



The Missing Link:

How to Overcome Fear, Anxiety, Depression,
and Emotional Trauma and Live Cancer-Free

by Nathan Crane

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HEAL YOUR EMOTIONS AND UPGRADE YOUR BELIEFS TO HELP HEAL CANCER!

If you are on a cancer healing journey, are helping someone through it, or want to prevent cancer, you have a lot to think about. Treatments, timetables, communicating with doctors and loved ones, nutritional protocols – it can all be a little overwhelming. The stress of *getting healthy* can take its toll!

The fact is that the state of your emotions – those that may surface around a cancer diagnosis as well as the unhealed traumas connected to experiences in the past – all have a direct correlation to your rate of success for turning cancer around or preventing it in the first place.

The link between emotions and cancer is well-known. It has even been discussed within mainstream cancer organizations such as the American Cancer Society for years. By reading this e-book, you are taking a HUGE step in the right direction on your overall healing journey.

Why? Not only are you acknowledging the connection between your emotions and cancer, but you are also willing to take the first step in putting lifestyle habits and emotional healing practices in place that will allow you to heal on all levels.

In the following pages, we will unpack and explain the relationship between thoughts, emotions, and cancer in layman's terms. Then we will take a deep dive into specific modalities for healing trauma and PTSD, for managing the mind, and for calming your nervous system in general.

The good news is that when it comes to emotional healing, sometimes the simplest steps can have the most profound effects on both your mental and physical health!



PART 1

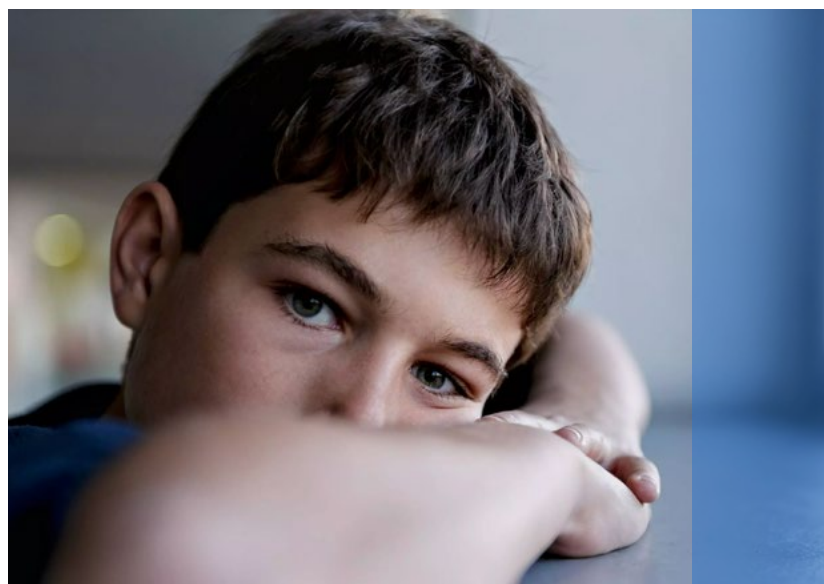
CANCER AND EMOTIONS: Science and Ancient Medicine Confirm the Link

The Link Between Trauma and Disease

Perhaps the biggest and most significant investigation that solidified understanding of the relationship between trauma / post-traumatic stress disorder (PTSD) and higher risk of disease was the “ACE study” sponsored by Kaiser Permanent in California in the late 1990s. ACE stands for “Adverse Childhood Experiences.”

The study surveyed over 17,000 adults who were part of the Kaiser managed care network. Based on the study, we now have a clearer understanding of just how many people in the United States suffer from trauma/PTSD and how it is connected so intimately to the “top three” conditions:

- ▶ Heart disease
- ▶ Diabetes
- ▶ Cancer



The ACE study researchers also developed a rubric (an evaluation tool or set of guidelines) for identifying different types of trauma, for evaluating childhood trauma, and for determining how it may be showing up in a person’s adult life. You can take the ACE quiz and learn more about the actual study [HERE](#).

Based on ACE and other studies since then, it is now estimated that roughly 70% of all American adults have suffered some kind of trauma in their lives, especially childhood trauma. Another 20% go on to experience diagnosable PTSD symptoms as a result.¹

1. <https://www.ptsdunited.org/ptsd-statistics-2>

Of course, the ACE study and most surveys since occurred during the “pre-COVID” era. Many experts now hypothesize that pretty much everyone living in today’s world has experienced some form of trauma, if only through the collective state of fear that defines our current global situation.²



Healing the Brain to Heal the Emotions

One of the first researchers to make the connection between emotions and physical health was the visionary neuropsychologist Candace Pert, PhD. In her groundbreaking book *Molecules of Emotions* she explains how cellular receptor sites in the brain work together with peptides to form specific responses to stimuli charged by emotions:

“...In short, the life of the cell, what it is up to at any moment, is determined by which receptors are on its surface, and whether those receptors are occupied by ligands [ion or molecule] or not. On a more global scale, these minute physiological phenomena at the cellular level can translate to large changes in behavior, physical activity, even mood.”³

While Dr. Pert’s discoveries at the subatomic level were ground-breaking in her day, Dr. Daniel Amen’s work with whole-brain scans is breaking new ground in the field of psychotherapy by taking a more macro view. Dr. Amen, MD, is the visionary psychotherapist and founder of the renowned Amen Clinics.

What? You may say. Haven’t doctors been using brain scans for decades?

They have, yes, but not within the field of psychiatry. In fact, the accepted methods of diagnosis for most mental disorders still relies on guidelines created in the mid-1800s!

2. <https://www.cedars-sinai.org/blog/ptsd-covid-19.html>

3. <https://bit.ly/32Tloi6>

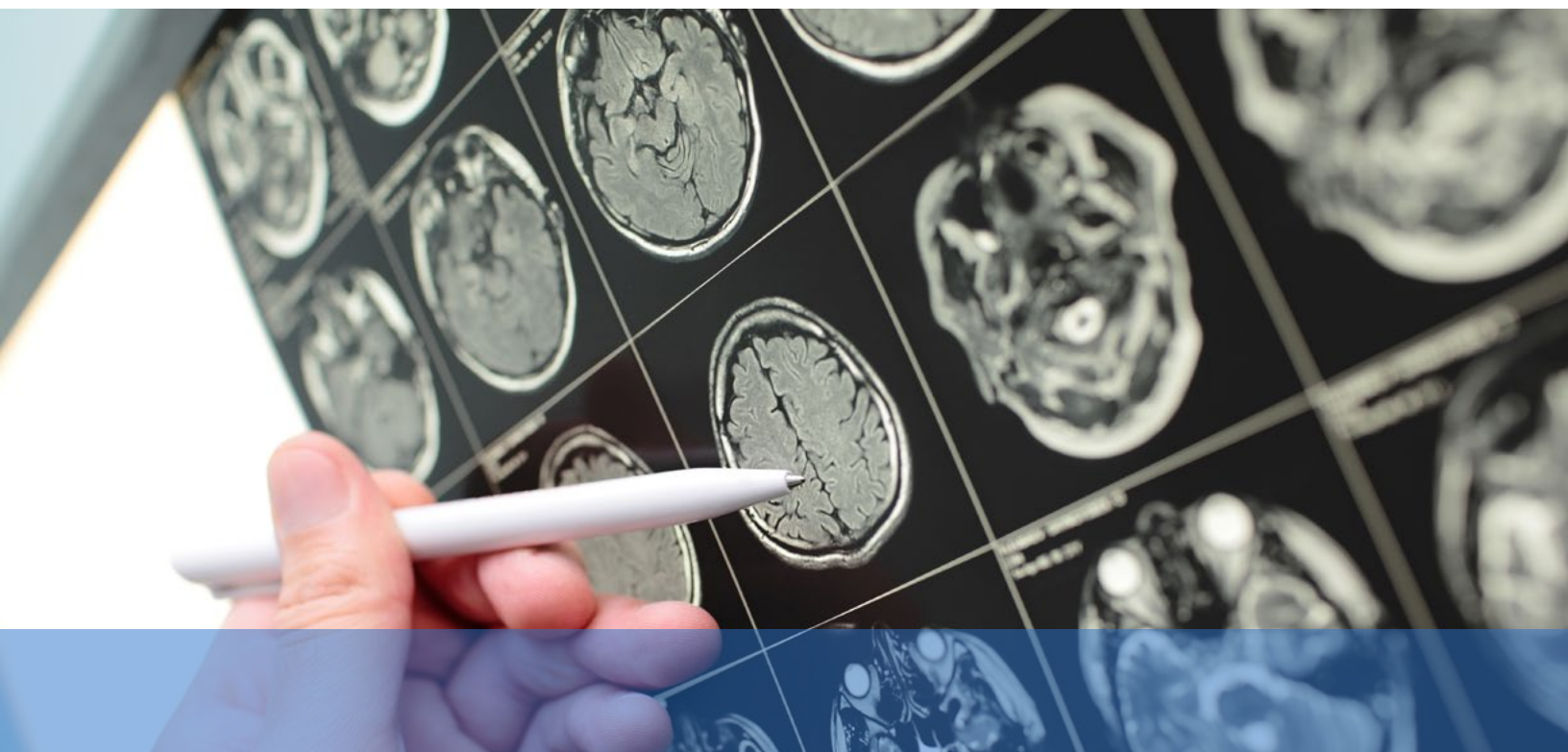
As Dr. Amen describes in his new book, *The End to Mental Illness*, modern psychiatrists are the “only medical specialists who virtually never look at the organ they treat.”

This condemns even well-meaning psychiatrists and psychologists to making diagnoses “based only on talking to the patients, looking at them, and looking for symptom clusters...”

This may seem hard to believe in today’s day and age, but the fact that Dr. Amen actively uses SPECT scans to evaluate the state of the brain itself for his patients is not only outside of the norm, it is considered “unnecessary” by the majority of his mainstream colleagues.

The reason why Dr. Amen continues to use brain imaging (to date, thousands of images have been produced in his eight clinics) is because of the success he is seeing in his patients. Forward-thinking physicians and psychotherapists take a holistic approach to treating their patients. And like Dr. Amen, they are seeing results.

Using brain imaging does not discount the original event or memory that may have occurred in a person’s life that led to the trauma.





In a nutshell, however, brain imaging can let you know if persistent behavior characteristics, patterns of thinking, or mood disorders (including PTSD) are exacerbated by biological and biochemical mechanisms within the brain itself.

Some of the conditions that brain scans can detect include:

- ▶ Brain infections
- ▶ Nutrient imbalances
- ▶ Neurohormonal imbalances
- ▶ Sleep apnea
- ▶ Brain injury
- ▶ Premature aging
- ▶ Inflammatory processes
- ▶ Low blood flow (usually stemming from vascular disease)
- ▶ Sluggishness in certain areas of the brain
- ▶ Overactivity in certain areas of the brain
- ▶ Seizure activity
- ▶ Toxins
- ▶ Genetic abnormalities

Nutritional Deficiencies and Mental Health

Considering the state of your brain should inform at least part of the course of action for individuals who want to heal emotionally. A big part of this course of action is consuming the right “food” for the brain.

The brain is fed by all that it takes in, including stimuli from its environment, media input, energetic input from those around it, and thoughts and emotions generated internally.

The actual carbohydrates, fats, and proteins a person puts in his or her mouth (or doesn't put in) can also have a massive effect on the brain's overall function. According to Dr. Amen, “the end to mental illness begins with a revolution in brain health.”⁴

You can think of your brain as the “hardware” in a computer and all of the experiences and conditioning that occurs throughout your life as the “software.” Looking at it this way, it makes sense that cleaning out and upgrading the brain's health is the first step to healing the mind and emotions as well.



Amen began recommending vitamins and mineral supplements (i.e., nutraceuticals) as well as dietary changes to his patients years ago when he noticed that the most unhealthy-looking brains (via SPECT scans) were those of people who were on mood disorder pharmaceuticals such as *benzodiazepine* and *opiates*.

Although Dr. Amen is not opposed to pharmaceuticals for some patients, he emphasizes the uniqueness of each individual. Likewise, just like with pharmaceuticals, supplementation for brain health should always be done with the guidance of a trained professional.

4. https://www.youtube.com/watch?v=eS_MuaOYBlo

That being said, there are about a dozen go-to vitamins, herbs, minerals, and other natural substances that appear to benefit most people, according to Amen and other experts.

In addition to a high-quality multivitamin (which Amen recommends), specific brain-healing nutrients⁵ include:



Omega-3 Fatty Acids EPA & DHA

Omega 3 Fatty Acids EPA and DHA (in the form of concentrated fish oil or better yet, organic vegan algae) are absolutely vital for brain health. They act as super antioxidants for the brain and are vital for the elimination of brain toxins. They also help with focus, attention, and energy balancing. They are key for people who suffer from anxiety disorder as well as brain fog.⁶



Vitamin D

Vitamin D deficiency is, unfortunately, the norm among Americans. This may be why so many of us suffer not only from physical ailments, but mental ones as well. Vitamin D is essential for mood and sleep regulation as well as for hormonal balance. Amen recommends adequate amounts of D for curbing cravings and addictions too.⁷



Magnesium

Magnesium deficiency has been linked to higher incidence of anxiety. Likewise, recent studies, such as a 2017 major meta-analysis conducted at the University of Leeds in the U.K., found that magnesium supplementation was able to reduce many kinds of nervous disorders, including “mild anxiety, anxiety during premenstrual syndrome, postpartum anxiety, and generalized anxiety.”⁸

5. Daniel, Amen. *The End of Mental Illness*. [Carol Stream, IL: Tyndale, 2020], 296.

6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4404917>

7. <https://www.sciencedirect.com/science/article/pii/S1087079220301222>

8. <https://pubmed.ncbi.nlm.nih.gov/28445426>

Vitamin B12 also has serious research behind it for its role in balancing and producing brain chemicals that can affect mood and other cerebral functions. Low levels of both B12 and B6 have been linked to depression. Older adults and those with certain autoimmune conditions, such as Crohn's, may suffer most from B12 deficiency.⁹

Other supplements that Amen and others recommend for brain health and specific mood-related conditions include:

- ▶ Zinc
- ▶ Probiotics
- ▶ L-Theanine
- ▶ Ashwagandha
- ▶ SAMe
- ▶ Gingko biloba
- ▶ Melatonin



Of course, Amen and other experts also state that dietary and lifestyle changes are paramount first and foremost for healing the brain. The more subtle changes that come with lifestyle and behavior upgrades can make a lasting difference in a person's life.



Amen points out in *The End of Mental Illness* that there is a key connection between mental health disorders such as anxiety/depression and nutrient deficiency.

In addition, connections also exist between toxic build-up and poor mental health.

One of Amen's "insanely simple" bits of advice when it comes to food is "only love (and eat) foods that love you back."

9. <https://mayoclinic.org/3eOZlhP>

This means staying away from foods¹⁰ that contain pesticides and/or are:

- ▶ Low fiber
- ▶ Artificially colored, flavored or sweetened
- ▶ Pumped with hormones and antibiotics (like commercial meat and dairy)
- ▶ Stored in plastic
- ▶ Highly processed

Instead of the above, go for organic vegetables, fruits, healthy fats, herbs, spices, seeds, nuts, and legumes like beans, garbanzos and soy, for your brain health.

Research that looked at the impact of diet on emotional well-being and productivity at 10 corporate sites of a major U.S. insurance company found that a plant-based dietary intervention led to significantly reduced feelings of depression, anxiety, and fatigue.¹¹



10. Daniel, Amen. The End of Mental Illness. [Carol Stream, IL: Tyndale, 2020], 297.

11. <https://www.pcrm.org/good-nutrition/food-and-mood>

What Chinese Medicine and Ayurveda Say About Emotions

Both Traditional Chinese Medicine (TCM) and Ayurveda are ancient systems of medicine that have been around for thousands of years.

In these systems, the emotions are not just an “add on” to physical healing. They are an integral component of how diseases develop and a vital element to healing from disease states.

In TCM, the emotions and the processes that occur in the physical body are part of a “dynamic loop,” each impacting the other in various ways. Over thousands of years, TCM practitioners have developed a system of direct correlation between certain emotions and certain disease conditions.



For example, the emotion of anger is correlated with the liver organ and processes. It also plays a part if a woman has heightened menstrual pain as well as in anybody who has headache, dry mouth, mood disorder, and splotchy skin (especially around the face and eyes).

In other words, if a TCM doctor sees a patient that has any of these physical ailments, that doctor is going to investigate how anger plays a role in that person's life. Once the TCM doctor gets more information about how anger in all its forms (irritation, frustration, etc.) is showing up, they can then create an “action plan” for the patient based on both the emotional as well as physical symptoms and goals.¹²

Other connections between the emotions and the organs, according to TCM, include:

- ▶ Worry → Spleen
- ▶ Fear → Kidney
- ▶ Sadness and Grief → Lungs

12. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5585554>

According to TCM, the ultimate goal for any person wanting to heal (from cancer or any other disease) will always be to balance the “vital life force” or “qi” by helping the flow of this life force throughout the body to run smoothly and without any blockages.

Unblocking qi via the Chinese meridian pathways is essential and often occurs when negative emotions are released as well.



Chinese medicine has been practiced in China for at least the last 2,000 years. In the United States, it has been around for only a few decades. However, it has been growing in popularity in the West.

Between 2002-2007, there was a whopping 50% increase in acupuncture (a TCM modality) use among the U.S. population. Today, more than 14 million people are currently seeking out or engaging in acupuncture treatments.¹³

Like with TCM, healing the emotions and cleansing the body of emotional toxicity is absolutely paramount within the ancient Indian Ayurvedic system of medicine.

Ayurveda is a way of looking at the body that respects the uniqueness of each individual. It does this through the lens of the three “doshas” or “basic energies” that characterize a person’s makeup.

The term “Dosha” means “that which causes problems” in Sanskrit. Thus, knowing your dosha make up can potentially give you great insight into how to adjust your lifestyle so that your whole-body system is in greater harmony and balance.

According to Ayurveda specialist and chiropractor Dr. John Douillard, DC, CAP, human beings first feel emotions as impressions in the “emotional heart.” In Ayurveda, this is called *sadaka pitta*.

These impressions, or frequencies, are then carried to the brain through the prana vata energy channels. Finally, these impressions (and the memories associated with them) are held by *tarpaka kapha*. This is what Douillard calls the “emotional aspect of *kapha*.”

According to Douillard, trauma is defined as “[i]mprints or impressions left on the subconscious mind or passed on genetically from past experiences in this life or past lives, which impact, alter, and affect the mind, body, emotions, and life.”¹⁴

The concept that the traumas of our ancestors may be left over and affecting our own state of mind may seem unbelievable. However, modern science is increasingly confirming this theory.¹⁵

Thoughts, Emotions, and Cancer

Some of the most well-known work that has been done to show the link between cancer and emotions was created by Dr. O. Carl Simonton in the 1990s. Dr. Simonton was an oncologist and radiologist by profession. He was also a true pioneer in the field of *psychoneuroimmunology*.

Dr. Simonton worked with thousands of patients during the 1970s and 80s. Over the years, he noticed key “emotional states” that almost all of his cancer patients seemed to carry.

These characteristics were:

- ▶ Inability to maintain healthy, long-term relationships
- ▶ Poor self-image
- ▶ Hard time forgiving others (or themselves)
- ▶ The presence of some form of major loss (such as a divorce, death of a loved one, job loss, etc.) roughly 6-18 months prior to receiving the cancer diagnosis



14. <https://lifespa.com/ayurveda-trauma-cleansing>

15. <https://www.discovermagazine.com/health/grandmas-experiences-leave-a-mark-on-your-genes>

Dr. Simonton realized that if a person displayed just one of these characteristics, they had a higher risk of any kind of cancer. Of course, he found that many of his patients displayed more than one of these characteristics.

Biologically, Dr. Simonton's early research into emotional states and their link to cancer makes sense and has now been verified by other scientific inquiries.¹⁶

Persistent negative emotions and behaviors put the body in a state called psychological stress. Studies show that ongoing psychological stress can throw many mechanisms in the body off-balance, including hormonal balance via the HPA axis, sympathetic nervous system responses, and endocrine system functioning in general.



Psychological stress also raises inflammation. According to the inflammatory theory of disease, inflammation is the foundational state in which all diseases occur.¹⁷

According to research conducted at the University of Wisconsin's Carbone Comprehensive Cancer Center, psychological stress caused by negative emotions absolutely lowers the immune system. Lower immunity, of course, allows cancer cells to develop and spread.¹⁸

There is also a direct correlation between cancer and PTSD.

According to conventional research, one in four women diagnosed with breast cancer also has PTSD.¹⁹

The National Cancer Institute also recognizes that the act of receiving a cancer diagnosis itself creates PTSD in many patients.²⁰

16. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3467346>

17. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709>

18. <https://pubmed.ncbi.nlm.nih.gov/21094927>

19. <https://www.cancer.gov/about-cancer/coping/survivorship/new-normal/ptsd-pdq>

20. <https://www.cancer.net/survivorship/life-after-cancer/post-traumatic-stress-disorder-and-cancer>

Loneliness and Cancer

We likely all know how much loneliness can hurt. But did you know that individuals who remain isolated and alone for long periods of time suffer the most from depression as well as from thoughts of suicide?²¹

Dr. Alan Teo is a psychiatrist with the VA Portland Health Care System. When looking at loneliness among veterans, Dr. Teo came up with five categories of “social connectedness” that can play a role in both our physical and mental health.²²

The five categories are:

#1 Trust in others

#2 Levels of loneliness

#3 Connectedness between parents and children

#4 Participation in activities with family and friends

#5 Telephone and internet access at home



From these five categories, he found that feelings of loneliness were most connected to incidents of depression and thoughts of suicide.

Loneliness is closely associated with depression and suicidal ideation especially among military veterans in primary care, according to Teo. He also explains the importance of being connected to others in terms of energy.

“Being cut off from others is like not being connected to your battery,” says Dr. Teo. “You lose an important source of energy.”

The importance of emotional support and connectedness is so vital to us humans. It sometimes even outweighs poor eating and lifestyle habits as the main contributor to overall health, as proven by seminal studies.²³

21. <https://www.sciencedirect.com/science/article/abs/pii/S0165032717320670>

22. <https://socialreport.msd.govt.nz/documents/2005/sr05-social-connectedness.pdf>

23. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1695733>

Positive Emotions and Cancer

On the other hand, there is sure evidence that healing trauma and turning negative emotions into positive ones can absolutely lead to a better immune system and stronger outcomes for keeping cancer and cancer metastasis at bay.

When positive emotions occur, the same basic subatomic and cellular journey described by Dr. Pert above occurs, only the end result is not disease but healing.

According to social psychologist Barbara Frederickson, this is called the “broaden and build theory” of positive emotions. While negative emotions create a “stiffening” sensation physically and energetically, positive emotions create an expansion on all levels.

The mind, then, naturally becomes open to possibility and likewise, so does the physical body.²⁴



24. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1693418>

Emotional Acceptance

An important component of emotional healing around serious illness, and especially cancer, is called *emotional acceptance*. According to Dr. Noam Shpancer, professor of psychology at Otterbein University in Ohio, emotional acceptance is defined as the “willingness and ability to accept and experience the negative emotion, to acknowledge it and absorb it.”²⁵



In other words, before we can ever begin the process of healing our emotions, we first must acknowledge that they exist and that we are feeling them in the moment.

It wouldn't seem like the simple act of accepting our emotions would be such a big deal. It turns out, however, that this first step is absolutely vital for emotional healing to occur.

A 2016 study conducted at the University of Arizona found that of the 150 women with cancer who were being taught techniques to regulate their emotions, those who had the highest amount of “emotional acceptance” around their situation and their feelings were also the ones who had the lowest rates of inflammatory cytokines in their system overall.²⁶

Gratitude and Forgiveness

Another powerful positive emotion directly linked to physical healing is gratitude. First of all, eliciting feelings of gratitude through visualization, Emotional Freedom Technique, or in journaling has been shown to promote the production of healing hormones and downregulate the production of cortisol.

25. <https://bit.ly/3mUXHjb>

26. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4917434>

A study sponsored by the American Psychological Association and conducted by researchers at the U.C. San Diego Center for Excellence for Research and Training in Integrative Health as well as the Chopra Foundation found that patients who had more “outward tendencies” towards gratitude slept better at night.

They also found that these patients were less likely to be depressed and that they had less overall systemic inflammation.²⁷

Forgiveness is another powerful state that can have a profound effect on mental health. Forgiveness as a practice can help heal deep trauma connected to grief and grievances from the past.

Research shows that forgiveness is linked to a reduction in psychiatric disorders such as major anxiety and clinical depression. A few studies even correlate forgiveness to lower mortality rates.

One of the reasons why forgiveness is so healing is because when you forgive, you also melt long-standing feelings of anger and resentment.

Professionals often refer to anger as the “toxic emotion” because of its direct correlation to illness and disease. A 2009 study conducted at University College London found that unresolved anger and hostility leads directly to heart disease.²⁸



27. <https://choprafoundation.org/education-research/past-studies/gratitude-study>

28. <https://pubmed.ncbi.nlm.nih.gov/19281923>

PART 2

ACTIONS FOR HEALING: 22 Evidence-Based Tools To Heal Your Trauma, Flip Your Thinking, and Upgrade Your Emotions

You now have a solid understanding that healing trauma and cultivating positive emotions such as gratitude and forgiveness can lead to greater healing in the body. But how in the world do you get started in doing this?

Below are 22 modalities and techniques that have been proven to help.

Self-Reflective and Calming Modalities & Techniques

Without calming our mind and taking the time for reflection, life just “happens” to us. When we take the time to slow down, reflect, consider, and weigh options, however, then we begin to feel a sense of empowerment that can lead to deeper healing.



1 Meditation

A free and easy step on a journey of emotional healing is meditation. A simple dictionary definition of meditation is the “practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.”²⁹

29. <https://medical-dictionary.thefreedictionary.com/meditation>

Before you roll your eyes, there is a reason why people have been meditating for thousands of years. It's because it works and works well to calm the mind and put us into a state where healing can occur on all levels.

This is because meditation can elicit the “relaxation response.” Multiple studies³⁰ have shown that meditation can:

- ▶ Calm the heart rate
- ▶ Lower blood pressure
- ▶ Encourage the production of healing hormones
- ▶ Boost immune function

What's more, as our mind becomes calmer with regular practice, stuck energy naturally becomes unblocked as well. This allows deep-seated emotions (and often the memories that come with them) to rise to the surface and trauma to come up to be healed.

There are many different forms of meditation that you can choose from.

In fact, besides the ones included in this category, many of the other practices and activities mentioned below can also be put in the “meditation category” if they are done with concentrated focus and help you to relax, focus, and reduce stress.

The type of basic meditation that has been studied the most is called mindfulness meditation.

This is a type of meditation where you are simply going about your everyday life, or you are purposely engaged in a particular activity, but you are making a point to put your whole focus on it – mind, body, and soul.

Similar to emotional acceptance, mindfulness simply allows one to be present and accept whatever is happening in the moment. Whatever emotions may come up while practicing mindfulness, you simply let them be with non-attachment and gentle observation.

30. <https://www.webmd.com/balance/features/transcendental-meditation>

Mindfulness Based Stress Reduction, or MBSR, is a practice originally designed by scientist, mindfulness meditation teacher, and best-selling author Jon Kabat-Zinn.

Among the dozens of evidence-based studies that have proven the efficacy of MBSR was a 2013 study sponsored by the Danish Cancer Society Research Center. The study participants were women aged 18-75 who were diagnosed with breast cancer.

The researchers concluded that MBSR practice had a “statistically significant effect on the level of symptom burden immediately after the intervention and after six months’ follow-up and on distress throughout the 12-month follow-up.”³¹



2 Visualization

Visualization is a type of imaginative meditation where, instead of emptying the mind and letting thoughts and emotions go, a person’s intention is set on actively eliciting positive thoughts and feelings.

More specifically, many people who practice visualization also imagine the “end result” or goal – such as healing on all levels – that they want to achieve.

Like other forms of meditation, visualization puts the brain in an alpha or theta brain wave state and lowers stress responses to elicit the “relaxation response.”

Guided imagery (GI) is visualization where a person is “guided” to imagine a particular scenario, usually through a series of connected pleasant scenes that elicit a relaxed, open state. Guided imagery visualization is normally conducted via audio, video, or live instruction.

31. <https://www.researchgate.net/publication/296047530>

A joint study conducted in 2018 by Queensland University of Technology in Australia and Leeds Beckett University in the U.K. found that nature-based guided imagery helped individuals with moderate anxiety lower their symptoms significantly. Nature-based GI was found to reduce the symptoms more effectively than non-nature or “urban based” GI.³²



3 Breathing

The act of breathing is something that many people focus upon when doing basic meditation. Breathing itself is also the basis for ancient traditions of detoxification and healing.

In Ayurvedic medicine, *pranayama* is the centuries-old science of healing through regulating the breath. Wim Hoff breathing, diaphragmatic breathing, and the “3-5” breathing pattern are all ways to incorporate breathing into both your physical and emotional healing journey.

The most basic kind of healing breath is known as the “3-5 Breath.” Simply breathe in for 3 counts and breathe out for 5 counts.

A 2018 study conducted at the University of Pisa in Italy found that slow breathing techniques in general created flexibility as well as strength in autonomic nervous system pathways and in the brain and the body system overall.³³

As a rule, any kind of breathing where your out-breath is at least twice as long as your in-breath will help your nervous system and stress responses in general.

32. <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01858/full>

33. <https://pubmed.ncbi.nlm.nih.gov/30245619>



4 Prayer

Dr. Daniel Amen places importance on prayer for brain health as well as for living a vibrant healthy life in general. That's because prayer can be part of leading a purposeful life. He defines a "purposeful person" as one who has the "psychological tendency to derive meaning from life's experiences and to possess a sense of intentionality and goal directedness that guides behavior."³⁴

According to recent research, purposeful people tend to live longer and are healthier overall.³⁵

Prayer itself is the act of "going within" and connecting with the Creator, God, or a "Higher Power," however you define this presence to be. Prayer can look like meditation, visualization, or a simple stroll through nature. It is totally up to you!

Studies have proven that prayer works for eliciting the relaxation response and for overall healing.

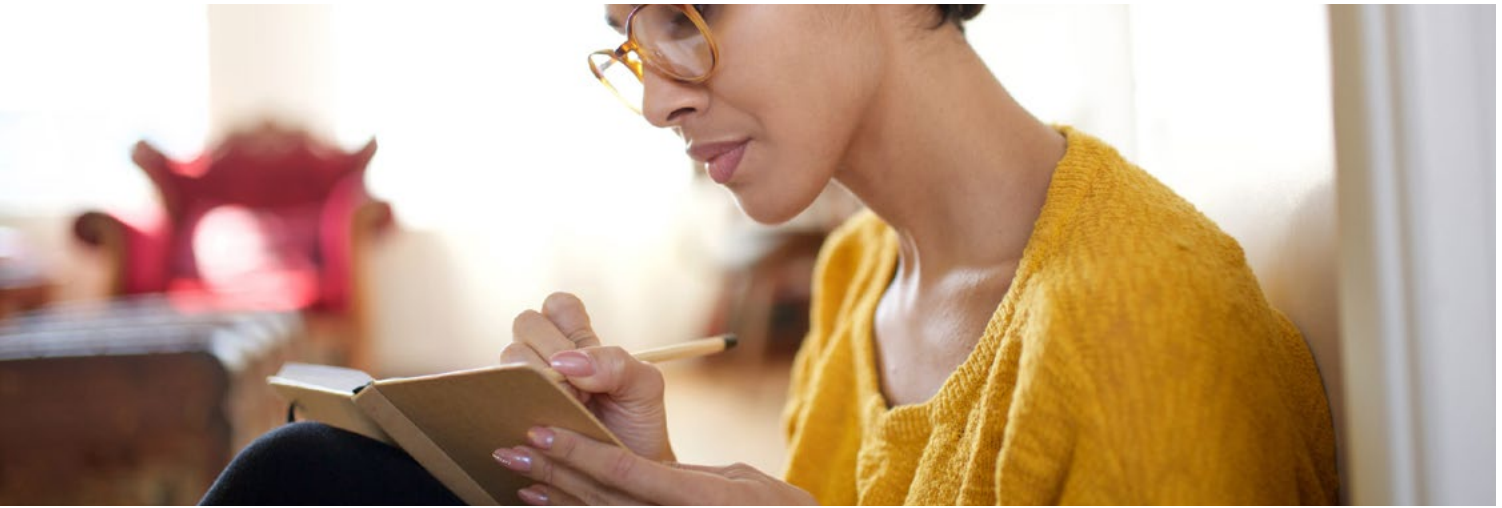
A 2009 report published in the journal *Pastoral Psychology* found that doing a simple, daily "Centering Prayer" led to considerably lower stress responses. Lower stress responses lead to lower inflammation and lower disease risk.

Those who participated in prayer on a regular basis also felt more "quietness of mind" and more inspiration overall in their daily lives.³⁶

34. Daniel, Amen. *The End of Mental Illness*. [Carol Stream, IL: Tyndale, 2020], 94.

35. <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/1151486>

36. <https://link.springer.com/article/10.1007/s11089-009-0225-7>



5 Journaling / Free-form Writing

Journaling is simply the act of writing down your thoughts, feelings, and emotions.

Among the many studies that prove the efficacy of journaling for helping to heal emotional wounds is a 2012 study on cancer survivors who wrote for 20 minutes just once a week for three weeks.

Even with this small amount of time journaling, patients surveyed said they felt significantly less stress as well as less intrusive thoughts. They also experienced less fatigue overall.

What's more, a full three months later, they felt that their quality of life had still improved based on the experience. Notably, those who had been diagnosed with Post Traumatic Stress prior to the experiment also felt that they were still experiencing fewer symptoms.³⁷

The act of journaling or free-form writing is easy! A great time to do it is first thing in the morning. Simply roll out of bed and start scribbling (if you have to have coffee first, then okay).

Don't censor yourself. Feel free to write the worst junk in the world as no one needs to read it. (You can even burn the pages after if you're worried someone might see.)

See the Appendix on page 54 for a list of sample questions that can help you get started.

37. <https://psycnet.apa.org/record/2012-00040-001>



6 Art Therapy

Art therapy is the act of using various art forms, usually visual art but also music, dance, sculpture, writing, and others to heal negative emotions and trauma. Art therapy is often done with the guidance of a therapist, counselor, coach, or mentor, but it can also be done on your own.

Art therapy has been a known modality for regulating mood and stress responses for decades. There are also studies which show how art therapy techniques can help with the stress and anxiety of cancer.

One 2011 meta-analysis looked at statistics and data from over 1,500 cancer patients who participated in either visual art, music, or dance therapy. The overwhelming majority of the participants reported significantly less anxiety and even less physical pain – even though individual counselling was not offered.³⁸

Other studies have shown significant improvement in other disease conditions with art therapy involvement, especially in improving brain-related decline such as with Alzheimer's.³⁹

38. <https://reut.rs/3pPex4T>

39. <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1447-0594.2011.00698.x>

Energy Medicine Modalities & Techniques

In reality, all pathways of healing (both physical and emotional) have to do with changing our energy in some way. This is because, as humans, we are energetic beings more than anything.

That being said, some practitioners focus on energy in particular for treating both physical conditions and emotional traumas. These professionals are considered practitioners of *energy medicine*.

Energy medicine is even seen in conventional medicine. The nervous system, after all, is largely a system of biochemical or electrical pathways and communication.

Energy medicine is a broad categorization that includes everything from Chinese medicine to helping our subtle energy centers.



When your neurologist or cardiologist talks about chemical hormone channels or “neuro-cardio” pathways, these are basically talking about channels of energy. Of course, in more recent times, quantum and biophysicists are proving via subtle measurement technology that channels of energy exist.

One example of this work is the pioneering inventions of bio-physicist Konstantin G. Korotkov, PhD, and the advances he and his family have made in the field of electro-photonics.

Dr. Korotkov is the director of a research institute in Saint Petersburg, Russia. The electrophonic measurement devices he has designed allow for viewing of the energy field of a person (or any living or inanimate thing) in “real time.”⁴⁰

40. <https://www.korotkov.eu>



7 EFT

EFT stands for “Emotional Freedom Technique.” Another name for this practice is “tapping.” To date, EFT has dozens of studies behind it for its effectiveness in reducing even the most severe symptoms of PTSD as well as for lessening anxiety, lifting depression, and helping to smooth out negative emotions in general.

At first EFT may seem a little odd. Make no mistake, however, it works!

EFT is based on the Chinese meridian system. A person says a series of phrases while tapping on key points on the hands, head, face, and upper body. The phrases are first designed to acknowledge negative emotions such as worry, anger, or anxiety.

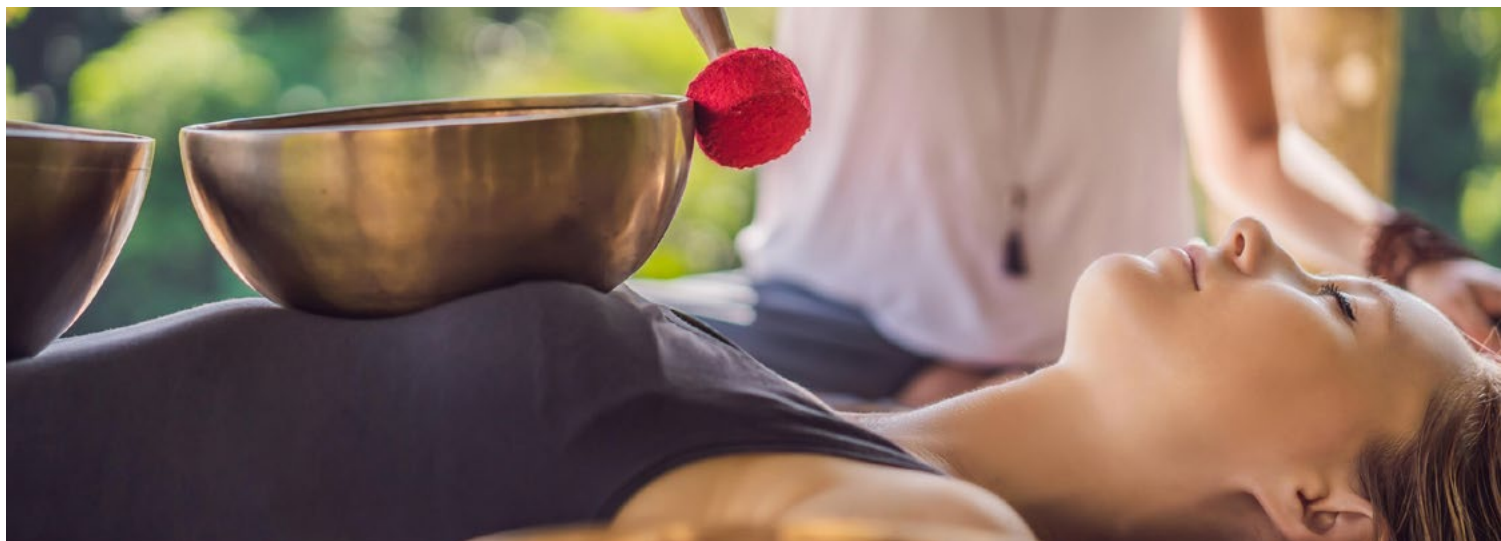
Over the course of a few minutes, the person performing EFT then makes the switch to positive affirmations. They can also step in to envision what they want to experience as they continue to “tap” on key meridian points on the upper body.

One clinical trial published in the *Journal of Nervous and Mental Disease* found that 90% of the veterans who practiced EFT for six weeks no longer met the official criteria of PTSD. What is even more remarkable is that, after 6 months, a whopping 86% of those who had done the practices still no longer had significant PTSD symptoms.⁴¹

Practicing EFT just 5-10 minutes a day can have a profound effect on your mental and physical health.

41. <http://eftminnesota.com/eft-in-the-news-tapping-success-for-vets-with-ptsd>

For more information about EFT, you can check out the work of Gary Craig or Nick and Jessica Ortner and their “Tapping Solution” programs.⁴²



8 Vibrational Sound Therapy

Sound therapy or “VST” (vibration sound therapy) can have a profound effect on your nervous system as well as help you clear deeper trauma from your energy system.

VST practitioners often use instruments such as “sound bowls,” “singing bowls,” gongs, chimes, flutes, woodwinds, and tuning forks to create deep relaxation and emotional detoxification in the body.

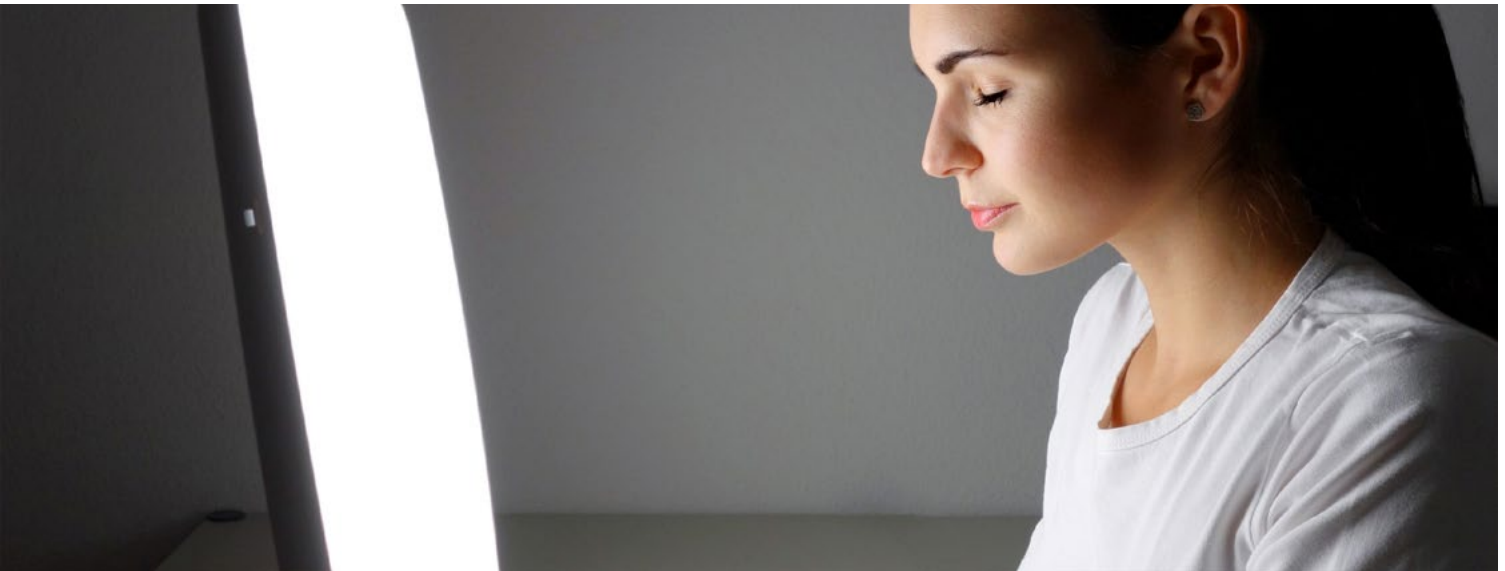
A University of Pennsylvania review found that music therapy and VST can significantly help individuals with trauma and PTSD. They also found that “music therapy may help foster resilience and engage individuals who struggle with stigma associated with seeking professional help.”⁴³

The popular idiom “Music soothes the savage beast” is testament to this acceptance that music (sound) has soothing or healing qualities.

Fun fact: According to literary experts, the original expression was “Music has charms that soothe the savage breast” and “breast” is meant to denote the heart, feeling, or emotion.

42. <https://www.thetappingsolution.com>

43. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5744879>



9 Light Therapy

Light therapy is another energy medicine modality that has a sound track record for being able to help with negative emotions and trauma.

The best light of all, of course, is the one that Mother Nature provides for free – the sun!

But when there is weather or other impediments to getting out in the sun, light therapy can be experienced in other ways. The most well-known is exposure to a “light box” or natural light lamp.

Light boxes are known to aid with SAD, or Seasonal Affective Disorder. According to a report published in the journal *American Family Physician*, approximately 4-6 percent of the American population experience winter depression that can be associated with SAD.

Another 10-20 percent may have mild symptoms of the condition. Older people have a greater likelihood of being affected.⁴⁴

Mayo Clinic researchers state that light box therapy can lift depression and may have a direct effect on brain chemicals which are connected to both sleep and mood. Light therapy can also be used for mood disorders not linked to SAD. In all cases, experts state that light therapy is most effective when done first thing in the morning.⁴⁵

44. <https://www.aafp.org/afp/2000/0301/p1531.html>

45. <https://www.mayoclinic.org/tests-procedures/light-therapy/about/pac-20384604>



10 Aromatherapy

Aromatherapy is an increasingly popular modality for both physical and emotional healing. When used with a high-quality, supplement-grade source, aromatherapy can also be safe, easy to use, affordable, and fun!

Aromatherapy and surrounding modalities, such as AFT (aromatherapy freedom technique) utilize essential oils to help heal on both the energetic and physical level.

The “secret ingredients” that make essential oils so effective are called terpenes. Countless studies have been conducted on the hundreds of different terpene-derived scents from herbs, woods, fruits, and other natural plant matter.

Terpenes are natural plant esters that are small enough to bypass the blood-brain barrier. This means that essential oils can have a profoundly positive effect on brain health. They are neuroprotective and can help to release toxins, increase blood flow, and even reconnect neurological firings.⁴⁶

Some of the best and most well-known essential oils for use in balancing the nervous system and brain are:

- ▶ Peppermint
- ▶ Citrus
- ▶ Frankincense
- ▶ Lavender

46. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5447774>



11 EVOX

EVOX is a type of biofeedback and a relatively new technology.

Biofeedback, in a nutshell, is a conventionally accepted behavior modification technology that uses monitoring instruments to measure the body's functions with the aim of changing behavior.⁴⁷

EVOX is a type of biofeedback that uses very sophisticated equipment to measure energy and change perceptions with the aim of healing trauma. EVOX technology relies on “galvanic skin responses” and uses what is known as *perception reframing* to help a person change their perceptions energetically.⁴⁸

Most of the negative perceptions that stay with us our whole lives get formed between 0-5 years of age. These perceptions become “thought patterns” that can be measured as specific brain wave patterns or frequencies, which are then measured on the EVOX machine. While regular biofeedback may take weeks to “retrain” behaviors, many people discover results with EVOX technology within just one or two sessions.⁴⁹

47. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2939454>

48. <https://antipolygraph.org/yabbfiles/Attachments/GSRANL.pdf>

49. <https://zyto.com/products/evox>

Body Work Modalities & Techniques

Emotions are stored in the body. That is why many trauma specialists say that “the issues are in the tissues.” This fact has been known for centuries within ancient systems of medicine like TCM and Ayurveda, as we mentioned above. Now modern science is catching up.

A 2019 meta-analysis of previous investigations conducted by The Hague in the Netherlands and published in the *Journal of Traumatic Stress* looked at BMOI (Body- and Movement-Oriented Interventions) for treating PTSD.

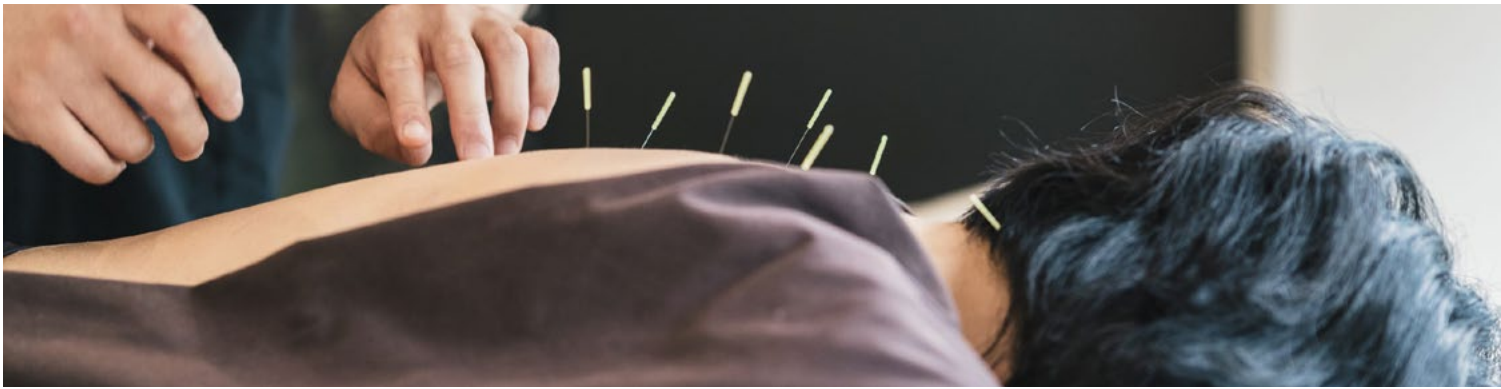
After reviewing 22 other studies, the researchers concluded that BMOI treatments for PTSD are viable and “may be useful” for helping heal trauma.⁵⁰

The researchers also acknowledged that more and more PTSD sufferers are engaging in body and movement-focused modalities to help their symptoms. The reason why is because these modalities can often help with both emotional and physical symptoms and usually come with NO side effects.

This is making modalities like massage, reiki, acupuncture, and others more popular now than ever before.



50. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6973294>



12 Acupuncture

Millions of people use acupuncture each year to treat physical pain and other physical ailments.

Just as many are also using it to help calm chronic stress, anxiety, depression, and other mood and nervous system-related disorders.

A 2015 investigation conducted in the U.K. and published in *Sage Journal* is just one of many studies that proves acupuncture's effectiveness for those suffering from chronic anxiety.⁵¹

In addition, a 2020 meta-analysis published in the journal *Medicine* found that acupuncture affects the autonomic nervous system, the prefrontal lobes, and the limbic system, which allows it to be a viable modality for affecting the root biochemical causes of Post Traumatic Stress Disorder.⁵²

Other modalities within the same general TCM category as acupuncture can also help lower stress, calm anxiety, balance the nervous system, and heal trauma.

Reflexology, with an emphasis on meridian points on the feet, is one such modality. A 2011 investigation conducted at the University of Ulster in Northern Ireland found that people who were in a state of mental stress achieved significantly lower blood pressure levels after 20 minutes of reflexology treatment.⁵³

Another modality similar to acupuncture is *acupressure*. Acupressure relies on the same points and meridian system channel “flows” to achieve its effects. Instead of the insertion of needles, however, it utilizes slight pressure at key points on the body.

51. <https://journals.sagepub.com/doi/10.1136/acupmed-2014-010524>

52. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7328930>

53. <https://pubmed.ncbi.nlm.nih.gov/22164810>

Acupressure has been proven to be able to increase blood circulation, stimulate the immune system, calm the nervous system, and more.

“Acupressure relaxes the tight muscles that result from an emotional trauma,” writes Michael Reed Gach, PhD, in his book *Acupressure for Emotional Healing*. “A traumatic event causes the body to contract its muscles and harden, like protective armor, to shield the inner self.”⁵⁴

The great news about reflexology and acupressure is that they can be done on oneself or on a loved one at home, without too much prior knowledge and just a little training. There are loads of free resources available online to help guide you.



13 Massage

Massage can be extremely beneficial for emotional release and trauma healing for several reasons. First off, studies show that during massage, key healing chemicals are released:

- ▶ Serotonin - shown to prevent depression
- ▶ Dopamine - connected with increased motivation and confidence

Endorphins and other neurotransmitters may also be released via stimulation and ultimately relaxation of the autonomic nervous system.

54. <https://bit.ly/3sUearM>

As these healing hormones are released biochemically, cortisol (responsible for the “fight or flight response”) naturally goes down. It’s important to remember that it’s only when fight or flight responses lower that true emotional healing can begin.

Other studies show that moderate-pressure massage can result in increased vagal activity and balancing in the amygdala, the hypothalamus, and the anterior cingulate cortex. These are all brain regions which become taxed during stress.⁵⁵

One particular type of massage that has proven to be very beneficial for lowering stress is *Abhyanga massage*. This is an Ayurvedic massage modality that uses warm oil as well as gentle massage to elicit deep relaxation.

According to a report published in *The Journal of Alternative and Complementary Medicine*, Abhyanga massage can help with lowering heart rate to elicit the relaxation response and can also lower blood pressure levels in pre-hypertension patients.⁵⁶

Myofascial release is another massage modality which is particularly helpful for releasing trauma. Myofascial release utilizes sometimes intense pressure as well as stretching and kneading to open up dense and hardened fascia.

The writers of a 2017 study report published in the journal *Complementary Medicine Research* hypothesize that the “myofascial continuum” connects with areas of the brain that deal directly with emotional states.

By loosening the fascia network in the body, this “interoceptive system” is affected and, in turn, emotions and trauma can be released.⁵⁷

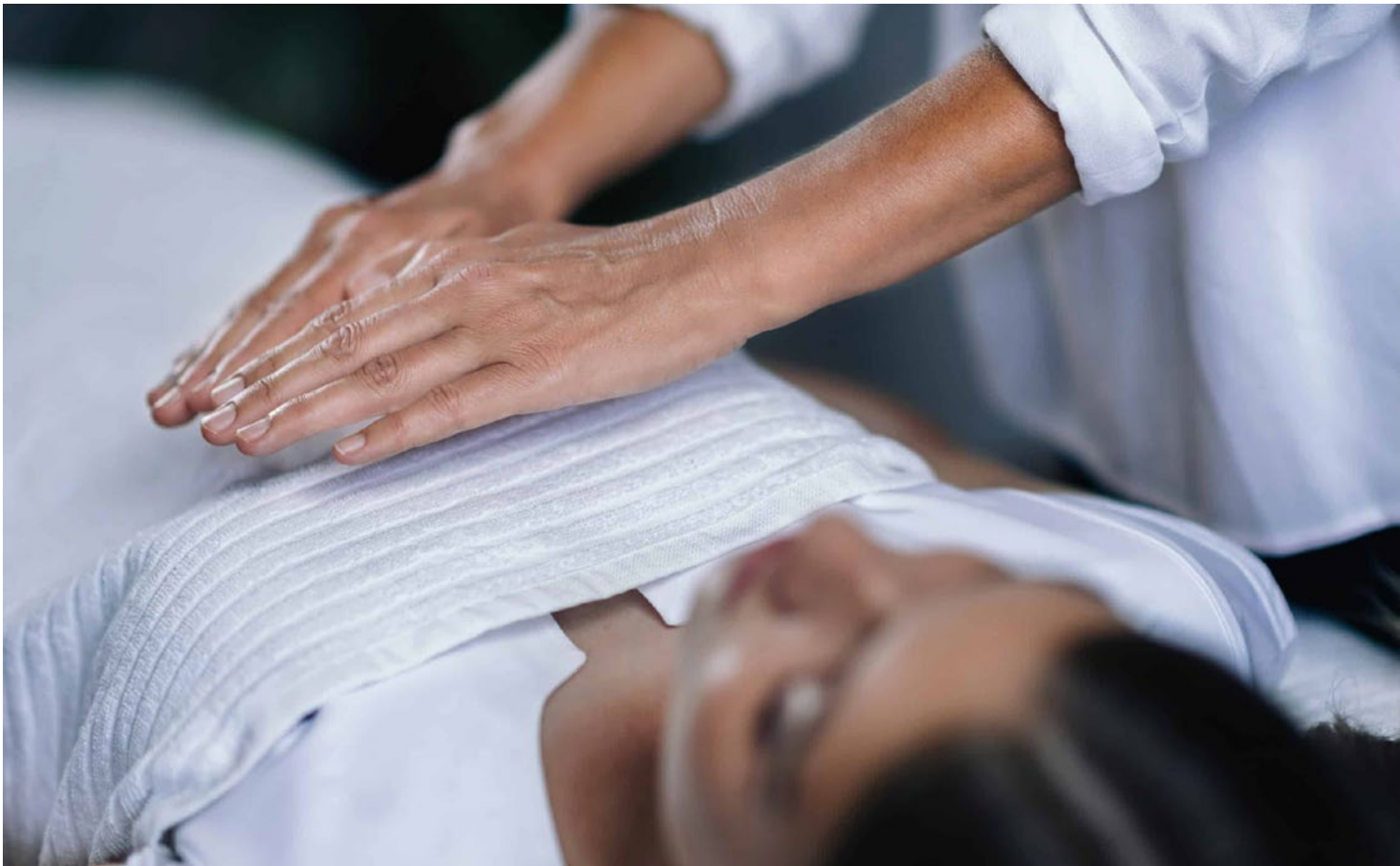
The fascia system is a strong tissue network that covers the entire body system. According to many experts, trauma is physically stored in this fascia network.



55. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5467308>

56. <https://www.liebertpub.com/doi/abs/10.1089/acm.2010.0281>

57. <https://bit.ly/3JEWPSl>



14 Reiki / Therapeutic Touch / Healing Touch

Of course, if you are healing from sexual trauma or other kinds of trauma where the kind of touch that massage requires may be an issue, another option for you may be gentler, light-touch or even “hands off” approaches.

This is where modalities such as reiki, therapeutic touch, and Healing Touch come in.

Reiki is a Japanese energy healing technique that has taken on a universal appeal as an effective modality for both physical and emotional healing. “Rei” means universal, and “Ki” alludes to the vital life force that flows through all living beings.

In Reiki, practitioners can place their hands on the body, or they can use a “hands off” approach. Through a series of movements and gestures, energy is unblocked, and emotions are cleared rather effectively, depending of course on the practitioner and the willingness of the participant.

A solid base of studies to date have proven that reiki has the ability to affect the autonomic nervous system, blood pressure, vagal tone, and heart rate.⁵⁸

Therapeutic Touch and *Healing Touch* are two other modalities that are similar to reiki, although they don't come directly out of it.

Therapeutic Touch is based on “ancient healing practices,” according to University of Michigan researchers, and is designed to restore balance to the “energy fields” of a person. It is a specific energy technique first developed by Delores Krieger, PhD RN and Doris Kunz in the early 1970s with the help of NYU nursing students. Therapeutic touch is used widely today in hospice care.⁵⁹

The Healing Touch Program™ is a collection of techniques, some of which are similar to reiki, which have been used in many mainstream conventional hospital and medical settings, including in U.S. military hospitals and VA centers, since the 1980s.

Since it was developed by nurse Janet Mentgen of Colorado in 1980, Healing Touch has been used by over 30,000 nurses as a complementary modality for both physical symptoms and emotional balancing.



To date, 75,000 people have been trained in Healing Touch. It is defined as a “relaxing, nurturing, heart-centered energy therapy that uses gentle, intentional touch that assists in balancing physical, emotional, mental, and spiritual well-being.”

As such and given how many people have been trained in it over the years, it has become a popular and effective complementary modality for helping many people heal from emotional imbalance of all types.⁶⁰

58. <https://pubmed.ncbi.nlm.nih.gov/12614528>

59. <https://www.uofmhealth.org/health-library/ag2078spec>

60. <https://www.healingbeyondborders.org/index.php/what-is-healing-touch>

Movement Modalities & Techniques

Exercise in general can be very beneficial for the nervous system, can balance hormones, and much more. There are many studies which also show that exercise can be beneficial for reducing anxiety and depression.

In a major work on the subject of exercise and mood disorders in general, Dr. Robert Motta of Hofstra University in New York found that exercise can help treatment-avoidant PTSD sufferers especially.⁶¹

The other reason why movement can help for healing trauma is because of something that Ayurveda, TCM, and other ancient systems of medicine have known for centuries. As stated earlier, the issues when it comes to trauma really are in the tissues.

When we practice certain kinds of conscious movement exercises like the ones mentioned below, energy flows... and negative emotions go!



61. <https://www.intechopen.com/chapters/63530>



15 Yoga

Yoga is perhaps the most well-known movement form with a connection to reducing stress and healing negative emotions.

For example, research conducted at Georgetown University found that yoga may have specific benefits for healing trauma in young at-risk women in the juvenile system.⁶²

One newly emerging form of yoga that may have a particularly influential impact on trauma is called EM Yoga, or “Energy Medicine yoga.” Created by master yoga instructor Lauren Walker, EM Yoga blends basic yoga asanas (poses) with Eden Energy Medicine techniques.

Eden Energy Medicine is one of the most well-known and respected forms of energy medicine in the West. It was created by energy medicine master practitioner Donna Eden.⁶³

Many of the moves in the Eden canon as well as in EM Yoga are designed to balance the energy channels and the nervous system and to reduce stress. EM Yoga is geared especially for helping individuals build resiliency, which is the ability to flexibly bounce back after major change.⁶⁴

62. <https://bit.ly/3eMGNPc>

63. <https://www.energymedicineyoga.net/what-is-energy-medicine>

64. <https://www.energymedicineyoga.net/what-is-energy-medicine>



16 Qigong and Tai Chi

Qigong and Tai Chi are similar but distinct movement modalities that have been practiced for centuries. They both use “self-healing, meditation, and self-cultivating” series of exercises designed to get “qi” flowing and are based on the Traditional Chinese Medicine System.

The practices come from Confucian, Buddhist, and Daoist spiritual philosophies as well as from the TCM medical model and are at the foundation of martial arts.

As “qi” or vital life force is cultivated and allowed to move throughout the body through simple, graceful, strengthening exercises, the nervous system is balanced, and healing can occur on all levels.⁶⁵

A 2018 study conducted by Central Arkansas Veterans Healthcare System and the University of Arkansas found that tai chi in particular is an “acceptable, holistic treatment to individuals with musculoskeletal pain and posttraumatic stress disorder.”

The researchers found that it can also reduce pain, improve physical function, and even improve emotional stability.⁶⁶

I personally practice Wisdom Healing Qigong as taught by Master Mingtong Gu out of Santa Fe, NM, and I highly recommend learning about his Qigong practices on Youtube.

65. <https://focus.psychiatryonline.org/doi/10.1176/appi.focus.20170042>

66. <https://pubmed.ncbi.nlm.nih.gov/33241873>



17 Fascial Activation Exercises

Modern science is continually realizing how much trauma gets trapped in the body. But where exactly does it go?

As we discussed above with myofascial release massage, there is mounting evidence which suggests that the area of the body where trauma and negative emotions get lodged most is within the fascia network in the body.

In response, some movement instructions are focusing on the fascia system to develop stretching routines that help with both physical pain and corresponding emotional release.

This is a fairly new area of specialization for many physical trainers. One professional in this field who has helped many people with “fascia activation” is former NFL cheerleader turned fascia activation specialist Erin Tietz.⁶⁷

“As we experience life, our fascia acts on our behalf, holding us when we cannot hold ourselves,” writes Tietz. “It takes a snapshot of our form in moments of stress and ‘files it away,’ much like a library. It can and will hold these emotions forever, unless we physiologically change the fascial adhesions. When we do, we can unlock the trapped emotions and begin healing from a deeper level.”

67. <https://fascia-fix.com/about-erin-tietz-fascia-fix>

“Guidance with Others” Modalities & Techniques

This category takes a look at all the ways that support from and with other human beings may play a role in your emotional healing.

We are, for the most part, social beings. Loneliness and isolation, as we learned in the first section, can have devastating consequences on both physical and emotional health.

Seeking support from others is natural and, in many cases, absolutely necessary for healing to occur.

Of great importance is the recognition that those you interact with can either aid in your healing or lead you towards deeper depression and anxiety.

Be sure to give some thought and consideration to the *quality* of people you choose to spend your time with.

This goes for professionals such as doctors, counselors, coaches, and psychotherapists as well as informal social circles members like family and friends.

“In social circles, an us-versus-them mentality, chronic stress, social pressure that encourages bad habits and illness, loneliness, and a lack of affection and touch can create a mental illness,” notes Dr. Amen in *The End to Mental Illness*.⁶⁸



68. Daniel, Amen. *The End of Mental Illness*. [Carol Stream, IL: Tyndale, 2020], 91.



18 One-on-One Coaching

Most people have heard about psychology, psychiatry, and psychotherapy. These are traditional forms of “talk therapy” that have been around for decades. New manifestations of traditional “talk therapy” are increasing, however.

These include more egalitarian counseling methods as well as the rise of the “coach.”

These days, there are coaches available for everything from losing weight and smoking cessation to job transition and emotional fitness. The International Coaching Federation (ICF) says that the coaching industry in general is growing at a rate of about seven percent each year. Life coaching itself is now a \$2 billion dollar industry.

So, what is the difference between traditional talk therapy and coaching? With a coach, sometimes called a “mentor,” the emphasis is on empowerment to move forward and putting into place healthy lifestyle habits.

The coach does not prescribe or advise. They suggest, encourage, and gently guide instead. They may also employ specific modalities such as visualization or breathing techniques.

Most of all, coaches use active listening skills and powerful questioning to help clients move past limiting beliefs and expand their thinking.

While some coaches do specialize in conditions such as PTSD and anxiety/depression, most do not work with trauma directly. They can, however, provide vital guidance as you discover for yourself what may work on your emotional healing journey.

Your coach can provide needed support and “cheerleading” along the way, whatever your situation.

Coaches that specialize in cancer healing or healing from other major diseases, such as a health coach, can be a great asset as you navigate the stressful and often confusing world of modern medicine and/or natural healing.



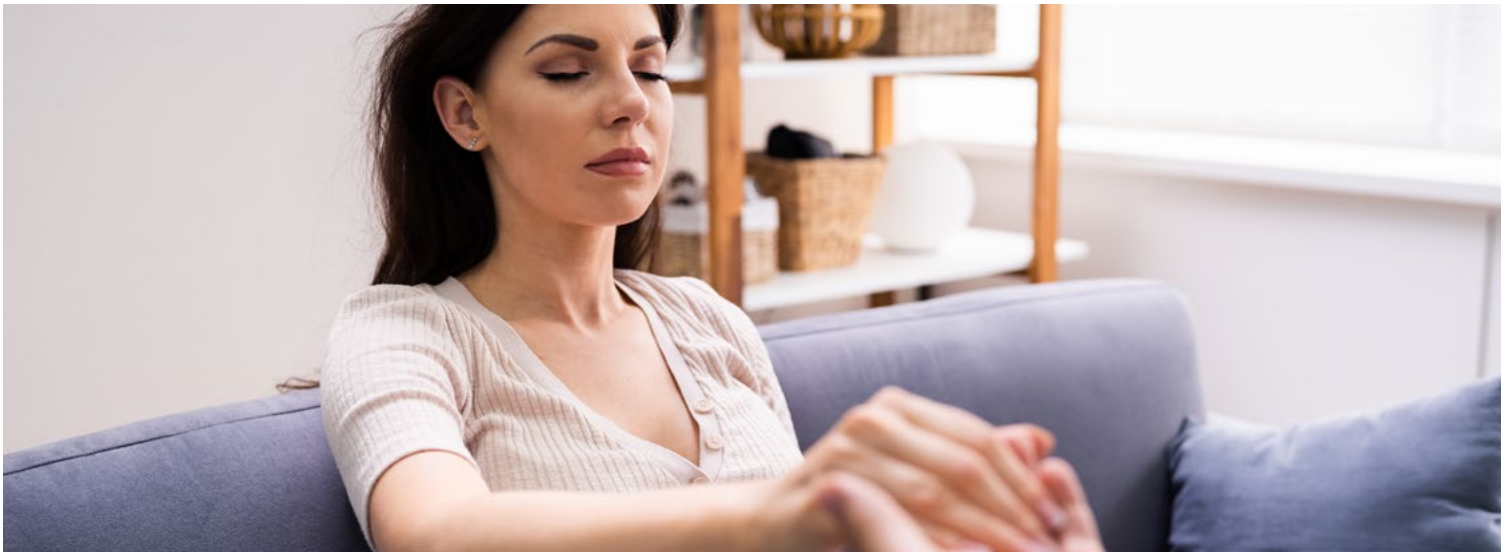
19 EMDR

EMDR stands for Eye Movement and Desensitization and Reprocessing therapy and is a type of cognitive behavioral therapy which has been shown in dozens of studies to help heal trauma symptoms.⁶⁹

EMDR is conducted with the aid of a trained professional, usually a counselor or therapist. He or she will direct the person to move their eyes in a certain way (usually back and forth) while at the same time encouraging the client to bring up the memory, thoughts, and feelings about a particular trauma.

The eye movement helps train the brain to “reprocess” those memories so that, over time, they no longer cause the person acute pain.

69. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951033>



20 Hypnosis

Hypnosis is the introduction of a state of consciousness where a person becomes highly responsive psychologically to suggestion and direction. Again, it is usually done in a more formal counseling or psychotherapy setting.

Its benefits, which have been proven by science, are to help recover memories that may be held down by the conscious mind as well as to allow behavior modification via suggestion by the practitioner.

According to Dr. Daniel Amen, hypnosis is a viable and legitimate modality of psychotherapy that has been endorsed by the American Medical Association since 1958. He himself often uses hypnotherapy on his patients to help with sleep, putting a stop to bad habits like smoking, and for memory recovery and trauma healing.⁷⁰

There is also evidence-based literature that suggests hypnosis can be helpful for PTSD as well. A Stanford-based study found hypnosis to be effective for treating the disassociated symptoms connected with PTSD in vets. According to the researchers:

“Hypnosis can be used to help patients face and bear a traumatic experience by embedding it in a new context, acknowledging helplessness during the event, and yet linking that experience with remoralizing memories such as efforts at self-protection, shared affection with friends who were killed, or the ability to control the environment at other times.”⁷¹

70. Daniel, Amen. *The End of Mental Illness*. [Carol Stream, IL: Tyndale, 2020], 284.

71. <https://pubmed.ncbi.nlm.nih.gov/2211565>



21 Group Coaching

Group therapy differs from regular coaching in that the coaching occurs within a group dynamic. Groups in this setting are often small (e.g., 5-15 individuals).

Group therapy or coaching can be extra powerful because not only do you have the guidance of a professional therapist or trained coach, but you also inevitably wind up having the support of the group as a whole. Not to mention the possibility of developing relationships with other individuals in the group.

An impressive study that lasted over a decade found that women with breast cancer who had community support and also had learned how to manage stress better had a 75% decreased risk of succumbing compared to those who were alone and did not have stress management skills.⁷²

In addition, research conducted at Tufts University and Harvard Medical School found that “there is significant evidence that social support and feeling connected can help people maintain a healthy body mass index, control blood sugars, improve cancer survival, decrease cardiovascular mortality, decrease depressive symptoms, mitigate posttraumatic stress disorder symptoms, and improve overall mental health.”⁷³

72. <https://bit.ly/3qJuOaF>

73. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125010>



22 Service to Others / Volunteering

The impetus to do good works for others is part of our collective human experience.

One survey found that 50% of Americans want to volunteer in some sort of capacity but many do not because of lack of time.

But how can volunteering at your local shelter, working with animals at the humane society, or playing with kids at the local youth center help YOU to heal trauma?

First of all, most volunteer positions have you moving around, which not only helps you with getting physical activity but also in exercising your brain.

The simple act of giving to others has been shown to create benefits for both physical and emotional health.

Secondly, volunteering usually puts you in contact with others. Networking, making connections, having conversations, and working towards a common goal are all activities that can elicit feel-good hormones.

Group volunteering can sometimes be the antidote to the devastating consequences of loneliness, as we learned earlier.

Finally, giving to others just feels good! According to the Mayo Clinic, performing acts of kindness lowers stress and helps kickstart both dopamine and serotonin. These are the chemicals that are also released during the “relaxation response.”⁷⁴

74. <https://mayoclinic.org/3qKwrVB>

BONUS

10 FAST MOOD BOOSTERS You Can Do Whenever and Wherever You Are!

Got 2 minutes? Keep this list in your purse, pocket, or pinned on the fridge in your home. Choose one and just DO IT whenever you need a boost or a balance, or when stressful situations come up.



1 Listen to music

You can tap into healing simply by putting on your favorite music. Next time you need a breather, push the “play” button, listen, and even get up and dance!

Better yet, create your own personal playlist on Spotify or Amazon Music as your “go to” whenever you need a pick-me-up!



2 Go outside and get some sun

We already talked about the importance of getting enough vitamin D for mood health, immune health, hormone balance, and more. The best way to get vitamin D is to be outside in the sun!

If possible, try to get at least 10 minutes of sun a day. If you live in a place where there is no or low sun for months at a time, try using a sunlamp first thing in the morning.



3 Stroll in nature

Being in nature can have a profound effect on the nervous system, so much so that the Japanese even have a name for it. Shinrin-Yoku means “forest bathing” in Japanese. Studies have found that people who spend time walking among the trees have lower cortisol and inflammatory levels overall.⁷⁵



4 Love on your pet

Our animals give us so much joy and opportunities to laugh and to give and receive love. Pets can be extremely calming for the nervous system as well.

As you pet, rub, and scratch, you also can't help but laugh at their often-comical responses. A recent study conducted at the Cornell Feline Health Center found that cortisol levels were reduced in stressed-out university students after just 10 minutes of petting a cat.⁷⁶



5 Laugh

Writer Anne Lamont describes laughter as “carbonated holiness!” To produce a giggle or a guffaw may not seem like much, but it really is a healing act for both the body and the emotions.

Watch a movie, read a comic, or just laugh for no reason and see what happens to your mood! If you need extra encouragement to let it out, join a Laughter Yoga club near you or online.⁷⁷

75. <https://pubmed.ncbi.nlm.nih.gov/31001682>

76. <https://bit.ly/3JCM75V>

77. <https://laughteryoga.org>



6 Eat a meal with mindfulness

When was the last time you really sat down to eat a meal with total focus, paying attention to the taste, texture, and aroma?

The good thing about mindful eating is that most people have at least two or three opportunities every day to practice.

Every meal (and every bite) is another chance for mindfulness. Even just 5 minutes of slowed-down eating with attention can calm your nervous system and aid your digestion.



7 Hydrate

Being dehydrated can lead directly to heightened stress responses. What's more, staying dehydrated over long periods of time (think months or years) directly correlates to cognitive decline.

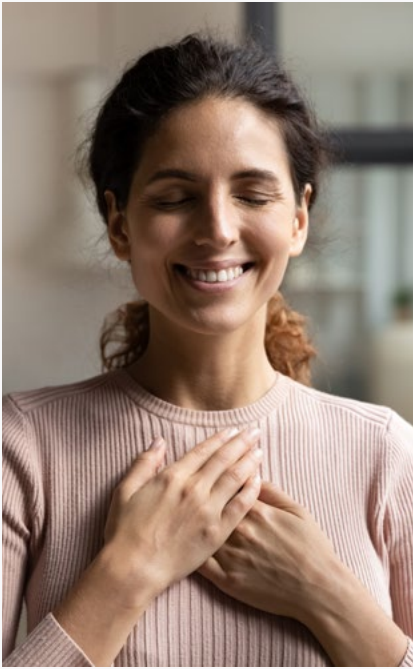
When you are feeling stressed, drink a big glass of refreshing, filtered water and feel the difference!



8 Take a big, deep breath!

Here's a tip: if you are feeling like you are going into a panic, do the "straw breath." With a 3-5 count (breathing in for a count of 3 and out for a count of 5), purse your lips and breathe in and out as if you are doing so through a straw.

It may sound weird, but its effect on calming the nervous system is almost instantaneous!



9 Practice gratitude in the moment

A great in-the-moment practice to engage in is called “Gratitude Rocks.” Simply get a pocket-sized stone and place it in your pocket. When a stressful situation occurs (or actually any time you remember it), reach into your pocket and touch that rock.

Every time you do, make it a point to think briefly about something that you are grateful for. It can be anything big or small... the sun shining, your family, even the air that you are breathing.

Any focus on gratitude can elicit healing on all levels!



10 Practice forgiveness with Ho’oponopono

One of the most powerful examples of the power of forgiveness can be seen through the “Ho’oponopono” forgiveness prayer. There are usually just 4 phrases, and it goes like this:

I’m sorry

Please forgive me

I love you

Thank you

This ancient prayer has been passed down for generations in the Hawaiian Islands. Therapist Ihaleakala Hew Len began to use it with his severely mentally disturbed patients in the 1990s. Little by little they began to improve until, about a year later, there was no one left in the mental ward. They had all been released!



The most amazing thing is that Len never worked directly with his patients with the phrase. All he did was say the prayer over their files.⁷⁸

You don't have to say the words to anyone either. Just spend a few minutes thinking about a person or situation that could use some healing and repeat the four phrases out loud or silently in your mind over and over until you feel a shift.



78. <https://bit.ly/32Xvpgy>

Cultivate a Healthy Emotional Garden Every Day!

Now that you have some tools in your emotional healing toolbox, it's time to cultivate your healthy emotional garden.

Even the best tools will eventually rust and draw cobwebs if they lay dormant in your garden shed for too long, however. So be sure to take a couple out, use them to till soil, and shine them up before you put them away every day and they will produce a bounty!

This is true for all the tools that you just learned about in this e-book. They may be great on paper, but it is only when you start practicing them will you really discover their value in your life.



Many of the modalities mentioned above have been utilized for thousands of years, while others are fairly new.

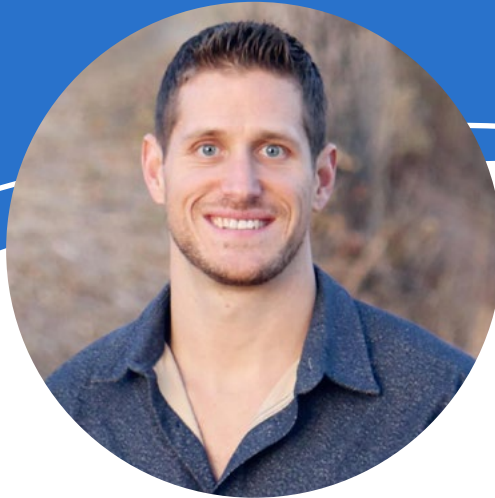
Some are part of complex systems of healing and many others are, frankly, extremely simple and even common-sensical. All of them have worked for thousands, if not millions of people and you can find personal testimonies online.

My advice is to pick one modality today and give it a shot.

Then go back over time and try another. It may be breathing, or EFT, or getting a massage.

Whatever you do, know that every time you choose to do something you are that much closer to healing the emotional trauma that may be getting in the way of your physical healing with cancer.

Nathan Crane



Nathan Crane is a natural health researcher and holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling and 20x award-winning documentary filmmaker.

Nathan is the Director of the Health and Healing Club, President of the Holistic Leadership Council, Producer of the Conquering Cancer Summit, Host of the Conquering Cancer Documentary Series, and Director and Producer of the award-winning documentary film, *Cancer; The Integrative Perspective*.

Nathan discovered powerful holistic solutions to overcome years of trauma, homelessness, depression, and suicide attempts to find a life of meaning, purpose, health, and fulfillment.

He has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field as a researcher and advocate, Nathan has reached millions of people around the world with his inspiring messages of hope and healing.

His website is NathanCrane.com

APPENDIX

31 Journaling Prompts for Self-Reflection

1. What or who are you most grateful for?
2. What's one thing you love about yourself?
3. When did you experience joy this week? Month? Year?
4. What's a happy memory from your childhood? What makes it special?
5. What does your ideal day look like?
6. If you could change one thing about yourself, what would it be?
7. What's something that's draining your energy? Is there a way to eliminate it?
8. If you had unlimited time, health, and money, what would you do with your life?
9. What's one important life lesson that you've learned so far?
10. What's something that truly makes you feel alive? When is the last time you felt this way?
11. If you could turn back time, what's something you would do differently? Why?
12. What's the bravest thing you've ever done?
13. What's something that once felt important to you that you no longer care about?
14. What's something you've always wanted to do but were too afraid?
15. What do you want your legacy to be?
16. What advice or message of encouragement would you give to your childhood self?
17. What is the most common negative thought you have about yourself? Where did this belief come from?
18. Whose opinion do you value the most? Why is that?
19. Who looks up to you the most? What do you think they see in you?
20. What is something that makes you laugh? How can you bring more laughter into your life?
21. Are there any relationships that you're neglecting? What can you do to repair them/make them stronger?
22. Are there any toxic relationships in your life that you need to end?
23. What do you worry about most?
24. What is something you would love to learn?
25. Where is someplace that you love to go? How do you feel when you're there?
26. What aspects of your life do you feel you have little or no control over?
27. Who is someone you need to forgive?
28. What motivates you to keep going?
29. To what extent do you let others control your decisions?
30. What good habits do you have? What good habits do you wish to adopt?
31. Where does your pain originate from? What would it take for you to heal?

Conquering Cancer. PRESENTS

THE MISSING LINK

Whether you're on a cancer healing journey or want to stop cancer from forming, the state of your emotions has a direct connection to your rate of success. By reading this book, you are taking a HUGE step in the right direction on your overall healing journey.

You'll discover the direct relationship between your thoughts, emotions, and cancer. Even more importantly, you'll learn 22 specific modalities for healing trauma and PTSD, managing the mind, and calming the nervous system in general.

Acknowledging this connection between your emotions and cancer, and taking the first step in putting emotional healing practices in place, will allow healing to occur on all levels.



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