

## Video 29: Narcissism and Dis-eases (Transcript)

*by Wes Penre and Ariel Glad, June 25, 2018*

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In the comment section on one of our videos, a person brought up diseases (or dis-eases as we like to call them,) and how they relate to narcissism. This is a very good topic to actually make a video on because it's so important. Codependency and narcissism go very much hand in hand; even to such a degree that I would suggest that most (if not all) dis-eases people have can be traced back to a narcissist somewhere in their environment. It might sound like a bold statement, but the more we look into this subject, this seems to ring true.

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One thing I believe we can establish is that virtually all dis-eases have metaphysical origins. Most people think that it's natural that the human body gets sick at times, or that we can get serious dis-eases in our bodies without any metaphysical cause, but lots of evidence indicate different. Even a general cold has metaphysical causes; i.e. if the immune system wasn't already decreased, a person would not get the bug or the virus. So, why does the immune system get suppressed on occasion? It is often because the person is affected by someone, or a life situation, that requires the immune system to work overtime. If we then trace this down to where it started, we might very well find an abusive person or a narcissist plotting or acting out. Only watching the news on TV is abusive enough and can certainly decrease the function of the immune system.

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Another factor that can play a role as well is genetic inheritance that makes us more susceptible to certain dis-eases, such as cancer, heart attacks, strokes, etc. because we inherit the patterns that led to that our ancestors got these dis-eases. However, we can most probably trace the ancestral disposition for a dis-ease to a narc-codependent relationship or connection. Important also is that because we might have genetic disposition for certain dis-eases, it doesn't mean we will get them. It all depends on our intentions, our thoughts, and our fears.

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The bottom line is that, in being in a long-term relationship of any kind with one or more narcissists, we significantly increase the risk of developing serious dis-eases over time. We all have probably seen people who seem to catch every dis-ease that goes around. They almost constantly have colds or other minor illnesses, and we blame it—rightfully—on a suppressed immune system. However, few of us look beyond that. If a person is having a chronic cold, who is this person associated with? If the sick person is a child, does this child have a narcissistic parent? If it's an adult, does he or she have a narcissistic spouse or friend? At a closer study, we would be surprised how often this is actually the case. Although a cold doesn't kill most people, a poor immune system, decreased by abuse, can over time do so. It can lead to cancer, heart dis-ease, diabetes, and many other serious conditions, and even to death over **time**.

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When a person is prone to getting more and more dis-eases as time goes by, or seems prone to accidents—big or small—it's high time to look at his or her life situation. Who is suppressing their immune system? Who makes this person so emotionally wounded that he or she, on a subconscious level, pushes their mental pain and discomfort on the body, which then takes on the burden of the person's emotional state? And who is affecting this person negatively in such a manner that he or she is so distracted that he or she becomes accident prone? Once this person (it can be more than one) is spotted and the situation handled, the sick or accident-prone person miraculously seems to start recovering. I am personally a living proof of this. However, I am only one of many, many people who have experienced the same thing. Nearly every life coach on narcissism will nod their head in agreement, and so will their clients.

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When it comes to understanding the connection between our mental and emotional states, there is one book we can't recommend enough. Indeed, it's a book each person on this planet should have in their library. It's called "The Complete Dictionary of Ailments and Diseases" by the Canadian author and researcher Jacques Martel (click the "i" icon in the top right corner of this video for a link to his book, or look in the Description box beneath this video). In this book, you can look up nearly any dis-ease or discomfort you might have and find the underlying cause to it, which is always metaphysical. When you look up your condition, you will notice that you immediately recognize the life situation that caused

this illness to appear, and it opens doors for handling. Even people who would normally laugh at these things have been astonished by the accuracy in Martel's research. And Martel is not the only one who has discovered this—more and more people start realizing that dis-eases have emotional causes. This book can be ordered at Amazon.ca, which is the Canadian branch of Amazon.com. The book can ONLY be ordered from Canada, to our knowledge, and cannot be purchased in the United States (go figure).

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According to firsthand testimonies from targets of narcissistic abuse, there seems to be certain dis-eases that are fairly common among many of those who have had long-term relationships or associations with narcissists. Some of these dis-eases are, Diabetes Type 2 (lack of "sweetness" and love in life), Diverticulitis, GERD, Lethargy, Neuropathy (diabetes related or idiopathic; the latter means it has no known cause, according to the medical field), Migraines, Acne, and in extreme cases Cancer, Heart dis-ease, Stroke, early Dementia, Chronic Colds, chronic stomach problems, High Blood Pressure, and from what it seems, Fibromyalgia. Particularly, illnesses that don't seem to have any known cause are very suspect.

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Although the medical field will tell you that there is no cure for some of these conditions, people who have disconnected from abusive people in their lives prove the opposite. I know of people who have magically recovered 100% from Diabetes Type 2, Neuropathy (idiopathic or diabetes-related), Chronic Diverticulitis, Lethargy, and Chronic Acne. Sometimes, it can take a while after a person has disconnected from a narc until healing takes place, but as mentioned above, people have miraculously recovered from dis-eases that are otherwise deemed incurable. The reason it might take time is because the codependent (CD) sometimes needs to go through the trauma of the disconnection and recover emotionally to a certain degree before the body starts healing itself, or rather; the mind starts to heal and the body **follows**.

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Many people feel very lonely after having gone "no contact" with their narc, and they have no one to talk to, so they isolate themselves—at least in the beginning—and some are so emotionally triggered that they

can barely get out of bed for months. For these people, it might take a little longer to recover than if you have somebody who understands you and whom you can talk to. Regardless which is the case, do NOT give up—neither on a physical nor an emotional recovery. It WILL get better if we are patient and ride it out. Everybody has the ability to recover from the immense trauma they've been subjected to, although it might feel impossible at times. So hang in there, if you are going through this right now or will in the future.

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By the way, narcissists are not excluded from dis-eases, either, just because they happen to be the abusers. They are just as wounded as the CD and can therefore also get sick, although they usually get sick from their own behavior that bounces back at them.

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The connection between narcissism and dis-eases is very important to understand, and it can save you from getting serious illnesses because of being connected with one or more abusive person. A good recipe for good health and happiness is to live an as narc-free life as possible. We need to educate ourselves on this subject and apply it. This knowledge literally saves lives!