



Dr. Nadja Benschop: Cancer & Breath - The Important Role of Breath in Cancer



Dr. Nadja Benschop is an MD and a Master of Science in Pharmaceutical Medicine with over 15 years experience in the development of cancer medicines in the pharmaceutical industry. She is also a senior trainer and practitioner of Transformational Breath, a heart coherence practitioner, and certified Laughter Yoga teacher. Her key interest is with cancer patients and this presentation explores scientific research between breathing and cancer development. Participants can join her in some breathing techniques at the end of the presentation.

TOP EMBODIMENT TIP: Breath is the bridge between the physical, emotional, and spiritual parts of the human experience.

Clinical Research: What research says about the role of oxygen and cancer

- A study on mice showed that in a hypoxic environment, a tumor suppressor gene was inactivated by 50% in cancer cells.
- Normally when there is little oxygen around, cells will wither and sometimes die. The opposite happens for cancer cells. When blood flow and oxygen flow reinstated, the tumor stopped growing.

Emotions: Missing link in cancer treatments

- Cancer patients had significantly higher scores on the Rationality/Anti-Emotionality questionnaires than healthy volunteers and students.
- A study found that people who suppressed emotions were 29 times more likely to die of cancer compared to people who were successful in expressing emotion.

Techniques: ART of breathing

- **A**wareness (mindfulness), **R**egulatory techniques (such as physio, yoga, heart coherent breathing, Wim Hof method), **T**ransforming techniques (such as Transformational breathing, rebirthing, holotropic breath)
- Transforming techniques dive into the subconscious mind where our stories reside. This work can improve the nervous and immune systems, enhance detoxification, balance emotions, find meaning, connect with inner peace, be in your power, and know what is right for you.

Resources

- ❖ **Courses:** Online Transformational Breath session, Online Masterclass Cancer & Breath for breath practitioners and non-breath practitioners
- ❖ **Website:** www.altractive.nl
- ❖ **References:** www.transformationalbreath.nl



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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