work with cancer patients to uh increase uh and patients to uh increase uh and strengthen their body's innate capacity, strengthen their body's innate capacity, their immune system to fight against and their immune system to fight against and recover from cancer. And um as you know recover from cancer. And um as you know we are complex beings. And so in the we are complex beings. And so in the context of our treatment of our work context of our treatment of our work together I ask people to

keep in mind a together I ask people to keep in mind a minimum of five sessions and a maximum minimum of five sessions and a maximum of 10 sessions.

of 10 sessions. >> Uh each session is an hour and a half >> Uh each session is an hour and a half and um throughout this course of five and um throughout this course of five sessions um we employ uh different sessions um we employ uh different techniques mainly uh hypnosis. uh we techniques mainly uh hypnosis. uh we engage with that part of the mind that engage with that part of the mind that governs uh bodily functions that engage governs uh bodily functions that engage or intervene with the immune system.

or intervene with the immune system. Okay. Okay. Okay. >> And we work to identify >> And we work to identify >> and resolve uh any mind patterns that >> and resolve uh any mind patterns that may inhibit um uh or suppress the immune may inhibit um uh or suppress the immune uh function. So we work to revive the uh function. So we work to revive the immune response to boost the immune immune response to boost the immune system and um resolve any other patterns system and um resolve any other patterns harmful patterns mind patterns that may harmful patterns mind patterns that may inhibit the work of the medicine.

inhibit the work of the medicine. >> Mhm. >> Mhm. >> Mhm. >> And in such position the patient for u >> And in such position the patient for u for better recovery.

for better recovery. >> Mhm. >> Mhm. >> Mhm. >> How does how does your treatment differ >> How does how does your treatment differ from uh psychotherapy and other from uh psychotherapy and other therapies focused on the psychological therapies focused on the psychological realm? Well, there's quite a few realm? Well, there's quite a few difference. In fact, uh I would say difference. In fact, uh I would say while uh my practice and hypnotherapy or while uh my practice and hypnotherapy or my practice and psychotherapy both my practice and psychotherapy both engage the mind, they engage different engage the mind, they engage different parts of the mind. Traditionally, uh parts of the mind. Traditionally, uh psychology, psychotherapy engages the psychology, psychotherapy engages the conscious mind, um the intellect mind.

conscious mind, um the intellect mind. Uh with hypnosis, we engage the Uh with hypnosis, we engage the subconscious mind, the emotional mind. subconscious mind, the emotional mind.

And the effect is therefore different. And the effect is therefore different. Uh first by working directly with the Uh first by working directly with the subconscious mind with hypnosis we are subconscious mind with hypnosis we are able to intervene as I mentioned with able to intervene as I mentioned with the immune system. So the effect is the immune system.

Subconscious Beliefs and Healing Blocks

So the effect is really about uh all about health um really about uh all about health um rather than sickness. And rather than sickness. And psychotherapy primarily engage with the psychotherapy primarily engage with the intellectual mind and the purpose is um intellectual mind and the purpose is um modification of behavior or success and modification of behavior or success and failure and other uh issues that you failure and other uh issues that you would describe as more external rather would describe as more external rather than physical biological uh internal. Um than physical biological uh internal. Um another great difference is that while another great difference is that while working in the hypnotic state, uh working in the hypnotic state, uh patients are patients are immersed in their experience. They are immersed in their experience. They are participating in their experience where participating in their experience where in psychotherapy primarily they talk in psychotherapy primarily they talk about their experience. So they're about their experience. So they're observing the experience and uh observing the experience and uh >> through participation uh through this >> through participation uh through this immersion in the process immersion in the process >> uh we generate or create authenticity >> uh we generate or create authenticity which feels very real and allow which feels very real and allow transformation to be real um which is a transformation to be real um which is a a very important uh uh difference. Uh I a very important uh uh difference. Uh I can say that with uh hypnosis the change can say that with uh hypnosis the change is almost immediate in real time. um is almost immediate in real time. um therapy, psychotherapy is a long-term um therapy, psychotherapy is a long-term um >> kind of therapy changes are happening or >> kind of therapy changes are

happening or occurring over a long period of time and occurring over a long period of time and this is uh very significant.

this is uh very significant. >> Uh my practice as I mentioned is >> Uh my practice as I mentioned is shortterm 5 to 10 sessions. It is goal shortterm 5 to 10 sessions. It is goal oriented. We have a specific goal in oriented. We have a specific goal in mind and we work to achieve that goal mind and we work to achieve that goal and by that I mean increase or revive and by that I mean increase or revive the immune system and increase patients the immune system and increase patients resiliency uh improve their outlook on resiliency uh improve their outlook on life and toward treatment strengthen life and toward treatment strengthen their resolve to heal and most their resolve to heal and most importantly uh their will to live.

importantly uh their will to live. >> So working in the subconscious level >> So working in the subconscious level that's really interesting. I um I've that's really interesting. I um I've I've done hypnosis I think once in my I've done hypnosis I think once in my life. My wife did it for her um uh for life. My wife did it for her um uh for natural child birth the first time natural child birth the first time >> and um >> and um >> I remember this was a long time ago but >> I remember this was a long time ago but they had said they I wasn't in the right they had said they I wasn't in the right hypnotic state. Is there any do you have hypnotic state. Is there any do you have difficulty getting anybody um to tap difficulty getting anybody um to tap into that state?

into that state? That's a very common experience I would That's a very common experience I would say that people are confused say that people are confused >> about what it means to be in the >> about what it means to be in the hypnotic state because uh for the most hypnotic state because uh for the most part they have gathered their part they have gathered their information their knowledge about information their knowledge about hypnosis uh from TVs from entertainment hypnosis uh from TVs from entertainment from Hollywood and from Hollywood and >> uh but in the office in a clinical >> uh but in the office in a clinical setting uh hypnosis is something else setting uh hypnosis is something else alto together um there are different alto together um there are different depth levels of depth to a hypn nosis.

depth levels of depth to a hypn nosis. Uh some of them are um required for a Uh some of them are um required for a certain amount of change. You know, if certain amount of change. You know, if if if people refer to I'm going to be if if people refer to I'm going to be out completely out.

out completely out. >> Well, that's very appropriate when >> Well, that's very appropriate when you're having a surgery. You're having you're having a surgery. You're having your tooth pulled out and and and you your tooth pulled out and and and you can't can't can't >> um you know, use Novocin as such. Of >> um you know, use Novocin as such.

Mind-Body Connection and Recovery Insights

Of course, it's very helpful, but in the course, it's very helpful, but in the clinical setting, uh you need to go just clinical setting, uh you need to go just deep enough so that the person is still deep enough so that the person is still um for the most part aware. You know, um for the most part aware. You know, hypnosis is uh really a state of focused hypnosis is uh really a state of focused attention, attention, attention, um heightened suggestability um heightened suggestability and absorption.

and absorption. >> Uhhuh. >> Uhhuh. >> Uhhuh. >> And it's a normal state that people go >> And it's a normal state that people go in and out of every day. every time they in and out of every day. every time they get immersed in a great story, watch a get immersed in a great story, watch a great movie and time flies by uh when great movie and time flies by uh when they drive from point A to point B and they drive from point A to point B and they they they >> can't necessarily recall what happened >> can't necessarily recall what happened in the middle. They're in that in the middle. They're in that >> other state, the state of focused >> other state, the state of focused attention. They were so focused on attention. They were so focused on whatever they were doing that their mind whatever they were doing that their mind uh subconscious mind were really uh subconscious mind were really driving. Um and and driving. Um and and uh it's interesting to see their uh it's interesting to see their reaction people's reaction or when they reaction people's reaction or when they learn that oh this is hypnosis. Okay.

learn that oh this is hypnosis. Okay. >> Yeah. >> Yeah. >> Yeah. >> And so I assure them that they have u a >> And so I assure them that they have u a great degree of control. They're very great degree of control. They're very much in rather than out. Uh they their much in rather than out. Uh they their their body may feel very relaxed, very their body may feel very relaxed, very comfortable. Uh but their mind is sharp comfortable. Uh but their mind is sharp and responsive. And the way that I work, and responsive. And the way that I work, specifically my approach, um, is specifically my approach, um, is dynamic. They're not just laying there dynamic. They're not just laying there and, uh, waiting to be fixed. Uh, this and, uh, waiting to be fixed. Uh, this is an interactive process, uh, while is an interactive process, uh, while they're in the hypnotic state.

they're in the hypnotic state. >> What are some things that come out, um, >> What are some things that come out, um, when they're in the hypnotic state that when they're in the hypnotic state that you feel are are are blocking their you feel are are are blocking their healing u pathway path path? I would say healing u pathway path path? I would say that specifically with regard to cancer that specifically with regard to cancer or chronic illnesses but cancer um or chronic illnesses but cancer um specifically I would say that there is a specifically I would say that there is a a common theme that keeps coming up and a common theme that keeps coming up and that that that >> there's a certain belief >> there's a certain belief >> uh well >> uh well >> before we address that let let's >> before we address that let let's backtrack a minute and you know illness backtrack a minute and you know illness in my view is a call for us to take in my view is a call for us to take action.

action. action. >> Mhm. It's a call for us to um take part >> Mhm. It's a call for us to um take part in the creation of our life. in the creation of our life. >> Yeah.

>> Yeah. >> Yeah. >> It's a um message from that part of us, >> It's a um message from that part of us, the deep part of us that uh some of us the deep part of us that uh some of us some of our deepest needs are not being some of our deepest needs are not being met.

met. met. >> Mhm. >> Mhm. >> Mhm. >> Um and so the mind is sending these um >> Um and so the mind is sending these um messages through physical experiences.

messages through physical experiences. Interestingly enough, if you ask people, Interestingly enough, if you ask people, "When was the last time you thought "When was the last time you thought about your spleen or your shoulder?" about your spleen or your shoulder?" They would look at me just like you're They would look at me just like you're looking at me right now and they would looking at me right now and they would uh say, "Uh, I don't think I've ever uh say, "Uh, I don't think I've ever thought about my spleen." thought about my spleen." >> Yeah.

>> Yeah. >> Yeah. >> Well, the truth of the matter, we only >> Well, the truth of the matter, we only pay attention to what goes on within our pay attention to what goes on within our body uh when organs or parts or body uh when organs or parts or components or areas begin to ache and components or areas begin to ache and hurt.

hurt. hurt. >> That's the only way. So, pain is a >> That's the only way. So, pain is a message for us. It's a it's a tool the message for us. It's a it's a tool the mind is using to call for our attention.

mind is using to call for our attention. Um unfortunately uh or fortunately when Um unfortunately uh or fortunately when we have a physical wound like a scrape we have a physical wound like a scrape or a broken bone you can see that uh in or a broken bone you can see that uh in an X-ray but we don't have an X-ray an X-ray but we don't have an X-ray machine for the mind. How would we know machine for the mind. How would we know uh that the mind is wounded that there uh that the mind is wounded that there is a need for us to heal a certain part is a need for us to heal a certain part of the mind? How would we know that if of the mind? How would we know that if the mind did not produce the conditions the mind did not produce the conditions that will force us that will force us >> uh like illness does to shut down to >> uh like illness does to shut down to slow down to pay attention to focus slow down to pay attention to focus inward and so forth. So this is very inward and so forth. So this is very meaningful when people are thinking meaningful when people are thinking about about about >> uh illness. Uh they're not thinking >> uh illness. Uh they're not thinking about oh what is my mind is trying to about oh what is my mind is trying to tell me. They're thinking about why me.

tell me. They're thinking about why me. >> Mhm. But the answer to why me cannot be >> Mhm. But the answer to why me cannot be found specifically with cancer cannot be found specifically with cancer cannot be found within the tumor, within the found within the tumor, within the flesh, within the organs, within the flesh, within the organs, within the cells. You cannot find the answer to cells. You cannot find the answer to that. The answer is found elsewhere deep that. The answer is found elsewhere deep within uh and that is the part of our within uh and that is the part of our mind, the subconscious mind that is mind, the subconscious mind that is calling for our attention. Once we tap calling for our attention. Once we tap into the mind, we um identify what the into the mind, we um identify what the message is and we hear the message and message is and we hear the message and we adjust, we adapt our life we adjust, we adapt our life accordingly. We begin to live more accordingly. We begin to live more authentically, more aligned with our authentically, more aligned with our truth uh and core values.

truth uh and core values. The symptoms will disappear. The symptoms will disappear. >> Mhm. >> Mhm. >> Mhm. >> The symptoms will no longer be necessary >> The symptoms will no longer be necessary because we have listened. And this is because we have listened. And this is very very significant. M very very significant. M >> I want people to uh patients to >> I want people to uh patients to understand that there is uh so much that understand that there is uh so much that they can do so much that they can do for they can do so much that they can do for themselves and um themselves and um it's a valuable lesson.

it's a valuable lesson.

Hypnosis Induction and Relaxation Techniques

>> Yeah. I had I actually had cancer myself >> Yeah. I had I actually had cancer myself at 20, you know, being a young guy in at 20, you know, being a young guy in the middle of undergraduate halfway the middle of undergraduate halfway through plugging away like everybody through plugging away like everybody else. I'm going to be a doctor and you else. I'm going to be a doctor and you know going a million miles a minute know going a million miles a minute there and and uh get the cancer slowed there and and uh get the cancer slowed down. And then all of a sudden started down. And then all of a sudden started realizing what was important to me. Uh realizing what was important to me. Uh you know, music and and and and I just you know, music and and and and I just started taking a lot of hikes and being started taking a lot of hikes and being more one with nature and decided to more one with nature and decided to take a slower track and get get better a slower track and get get better balance. So it was definitely a healing balance. So it was definitely a healing experience for me. And then uh later on experience for me. And then uh later on after that got Crohn's disease that also after that got Crohn's disease that also made me force myself to get some better made me force myself to get some better balance like you're you're speaking of.

balance like you're you're speaking of. and uh uh you know learn whatever is and uh uh you know learn whatever is most important in life. Um and most important in life. Um and >> if you ask patients who've recovered >> if you ask patients who've recovered >> yes >> yes >> yes >> um what they think about cancer they >> um what they think about cancer they will tell you that it was a a wakeup will tell you that it was a a wakeup call call call >> they will tell you that it was a >> they will tell you that it was a blessing in disguise. They will tell you blessing in disguise. They will tell you that they came out of the cancer uh a that they came out of the cancer uh a better person.

better person. >> Mhm. >> Mhm. >> Mhm. >> And I think there's a lot to that. >> And I think there's a lot to that. >> Yeah. I I feel I certainly have on a >> Yeah. I I feel I certainly have on a personal level and uh I learn from my personal level and uh I learn from my patients all the time uh that um it's patients all the time uh that um it's definitely we're on this earth to live definitely we're on this earth to live it up to our fullest and enjoy it and it up to our fullest and enjoy it and have that balance and I I try to get rid have that balance and I I try to get rid of things that are in my life that I of things that are in my life that I don't like that bring bring me down, don't like that bring bring me down, play with my kids a lot, have fun with play with my kids a lot, have fun with my wife and en enjoy uh life.

my wife and en enjoy uh life. >> Absolutely. >> Absolutely. >> Absolutely. >> Yeah. Absolutely. So, we're going to >> Yeah. Absolutely. So, we're going to take a little break and when we get take a little break and when we get back, we'll we'll talk a little bit more back, we'll we'll talk a little bit more about um what comes up in some of these about um what comes up in some of these sessions as maybe uh like I said, sessions as maybe uh like I said,

roadblocks to healing. This is cancer roadblocks to healing. This is cancer Become our friend on Facebook. Post your Become our friend on Facebook. Post your thoughts about our shows and network on thoughts about our shows and network on our timeline. Visit our timeline. Visit facebook.com/voiceamea.

>> RGCC is a pioneering biotech and >> RGCC is a pioneering biotech and contract research organization contract research organization enterprise which specializes in the enterprise which specializes in the field of molecular and cellular field of molecular and cellular genetics. The total activities of RGCC genetics. The total activities of RGCC can be divided into two main sectors.

can be divided into two main sectors. The clinical services such as detection The clinical services such as detection and imoofenotyping of circulating tumor and imoofenotyping of circulating tumor cells and chemosensitivity chemesistant cells and chemosensitivity chemesistant testing based in microarray technology testing based in microarray technology which is addressed mainly to oncologists which is addressed mainly to oncologists and cancer hospitals and the research and cancer hospitals and the research and development services in drug and development services in drug development.

How many times have you heard this? How many times have you heard this? >> I'm sick and tired of feeling sick and >> I'm sick and tired of feeling sick and tired.

tired. tired. >> You are what you eat. >> You are what you eat. >> I've tried every diet. >> I've tried every diet. >> Diets don't work. It's time to stop this >> Diets don't work. It's time to stop this kind of madness and start thinking and kind of madness and start thinking and feeling empowered to change your health.

feeling empowered to change your health. Tune in to The Raw Truth with Chef Tune in to The Raw Truth with Chef Sharon Fraser. Join us weekly for Sharon Fraser. Join us weekly for thought-provoking conversations with thought-provoking conversations with worldrenowned experts in the food, worldrenowned experts in the food, medical, holistic, sports medicine, medical, holistic, sports medicine, chiropractic, and naturopathic health chiropractic, and naturopathic health sciences. The Raw Truth airs live every sciences. The Raw Truth airs live every Thursday at 8:00 a.m. Pacific time, Thursday at 8:00 a.m. Pacific time, 11:00 a.m. Eastern on Voice America 11:00 a.m. Eastern on Voice America Health and Wellness.

Health and Wellness. Do you ever have an off day? Or is your Do you ever have an off day? Or is your life positive and uplifting? Making life life positive and uplifting? Making life brighter is a forum for positive, brighter is a forum for positive, inspired, and contemplative thought, inspired, and contemplative thought, showcasing experts in their fields, showcasing experts in their fields, including authors, musicians, and including authors, musicians, and artists. Your host, Winterfred Adams, artists. Your host, Winterfred Adams, will bring to life topics to stimulate will bring to life topics to stimulate and make your life brighter. We want to and make your life brighter. We want to hear from you. Be sure to tune in hear from you. Be sure to tune in Mondays at 10:00 a.m. Pacific time, 1:00 Mondays at 10:00 a.m. Pacific time, 1:00 p.m. Eastern time on the Voice America p.m.

Reframing Beliefs and Inner Child Work

Eastern time on the Voice America Health and Wellness Channel. Health and Wellness Channel. Opinions, options, answers. You're Opinions, options, answers. You're listening to Voice America Health and listening to Voice America Health and Wellness.

This is Cancer Concepts and Compliments This is Cancer Concepts and Compliments with Dr. James Bang. The information with Dr. James Bang. The information presented herein is in no way intended presented herein is in no way intended as a substitute for medical counseling.

as a substitute for medical counseling. If you would like to find out more about If you would like to find out more about the Lexington Natural Health Center, the Lexington Natural Health Center, please visit lexington please visit lexington naturaturalhealth.com.

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naturaturalhealth.com. Hello everyone. Welcome back to Cancer Hello everyone. Welcome back to Cancer Concepts and Compliments. I'm your host Concepts and Compliments. I'm your host Dr. James Benj from the Lexington Dr. James Benj from the Lexington Natural Health Center. Today I have a Natural Health Center. Today I have a special guest, Aanoam Learner, and let's special guest, Aanoam Learner, and let's continue our discussion. Uh Avi Avi um continue our discussion. Uh Avi Avi um can you tell me why is addressing the can you tell me why is addressing the mind body connection so important for mind body connection so important for people facing cancer?

people facing cancer? >> Certainly >> Certainly >> Certainly this is one of the most important uh um this is one of the most important uh um questions I can answer. Um questions I can answer. Um we'll start with u simple re realization we'll start with u simple re realization that there's more to us than just the that there's more to us than just the flesh. We are a multi-dimensional being.

flesh. We are a multi-dimensional being. We have a physical uh dimension, the We have a physical uh dimension, the body of course, but we're also we also body of course, but we're also we also have a um emotional, psychological, have a um emotional, psychological, mental, spiritual dimension and illness mental, spiritual dimension and illness impact all of these dimensions. In fact, impact all of these dimensions. In fact, in my book, the new cancer paradigm, I in my book, the new cancer paradigm, I borrow from the work of uh the great borrow from the work of uh the great Victor Franco who uh developed this Victor Franco who uh developed this model. We won't go into the details but model. We won't go into the details but uh it's called dimensional ontology and uh it's called dimensional ontology and it demonstrate why we must um address um it demonstrate why we must um address um or or tackle um issues like illness from or or tackle um issues like illness from uh a perspective of multiple dimensions uh a perspective of multiple dimensions because the root cause can be found in because the root cause can be found in any of those dimensions. And by in my any of those dimensions. And by in my view by separating the person from the view by separating the person from the body by treating only the body but not body by treating only the body but not uh not the mind uh we are separating the uh not the mind uh we are separating the person from the illness and in doing so person from the illness and in doing so um fail to treat the root cause and when um fail to treat the root cause and when I say treat the root cause people say oh I say treat the root cause people say oh but this is you talk about a but this is you talk about a non-physical root cause and I say non-physical root cause and I say absolutely absolutely absolutely >> um I I think we're fortunate to have >> um I I think we're fortunate to have this discussion Today in a day and age this discussion Today in a day and age where um the the science of mind mind where um the the science of mind mind body intervelation is a given fact. It's body intervelation is a given fact. It's it's no longer a debate. It's a fact. I it's no longer a debate. It's a fact. I think no scientist in their sound mind think no scientist in their sound mind >> will argue that there is an intimate >> will argue that there is an intimate relationship between the mind and the relationship between the mind and the body or that uh the mind influence uh body or that uh the mind influence uh the body in so many ways. In fact that the body in so many ways. In fact that which we hold in our mind uh we which we hold in our mind uh we experience in our body. Uh when we think experience in our body. Uh when we think fearful thoughts we feel fear in our fearful thoughts we feel fear in our body. When we feel uh sad thoughts when body. When we feel uh sad thoughts when we are sad we literally produce physical we are sad we literally produce physical tears. So that relationship isn't tears. So that relationship isn't anything new. The science behind it uh anything new. The science behind it uh the fact that scientists can measure and the fact that scientists can measure and predict um the phenomena that's what predict um the phenomena that's what really knew. And it's fortunate that we really knew. And it's fortunate that we can have this discussion can have this discussion beyond this debate, accept it as beyond this debate, accept it as reality. I think um and I again touch reality. I think um and I again touch upon that relationship between the mind upon that relationship between the mind and body at length in my book, The New and body at length in my book, The New Cancer Paradigm. And um I I think it's Cancer Paradigm. And um I I think it's important um to understand that we can important um to understand that we can and we must engage with that part of us, and we must engage with that part of us, the deep uh part of us, the part of the the deep uh part of us, the part of the mind we call the subconscious mind to mind we call the subconscious mind to harness uh the innate capacities that uh harness uh the innate capacities that uh are already there. There are existing are already there.

Practical Use of Hypnosis in Cancer Care

There are existing capacities, the the capacity of the mind capacities, the the capacity of the mind and body to heal

uh scrapes and wounds, and body to heal uh scrapes and wounds, to mend broken bones. We don't make it to mend broken bones. We don't make it happen. Um you know the subconscious happen. Um you know the subconscious mind as I mentioned governs all bodly mind as I mentioned governs all bodly functions including blood pressure. We functions including blood pressure. We don't regulate that. We don't regulate don't regulate that. We don't regulate the temperature of our body uh the temperature of our body uh consciously that is we don't uh regulate consciously that is we don't uh regulate the uh beating of our heart you know the the uh beating of our heart you know the rate of beating and we don't rate of beating and we don't >> uh breathing. All of those activities >> uh breathing. All of those activities are taking place or are controlled are taking place or are controlled subconsciously below our conscious uh subconsciously below our conscious uh awareness. And as such by engaging with awareness. And as such by engaging with this part we can intervene to the this part we can intervene to the benefit of the patient and mainly benefit of the patient and mainly addressing the immune system which is uh addressing the immune system which is uh the all powerful mechanism that that um the all powerful mechanism that that um if we can revive the immune response, if if we can revive the immune response, if we can boost the immune system, if we we can boost the immune system, if we can engage with this healing and repair can engage with this healing and repair mechanism that is already at work every mechanism that is already at work every day within the body, If we can support day within the body, If we can support the effort of the body to do so, we have the effort of the body to do so, we have um um um better positioned ourselves to recover, better positioned ourselves to recover, fight cancer and even prevent. You know fight cancer and even prevent. You know the the main two areas that my work the the main two areas that my work focus on is one um focus on is one um recovery and the second is prevention.

recovery and the second is prevention. with regard to recovery with regard to recovery um again working to revive the immune um again working to revive the immune response. We provide we support the response. We provide we support the body's effort to fight the cancer and body's effort to fight the cancer and repair itself. So that's about recovery repair itself. So that's about recovery with regard to prevention by engaging with regard to prevention by engaging with the subconscious mind by with the subconscious mind by identifying and resolving the mind identifying and resolving the mind patterns that we believe may have patterns that we believe may have contributed or produced or influenced contributed or produced or influenced the the the internal environment within the body to internal environment within the body to be vulnerable to illness. By resolving be vulnerable to illness. By resolving them, we essentially uh prevent illness them, we essentially uh prevent illness from resurfacing in a in a second from resurfacing in a in a second medical condition. And medical condition. And >> this is why it's so important um >> this is why it's so important um wherever you are in your treatment, wherever you are in your treatment, whether you're in remission and it's whether you're in remission and it's kind of a watch and wait period to see kind of a watch and wait period to see somebody like you um see somebody like somebody like you um see somebody like me and and get started on a plan. And a me and and get started on a plan. And a lot of I I found when I had my cancer, lot of I I found when I had my cancer, it was I had four surgeries to remove it was I had four surgeries to remove the cancer and then after that it was the cancer and then after that it was like, okay, let's see if it comes back like, okay, let's see if it comes back and if it comes back, you'll need and if it comes back, you'll need chemotherapy. I didn't have chemotherapy. I didn't have chemotherapy, but I wish I knew somebody chemotherapy, but I wish I knew somebody about like you at the time. Uh I about like you at the time. Uh I certainly changed my diet. I took some certainly changed my diet. I took some Chinese herbs. Um but you know, it was Chinese herbs. Um but you know, it was always a question like how did this always a question like how did this happen in my body? Why did my body kind happen in my body? Why did my body kind of go haywire like this? and um and and of go haywire like this? and um and and correcting certain thoughts um that I correcting certain thoughts um that I was having and working at the was having and working at the subconscious level to get cuz I've been subconscious level to get cuz I've been talking about the immune system in every talking about the immune system in every show that I I've been doing and um and show that I I've been doing and um and and people if that been listening to the and people if that been listening to the show know that yeah the immune system show know that yeah the immune system has a powerful ability to eliminate has a powerful ability to eliminate cancer. We have these cells natural cancer. We have these cells natural killer cells killer tea cells and what's killer cells killer tea cells and what's interesting on a scientific level they interesting on a scientific level they they have receptors on them for they have receptors on them for neurotransmitters. So how the nervous neurotransmitters. So how the nervous system is connected to the immune system system is connected to the immune system and and we have this you know and and we have this you know unbelievable power in our body. That's unbelievable power in our body. That's why there are people that have have why there are people that have have spontaneous remissions. Um their

immune spontaneous remissions. Um their immune system can eliminate this cancer. Um but system can eliminate this cancer. Um but not just using natural you know herbal not just using natural you know herbal therapies but using uh you know your therapies but using uh you know your type of technique and hypnotherapy and type of technique and hypnotherapy and mind body techniques. I think uh and mind body techniques. I think uh and more and more doctors prescribe to uh more and more doctors prescribe to uh you know to to my uh uh argument that um you know to to my uh uh argument that um refer patients to me because refer patients to me because >> by engaging with their mind by improving >> by engaging with their mind by improving uh their outlook on life by improving uh uh their outlook on life by improving uh their relationship with themselves we their relationship with themselves we are making medicine work better.

are making medicine work better. >> Mhm. >> Mhm. >> Mhm.

Medical Acceptance and Ideal Patients

>> And of course doctors like it from their >> And of course doctors like it from their perspective because it makes them look perspective because it makes them look good. uh not only they adhere to good. uh not only they adhere to patients uh you know desire to try patients uh you know desire to try something that is perhaps complimentary something that is perhaps complimentary or integrated but uh certainly it they or integrated but uh certainly it they do better so they come out looking do better so they come out looking better and they like that very much better and they like that very much >> I think it's important for patients to >> I think it's important for patients to uh be a part of the treatment um I think uh be a part of the treatment um I think the will to live and the the result to the will to live and the the result to heal are incredible forces that we must heal are incredible forces that we must uh engage engage with and and um and uh engage engage with and and um and enhance. And um you know the argument enhance. And um you know the argument that uh some of the doctors have made at that uh some of the doctors have made at least when they talk to me behind closed least when they talk to me behind closed doors they say you know but we we're doors they say you know but we we're concerned about false hope and what does concerned about false hope and what does that mean and that mean and >> okay >> okay >> okay >> and so my argument to them constantly is >> and so my argument to them constantly is false hope can only exist when you false hope can only exist when you provide false guarantee.

provide false guarantee. >> Mhm. if I don't uh provide a guarantee >> Mhm. if I don't uh provide a guarantee that I will cure them and I refrain from that I will cure them and I refrain from even using that word because yeah by law even using that word because yeah by law it's a medical word cure is a medical it's a medical word cure is a medical word uh but I don't guarantee um uh one word uh but I don't guarantee um uh one outcome over another I can do that we outcome over another I can do that we will do the very best that we can with will do the very best that we can with the uh amount of resources and time that the uh amount of resources and time that we have to uh promote favorable outcomes we have to uh promote favorable outcomes but I don't uh uh advocate false hope in but I don't uh uh advocate false hope in fact uh I'd like to quote a realistic fact uh I'd like to quote a realistic hope and it's not very different from hope and it's not very different from what they do. You know, they tell you what they do. You know, they tell you that if you go this, you know, have this that if you go this, you know, have this treatment or another, your outcome will treatment or another, your outcome will be this and that. Mhm.

be this and that. Mhm. >> Um I I think it's important to be >> Um I I think it's important to be realistic to understand that illness has realistic to understand that illness has developed uh over many years that uh developed uh over many years that uh it's not just one day you uh got up and it's not just one day you uh got up and uh became ill that this is an uh became ill that this is an accumulation and uh the mind the accumulation and uh the mind the subconscious mind is a goal achieving subconscious mind is a goal achieving agency. It has a job to do agency. It has a job to do >> and um we have an inherent need to >> and um we have an inherent need to evolve as human beings. If we uh fail to evolve as human beings. If we uh fail to pay attention, the subconscious mind pay attention, the subconscious mind will find means to call for our will find means to call for our attention. And the sooner we will listen attention. And the sooner we will listen the better. But even if we walk up and the better. But even if we walk up and we are already with the symptoms, there we are already with the symptoms, there is so much that we can do.

is so much that we can do. Yeah, that word cure is it is is more Yeah, that word cure is it is is more describing the

physical I think than the describing the physical I think than the mental because um I feel like you can be mental because um I feel like you can be cured and still be stuck with all these cured and still be stuck with all these negative thoughts and this and that or negative thoughts and this and that or you could still have the the cancer but you could still have the the cancer but all of a sudden have a new outlook on all of a sudden have a new outlook on life like you had said. This is a wakeup life like you had said. This is a wakeup call and all of a sudden now things mean call and all of a sudden now things mean a lot more to you than they did before.

a lot more to you than they did before. you're enjoying your life, you're happy, you're enjoying your life, you're happy, you have this tumor inside of you, but you have this tumor inside of you, but you have woken up. Um, or you know, then you have woken up. Um, or you know, then you still can be cured and still be you still can be cured and still be stuck in the same negative pattern. So stuck in the same negative pattern. So me that that word I feel like, you know, me that that word I feel like, you know, like I had the cancer at 20, wakeup like I had the cancer at 20, wakeup call, the Crohn's disease, more wakeup call, the Crohn's disease, more wakeup calls start and seeing people with calls start and seeing people with cancer that are at my age and younger.

cancer that are at my age and younger. um learning that I just want to live um learning that I just want to live life and enjoy it and be happy and and life and enjoy it and be happy and and that is my uh my goals in life and my that is my uh my goals in life and my that's you know my cure should we say um that's you know my cure should we say um and I'm sure what you in your sessions and I'm sure what you in your sessions you kind of bring that out in people you kind of bring that out in people >> and so yes and so you asked earlier what >> and so yes and so you asked earlier what does usually come up in in these does usually come up in in these sessions sessions sessions >> um >> um >> um if I have to if I have to boil it down into one one main theme boil it down into one one main theme that keeps repeating. Um I would say that keeps repeating. Um I would say that people through this process of that people through this process of discovery come to realization that they discovery come to realization that they hold on to the belief that this world hold on to the belief that this world will be better off without them. That will be better off without them. That someone in this world will be better off someone in this world will be better off without them. That without them. That >> somehow they are not worthy of being >> somehow they are not worthy of being here. And as such um you know the here.

Resources, Programs, and Closing Remarks

And as such um you know the question arise uh are you feeling worthy question arise uh are you feeling worthy of recovery of of of living life of um of recovery of of of living life of um health and and and wellness health and and and wellness >> and um it's heartbreaking to see >> and um it's heartbreaking to see people's face uh as they realize that people's face uh as they realize that wow I spent a great deal of my life um wow I spent a great deal of my life um holding on to this belief holding on to this belief >> but this is a very appropriate place to >> but this is a very appropriate place to say because you know when we talk about say because you know when we talk about mindbody medicine when we talk about uh mindbody medicine when we talk about uh using the mind to heal the body uh using the mind to heal the body uh immediately people conclude well um immediately people conclude well um >> I obviously made myself sick I I am to >> I obviously made myself sick I I am to be blamed it it there seems to be a wave be blamed it it there seems to be a wave of of guilt and shame and anger and rage of of guilt and shame and anger and rage toward oneself toward oneself >> and it's incredibly important for me to >> and it's incredibly important for me to say that uh this couldn't be furthest say that uh this couldn't be furthest from the truth I've never met uh in my from the truth I've never met uh in my entire life and I'm sure you didn't as entire life and I'm sure you didn't as well. Anyone who wanted to be sick or well. Anyone who wanted to be sick or anyone that wanted to remain sick.

anyone that wanted to remain sick. >> Um >> Um >> Um >> but the truth of the matter uh >> but the truth of the matter uh you know it would be nice if we could you know it would be nice if we could make ourselves s because then that would make ourselves s because then that would suggest that we can heal oursel very suggest that we can heal oursel very easily in the same manner. But the truth easily in the same manner. But the truth of the matter it's it's much more of the matter it's it's much more complicated and uh we are not at fault complicated and uh we are not at fault here at all. we find ourselves at a here at all. we find ourselves at a certain moment in time experiencing certain moment in time experiencing certain uh challenges and we can rise up certain uh challenges and we can rise up to the challenge um and and we can use to the challenge um and and we can use methods like

I offer or you offer to methods like I offer or you offer to strengthen these uh capacities within so strengthen these uh capacities within so that you can recover so that you can that you can recover so that you can cope better with the treatment so that cope better with the treatment so that you can better um you can better um >> forgive yourself for >> forgive yourself for >> holding on for so long to things that >> holding on for so long to things that were not true.

were not true. >> Mhm. Yeah. Reframing. >> Mhm. Yeah. Reframing. Interesting. Um I'm still uh trying to Interesting. Um I'm still uh trying to understand more uh in a session with the understand more uh in a session with the hypnotherapy versus like you mentioned hypnotherapy versus like you mentioned psychotherapy take years to get these psychotherapy take years to get these things that are blocking healing things that are blocking healing >> to come out um >> to come out um >> in 5 to 10 sessions. Um yeah. How do you >> in 5 to 10 sessions. Um yeah. How do you how do you do that?

how do you do that? >> Well, with hypnosis again, we work >> Well, with hypnosis again, we work directly at the subconscious mind. It's directly at the subconscious mind. It's very different very different >> from the conscious mind. The conscious >> from the conscious mind. The conscious mind has a a protection mind has a a protection mechanism uh is like a protection mechanism uh is like a protection mechanism around the subconscious mind mechanism around the subconscious mind because the subconscious mind is because the subconscious mind is literal.

literal. literal. >> So, we need a security system around it >> So, we need a security system around it uh that will prevent us from changing uh uh that will prevent us from changing uh things that we know. You know if I ask things that we know. You know if I ask you about the color white what it is you you about the color white what it is you draw that knowledge from that place that draw that knowledge from that place that have learned long ago what is the color have learned long ago what is the color white white white >> you know if I'll try to tell you that is >> you know if I'll try to tell you that is whatever it is that you call white is whatever it is that you call white is actually brown uh your conscious mind actually brown uh your conscious mind will say hey hey what are you talking will say hey hey what are you talking about this is nonsense and so this is about this is nonsense and so this is the protection mechanism we call it the the protection mechanism we call it the critical faculty of the conscious mind critical faculty of the conscious mind we must bypass the crit critical faculty we must bypass the crit critical faculty of the conscious mind to enter the realm of the conscious mind to enter the realm of the subconscious. And of the subconscious. And uh perhaps an easy way to um you know a uh perhaps an easy way to um you know a metaphor uh to use is the metaphor that metaphor uh to use is the metaphor that actually covers the cover of of my book actually covers the cover of of my book the you know Freud's iceberg.

the you know Freud's iceberg. >> Uh the tip of the iceberg that surface >> Uh the tip of the iceberg that surface which is above the water is can consider which is above the water is can consider can be considered as the conscious mind.

can be considered as the conscious mind. >> Okay. It's the smaller part of our mind. >> Okay. It's the smaller part of our mind. And then the vast uh body beneath the And then the vast uh body beneath the surface is the subconscious mind. The surface is the subconscious mind. The subconscious mind is really a goal subconscious mind is really a goal achieving agency. It's where data is achieving agency. It's where data is stored any moment, every moment from stored any moment, every moment from birth to death is recorded and stored birth to death is recorded and stored >> in the subconscious mind >> in the subconscious mind >> and it's recorded through the five >> and it's recorded through the five senses that we have. How we experience senses that we have. How we experience and communicate with the world. And so and communicate with the world. And so everything we learn about the world, we everything we learn about the world, we learn with our five senses, right? And learn with our five senses, right? And so that data is stored and is ready to so that data is stored and is ready to be recalled and reviewed. If you can be recalled and reviewed. If you can imagine yourself going to a library of imagine yourself going to a library of information, there's books on the information, there's books on the shelves. On the same shelf, you can have shelves. On the same shelf, you can have books from years ago, 100, 200, 300 books from years ago, 100, 200, 300 years ago and book a book that was years ago and book a book that was written yesterday.

written yesterday. >> Mhm. To the subconscious mind, it takes >> Mhm. To the subconscious mind, it takes the

same amount of energy to pull this the same amount of energy to pull this book or that book, this event or that book or that book, this event or that event, and it will be just as vivid.

event, and it will be just as vivid. And you ask how it can be that you only And you ask how it can be that you only need five sessions or 10 sessions to to need five sessions or 10 sessions to to work through these processes because uh work through these processes because uh the component that makes hypnosis so the component that makes hypnosis so effective is the um component of effective is the um component of immersion of of being immersed in your immersion of of being immersed in your experience. And so there's a sense of experience. And so there's a sense of authenticity. There's a great degree of authenticity. There's a great degree of authenticity that leads to authenticity that leads to transformation.

transformation. transformation. Transformation happens in real time. Transformation happens in real time. uh the way that I like to explain uh you uh the way that I like to explain uh you know and what we're trying to change know and what we're trying to change essentially are um ideas that we have essentially are um ideas that we have gathered about oursel in the world that gathered about oursel in the world that may be fault faulty untrue uh erroneous may be fault faulty untrue uh erroneous beliefs uh uh erroneous perceptions and beliefs uh uh erroneous perceptions and those are um the building blocks of our those are um the building blocks of our understanding of the world of ourselves understanding of the world of ourselves and the self-concept the the multitude and the self-concept the the multitude of ideas and thoughts that of ideas and thoughts that comprised to be who we are.

comprised to be who we are. >> If we want to change them, how do we go >> If we want to change them, how do we go about it? Again, if we go at it from the about it? Again, if we go at it from the conscious mind, we'll have this safety conscious mind, we'll have this safety mechanism that rejects and and mechanism that rejects and and >> uh you know does not let them in.

>> uh you know does not let them in. >> If we enter the subconscious mind, we >> If we enter the subconscious mind, we are able to uh kind of go back in time are able to uh kind of go back in time to a specific moment of a specific event to a specific moment of a specific event and recall the data. I I like to give an and recall the data. I I like to give an example uh from food and eating because example uh from food and eating because it's it's a little easier to digest. No it's it's a little easier to digest. No pun. Um but you know, if we grew up like pun. Um but you know, if we grew up like me, you've heard the sentence, you me, you've heard the sentence, you better finish off your plate cuz there's better finish off your plate cuz there's kids hungry in any given country of the kids hungry in any given country of the time. Have you heard that sentence?

time. Have you heard that sentence? >> Yes. >> Yes. >> Yes. >> Most of us have. But you know we >> Most of us have. But you know we understand as adults that whomever said understand as adults that whomever said that to us uh we understand now wanted that to us uh we understand now wanted to bestow upon us the appreciation for to bestow upon us the appreciation for the abundance that we have on the table.

the abundance that we have on the table. But as kids that that is not what we But as kids that that is not what we heard you know as as the great Tony heard you know as as the great Tony Robbins said everything we do in life is Robbins said everything we do in life is either to get more love or compensate either to get more love or compensate for the lack of love. So what happened for the lack of love. So what happened is you have a child that have never is you have a child that have never heard about another country or doesn't heard about another country or doesn't have never traveled. So he doesn't know have never traveled. So he doesn't know what it means uh another country that what it means uh another country that that it just doesn't register. It's a that it just doesn't register. It's a foreign concept.

foreign concept. >> And then if you if if that child was >> And then if you if if that child was never hungry, what does it mean to be never hungry, what does it mean to be hungry?

hungry? hungry? >> Yeah. >> Yeah. >> Yeah. >> So you throw at the child ideas that >> So you throw at the child ideas that >> he or she cannot understand.

>> he or she cannot understand. >> So the child cannot recognize them. what >> So the child cannot recognize them. what he can recognize is oh if I'll do this he can recognize is oh if I'll do this whatever it is that you try me trying me whatever it is that you try me trying me to ask me to do like finish off the to ask me to do like finish off the plate plate plate >> you would love me more.

>> you would love me more. >> Mhm. So uh in that moment a habit was >> Mhm. So uh in that moment a habit was formed an idea an association between formed an idea an association between food and love and acceptance by the food and love and acceptance by the adult and adult and >> of course uh that leads to all kind of >> of course uh that leads to all kind of uh uh food practices and and and obesity uh uh food practices and and and obesity and all kind of health issues later in and all kind of health issues later in in the future.

in the future. >> But through this process we are able to >> But through this process we are able to invite the subconscious mind to take us invite the subconscious mind to take us back in time back in time >> to that exact moment. It's right there.

>> to that exact moment. It's right there. It's all recorded and we go back in time It's all recorded and we go back in time as the adult is who we are today. We as the adult is who we are today. We connect with that uh inner child if you connect with that uh inner child if you will and we bestow upon them a different will and we bestow upon them a different appreciation, a different understanding appreciation, a different understanding of that moment. We walk through that of that moment. We walk through that statement uh with the skills and statement uh with the skills and capacities of the adult and in doing so capacities of the adult and in doing so come to a different decision about the come to a different decision about the meaning of that moment. Mhm.

meaning of that moment. Mhm. >> So this moment wasn't about uh love, you >> So this moment wasn't about uh love, you know, uh forming this bondage between know, uh forming this bondage between food and love. It was about food and love. It was about appreciation. It was about abundance and appreciation. It was about abundance and recognize the how fortunate we are. So recognize the how fortunate we are. So we it's about celebration of self and we it's about celebration of self and this moment. And by coming to a this moment. And by coming to a different decision about the meaning of different decision about the meaning of that moment, we convert the meaning of that moment, we convert the meaning of that moment from negative and limiting that moment from negative and limiting >> to helpful and positive.

>> to helpful and positive. >> Mhm. And so we break that chain of >> Mhm. And so we break that chain of association and in that moment the habit association and in that moment the habit whatever food habit that you had no whatever food habit that you had no longer uh interesting is no longer there longer uh interesting is no longer there disappeared. you have broken that chain.

disappeared. you have broken that chain. >> And we do the same thing with >> And we do the same thing with self-limiting uh self mutilating uh self-limiting uh self mutilating uh protocols that we run on a subconscious protocols that we run on a subconscious level. Because the truth of the matter level. Because the truth of the matter >> is that when we are with illness such as >> is that when we are with illness such as cancer, cancer, cancer, we must accept that we are running we must accept that we are running programs in our subconscious mind that programs in our subconscious mind that are calling for self mutilation. Yeah, are calling for self mutilation. Yeah, >> it's um it's a a strong realization but >> it's um it's a a strong realization but one that uh hold within it uh a you know one that uh hold within it uh a you know the truth that we must face that which the truth that we must face that which is within in order to um move forward is within in order to um move forward >> to recover.

>> to recover. >> Got to take another break. Uh this is >> Got to take another break. Uh this is very interesting discussion. I'm talking very interesting discussion. I'm talking to Aanoam Learner a clinical to Aanoam Learner a clinical hypnotherapist and we're going to take a hypnotherapist and we're going to take a break. This is cancer concepts and break. This is cancer concepts and compliments.

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Android Market. RGCC is a pioneering biotech and RGCC is a pioneering biotech and contract research organization contract research organization enterprise which specializes in the enterprise which specializes in the field of molecular and cellular field of molecular and cellular genetics. The total activities of RGCC genetics. The total activities of RGCC can be divided into two main sectors.

can be divided into two main sectors. The clinical services such as detection The clinical services such as detection and imopenotyping of circulating tumor and imopenotyping of circulating tumor cells and chemosensitivity chemesistant cells and chemosensitivity chemesistant testing based in microarray technology testing based in microarray technology which is addressed mainly to oncologists which is addressed mainly to oncologists and cancer hospitals and the research and cancer hospitals and the research and development services in drug and development services in drug development.

development. development. >> What causes us to be sick? We're not >> What causes us to be sick? We're not talking about the actual illness or the talking about the actual illness or the scientific cause of illnesses. We're scientific cause of illnesses. We're talking about your body and health.

talking about your body and health. Listen for the healing whisper of return Listen for the healing whisper of return to peace. Each week, host Dr. Maryanne to peace. Each week, host Dr. Maryanne Chase shows you how to listen to your Chase shows you how to listen to your heart to identify poor health, stress, heart to identify poor health, stress, and disease. You'll learn how to heal and disease. You'll learn how to heal energetically and spiritually as well as energetically and spiritually as well as physically. It's time to depend less on physically. It's time to depend less on the drugs and more on the heart. The the drugs and more on the heart. The Healing Whisper airs live every Friday Healing Whisper airs live every Friday at 11:00 a.m. Eastern time, 8:00 a.m.

at 11:00 a.m. Eastern time, 8:00 a.m. Pacific on Voice America Health and Pacific on Voice America Health and Wellness. Are you facing unexplainable struggles Are you facing unexplainable struggles with your health? Listen to someone who with your health? Listen to someone who has been there. Join host Teresa has been there. Join host Teresa Jungling each week for Living Natural Jungling each week for Living Natural Today. Out with toxins, in with your Today. Out with toxins, in with your health as she interviews experts who health as she interviews experts who will shed light and offer practical will shed light and offer practical advice on how you can minimize toxins in advice on how you can minimize toxins in your food, home, personal care products, your food, home, personal care products, and more. Living Natural Today, out with and more. Living Natural Today, out with toxins, in with your health is heard toxins, in with your health is heard live every Wednesday at 400 p.m. Eastern live every Wednesday at 400 p.m. Eastern time, 1:00 p.m. Pacific on the Voice time, 1:00 p.m. Pacific on the Voice Opinions, options, answers. You're Opinions, options, answers. You're listening to Voice America Health and listening to Voice America Health and Wellness.

This is Cancer Concepts and Compliments This is Cancer Concepts and Compliments with Dr. James Bang. The information with Dr. James Bang. The information presented herein is in no way intended presented herein is in no way intended as a substitute for medical counseling.

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naturaturalhealth.com. naturaturalhealth.com. That's lexington naturaturalhealth.com. That's lexington naturaturalhealth.com. Hello everyone. Welcome back to Cancer Hello everyone. Welcome back to Cancer Concepts and Compliments. I'm your host Concepts and Compliments. I'm your host Dr. James Bell from the Lexington Dr. James Bell from the Lexington Natural Health Center and today we're Natural Health Center and today we're going to continue our discussion with going to continue our discussion with Avi Noom Learner clinical hypno Avi Noom Learner clinical hypno therapist practicing in Watertown therapist practicing in Watertown Massachusetts. Um Avi can you tell me Massachusetts. Um Avi can you tell me how uh one how you get enter the how uh one how you get enter the subconscious mind how you bring that out subconscious mind how you bring

that out in a patient?

in a patient? >> Of course. So there is a process called >> Of course. So there is a process called induction. Mhm. induction. Mhm. >> Um considering the fact that hypnosis is >> Um considering the fact that hypnosis is a state of focused attention and a state of focused attention and absorption absorption absorption um we would like to uh kind of focus the um we would like to uh kind of focus the mind on on a single uh element. It's mind on on a single uh element. It's like uh you know the laser beam you know like uh you know the laser beam you know light laser beam is a very focused beam light laser beam is a very focused beam of light. It's the same light that you of light. It's the same light that you can find in any light bulb but it's just can find in any light bulb but it's just a very focused beam. And the way to do a very focused beam. And the way to do that is begin to invite uh uh the that is begin to invite uh uh the patient, the client to uh focus their patient, the client to uh focus their mind. Uh it it can be done in million mind. Uh it it can be done in million different ways. As creative as you are different ways. As creative as you are as a human therapist, as a practitioner, as a human therapist, as a practitioner, uh there are some uh um protocols that uh there are some uh um protocols that are more rigid and more uh restricting are more rigid and more uh restricting and some inductions that can happen and some inductions that can happen spontaneously. There's even what we call spontaneously. There's even what we call rapid inductions which means that within rapid inductions which means that within uh probably 8 seconds uh I can get you uh probably 8 seconds uh I can get you into that state. Um but for the most into that state. Um but for the most part the inductions are uh the induction part the inductions are uh the induction is a process where I invite uh my is a process where I invite uh my patients to focus on a particular item patients to focus on a particular item even if it's just their ability to close even if it's just their ability to close their eyes their eyes and eyelids so their eyes their eyes and eyelids so much so that they can uh begin to much so that they can uh begin to experience that sense of relaxation. And experience that sense of relaxation. And this is actually an Ericsonian uh this is actually an Ericsonian uh approach. Oh, I'm sorry. This is Dave approach. Oh, I'm sorry. This is Dave Elman, Elman, Elman, >> another giant of the industry that uh >> another giant of the industry that uh took the sense of comfort and relaxation took the sense of comfort and relaxation that we can all uh bring about. It that we can all uh bring about. It doesn't require much. We can all close doesn't require much. We can all close our eyes and decide to hold our eyes our eyes and decide to hold our eyes closed um and then develop this sense of closed um and then develop this sense of comfort and relaxation around our eyes comfort and relaxation around our eyes and eyelids. From there, we modulate and eyelids. From there, we modulate this relaxation. We bring it up all the this relaxation. We bring it up all the way up to the very top of the head way up to the very top of the head >> and then relax the top of your head as >> and then relax the top of your head as much as your eyes are relaxed. And when much as your eyes are relaxed. And when that sense of relaxation is there, that sense of relaxation is there, you're going to just send it down. Allow you're going to just send it down. Allow that sense of comfort to flow down like that sense of comfort to flow down like a warm wave of comfort and and and and a warm wave of comfort and and and and warmth all the way down to your feet and warmth all the way down to your feet and very end of your toes. And then you very end of your toes. And then you repeat this process. And in doing so, repeat this process. And in doing so, you uh kind of force the mind to focus you uh kind of force the mind to focus inward. And um uh you know it doesn't inward. And um uh you know it doesn't really matter in which environment you really matter in which environment you are doing that because you can turn are doing that because you can turn everything uh every noise into um a everything uh every noise into um a mechanism that takes you further uh and mechanism that takes you further uh and deeper into the experience. And as I deeper into the experience. And as I mentioned uh in the beginning hypnosis mentioned uh in the beginning hypnosis is a state of consent. So we are working is a state of consent. So we are working together uh the facilitator and the together uh the facilitator and the patient we are working together to patient we are working together to deepen that experience and there's ways deepen that experience and there's ways to um um test how deep uh you know the to um um test how deep uh you know the subject is and and so forth. You can subject is and and so forth. You can read facial expressions. There's some uh read facial expressions. There's some uh you know the cheeks become a little red you know the cheeks become a little red and the eyes begin to flatter. And and the eyes begin to flatter. And there's all these different cues that there's all these different cues that you learn to identify over time that can you learn to identify over time that can suggest to you how deep the um subject suggest to you how deep the um subject is. And then you can add to that all is. And then you can add to that all kind of phenomenons like idiom motor kind of phenomenons like idiom motor communication. So the person doesn't communication. So the person doesn't even have to talk. They can lift a even have to talk. They can lift a finger and every time they lift a finger finger and every time they lift a finger and uh let it drop, they increase that and uh let it drop, they increase that sense of comfort. They double it.

sense of comfort. They double it. there's a way to go much much deeper and there's a way to go much much deeper and um the point is as I mentioned not to um the point is as I mentioned not to disappear not to cuz a lot of people disappear not to cuz a lot of people confuse hypnosis with sleep.

confuse hypnosis with sleep. >> Yeah. uh very very very different. You >> Yeah. uh very very very different. You will and and people are confusing will and and people are confusing hypnosis because they're not hypnosis because they're not >> uh familiar with being so relaxed with >> uh familiar with being so relaxed with your eyes closed uh in any other period your eyes closed uh in any other period of the day mostly because uh of just of the day mostly because uh of just when they go to sleep.

when they go to sleep. >> It's um it's an interesting process. Um >> It's um it's an interesting process. Um but because the but because the tendency of the body uh to relax is tendency of the body uh to relax is innate. The body knows how to do that.

innate. The body knows how to do that. With a little guidance um it just With a little guidance um it just happens. All of a sudden you're you happens. All of a sudden you're you begin to be more immersed and you um you begin to be more immersed and you um you welcome that. And so that deepens in and welcome that. And so that deepens in and of itself and suggestions that I provide of itself and suggestions that I provide or guidance that I provide throughout or guidance that I provide throughout this process um helps deepen that this process um helps deepen that experience.

experience. experience. >> That's so important because we're always >> That's so important because we're always on go from an patient with cancer from on go from an patient with cancer from one dock to the next to these one dock to the next to these appointments and it's hard to just get appointments and it's hard to just get into that relaxive state. When I had my into that relaxive state. When I had my cancer, I um was forced to take some cancer, I um was forced to take some time off from the school and I I played time off from the school and I I played my guitar with a bunch of other people my guitar with a bunch of other people in the dark and no, you know, it's like in the dark and no, you know, it's like total relaxation listening on the music total relaxation listening on the music and then I start, like I said, taking a and then I start, like I said, taking a lot of walks and hikes and getting more lot of walks and hikes and getting more uh uh focused on my thoughts and and uh uh focused on my thoughts and and just feeling total relaxation. And then just feeling total relaxation. And then a lot of things came out with what um a lot of things came out with what um that I was doing too much and these are that I was doing too much and these are the things I wanted to change in my life the things I wanted to change in my life and I'm I'm looking at this as a wakeup and I'm I'm looking at this as a wakeup call uh instead of like oh poor me I'm call uh instead of like oh poor me I'm going to I'm missing um time uh from going to I'm missing um time uh from school and I I I I took that time off school and I I I I took that time off went back and I did really well excelled went back and I did really well excelled very excited about new my new studies very excited about new my new studies and uh a new new outlook on life and uh and uh a new new outlook on life and uh um and like I said some of our probably um and like I said some of our probably induce some of that hypnotic state um induce some of that hypnotic state um just from doing these uh these just from doing these uh these activities that I was doing.

activities that I was doing. >> But you know for those who yeah um >> But you know for those who yeah um because people come to work with me because people come to work with me they're not necessarily from Boston they they're not necessarily from Boston they they come from different parts of of of they come from different parts of of of the country u there are various uh audio the country u there are various uh audio programs that I u have created for that programs that I u have created for that and I send them home with these uh audio and I send them home with these uh audio programs. There's one for chemotherapy, programs. There's one for chemotherapy, one for surgery, one for sleep or one for surgery, one for sleep or insomnia, uh one for u immune insomnia, uh one for u immune enhancement and and and so forth. Um enhancement and and and so forth. Um there are ways that people can take there are ways that people can take advantage of this approach of hypnosis advantage of this approach of hypnosis for cancer and and other for cancer and and other methods that are incredibly helpful to methods that are incredibly helpful to find that relaxation. They don't have to find that relaxation. They don't have to do it on their own and it's not do it on their own and it's not necessarily meditation. Um I highly necessarily meditation. Um I highly recommend people to try and uh figure recommend people to try and uh figure out what works for them.

out what works for them. >> Yeah, absolutely. Yeah, that's so >> Yeah, absolutely. Yeah, that's so important. You finding a lot of medical important. You finding a lot of medical doctors are receiving your treatment.

doctors are receiving your treatment. You are a consultant for the Zimma You are a consultant for the Zimma Center at Dana Farber. Um how is how Center at Dana Farber. Um how is how have you found uh um your acceptance in have you found uh um your acceptance in the medical community? more and more the medical community? more and more doctors are uh recognizing that um there doctors are uh recognizing that um there is more to their patients uh or that is more to their patients uh or that they can do more for their patients than they can do more for their patients than just treat their body and the the Zikum just treat their body and the the Zikum center at Dana Farber Cancer Institute center at Dana Farber Cancer Institute is one of the leading u centers for is one of the leading u centers for integrative medicine and um I think I'm integrative medicine and um I think I'm fortunate enough to live in Boston and fortunate enough to live in Boston and uh have this opportunity to contribute uh have this opportunity to contribute uh and um uh and um meet some of the patients there, provide meet some of the patients there, provide them with the tools and with the skills them with the tools and with the skills and um offer them the mindset that will and um offer them the mindset that will help them uh complete their treatment help them uh complete their treatment and recover. Absolutely.

and recover. Absolutely. >> Who who would you say is the ideal >> Who who would you say is the ideal client to come and see you? client to come and see you?

>> Uh yeah, this may sound funny, but the >> Uh yeah, this may sound funny, but the type A personality type A personality >> really that does sound funny. Wow. Okay, >> really that does sound funny. Wow. Okay, that's me.

that's me. >> They are very skeptical, but they're >> They are very skeptical, but they're very curious. They do not wish, they do very curious. They do not wish, they do not like to sit idle while somebody else not like to sit idle while somebody else is uh taking over uh is uh taking over uh >> their um their destiny so to speak. And >> their um their destiny so to speak. And so they are proactive. They want to so they are proactive. They want to >> um take care. They do their research.

>> um take care. They do their research. They want to take action and they are uh They want to take action and they are uh adamant about uh practicing and it's adamant about uh practicing and it's phenomenal to see the transformation is phenomenal to see the transformation is phenomenal. Uh we share a few clients phenomenal. Uh we share a few clients very successfully that have employed uh very successfully that have employed uh um um um >> uh both our method methods and uh are >> uh both our method methods and uh are still thriving very much thriving and still thriving very much thriving and it's it's just heartwarming you know it's it's just heartwarming you know it's warming my heart to uh get these it's warming my heart to uh get these little messages from them and I'm doing little messages from them and I'm doing well I'm this and it's fantastic well I'm this and it's fantastic >> and you're right they are type A >> and you're right they are type A >> they are type A yes I do >> they are type A yes I do >> that's interesting that's yeah I mean >> that's interesting that's yeah I mean it's um I I call myself that myself um it's um I I call myself that myself um that Um it's hard to sit still, but we that Um it's hard to sit still, but we are definitely um go-getters.

are definitely um go-getters. >> Absolutely. >> Absolutely. >> Absolutely. >> So you you can help us maybe sit still >> So you you can help us maybe sit still and use that that constructive energy u and use that that constructive energy u to find that uh center.

to find that uh center. >> Absolutely. They're willing to take >> Absolutely. They're willing to take ownership and responsibility of uh that ownership and responsibility of uh that which they hold in in their mind. And so which they hold in in their mind. And so um you know people can find a lot of um you know people can find a lot of information about uh the process the the information about uh the process the the protocols that I'm using um about the protocols that I'm using um about the audio programs that uh uh that are audio programs that uh uh that are available.

available. available. >> That's wonderful. So you offer all kinds >> That's wonderful. So you offer all kinds of different CDs from successful of different CDs from successful chemotherapy and sleep and surgery. So

chemotherapy and sleep and surgery. So the successful series um if people go to the successful series um if people go to cancerparadigm.com cancerparadigm.com cancerparadigm.com >> they will be able to find there a box >> they will be able to find there a box set the anti-cancer city set and it's a set the anti-cancer city set and it's a phenomenal city set they they phenomenal city set they they >> get the three main CDs but two uh bonus >> get the three main CDs but two uh bonus products and and uh I highly recommend products and and uh I highly recommend uh visiting cancerparadigm.com uh visiting cancerparadigm.com and then more about the practice they and then more about the practice they can visit avinoamno.com can visit avinoamno.com and they would find ways to communicate and they would find ways to communicate with me. I work with patients uh all with me. I work with patients uh all over the country actually from different over the country actually from different parts of the world using Skype. So parts of the world using Skype. So online work and in office online work and in office >> any way that I can meet them and help >> any way that I can meet them and help them and support them um is meaningful them and support them um is meaningful to them and meaningful to me. Yeah, the to them and meaningful to me. Yeah, the patients I've referred to you have been patients I've referred to you have been very pleased and I will have all very pleased and I will have all Avioom's learners information on the Avioom's learners information on the Voice America website as well as my Voice America website as well as my website uh lexington naturalhealth.com.

website uh lexington naturalhealth.com. I hope everybody enjoyed the show. Uh I hope everybody enjoyed the show. Uh this is cancer concepts and compliments this is cancer concepts and compliments