



Review of the book by Jana Šmardová

# What the book *What Tumors Teach Us* taught me

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It taught me to understand the characteristics of a healthy organism

Yes, we physicians have two semesters of training in physiology, where we learned how healthy cells, tissues and higher organisms function. We learned the differences between physiological and pathological phenomena. We were still students. Then the practice led us to sick people, to dysfunction, degeneration, malignant diseases and other forms of deregulation of the healthy, optimally functioning human body. We paid attention to that. Most doctors do not pay attention to their own bodies - they feed them, comb them, dress them, sometimes take them for a walk or a trip. We ourselves tend to believe that this is some kind of lottery - a random draw of a diagnosis. We realize that aging is a process of gradually increasing dysregulation that eventually leads to death, and that it does not really matter what we die of.

Reading the book reminded me strongly of the fractal law - what is in the small (micro) world is also in the large (macro) world and what is in the large is also in the small, in other words, what is above is also below and vice versa. The oldest text in the world - the Emerald Tablet.



Jana Šmardová describes the hallmarks of a malignant transformation in detail and with scientific precision. And I have written down on the free page the signs of healthy tissue, or of a person who is strong enough not to succumb to repeated tests of strength and readiness to die from the external environment. I had the image of a sea creature in mind - the octopus from the documentary *My Octopus Teacher*, in which the shark acts as a predatory force that the octopus, when young and strong, can overcome and recover from injury, but when weakened, it is that very force that cleanses and unites it with the endless life of the ocean. Malignant tumors are similar tools for purification. We are flushed out because the life force in our body and in our time is weakened. Cancer is definitely not a random lottery. When cells are repeatedly stressed and tested by a cancerous environment, they first begin to form irregularities - dysplasia, only when regulatory reserves are exhausted do cellular atypia occur in tired cells, opening the way to destruction.

From a higher point of view, the human population can be understood as a tissue made up of cells that are similar to each other and differ slightly depending on their location, or as a colony of microorganisms that colonises practically the entire surface of another organism, namely the planet Earth. All Indians indiscriminately perceive the Earth as a living mother - Gaia (Latin), Pacha-Mamu (Quechua), Aluna (in the Kogi language). The hypothesis of a living complex superorganism was put on a scientific basis by the English chemist James Lovelock, who demonstrated the ability to self-regulate the temperature, the salinity of the sea and the stability of the atmosphere. It is still respected today as the "Gaia hypothesis". Lovelock's hypothesis was further developed by the biologist Lynn Margulis. From a biological point of view, the self-regulating process of carbon is interesting - dead organisms sink into the ground or even deeper into the earth's crust and are reused in the life-giving humus layer or thrown back to the earth's surface by lava. The intertwining of geological and biological cycles is now widely accepted as intelligent homeostasis.

If we accept the assumption that life is larger than our visible body and at the same time smaller than our ability to perceive it, then we get a new definition of health - health is the ability to harmonize our own rhythms with the rhythms of the earth and with the rhythms of the microbiome. In other words, a healthy organism is an organism that participates in the homeostasis of the greater whole and ensures the homeostasis of the microsystem. This can give rise to an interesting paradox, namely that the physiological (i.e. healthy) manifestations of the human body can include early death (perhaps even in the form of a malignant tumor) if this is in the interest of the whole. Conversely, selfishly clinging to life at the expense of the resources of surrounding tissues/humans can lead to problems at the superorganism level. Imagine if a red blood cell decided to live for a whole year instead of the usual 120 days. If a critical amount of blood cells decided to go this way, the hemoglobin metabolism would collapse.

Altruism and usefulness are the basic characteristics of healthy tissue - phew, that's something. Healthy tissue is made up of cells that are very worthy and unselfish. Empathy and loyalty are normal characteristics of healthy tissue! Being an empath is healthy! Why are these traits seen as gullibility and naivety on a human level? Probably because healthy tissue also has a powerful and strong police force - the immune system. It does not hesitate to deploy NK cells – merciless killers – against foreign aggressors, parasites or its own perverse, selfish cells that fundamentally violate peaceful coexistence and cooperation. Unfortunately, we humans do not have this option. Our protective forces - the police, the army and the justice system - are rather unpredictable, ineffective or directly rooted in crime, i.e. they seem to give a chronically ill patient a rather weak immunity, or they resemble the immune behavior of a patient with an autoimmune disease or - even worse - the immune apparatus cooperating with malignant tissue in a cancer patient.



In a healthy organism, every cell is responsible for the whole. How exotic are the reports (Report from the End of the World and Aluna) about the Kogi Indians of the Sierra Nevada di Santa Marta in Colombia, who are concerned about the state of the world and say that they feel the pain of Mother Earth and are worried about her. They call on the younger brother (Western civilization) to stop plundering and polluting nature and to treat it with more respect. How do they know this? They live high in the mountains, without electricity and internet, isolated from the rest of the world. Their environment looks beautiful and healthy, untouched by civilization. Many rivers have their source here in the rainforest and flow down the cliffs to the Caribbean Sea. Their mammos (wise men) communicate with the water. They say that the water in the springs mourns - it mourns for the behavior of the people below in the world of modern life and cars.

In the book *Labyrinth of the World and Paradise of the Heart*, Jan Amos Komenský writes: "We all stand on the same theater of the great world, and whatever happens here affects everyone, all humankind is of one blood, one family, one house."

Prof. Šmardová describes the process of MALIGNANT TRANSFORMATION in detail from the perspective of a biologist. I dare to extend this description to an emotional level. An originally healthy, viable cell is permanently exposed to a kind of stress. It tries to defend itself (e.g. the lung cell of the alveolar epithelium exposed to hot cigarette smoke, the uterine cell of the cervix at the linea areata to the promiscuous onslaught of various microbes and sperm, the mammary gland repeatedly irritated by pseudoestrogens and hormonal disruptors, etc.). The cell can't change anything or deal with it once and for all. One day comes the imaginary straw that breaks the camel's back. A weakened cell can take no more, its frustration is at its peak. The help of the immune system fails. The environment is too toxic, the macroorganism's behavior is monotonously desperate, and more and more frustration is added. What must happen must happen - the cell decides to be selfish and save itself. This is the JOKER principle. The movie of the same name describes the malignant degeneration of a frustrated cell. At the beginning of the story, the mother's imperative is: "You must be good and kind", but she herself fails as a maternal organism that gives strength, is weak and depressed. The originally healthy city turns into Gotham (a cancer patient).

I had a big "I see moment" when I read about the fundamental property of healthy tissue, namely ADHESION. Cells want to love, enjoy and touch each other. They fit together, they want to be together. They feel part of the system - the tissue. They want to be in contact and communicate TRUTHFULLY with each other. Malignant cells only lie and cheat to steal resources. Healthy cells divide. They don't compete with each other, they support each other. They help each other in emergencies. There is constant communication and signaling between them, i.e. they don't withhold information, they don't hide it, they don't pretend, they don't paint anything pink, they don't cheat. Absolute honesty, transparency, no tricks. It reminds me so much of a corporate environment where a single narcissist can poison an entire organism. A similar poisoning is also toxic for marriages or families. Pathological tissue corresponds to personality disorders from the Cluster B classification (borderline personality disorder, narcissistic personality disorder, dissocial personality disorder, DID and others). Toxic relationships have the same effects as exposure to a carcinogen. The number of narcissists in society is like an oncological index.

After reading this brilliant book by Prof. Jana Šmardová, I proudly belong to the group of naive, trusting empaths who profess altruism and are not afraid to tell the truth about everything that happens. I am not ashamed of my adhesion needs and I believe that every cell is important for the macroorganism to have the power to heal itself. It's as if we go through two tests every day - a test of goodness and a test of strength. The cells that ignore goodness have a short-term advantage because



they gain strength at the expense of the other cells. This is tempting, but it is also deadly. Cells that are friendly and weak are too vulnerable to attack. It is necessary to tune into the flow of life and the infinite source of energy on a daily basis. One must be ready to grow, mature, expand, multiply, thrive and perish.