



Chiropractic Newsletter

Well-Being

Summer Sun

Freedom From the Carcinogen Fear

Summer is here. It is a time when I see fear rampant on the beach, as we slather chemicals on our children's skin, or cover them from head to toe. We don't want them to get cancer from the sun, do we? So we do our due diligence and cover ourselves and our children with whatever our conscience allows.

But what if the sun really doesn't cause skin cancer?

Oh, I know we've been told for years that the sun's ultraviolet (UV) rays damage the skin's cellular DNA, which then produce genetic mutations that can lead to "malignant" skin cancer. The Centers for Disease Control and Prevention (CDC) tells us a few serious sunburns can increase your child's risk of getting skin cancer. Pretty scary stuff, huh? No wonder we cover ourselves and our children with chemicals—we'd be fools not to!

I, too, used to believe this, until I discovered German New Medicine (GNM) and learned that the sun doesn't "cause" cancer.

GNM is a new science of medicine based on Five Biological Laws discovered by Dr. Ryke Geerd Hamer over 35 years ago. The Five Biological Laws explain the cause, the development, and the natural healing of diseases in all living beings.

GNM allows us to see symptoms and diseases in a different light, providing predictability for any given individual. It teaches us that cancer is not caused by random malfunctions or malignancies, but is instead a consequence of a natural biological program of adaptation that assists an individual during unexpected emotional distress. GNM correctly links our psyche, brain, and organs—a true mind-body science that is verifiable in brain CT scans. A whole new world opened for me when I learned GNM. I found I



was able to assist clients with much greater success because I knew what was occurring in their body, why it was occurring, and what to do to help it. And I teach it to every client so they, too, can understand their bodies better and get out of fear.

So, if the sun doesn't cause skin cancer, then what does? According to GNM, when our psyche perceives an unexpected "attack" against the skin (which incidentally can include the experience of a sunburn), our body initiates a cellular growth in the corium skin (bottom layer of skin) as a protection against the perceived "attack."

It is also caused by:

- a figurative attack
- a verbal attack
- a physical attack
- an attack against your integrity (such as when your boss falsely insinuates you stole from the company)
- feeling disfigured (from an "ugly" surgical scar, for example)
- feeling soiled (when we unexpectedly touch something we perceive is disgusting, filthy, or repellent)

The entire orchestra of cells, organs, hormones, and tissues

are hardwired for survival. Our brain and nervous system act as the conductor of each survival adaptation. When any of these perceived attacks occur, our brain (from the cerebellum relay that controls corium skin activity) instantly sends out the signal to grow extra cells at the site of the attack, for the sole purpose of creating protection. There is no blame here, nor are we victims—our brain is simply taking care of us in our unique situation. With GNM, we now have the knowledge that lets us understand our bodies and support them much more effectively.

When we're no longer feeling attacked and we've resolved the issue, very specific microbes associated with the corium skin are "turned on," with the sole purpose of breaking down the extra cells. The skin will change color, size, and texture during this "healing" or recovery phase. Other symptoms related to the recovery phase of a corium skin adaptation are acne, shingles, candidiasis of the skin, and cysts. The type and severity of the recovery symptoms depend on the duration and degree of the preceding "attack" experience. However, the symptoms are a normal and natural process of recovery from this conflict. What if we had no fear of skin cancer because we recognize our body's innate wisdom is already taking care of us better than anyone or anything else?

Unfortunately, in some cases these symptoms are deemed or diagnosed as "malignant," and this sudden fear can cause additional conflicts in the psyche, initiating further programs of adaptation in the body.

So, with this new knowledge, do we allow ourselves and our children to get sunburned? Of course not. The sun is capable of causing oxidative stress that a healthy body can generally repair easily, particularly if the person acclimates to the sun slowly and eats a nutrient-dense diet to stay strong. From her article "Skin Deep," published by the Weston A. Price Foundation, Sally Fallon Morell writes:

"In most situations, normal exposure to the sun is beneficial, not harmful, especially if you take care to avoid polyunsaturated oils and trans fats. If you are fair-skinned and find yourself in situations where long exposure to the sun is unavoidable, be sure to cover your torso with a shirt, wear a hat, and use a safe sunscreen like zinc oxide on your nose and cheeks."

The timeless research of Dr. Weston A. Price taught us a diet rich in vitamins A, D, and K, found in healthy fats, keeps our bodies strong. Increase your intake of foods like pastured lard, butter, raw egg yolks, fermented cod liver oil, and high vitamin butter oil.

With GNM, we have the opportunity and knowledge to understand symptoms and diseases differently which may, in turn, change how we react and the choices we make. If we have no fear of the sun and are able to quickly downgrade or resolve any perceived attacks against us, it means our body will break down the extra skin cells naturally. If we support our body's innate ability to do so, it will.

Franklin D. Roosevelt is often quoted saying: "The only thing we have to fear is fear itself." GNM teaches us how to get out of fear so we can spend more time being present and living life to its fullest.

—Andi Locke Mears, MA

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