

Mind Over Disease – A Personal Experience

***World Congress on Advanced Integrative Rejuvenology
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Questions and Answers

From 1998-2006

International Council of Psychologists 61st Annual Convention Toronto August 11th, 2003

***Self-Treatment Techniques in Pain Control and Auto-Immune Strengthening
For recovery from Biopsy-Proven Oesophageal Cancer***

**ADDENDA 16 AUG 2006: Pericarditis, Bacterial Pneumonia, Congestive heart disease recovery SEP 2004.
Vertebroplasty Spinal surgery for 2003 compression fractures recovery 31 JAN 2005**

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Statistical Fluke or Mind-Body Medicine Techniques

When addressing you previously in 1998 at the August Melbourne 56th Annual Convention I collapsed during research presentations due to dehydration and hand-foot syndrome reactions from intensive chemotherapy. My 5FU weekly chemotherapy pump was accidentally detached while presenting papers. Two months earlier I was diagnosed with biopsy-proven adeno carcinoma - esophageal cancer. The massive inoperable tumour measured 13.0cm x 8.5cm x 6.4cm. Being so expansive the tumor dislodged my trachea and deformed the heart. My oncologist explained that although inoperable, I had only a 2.5% chance of survival, even with a potential radical esophagectomy. Due to mind altering side-effects experienced, I declined prescribed 24-hour slow-release morphine in JUN 1998. The tumor re-grew twice aggressively during 5 months intensive chemotherapy. In 2000 after T5 and T6 vertebral fractures sustained in two separate farm accidents, I rejected the option of radical esophagectomy when possible as a standard procedure for lamentable patients. My immune system was weak and radical thoracic surgery for cancer recovery odds from the literature appeared most unimpressive. .

Post surgery morbidity reviews at the time revealed no documented evidence for 2.5% potential recovery. In 1998 five months intensive chemotherapy ensued, then finally experimental chemotherapy which after two attempts failed with painful side-effects. Five weeks "palliative" radiotherapy with 6M volts followed daily in OCT 1999 but again I was unexpected to live although passing four earlier prognosticated "life expectancy use by dates". Immediately on diagnosis I started to develop 20 Mind/Body self-treatment techniques originated in Mind-Body Medicine, *combined but NOT used as alternatives to mainstream medicine and oncology.*

Representing the last statistical dot at 2.5% on the normal distribution curve for esophageal adeno-carcinoma recovery, its good to see you again but in timely incomparable rejuvenated health supported by pre-post medical documentation. My colloquium attempts to answer questions on Integrative Medicine techniques for wellness and rejuvenation in Mind-Body techniques achievement, including computerized biofeedback and even if desired concepts of scientific "faith" in healing.

Meditation and Yoga were too difficult during pain so 20 methods were originated as my own doctor and as a research scientist. These were in self-treatment through computerized biofeedback and EEG and REM for altered states of consciousness induction. Techniques are discussed including advanced pain control, thought-stopping, involuntary adrenergic stress reduction, extinguishing heart and cancer risk factors, stress reduction and rejuvenation, physical strengthening techniques for acute/chronic illness recovery.

RESULTS: *On 27 SEP 2000 the CT revealed no adeno-carcinoma tumor, whatsoever. There was no evidence of active disease or demonstrated metastasis involvement. In DEC 2002 a third consecutive CT again confirmed no trace of cancer and finally another, on 27 MAY 2003 for examination. Hand-foot syndrome neuropathy disappeared with slight remaining sensory neuropathy by FEB 2003, which apart from nocturnal muscular cramps, vanished completely. Remarkable physical fitness and energy is contrastingly apparent including curious un-expected research spin-off positive side-effects. It was hard work where "Today is tomorrow" from Down-Under in Toronto five years later and the pleasure of your company is welcomed in delightfully un-expected circumstances.*

MEDICAL RECORDS 1998-2004

Victorian Imaging – CT Scans: *Dr J. D. Poynter 2.7.98; Dr R Dempster 14.7.98; Dr J.D. Poynter 14.8.98; Dr R. Dempster 18.9.98; Dr C.J. Holland 4.12.98; Dr S. Kermomond 27.1.99; Dr J. Syucky 25.3.99; Dr Rob Southwell 2.6.99; 4.8.99 Dr D. McOmish 17.11.99; *Dr J D Poynter 27.9.00; Dr J.D. Poynter 19.09.2001 "No tumor revealed or metatastic involvement demonstrated"; Dr Manish Jain 25.9.00 "Bone density in normal range for 25 yr old male"; Dr C.J. Holland 08.5.02 "No evidence of tumor or metastasis disease"; Dr L. Dugdale 31.12.02 "No abnormality or evidence of adenocarcinoma tumor or lymphadenopathy"; Dr J.D. Poynter 27.05.03 "No evidence of tumor recurrence or metatastic involvement".*

Hospital Admissions & Reports: *28.6.98 Admitted to Frankston Hospital at 4 am – vomiting frank blood. Kept under observation in the emergency ward and discharged later that day to attend GP Dr Jack Knobel at Morning ton who referred me to Dr Ian Wheatley for a Gastroscopy.*

Hospitalization: *Frankston Hospital 16.11.98 Four days bed-rest because temperature was 39C on arrival for the final chemotherapy treatment. Curiously, no infection was reported from ensuing pathology examination or from pic-line histology sample. Dandenong Hospital Emergency 5.2.00 - Pet Camel's head-butting.*

General Practitioner Appointments:

On seeing him fortnightly and monthly for encouragement throughout treatment, Dr Jack Knobel suggested quinine

Specialist Appointments:

Dr Ian Wheatley Beleura Private Hospital 30.6.98; Dr Bruce Davis Thoracic Surgeon Cabrini Hospital 27.7.98; Dr Ngan 11.9.98; Dr Vinod Ganju Oncologist Garden Consulting Rooms Mornington 13.7.98, 20.7.98, 22.7.98, 31.7.98, 7.8.98, 14.8.98, 21.8.98, 4.9.98, 18.9.98, 12.10.98, 23.10.98, 4.12.98, 11.12.98, 29.1.99, 26.3.99, 3.6.99, 4.7.99, 23.8.99, 29.11.99. until February 2003; Dr Daryl Lim Joon Radiotherapy Oncologist (Peter MacCallum Clinic) Cancer Institute, Monash University Medical Center Moorabbin 16.8.99, 23.8.99, 30.8.99 daily radiotherapy treatment with two weeks prior Chemotherapy and one week with inclusive radiotherapy at the start of treatment and the last week until 1.10.99, 11.10.00 (We flew to NYC on 25.10.99) Dr Lim Joon reviewed on 14.2.00 and 14.8.00; Dr Peter Cole (Referral for radical esophagectomy which was rejected) 19.10.98, and 21.10.98; Hana Sali: Live Blood Analysis 31.01.00; Dr Russell Rollinson Neurologist Hand & Foot Syndrome (self-referred for EMG neuropathy monitoring) 24.2.99, 3.3.99, 17.5.00, 1.11.00, 1.5.02 and 6.01.03.

X-Rays: Dr C. Hachem Dandenong X-Ray 5.2.00 (Thoracic 6 Fracture due to camel head-butting) Dr L Dugdale (Victorian Imaging Group) 4.7.2000 (Thoracic Vertebra T5 fracture shown to have occurred since the previous X-Ray) due to losing my footing on a step-ladder, falling backwards from the kitchen sink and landing on a concrete floor. T5 & T6 crack fractures stabilized. "Compression fractures 70% reduction cured with Vertebroplasty in 2005".

Frankston Hospital Chemotherapy Unit: Five months daily 24-hour Chemotherapy started on 23.7.98 and ended on 16.11.98 with admission to Frankston Hospital with temperature 39C and suspected infection. During this time, every three weeks 3 hourly treatments of Cisplatin, Carboplatin and Doxorubicin were administered. Continuous 24-hr transfusions of 5FU administered through attached Pic Line inserted in the left arm vein to a position located 2 cm from the heart. The "Baxter Pump" was replaced weekly and was a permanent fixture for five months.

Complete Blood Pictures: Dorevitch Pathology - Pathology tests administered following each Gastroscopy and MIA weekly for six months.

Medical Reports: Dr Russell Rollinson Neurologist (Self-referred), 24.2.99., 3.3.99, 17.5.00, 1.11.00, 1.5.02, 6.01.03. Dr Vinod Ganju Chemotherapy Oncologist 7.2.99 – and sundry until February 2003: The last three consecutive reports confirmed no trace of metastases or previous tumor evidence. Dr Darryl Lim Joon, Oncology Monash Medical Centre Radiologist 4.2.02.

Bone Density Scan, Thoracic X-Ray and CT before presentations on Mind/Body techniques demonstrating biofeedback at LA, Canada, UK and EU presentation tour Dr Rob McAlister and Dr J.D. Poynter, May 24, 2003

Blood Tests CBP -- FBP's: Melbourne Pathology -- Weekly blood tests from 1998 throughout Chemotherapy and for all CT's until MAY 2003. Vertebrae crack fractures and Compression fractures (post US, Canada, UK and European presentation tour) 2004 FEB. **Addenda:** Congestive heart disease recovery: SEP 2004. Vertebroplasty Spinal surgery through Radiology Intervention at the Alfred Hospital: 31 JAN 2005 (Pain free at last)

Biographical summary: Chairman International Council of Integrative Medicine; Ambassador International Council of Psychologists 2003, Australian Area Chair and Director 1979; Professor National Institute of Integrative Medicine in Mind-Body Medicine; Member of the National Faculty United States Sports Academy; USSA Australian Distance Learning Coordinator in Sports Science PhD MSS and BSS; Science, Visiting Professor, University of South Alabama.