

Saupe, Henning (2021)

Understanding cancer and treating it holistically. Integrative strategies for a new approach to cancer.

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The author is a doctor and director of an integrative medical, oncological practice clinic near Kassel. He was licensed in Sweden for a long time, was chairman of the anthroposophical doctors there and treats cancer integratively, also with hyperthermia. Little noticed in this country, a fierce campaign against complementary medicine, against anthroposophic medicine, began in Sweden in the mid-2000s, and as a result the few and very successful hospitals had to close. Hyperthermia was banned, homoeopathy had always been opposed anyway, and Dr Saupe left Sweden to regain a foothold in Germany, where he originally comes from. For he studied medicine in Ulm and also did his doctorate in psychotherapy there.

I am deliberately making this part of his vita the subject of a brief discussion. Because there are still some researchers in complementary medicine in this country who, with Sancta Simplicitas, as it used to be called here in Bavaria, are of the opinion that the sharp wind against complementary medicine only blows against somewhat more aberrant methods such as homeopathy and if you duck and wait, it will die down again. No, Sweden has always been a model country. There, Prozac was introduced by order of the country's chief psychiatrist [1, 2], which then set a precedent. It was there that anthroposophy and integrative medicine were first fought against, and this too will set a precedent.

But now to the book: Dr. Saupe is a scientifically thinking practitioner. He has a lot of experience in treating the sick, but also a profound historical-cultural-philosophical knowledge. And so his text is based on a conceptual analysis of both cancer and our current medical system. This is less academic than informative for all. This analysis shows that our current conception of cancer as a purely local aberration of genetic replication processes is too short-sighted. For all integrative-minded doctors and therapists, there is no need to explain this further. But for colleagues who do not yet think this way, it can be very helpful. I think it would even be most useful for patients and students. The concept that Saupe represents here is to understand cancer as a complex regulatory disorder that is fed from different sources, usually several at the same time, and must also be corrected at these sources and can only be corrected there. This can be nutrition and too much sugar, it can be pollutants, probably more often than we think psychological stress, latent inflammation, or environmental and pharmaceutical stress. These sources of stress must be recognised and corrected, ideally all of them, but always the most obvious and important ones first.

After a short introductory section in which he discusses the aberrations of today's medicine and outlines a regulatory-complexity model of the organism, he introduces a holistic model of the "12 vital fields". This is a very down-to-earth conception of the most important functional circuits of the organism: detoxification, nutrition, water, oxygen, intestinal health, stress, sugar and its metabolism, immune system and psychoneuro- endocrinology, mitochondria and their role, acid-base balance, inflammation and infection. The basic idea is simple and well known: Only when there is a balance between build-up and breakdown, between stress and relaxation in all these areas, can the organism be healthy. The health problem can start in any of these areas and if one or more get out of hand, the ground for pathological growth is created. Compared to many other monocausal approaches, this is multifaceted and closer to reality.

In the second part (pp. 207-300), the author builds up his therapeutic suggestions according to these vital fields. There, the most important naturopathic approaches are classified, first of all the

better known ones such as insulin-potentiated therapy, hyperthermia, pulsating magnetic field therapy. But additional strategies such as detoxification, the role of certain foods, water, orthomolecular and mitochondrial therapeutic approaches are also mentioned. The psychological level is addressed, especially at the end, through beautifully prepared healing meditations, which are also scripts for patients who can use them on their own. This is presented under the title "Inner Life Training" on the last 12 pages.

For the complementary medicine specialist, the book will probably bring little new content. But for patients who want to inform themselves as well as for generalists who want to take an excursion into oncological complementary medicine, for doctors who have little knowledge of this field and for students, this is a good introductory work, because it avoids extremes and is fed by a long practical experience without ideological antecedents.

Sometimes it is a bit redundant in its structure, because the functional circuits occur twice and some therapies are discussed again under different headings. As an academic researcher, one would wish for a little more and more carefully linked and presented references; at the moment, they are simply listed chapter by chapter, often without titles, only with source references, in the appendix, so that one can work out for oneself which source belongs to which argument. Apart from this, the book is a useful addition to the complementary medicine library. Above all, it shows possibilities that should be opened up by further research. But, as the author sees very clearly, the current structuring of value creation in the health care system will hardly allow a shift of resources towards the thoroughly useful methods described here. For apart from mistletoe therapies, in which some smaller manufacturers have an interest in marketing, there is hardly any market in the sense of opening up new sources of income. Hyperthermia is well known and does not lead to new patents. Other immunological methods such as the use of Coley toxins were torpedoed very early on. And there is a lack of resources and interest in researching newer methods such as magnetic or other field therapies. Thus, the book could perhaps also provide suggestions for young researchers in which areas it would be worthwhile to take a closer look. But it can also be an orientation for patients, who often get lost in the jungle of promises of a cure and then rely on a single miracle cure. This is exactly what will probably never happen, and the book explains very convincingly why only a truly integrative approach is helpful.

Literature

Harald Walach, Berlin

1 Virapen J. Side Effects: Death. College Station (TX): Virtualbookworm; 2010.

2 Gøtzsche PC. Deadly Psychiatry and Organ-ised Denial. Copenhagen: People's Press; 2015.

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