

YOU, M.D.,
THE DOCTOR WITHIN

HOW TO HEAL YOURSELF
FROM ANY ILLNESS

BY
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MY STORY
OR
WHY I WROTE THIS BOOK

If you are reading this book, I already know a lot about you. I know that you have been diagnosed with a serious illness or that someone you love has. Without knowing you personally, I love you. You are fighting a battle, the same one that I fought and won. The reason that I have written this book is because I would like to help you do the same. It is now seven years since my original cancer diagnosis and I am feeling better and more optimistic than at any other time in my life.

I know how difficult your fight is. I know that you need to summon every last ounce of enthusiasm and energy to win it. It is important to know that you are not alone in your struggle. Families and friends may not understand the emotional pain, fear, physical discomfort and loneliness that accompany a life-threatening medical diagnosis, but I do. That is why I have written this book.

We all need to have a model for success. I groped around in the dark for a while after my own diagnosis, fighting everyone. I finally realized that I needed to follow my own inner knowing and intuition. Although I felt paralyzed with fear, I knew I had to proceed with what I believed to be right.

My doctors fought with me. They told me that I

would not live if I treated myself, that if I did not undergo chemotherapy, I would die. They said that if I continued to take Chinese herbs, treat food as medicine and rely on my belief in the mind-body connection, I would not be among the cancer survivors. My response to them was that I knew that unless I focused on these areas, there was little chance of my having a long and healthy life. I told them I wanted not only to be *dis-ease* free, but also to live normally again.

I knew from the research that I did that Western medicine did not have much to offer me. The statistics showed little difference in survival time between the use of traditional treatments and no treatment at all. Chemotherapy and radiation could weaken my immune system and, as a result, my natural ability to heal. Stress, poor diet, and unfulfilled goals and aspirations had damaged my body. I was not living a life that supported good health and happiness.

The diagnosis of my colon cancer began with a routine physical exam. I told my doctor that I thought one of the organs in my digestive track was blocked. I was right. Both of my parents had died of cancer twenty-three years earlier. Not surprisingly, I had a predisposition to it. Why? Because families tend to eat, think and live in similar ways. When I was diagnosed with the *dis-ease* in March of 2000, I felt as if my life was over. I feared that everything enjoyable and happy was behind me. Now, seven years after my initial diagnosis, I feel happier, more positive and more hopeful than I have in years. Why? Because I became willing to accept that **my thoughts, feelings and eating habits** had contributed to my *dis-ease*. So I made the decision to do everything differently. It was difficult, but I was fighting for my life.

I made changes slowly at first, reviewing each action, relationship and food choice. I examined how I spent my time, including time with other people, and how I felt after each conversation and meal. Carefully, I began changing the foundation of my life.

I also decided shortly after my diagnosis that I would research all available treatment options for my *dis-ease*. I needed to become the expert in curing myself.

So I asked questions.

- Who is getting this *dis-ease*?
- What are they eating?
- Are they in healthy relationships?
- What are their lifestyles?
- Do they spend their time doing things that are satisfying?
- Are their goals and needs met?
- Are they happy?
- What role did food, food additives and preservatives play in their *dis-ease*?
- What role did the environment play?
- How was a modern lifestyle contributing to the increased rate of cancer?

The answers led me to wellness. I have taken a journey through seven very difficult years full of fear, loneliness and indecision, and I have survived the experience. One of my goals throughout this process was to be able to say that cancer was the best thing that ever happened to me. I knew that attitude was everything and without a winning one, I had very little chance of beating this *dis-ease*. Today, I think

about everything in a new way. I used to eat a lot of heavily processed foods. Now, my first thought is that these foods feed the cancer. When a relationship is causing too much stress, I know that my immune system is being robbed of the energy that it needs to keep me healthy. When I am tired, I do not think it is a luxury to take a nap.

When I am angry, I know that anger is changing my body chemistry and creating a fertile ground for cancer cells to grow. And I ask myself, is this what I want? So far, the answer has always been a resounding ***no***.

I have written this book because I have seen so many people battling for their lives, undergoing chemotherapy and radiation, with all of the adverse side affects. And I have seen them continuing in relationships, eating foods and thinking thoughts that steal their health and the things that they want most out of life.

In the following pages, I hope to take you on a tour of your own life. You will learn what you need and what in your life supports your health or contributes to your illness. At the end of this tour, you will have the same information about your life that I have about mine. You will be able to make truly informed decisions about your *dis-ease* and your health.

I am going to have a long and healthy life. So can you.