

The Liver: Two Stories it Tells

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Emotions for the Liver

- Traditional Chinese Medicine: Anger (Wood Element)
- Biokinesiology: Hopeless, helpless, despair, etc.
- Is TCM correct, or BK, or both?

The Anger / Liver Connection

- Roger Callahan, PhD, *Five Minute Phobia Cure*, 1985.
- About 90% of time phobia = over energy in stomach meridian.
- Tapping on either end of stomach meridian eliminates phobia

The Anger / Liver Connection

- Marge Murray, 1989: under energy in Water Element, excess energy in (usually) yang meridian within Earth Element.
- Tapping on end of Stomach meridian balances out grand child.
- Same pattern applies to other elements also.

The Anger / Cigarette Smoking Connection

- Cigarette smokers often smoke as a response to getting **angry**.
- First few cigarettes create **dizziness, light-headedness, nausea**, etc.
- TCM recognises these as symptoms of **liver hyperactivity**. Tobacco is a liver stimulant.

The Anger / Cigarette Smoking Connection

- Persist in smoking = symptoms disappear.
- Liver now underactive but dependent upon tobacco for a lift, e.g. first thing in morning.

The Anger / Cigarette Smoking Connection

- Upon quitting smoking **withdrawal symptoms** – being very irritable, easily angered – related to hypoactive liver.
- Craving for cigarettes or sweets to elevate liver energy.

The Anger / Cigarette Smoking Connection

- New ex-smoker has a crisis and feels **angry**.
- Under-energised liver craves cigarette to **boost liver energy**.
- Anger disappears.
- Cigarette smoking has **tranquillised the anger** yet again and reinforces the habit.

The Anger / Cigarette Smoking Connection

- To remain cigarette free the client needs a way to **defuse the anger**.
- Anger is associated with the Wood Element according to TCM.
- **Metal Element** controls Wood Element.
- Yang meridian in Metal Element is **Large Intestine**.

The Anger / Cigarette Smoking Connection

- Client focuses on anger. IM unlocks.
- CL Large Intestine alarm point to see if unlocking IM relocks. (If not, second choice is Lung alarm point.)

The Anger / Cigarette Smoking Connection

- Check for, and correct, psychological reversal.
- Assess degree of anger (0 →10 / 10)
- Tap on end of Large Intestine (or Lung) meridians.
- Do gamut spot corrections, if needed.

Conclusion

- Previous Anger Tapping procedure would seem to prove that anger is associated with the Liver meridian just as TCM has always claimed.

The Liver / Cancer Connection

- **Kasper Blond**, former senior surgeon in Vienna, Austria wrote a book in 1955 entitled *The Liver and Cancer*.

The Liver / Cancer Connection

- **Dr. Jesse P. Greenstein**, former chairman of the Department of Biochemistry at the National Cancer Institute, wrote a book – *Biochemistry of Cancer* – in 1947 where he wrote (page 509):
“There seems to be little doubt that hepatic insufficiency is a concomitant phenomenon with cancer...”
Translation: “People with cancer usually have liver problems.”

The Liver / Cancer Connection

- **Dr. John Christopher**, the late master herbalist in the United States, said:
“Show me a cancer patient, and I’ll show you a person with liver problems.”

The Liver / Cancer Connection

- **Max Gerson, MD**, developed a way to reverse tuberculosis. It also eliminated cancer so became a cancer cure.
- With the **Gerson Therapy** cancer patients can rebuild their liver function over a period of 18 months even if the liver has been 80% destroyed.
- Patients have to stay on a strict diet otherwise the cancer can return.
- But Gerson Therapy supports a **liver / cancer connection**.

The Liver / Cancer Connection

- **Leo Roy, MD**, recognised a correlation between the liver and cancer.
- In his book *The Liver: The Laboratory of Life*, Dr. Roy states:
“If a person has cancer, the probability they have a liver problem is 100%.”
- Dr. Roy believe that **emotions** are the most powerful way to disrupt liver function. He claims that emotional shock will knock out a person’s liver within 24 hours.

The Liver / Cancer Connection

Which specific emotions are most likely to disrupt liver function?

The Despair / Cancer Connection

- Galen was a Roman physician and anatomist.
- Considered one of the two most important physicians and medical scientists of all antiquity.
- Galen observed that women who suffered from melancholy – sadness and depression – had a greater tendency to develop breast cancers than did women of more positive disposition and outlook.

The Despair / Cancer Connection

- Sir James Paget, famous British physician and surgeon to Queen Victoria, stated in 1870:
 - “...the cases are so frequent in which deep anxiety, deferred hope and disappointment are quickly followed by the growth and increase of cancer that we can hardly doubt that mental depression is a weighty additive to the other influences favouring the development of a cancerous constitution.”

The Despair / Cancer Connection

- Psychologist Lawrence LeShan, PhD.
- *You Can Fight for Your Life.*
- *Cancer as a Turning Point.*
- LeShan recognised a basic emotional pattern for the cancer patient that consists of three major stages.

The Despair / Cancer Connection

- First phase: a childhood or adolescence marked by feelings of isolation.
- Usually during the first seven years the individual learns that intense and meaningful relationships are dangerous and bring pain and rejection.

The Despair / Cancer Connection

- Second phase: a period during which a meaningful relationship is discovered, allowing the individual to enjoy a sense of acceptance by others (at least in one particular role) and to find a meaning to his life.

The Despair / Cancer Connection

- Third phase: that central relationship is lost.
- Now the person experiences a sense of utter despair, connected to but going beyond the childhood sense of isolation.

The Despair / Cancer Connection

- Now the relationship has ended, the conviction that life holds **no more hope** becomes paramount.
- Within six months to eight years, the person is diagnosed as having **terminal cancer**.
- Their fatal disease is seen as just "one more example" of the **hopelessness** of life for them.

The Despair / Cancer Connection

- Dr. Lawrence LeShan found this basic emotional life history to prevail in:
 - **76%** of his **cancer patients**, and
 - **10%** of his **non-cancer** control patients.

The Despair / Cancer Connection

- Dr. Lawrence LeShan found that a basic element in the emotional life of cancer patients was what he termed "despair".
- Despair was observed in **68 out of the 71** therapy patients.
- Despair was found in only **three** of the control group off 88 persons.

The Despair / Cancer Connection

- O. Carl Simonton, MD, radiologist and oncologist, and Stephanie Matthews-Simonton, psychotherapist, authored *Getting Well Again*.
- Worked with terminal cancer patients.
- Recognised a **five-step psychological process** that they found to precede the cancer.

The Despair / Cancer Connection

1. Experiences in childhood result in **decisions** to be a certain kind of person.
2. The individual is rocked by a cluster of **stressful life events**.
3. These stresses create a **problem** with which the individual does not know how to deal.

The Despair / Cancer Connection

4. The individual sees no way of changing the rules about how he or she must act and so feels **trapped** and **helpless** to resolve the problem.
- Before their illness many felt **helpless**, unable to solve or control problems in their lives, and found themselves "**giving up**."

The Despair / Cancer Connection

- 4. The individual sees no way of changing the rules about how he or she must act and so feels **trapped** and **helpless** to resolve the problem.
- Their fatal illness confirmed that their situation was **hopeless** and that they were **powerless** to do anything about it.

The Despair / Cancer Connection

- 5. The individual puts distance between himself or herself and the problem, becoming static, unchanging, rigid.
- The Simontons believed that this pattern created a climate that was ideal for the development of cancer.

The Despair / Cancer Connection

- Jungian psychologist, **Dr. Elida Evans** wrote a book in 1926 titled, *A Psychological Study of Cancer*.
- "The inability to reach your most cherished goal in life, can lead to the onset of cancer..."
- "In the cancer patient, I have found always a renunciation, a **GIVING UP OF HOPE** of the dearest wish through force of circumstances."

The Despair / Cancer Connection

- We see a clear correlation between:
 - a) emotional states such as feeling **despair, helpless, hopeless and powerless**; and
 - b) **cancer**

Biokinesiology Emotions for the Liver

DISTRESSED	CONTENT (umbrella emotions)
Hopeless	Trusting
Despair	Faith
Helpless	Powerful
Incapable	Understandable

Biokinesiology Emotions for the Liver

- These emotions disrupt liver function.
- This allows the cancer to develop quite rapidly.
- This provides a **correlation between these emotions and cancer**.
- This also provides a **correlation between liver problems and cancer**.

The Liver: Two Stories it Tells.

- TCM correlates **anger** with the Wood Element which includes the liver.
- Working with **cigarette smokers** wishing to quit has allowed me to confirm that TCM is correct. **Anger** is related to the liver.

The Liver: Two Stories it Tells.

- Prominent medical doctors such as Kasper Blond, Max Gerson and Leo Roy, herbalist Dr. John Christopher and researcher Dr. Jessie Greenstein, have seen a relationship between **the liver and cancer**.

The Liver: Two Stories it Tells.

- Dr. Lawrence LeShan, Carl and Stephanie Simonton, Dr. Elida Evans, among others have seen a correlation between emotions such as **despair, hopeless, helpless, and trapped** and **cancer**.
- **Biokinesiology** has correlated emotions such as **despair, hopeless and helpless** with the **liver**.

The Liver: Two Stories it Tells.

- It is probable that emotions such as **despair, hopeless, helpless, and trapped** can increase chances for development of **cancer**.
- **Biokinesiology** has correlated emotions such as **despair, hopeless and helpless** with the **liver**.
- This then gives us a correlation between the **liver and cancer**.

The Liver: Two Stories it Tells.

- This would therefore confirm the correlation between these emotions – **hopeless, helpless and despair** – and the **liver**.
- **Biokinesiology's** correlation of these emotions with the liver would appear to be valid.
- Thus from an emotional perspective the liver has two quite different stories it can tell.

The Liver: Two Stories it Tells.

- **Traditional Chinese Medicine** is correct in correlating anger with the liver.
- **Biokinesiology** is correct in correlating emotions such as **hopeless, helpless and despair** with the liver.
- The story of the liver includes both of these facets – just like the story of the three blind men and the elephant.

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