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Margot Hamblett and Dr Richard Bolstad

Healing Cancer: NLP Meets Chi Kung

Part A:
a research based approach to mind–body healing of cancer

Successes and failures in healing

We have a strong personal interest in assisting people to heal from cancer. Like most nlp based health practitioners, we have seen clients heal cancer using nlp processes, and we have also seen clients die from cancer. However we know that cancer can be healed using mind–body processes, and it can be healed on a consistent basis. We are talking about a study of over 300,000 people which shows over 95% effectiveness. The methods used in the world's largest study on medicine-free healing of cancer are almost entirely familiar to NLP practitioners, with one key exception. In the first part of this article we document the research into these methods, and explain their basis in immunology. In the second part we will describe a format for the effective healing of cancer and similar life-threatening illnesses. We will also explain the one process which we consider is missing from current NLP treatment formats, and suggest an answer to one of the most disturbing questions in NLP: 'If NLP is so good, why do so many of our clients with cancer not improve?'

Over this century, health professionals in the west have rediscovered the incredible power of the mind to heal the body. The first research demonstrating this in relation to cancer treatment was published by Dr Carl and Stephanie Simonton from Dallas Texas, in their book Getting Well Again (1978). Working with 159 people considered to have medically incurable cancer (average life expectancy 12 months) the Simontons reported two years later that 14 clients had no evidence of cancer at all, 29 had tumours which were stable or regressing, and almost all had lived well beyond the 12 month 'limit' (pp.11–12). Essentially, 10% were cured and 20% were curing themselves. The Simontons used a combination of biofeedback, visualization, exercise,