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## Doctors Ignore Mental Causes of Disease

August 2, 2011



**The Illuminati want to bury the truth: the mind affects your health.**

**by Stephen Coleman  
(henrymakow.com)**

**I hear it all the time.** A person does everything right and gets sick anyway.

He is an organic vegetarian diet, jogs 5 miles a day, takes handfuls of dietary supplements and gets sick anyway.

This is because many diseases are caused by our mental state. Modern medicine ignores this "elephant in the room."

Here is a list of non-infectious diseases which defy explanation by modern medicine. They have no known cause and no effective cure: Arthritis, Cancer, Chronic Fatigue Syndrome, chronic pain issues, Heart Disease, Lupus, Migraines, Renal Disease.

These diseases are associated with life style, microbes or environment.

For example, cholesterol does not cause heart disease. Zoologists have noted that when dominant bucks get old and are run off from their does, they are invariably found dead from *massive coronary thrombosis* in a few days or weeks. **Their arteries are clogged with cholesterol**, yet they ate the perfect raw vegan diet -- no eggs, butter nor bacon!

You should [see the outrage \(http://www.dailymail.co.uk/health/article-2020241/Scientists-investigating-ME-death-threats-investigating-psychological-causes.html\)](http://www.dailymail.co.uk/health/article-2020241/Scientists-investigating-ME-death-threats-investigating-psychological-causes.html) when researchers dare to suggest that physical diseases have mental causes: "Scientists trying to identify the causes of chronic fatigue

syndrome - better known as ME - are being subjected to death threats and abuse, it emerged last night. Some patients and activists are violently opposed to any research that implies the condition is 'all in the mind' and not a biological condition."

The Illuminati want to bury the truth: what goes on in the mind does affect our health.

For example a good friend cheats us in business and destroys our life. Those thoughts that keep us awake at night: "why did this happen? The feelings of betrayal and anger, We argue ceaselessly with reality: "he should have not done that", "he should have been honest".

The shock of unexpected events that we can't let go, eventually will affect the body. Long-term rage, guilt, rancor, fear, shame feeling lost, unwanted or not listened to, will take a toll on our health.

Every type of shock or conflict affect a specific part of the body. This gives clues to what events may be at the root of the illness. Many patients have forgotten the issue; it has gone into the subconscious. By questioning, the truth is rediscovered and they are set free.

When people seek to heal their emotions, they begin on the road of true morality. They begin to question "where am I judging?" "When did I accept a false judgment?" "What have I lied to myself about?"

We build our lives to where we stop bringing shame upon ourselves or families and our intelligence will increase.

The Illuminati don't want it known that our chronic back pain may be caused by anger and money issues. They don't want us to know that our arthritis is caused by self devaluing ourselves.

## **PRESCRIPTION**

To help prevent illness, note when you are brooding or upset about something. Talk about it, write down your feelings in a journal and talk about it some more. Whatever you do, don't keep arguing with reality nor hope it will go away by itself. Find a solution. Often letting it go is the only solution.

Note what happened in the days before you get colds, sore throats or the

flu. Was there an argument at home or at work? Did a family member do something that "stinks?" Was somebody messing around in your kitchen before that bladder infection?

When you see the pattern, you will rarely get ill anymore. Its not easy to see the patterns, but when you do, you will wonder how you missed it.

Living a life with high moral values will lead to happiness and health. Our bodies are flawless indicators when something is been amiss in the psyche.

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NOTE:

Even within the narrow parameters of medical research, there are many errors and even outright fraud.

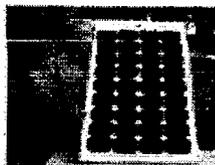
<http://www.theatlantic.com/magazine/archive/2010/11/lies-damned-lies-and-medical-science/8269/>

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**Electricity Breakthrough:**

**54-year-old man ends slavery to electricity monopoly.**

**Discover the underground kit he used before they shut it down**

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**Comments for "Doctors Ignore Mental Causes of Disease"**

**Jack said (August 5, 2011):**

This is an interesting article, but I suggest an alternative view.

I propose to you that there is sufficient biological evidence to demonstrate that altered diet disturbs physiology and is the root cause of most disease and mental malaise.

In particular unsaturated dietary fats start a cycle of physiologic destruction of body and brain functions, the latter then altering healthy patterns of thinking of the mind. Something as simple as changing diet by eliminating all unsaturated oils(fats) and replacing them with saturated fats tends to correct enzyme and hormone distortion which seem to be at the root of much physiologic and mental chaos.

A change in diet is often all it takes to restore and repair organ and mind damage deliberately brought to your table gratis the sorcerers of the pharmaceutical and food industries...and media disinformation campaigns. Pharma is a Greek word translated 'druggery, witchcraft and sorcery'.

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**I** said (August 4, 2011):

Atkins died of a head injury. Tell my 11 year old Newfoundland dog his arthritis and heart disease is caused by his state of mind. That being said, I do believe we are a product of our emotions: see Life as a gift and that is what you get; focus on your pain (and shortcomings, and misery, and ill-health, and negativity, etc.) and that is what you get.

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**Kathy** said (August 4, 2011):

Regarding the Stephen Coleman article, "Doctors Ignore Mental Causes of Disease", I'd like to take an exception. I agree with him that the mental influence on disease is largely ignored, but I think the Illuminati is doing the opposite of what he maintains; that is, they use the psychogenic argument for disease to cover up the bioweapon origin of many diseases. The "Daily Mail" article on CFS/ME that he cites is a perfect case in point. I have had CFS/ME for thirty years and it now has progressed to include MS and IBS. In 1995 I learned from Dr. Garth Nicolson [www.immed.org](http://www.immed.org) that weaponized mycoplasma (a primitive bacterium acting like a virus) was found in veterans with GWI and in CFS/ME patients. I have two species of these mycoplasmas. You can read the Nazi death camp history of them in a book excerpt from [www.projectdaylily.com](http://www.projectdaylily.com).

Simon Wessely is an Illuminati agent working to blame the victim and has ruined the lives of many a patient with his disinformation. Though I'm sure many patients would love to see him out of the picture, I suspect very much that his story of persecution is fabricated--and perfectly timed. You see, mycoplasma is not the only agent that's been used for bioweapons testing and depopulation. Right now there is a major battle going on over a retrovirus called XMRV as the CDC and NIH try to suppress its connection to ME/CFS--and the UK health establishment is doing likewise.

Moreover, mycoplasmas and many of these other agents can cause the ailments Mr. Coleman lists: Arthritis, Cancer, Chronic Fatigue Syndrome, chronic pain issues, Heart Disease, Lupus, Migraines, Renal Disease. You can see this at Dr. Nicolson's site. No, not all diseases are bioweapons diseases, but bioweapons can cause these same diseases--and do. See also the work of Donald W. Scott, Dr. Alan Cantwell, and Boyd Ed Graves on this issue. Lyme Disease, developed at Plum Island lab, is often ridiculed as a psychological disease, as is Morgellons Disease, which looks to be made of a genetically-engineered chimera.

I find Stephen Coleman's argument a very weak one on the face of it, but, knowing what I know about Illuminati suppression of the ugly reality of our modern epidemics (including AIDS), I wonder about his motivation for writing it.

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**Dick** said (August 4, 2011):

A thought provoking article by Mr. Coleman. I would take exception to the idea that chronic diseases have no known physical cause or cure, but would agree that the mental aspects contribute greatly to illness and health. The example of deer with heart failure is interesting, but does not conclude that all heart disease (to take one example) is a purely mental phenomena.

One of the most important and under-understood phenomena of the human body is the relationship between the pancreas and adrenal glands in regulating blood chemistry. High levels of blood fat inhibit the utilization of insulin. If you have too much fat in your diet, AND you eat too much sugar, your pancreas can't create enough insulin to transport your blood sugar into your cells. This is the process that underlies type 2 diabetes, candida overgrowth (where a yeast "blooms" to metabolize your excess blood sugar), chronic fatigue syndrome, etc. This inefficient utilization of glucose (blood sugar) also contributes to cancer and organ problems, as oxygen is not transported to the body's cells, but gets flushed out of the system by yeast, leaving the body acidic and starved for oxygen.

Interestingly, mental and emotional stress can mimic or worsen the problems of this dietary imbalance. Stress-caused "adrenal fatigue" looks like diabetes, since adrenaline inhibits insulin. In constant fight-or-flight mode, digestion takes a back seat, blood sugar rises, etc. I have had this problem first hand, but have been able to get my problems under control (despite continued high stress levels) within a month or so of an extremely low-fat diet high in vegetables, fruits and whole grains, and daily exercise (running, yoga and weightlifting). I've gone from about 50% to 75%, but won't feel near 100% until I'm able to get my stress under control.

I suspect that reason the Atkins Diet works for a while for some people is that while you're pouring cholesterol into your veins and acidifying your blood, you're also placing very low demands on your pancreas. I won't be surprised to see a lot of low-stress, fit "paleo" types developing early cancer and heart disease. Dr. Atkins died of a heart attack in his 60s.

There have been a number of excellent books in the last couple years ("The China Study," "Healthy at 100") studying the lifestyles of the world's healthiest and longest-lived populations. They all agree with Mr. Coleman that good stress management, good personal relationships and a positive attitude are totally indispensable for optimal health, for the reasons Mr. Coleman suggests. But they would also conclude that these people (in rural China and other places with unusual longevity like Abkhazia; Vilcabamba, Ecuador; Okinawa and Hunza, Pakistan) owe their success largely to regular, moderate exercise and a diet very low in fat, with little or no animal products, and high in vegetables, fruits and whole grains.

It's possible to live a long, healthy life with a great attitude but bad diet and exercise, but your odds are much higher by addressing all of the above.

Sorry for the long-winded reply. An interesting article either way, and I would strongly encourage people to check out "The China Study"...

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**Miri** said (August 4, 2011):

This is absolutely true!

I can't recommend highly enough Henry Wright's book  
A MORE EXCELLENT WAY

[www.beinhealth.com](http://www.beinhealth.com)

Wright's 30+ years of counseling ministry is straight out of the Merk Manual, PDR (Physicians' Desk Reference), and Johns Hopkins Medical research, and his book has many hundreds of detailed testimonies of reversals and disappearance of hundreds of syndromes, diseases, and mental disorders that are NOT treatable!, regardless of what the pharmawhores do to you.

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**JK** said (August 4, 2011):

Candida yeast could well be the major causative element in most of these disorders! Do some research and see for yourself!

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**B** said (August 3, 2011):

I remember some years ago reading a book in which the author postulated the same thing. He explained it as follows : -

Imagine a person who is healthy, has a good job which is is happy doing and a good family life. One day he starts to get some problems at work say with a new boss that was promoted over him. Then he suspects his wife is having an affair and then he starts to get sick.

Whilst his conscious mind isn't yet in a panic, his subconscious tells him that he needs to be reassured. His subconscious wants him to take a rest, climb into bed, adopt the foetal position and have someone stroke his head and make physical contact and reassure him that 'everything will be OK'.

Men can't do this, so his body then gets an illness which FORCES him to take that rest! If he has a minor problem, he will probably get influenza or a migraine and the bigger the problem and the longer the rest his subconscious wants, the sicker he will get and finally if he sees no end to the problem, the sickness then becomes terminal, like cancer or even a heart-attack.

The bottom line is that STRESS, both real and imagined are the biggest causes of disease. My grandfather believed this and he made 99 before he managed to get food poisoning and it was that which killed him.

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**Marcel in Holland** said (August 3, 2011):

Once again a great article. May I please bring attention to the invaluable Dr. Ryke Geert Hamer, who was the first to break out of conventional medicine with his findings that all disease is related to psychological trauma and conflict. As a doctor in a German hospital he noticed certain patterns in brain scans, and found that patients with similar patterns had similar organs affected. They also had similar types of conflict in the past.

After his son was murdered he developed cancer himself, which deepened his insights. Trying to share his findings he met with the familiar resistance as all great pioneers do. Up to a point where he was fired, ridiculed, prosecuted and put in prison. He now lives in Norway if I'm not mistaken, in exile.

He had a success rate of more than 90% in healing cancer patients, about the same as the mortality rate of conventional medicine in similar diseases. A threat to a lot of people obviously. He developed a deeply profound science from his findings, the German New Medicine. A system that charts all diseases and their origins, characteristics, progress, etcetera.

An important part of this work is the link to nature itself, animals in the wild, like the example of Stephen Coleman about bucks. Especially in the case of heart disease, what Mr. Coleman says here is exactly in the line of the GNM. Territorial conflicts play a significant role in heart disease.

Probably the saddest thing about Dr. Hamer's difficult path is not even his prosecution, but the number of "disciplines" that have taken his findings and completely plagiarized them, shamelessly, pretending they were the ones that discovered all of this. No recognition, no reference, no nothing, as if the man who suffered for this wisdom and continues to do so doesn't exist. In my view Dr. Hamer is the Nicola Tesla of medicine. But still awaiting that recognition.

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**Mark** said (August 3, 2011):

I agree with you in many ways but please, please, please, do not ever call Chronic Fatigue Syndrome a mental disease and do not ever say it has no cure (have you done any research?). The vitamins I take not only cure CFS but also cancer, arthritis, chronic pain etc. I had a severe case of CFS. I got over it with the help of these good vitamins. If you so much as suggest to anyone with CFS that it is the result of a mental illness, particularly along the lines of laziness - be prepared for a severe backlash and please feel at the same time that you deserved it because you do. CFS comes from overworking combined with poor quality of food and this can happen to anyone with regards to cancer and the other things you talk about. Did you do any research for this article? You have good things to say but did you do any research?

The bigger medical issue is that we have free health care. If we deal with that issue, the rest will follow.

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**Jerry** said (August 3, 2011):

In response to the above another great article can be found here <http://www.plata.com.mx/Mplata/articulos/articlesFilt.asp?fiidarticulo=170> (<http://www.plata.com.mx/Mplata/articulos/articlesFilt.asp?fiidarticulo=170>) and here

<http://youtu.be/XPCOGSnjP5w> (<http://youtu.be/XPCOGSnjP5w>)

Its truly shocking the deception we are all under.

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**David** said (August 2, 2011):

Regarding the article on the mental causes of disease, it's interesting to note that the book of proverbs is full of such advice.

I'm sure much ancient literature will also attest to such truths.

For example, from the book of proverbs:

Proverbs 11:17

The merciful man does good for his own soul, but he who is cruel troubles his own flesh.

Proverbs 14:30

Soundness of heart is the life of the flesh: but envy is the rottenness of the bones.

Proverbs 17:22

A joyful mind maketh age flourishing: a sorrowful spirit drieth up the bones.

Proverbs 18:14

The spirit of a man will sustain him in sickness, but who can bear a broken spirit?

And from the seven penitential psalms:

Psalm 6: Domine, ne in furore:

Lord, do not reprove me in your anger: punish me not in your rage. Have mercy on me, Lord, I have no strength; Lord, heal me, my body is racked; my soul is racked with pain.

Psalm 32: Beati quorum

I kept it secret and my frame was wasted. I groaned all the day long, for night and day your hand was heavy upon me. Indeed, my strength was dried up as by the summer's heat.

Psalm 38: Domine, ne in furore

My guilt towers higher than my head; it is a weight too heavy to bear. My wounds are foul and festering, the result of my own folly. I am bowed and brought to my knees. I go mourning all the day long. All my frame bums with fever; all my body is sick. Spent and utterly crushed, I cry aloud in anguish of heart.

Psalm 51: Miserere

Make me hear rejoicing and gladness, that the bones you have crushed may revive. From my sins turn away your face and blot out all my guilt. A pure heart create for me, O God, put a steadfast spirit within me.

Psalm 102: Domine, exaudi

For my days are vanishing like smoke, my bones bum away like a fire. My heart is withered like the grass. I forget to eat my bread. I cry with all my strength and my skin clings to my bones.

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**Joe** said (August 2, 2011):

Mr. Coleman/Makow.

This article helps to prove what I've been telling my family and friends for years: "Don't

watch the television - it makes you sick!" Restless Leg Syndrome, impotence, high blood pressure, high cholesterol, nail fungus, depression, etc..... you name it. The pharmaceutical industry only needs a second to get their garbage seeds planted in your mind. My grandparents always referred to the television as the "dumb-box" - I call it the "Ill - Factor" ha ha ha!

Keep the articles coming - they're all worthy of reading!

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Stephen replies:

Joe is right! I just released a client with serious diverticulitis of the esophagus due to feeling forced to watch vulgar reality shows. The client had lost nearly 50 pounds because he was unable to swallow food nor drink without gagging. Literally TV makes some people gag.

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Henry Makow is the author of [A Long Way to go for a Date](http://alongwaytogoforadate.netfirms.com) (<http://alongwaytogoforadate.netfirms.com>). He received his Ph.D. in English Literature from the University of Toronto. He welcomes your feedback and ideas at [henry@savethemales.ca](mailto:henry@savethemales.ca) (<mailto:henry@savethemales.ca?subject=Message%20from%20savethemales.ca>)

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