

YOU, M.D.,  
THE DOCTOR WITHIN

HOW TO HEAL YOURSELF  
FROM ANY ILLNESS

BY  
DYAN PARKER

# Chapter One

TAKING UP ARMS  
AGAINST THE DIAGNOSIS

## CHAPTER OVERVIEW

**When written in Chinese, the word “crisis” is composed of two characters—one represents danger and the other represents opportunity.**

*-John F. Kennedy*

**Y**ou have just received very discouraging news. That doesn't mean that you're not going to get through this. Many people recover from serious illness—you can, too. Let's just take this one step at a time, slow and steady. The most important action to take right now is to stand still—to reestablish your equilibrium and assemble your family, your friends or any helpful resources.

You have to take better care of yourself in this time of crisis than you ever have done before in your life. Treat your body as a precious gift. Nourish it with fresh food and water, give it rest, do everything you can to minimize stress. Strengthen yourself so that you can make the best decisions regarding your precious life and health.

There is an extraordinary opportunity in this crisis. As you walk the healing path, letting this book gently guide you, you will come to realize what a special gift life is, and you will see possibilities that you've never seen before. The sky will seem bluer, the sun will shine more brightly, and everything in your life will become sweeter. Suddenly you will want to take advantage of every opportunity in life and allow nothing to pass you by.

**Just when the caterpillar thought the world was over, it became a butterfly.**

*-Anonymous*

**I**t may seem that your world has just fallen apart. It is normal to feel that way after a serious diagnosis is confirmed. Be gentle with yourself. There are many aspects of *dis-ease* and healing that are not yet understood by science. What the medical profession doesn't take into account is your tenacity, so don't let statistics get in the way of your healing. A positive attitude can make amazing things happen.

This is the time to get a second opinion from a board-certified specialist—no matter what you may have heard, there are many ways you can restore your health. If you read this book and do the exercises in it, you will **know** that you have the power to make your life and health whatever you want them to be. You will not only overcome this crisis, but also learn how to live in a healthy, balanced, joyful way. In so doing you will heal yourself and live your life with greater joy than you ever have before.

**NO MATTER WHAT YOUR MEDICAL SITUATION,  
JUST AS WITH THE BUTTERFLY,  
YOUR WORLD MAY HAVE JUST BEGUN.**

## ACTION STEP



**Y**ou need to feel nurtured and loved. Who is the best person to have at your side right now? Whatever name comes to your mind, call them. Allow yourself to be comforted. If that person is not the same as the one who most loves you, ask both of them to be with you. At this moment nothing is more important.

*Dis-eases* can be our spiritual flat tires—  
discrepancies in our lives that seem to be disasters  
at the time, but end by redirecting our lives in a  
meaningful way.

-Bernie S. Siegel, M.D.

**The first step towards success is taken when you refuse to be a captive of the environment in which you first find yourself.**

*-Mark Caine*

**W**hen a diagnosis is received, it is human nature to feel overwhelmed. Often it is so frightening that you feel it will be impossible to overcome the current situation. That reaction is completely normal. Remember, you are the same person who walked into the doctor's office. Nothing has changed or worsened because of the diagnosis.

Allow this book to guide you in taking control. Refuse to be a captive of this diagnosis. This is the time to ask for help.

# ACTION STEP



*Ask yourself:*

- **WHAT DO I NEED MOST RIGHT NOW?**
- **DO I NEED TO BE ALONE?**
- **DO I NEED TO BE HUGGED?**
- **DO I NEED TO PLAY GOLF, READ, GO OUT TO DINNER, PAINT, WRITE, SKYDIVE?**
- **DO I NEED TO KNOW THAT I AM LOVED?**
- **DO I NEED TO LAUGH, OR DO I NEED TO CRY?**

What were your responses to the questions above? There are no right or wrong answers to these questions. Ask for help if you need it and look for creative solutions to get your needs fulfilled. Whatever your needs are, the first step is to honor them as if the person you love and admire most in the world has made this request of you. You are the person who most deserves that respect.

**Doctor Juliet Parish:**

**“Things have gotten totally out of control.”**

**Chris Faber:**

**“Well you see, war has a tendency to do that, ma’am.”**

**-V.: The Final Battle**

**W**ar! That is what you are involved in now. This *dis-ease* has just attacked your health. The only response to this attack is full-scale warfare. You are the general who must lead the charge. Visualize this situation as a battle and begin to work on a strategy.

You need to educate yourself about this adversary. You also need to assemble your troops, your family, friends and anyone else you can draft who can possibly help you win this war.

There will be ups and downs—so just like any general, always keep your eye on victory.

## ACTION STEP



**C**all a strategy meeting. Invite anyone you think would be helpful. Make a list of the things you need help with. Consider such things as medical research, emotional support, housekeeping, cooking, shopping, driving and hospital support. Ask each person to volunteer to handle or assist with something on your list that they could handle best.

**KEEP IN MIND THAT  
NO MATTER WHO HELPS YOU,  
YOU NEED TO BE IN CENTRAL CONTROL  
OF IT ALL.**

**REMEMBER, YOU ARE THE GENERAL  
MANAGING YOUR TROOPS—  
YOU ARE THE ONE WHO BRINGS  
ALL AVAILABLE INFORMATION AND  
RESOURCES TOGETHER INTO ONE  
COMPREHENSIVE PLAN  
OF ACTION.**

**Experience is not what happens to a man;  
it is what a man does with what happens to him.**

*-Aldous Huxley*

**Y**ou have just been handed lemons. Will you make lemonade? It is now up to you to decide what you will do with that fruit. To achieve optimal health, it may be necessary to change many things about your life, but you can do it: You have the power to reject the status quo and make this road to recovery into a positive voyage.

You can make this a time of unprecedented growth and change if your eyes are open wide and you see situations and opportunities you never noticed before.

Plan to reach optimal health by choosing a lifestyle that supports your highest good. If you do this, twenty years from now you may even tell your friends, “this *dis-ease* was the best thing that ever happened to me, because I really learned how to live my life.”

## ACTION STEP



**W**rite in your journal as if you were looking back on this time in your life and joyously recounting to a friend how you transformed your life as a result of this crisis. Envision the best possible changes for yourself.