

HOPE HELPS HEAL

Believe in good health

Mike Konkin of Surrey believes in miracles. He's one of many cancer survivors who inspire and encourage others in need of hope. Even after being diagnosed with prostate cancer in 2003 at age 62, he believes there's always hope when you have cancer.

Eve LEES
Now Contributor

After his diagnosis Konkin did plenty of research.

"I went into a panic researching everything I could about cancer, often reading well into the morning, then putting a lot of the ideas into practice."

He found there were many methods either proven or suspected of treating cancer. Konkin reasoned if each method helped even just one or two per cent – and you added them all up to 100 per cent – your chances are better trying everything.

So Konkin did try everything: Sensible eating with lots of vegetables (he even became a vegetarian), he drank plenty of fresh, mineralized water, did regular, moderate exercise (yoga, weight training and aerobic activities), enjoyed fresh air and 10 to 15 minutes of sunshine daily, did spiritual practices like prayer and meditation, attended support groups, developed a positive attitude, indulged in humour (yes, lots of laughter!), got plenty of rest and relaxation and at least nine hours of sleep, and finally – he practiced patience; knowing that he will indeed

overcome cancer.

Having no doubt and lots of hope are questionable issues, especially in the medical community. Doubt of healing can easily become the mind-set for both patient and doctor. Medical doctors are trained not to promote false hope among their patients.

But there's no such thing as false hope, says Konkin, "Hope is hope. Doctors should also be telling their patients: We can work together – let's try to beat this."

Never give up hope, says Konkin.

"If you don't know that you can't be cured, and you think you can, you will be cured!" He explains it's like the bumble bee story: "Their wings are too small to fly, but the bumble bee doesn't know this. It flies, anyway."

Konkin chose not to do chemotherapy or other standard medical treatments for cancer. He decided to take massive doses of vitamin C and a plant-based anticancer drug called Ukrain. However, he would never discourage using conventional medical treatments. Konkin chose unconventional methods because it just felt right for him.

"Everyone has their own journey in life and they have to choose what would work best for them. But I would encourage them to explore other avenues as well."

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Don't underestimate rest and relaxation

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Shortly after his diagnosis of cancer, Konkin joined his daughter on a four-week trip to Australia. Before leaving, his cancer was borderline "active." One specialist said he had six to 18 months before the cancer would be widespread. However, after the trip his tumours were gone and all other tests showed normal.

"I go on a holiday and come back cured," smiles Konkin. "But we all know how good holidays are for us."

Konkin adds this is another issue doctors should discuss with their patients – tell them to go on a holiday, or to rest and have fun.

"Perhaps the government should consider paying for the vacation; it would be cheaper than the money spent on cancer treatment," jokes Konkin.

"I was listening to the Dalai Lama on television. The interviewer asked him what is the meaning and purpose of life. The Dalai Lama said the meaning and purpose of life is to have fun of course!" Konkin laughs, "I knew this all along. And on some level, we all do."

Wake up every day with the purpose of having fun, suggests Konkin. Circulating those feel-good endorphins is

a big factor in recovery.

Now, at age 67, the retired school-teacher gives speaking presentations about his experience with cancer. And he encourages others to contact him for personal support; 604-542-1995 or geo.1500@hotmail.com.

Konkin feels that what we think and believe will affect our health.

"I don't know the secrets of the universe, but we all have our belief systems – how we are programmed throughout life. And our belief systems affect our willingness to change; what course of action to take. We are 98 per cent pro-

grammed," says Konkin.

Konkin enjoys telling others his story. Perhaps through his efforts the medical community will change their belief system – and those who are ill will become believers in miracles too.

"If you want to change someone's mind, you support them in their belief system," says Konkin. "And if you keep throwing seeds to them, some of them may sprout!"

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