



TABLE OF CONTENTS

MY STORY	3
Navigating all this Info	5
A WAKE-UP CALL	7
RELATIONSHIPS WITH DOCTORS	10
Chemotherapy – Research First	12
Holistic and Complementary Medicine Resources	12
NO MATTER WHAT ANYONE SAYS, THERE IS HOPE	14
IMPROVING OUR RELATIONSHIP WITH FEAR	16
REIGNING IN YOUR MIND (VERSUS LETTING IT RUN YOU)	20
Intention and Beliefs	22
ACTION STEPS: YOUR CHOICES DEFINE YOUR PATH	26
Eating Clean	28
Eating for Healing	30
Restorative Lifestyle Practices	35
Balancing and Energizing the Body	40
Reducing Environmental Toxins	42
Internal Detoxification	46
Vitamins and Supplements	51
DAILY SCHEDULES	62



"Let yourself be silently drawn by the stronger pull of what you really love." Rumi

My Story

If you're reading this, I imagine you or someone you care about has been diagnosed with cancer or illness. I wrote this in response to the many people who reached out to us asking what we were doing. Think of it as a caring hand reaching out to you to share some of what we have learned along the way. I'm a researcher by profession, and when diagnosed, my curiosity naturally focused in the direction of healing. I have read hundreds of books and articles since diagnosis. I've also used my body and my scans as my own science experiment. What I've listed here were those resources I found most helpful, insightful or concise. Hopefully it will save you some time. This is not medical advice, and it will not substitute for medical care. I'm not a doctor. There is no one-size-fits all for cancer; very few things are going to work for everyone.

Hence, I'd suggest you do your own research, because every type of disease is different, every body is different and every person's journey is unique.



I was diagnosed in March of 2014 with adenocarcinoma of the lung (non-small cell lung cancer) with metastases to spine, lymph, spleen and brain. I qualified for and took Tarceva (genetically targeted drug for EGFR+ gene mutation) then had “gamma knife” surgery for the tumor on my brain. My scans in March of 2015 showed one small tumor in the lung. Tarceva – which I was thrilled to have a match for – was considered by traditional medicine to be my only option to slow my supposedly inevitable death, so I got busy looking at alternative and complementary options to improve my odds. In 2016, when cancer had spread to my bones, I went for two extended stays in Vienna, where immunotherapy was being combined with fever to accelerate the natural immune healing functions (Ralph Kleef Hyperthermia video). Later, I qualified for a newer genetically targeted drug, Tagrisso. My husband and I decided from the beginning that, despite the odds, we were going to go for beating this. We know allopathic medicine is only a small fraction of what is available for healing. Since 2014 I have studied what people who had unexpected or unexplainable remissions did to heal. I gravitated to options that are generally considered safe; things that offered a good potential upside with minimal harmful side effects (again, check for yourself, because your situation is unique). I didn’t worry about whether some things I tried were “hoaxes” – if they did no harm and could solve a potential issue, I explored a few of those. Today, I have a very good quality of life, and do what I can on a daily basis to make my body’s biological environment inhospitable to cancer.

We named this guide, “The Decision to Live.” That sounds like Babe Ruth standing at bat and pointing out to the fences. With a serious cancer diagnosis, it might seem overconfident. However, it is not so much a hope or prediction about my outcome as it is a daily approach to life. Whether my days on this earth are to be few or many, I’ve committed to living fully and making the most of the time I have. Being vital and engaged is a present moment decision that has nothing to do with the timing of my death. These few years have been an exploration of what it means to be truly alive, to dig in to what is before me, to savor experiences, to be real and to be present.

In March of 2014, I would not have predicted that these would be some of the most beautiful years of my life. I hadn’t yet asked some questions that would draw me more deeply into myself and also into life. Finding ease in the unknown is an exercise in trust, and I am learning to enjoy life rather than control it. I didn’t realize how much more kind and gentle I would learn to be with myself. I only had an inkling of the new places and people to which my research would lead. I wouldn’t have known how sweet it would be to allow others to care for me – really for the first time in my life.

I hadn't internalized how much I mattered to others, and how deeply I was loved. I hadn't tallied the costs of postponing my heart's desires, or how sweet it would be to revisit them in a "second childhood." I took things for granted and didn't realize how much there is to savor in any given day – even a difficult one. Emotions are built into our human design, and I've come to appreciate feelings as a gateway to higher experience – even pain, fully felt, is a poignant human experience.

So, I've come to think of cancer as my teacher, not an enemy. I refer this as a journey, not a "battle." I try to avoid warlike analogies when thinking about cancer, and to embrace it as something my body and spirit created for a purpose. It has expanded my consciousness and softened me in a way I could not have imagined. I'm grateful for the journey. My husband says he wishes everyone could experience what we have...just without the circumstances of a critical disease. But life is full of mystery. I have tried to lean into that mystery, and live it broadly. Helen Keller said, "Life is either a daring adventure or nothing at all." I wish you a daring adventure.

Friedrich Nietzsche wrote of "amor fati," meaning, "to love one's fate." Things don't necessarily have to be "happy" to be worthwhile. Circumstances don't have to "turn out" for us to be satisfied; in fact it's what we do when things aren't "working out" that often defines our character and the meaning of our lives. "Amor Fati" suggests that I would live every moment of my life over again, because that life, fully experienced in all its humanity, is valuable, and every one of those moments has made me who I am today – and is shaping the person I have yet to become. Sadness, hardship, pain and unexpected events can be just as meaningful and worthwhile on the continuum of human experience as pleasure and satisfaction. The belief that life is supposed to run smoothly led to a lot of suffering on my part, and I have been learning to embrace the unexpected in the adventure.

Navigating all this Info

You may find a lot of the disciplines I share here radical or requiring too much discipline. I did too! They are drastic and they do require effort and will power. Doctors deal with this all the time – they often don't recommend hard things that will help a patient because average people won't do them. But cancer is radical, as well. I decided that I wanted health, vitality and life much more than the comfort or convenience of my old habits. Once I started looking at food as fuel and raw materials for my body – as opposed to a source of comfort and pleasure – it became easier. Once I stopped eating foods with added sugars and unhealthy ingredients, food in its natural state started tasting better to me. I'd offer that good choices in small moments every day can add up to a year of

improved vitality and self-respect, and a lifetime of better health. I often remind myself that my long-term goals may mean delaying short-term gratification, and I persist by remembering my long-term goals.

I'd emphasize that most of the practices I've listed here are fairly safe, have more upside than downside, and can be done at home – and from that perspective aren't that radical, especially when compared with what people go through in surgery, radiation or chemotherapy. This isn't to say it's either/or, because I've used a combination of both allopathic and holistic modalities all along. Most people are under the impression that you must pick one path or the other, but I have come to believe that they actually enhance one another in synergistic ways.

There's no recipe for mixing holistic and allopathic medicine; I've made it up as I've gone along. You can too. We all get to decide and choose, and keep choosing. Each person's body and circumstances are different. So think of this document and the data you consume as a big Chinese menu: Decide what choices and actions are right and fitting for you, and don't rationalize, moralize or guilt yourself for what you choose not to do – that is unhelpful. I didn't start all this at once, and you probably won't either.

There is a lot of stuff here and it can be overwhelming. I don't know your individual situation, so you'll need to use your own sense of attunement, critical reasoning and self-knowledge to guide you. The first six sections provide context and perspective for the journey. The final sections are focused on action steps, which are divided into seven categories:



1. Eating Clean
2. Eating for Healing
3. Restorative Lifestyle Practices
4. Balancing and Energizing the Body
5. Reducing Environmental Toxins
6. Internal Detoxification
7. Vitamins and Supplements

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"We have, as human beings, a storytelling problem. We're a bit too quick to come up with explanations for things we don't really have an explanation for." Malcolm Gladwell

A Wake-Up Call

It would be great if we didn't need to be sick, dying or experiencing losses to bring focus to those things that matter most to us. We have a huge capacity to explain and justify, and illness shakes us out of that denial, maybe for the first time. Humans are prone to avoiding losses instead of following our dreams. Paulo Coelho says, our "dead dreams begin to rot within us and to infect our entire being." He urges us to fight "the good fight": "The good fight is the one we fight because our heart asks it of us... The good fight is the one that's fought in the name of our dreams." The entire quote was read at our wedding ceremony, and can be found in *The Pilgrimage*, listed among the references below – which is a wonderful story about a spiritual awakening and a man's decision to live in the present.

In my experience meeting dozens of cancer patients and their families over several years, people with cancer fall into two main categories: **1) Victims**, who wonder, “why me,” think God is mad at them or resent the inconvenience and effort it will take to heal, and **2) Adventurers**, who create meaning and opportunity from the experience, focus on things to be grateful for, and use their brainpower to strive for healing – or possibly face closure and completion with truth and courage.

Having genuine feelings and expressing them is not being a victim, and I have done my fair share of crying and punching pillows. When I feel victimized, I reach out to people who listen, care, and remind me of all the reasons I want to get better.



I viewed cancer as a calling card from the Universe that I had work to do. Some theorize that “dis-ease” is related to unexpressed emotions or imbalances in our lives. Even the CDC says that chronic disease is 85 percent emotional! Traditional Chinese medicine (and most Eastern healing traditions) theorizes that each organ stores different suppressed emotions and unfinished business. A highly simplified list is as follows. The liver and gallbladder hold anger, the kidneys, fear, the heart, hurt (lack of joy or grief), the large intestine, control or flow issues, the spleen and stomach, worry, and the lungs, grief and sadness. Issues with the autonomic nervous system are linked to anxiety or excessive vigilance. You can do the detective work according to the organs or systems affected. I found that I was carrying a lot of grief in my chest/heart area that I have since had the opportunity to understand, express and heal to some extent. Whether or not this perspective makes any sense to you, it is worth exploring the “messages” in your own symptoms. Louise Hay’s book in references does a lovely job of walking people through this process and listing exercises.

Every cancer survivor will tell you that they did a lot of soul searching and made changes in their lives toward health and well being. It may be changing a career your parents wanted more than you did, making more time for things you enjoy, ditching the loser boyfriend, stopping drinking, picking up that instrument you haven’t played since college, using the time you spend watching TV for volunteer

work, scheduling more downtime or giving up junk food – it’s each person’s job to figure out what physical, psychological, emotional and spiritual elements contributed to his or her “dis-ease” and his or her unique journey to change them. There are issues each of us has avoided, truths we haven’t told, and ways we haven’t followed our hearts and been true to ourselves. There are also fixed ways we see the world that are untrue and negative. It is our job to examine what Dr. Alfred Adler, a pioneer of Individual Psychology, called our “mistaken beliefs” – those biases and negative expectations that color our experiences in ingrained ways. Cancer gave me the opportunity to do some deep self-examination and make changes in my life I had been putting off.

You may not have cancer or a chronic disease, but we’ve all had wake-up calls, and we all have dreams that call to be rekindled.

Louise Hay healed herself of cancer and her writing was subsequently dedicated to helping others do the same by “listening” to what disease is telling them. *You Can Heal Your Life*.

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"Every human being is the author of his own health or disease." Buddha

Relationships with Doctors

Doctors are people.

They probably went

into their field because they wanted to help others. While they have good intentions, they are very pressed for time, and they tend to go with the clinically validated, tried and true, and covered-by-insurance options to avoid unnecessary liability. Know doctors' limitations. They aren't familiar with most of the latest developments in cancer research – and there are hundreds if not thousands of studies going on all the time. Oncologists advise on and oversee three types of treatments **1) Surgery, 2) Radiation, and 3) Medication.** The reason for this is that those three options are a) covered by insurance, and b) considered safely within the legal bounds of their medical training and licensure. The bottom line is that oncologists are experts on three of the potentially dozens of things you could be doing to help yourself. I absolutely love my oncologist, but she is not the person to advise me on diet choices, nutritional supplements or any alternative/complementary modalities; she has almost no training, recommendations or opinions in these areas. I do my own research, and I bounce things off of her. While she is more of a skeptic, at times she has found our exploration intriguing. I disclose everything I'm doing/hide nothing. She doesn't always agree with my choices, but she has been open and supportive, so long as I'm not jeopardizing the targeted drug therapy she is overseeing. There is no gain in withholding things from your medical team; be straight and argue things out openly if you disagree. Better decisions will come from that discourse.

You are the captain of your well being team, and you are in charge. You are the expert on your body, and you are ultimately responsible for the choices you make that affect your health; you are the one who will live with the consequences. Don't give this power to a doctor. I don't trust doctors who want that power, or who tell you you're "digging your own grave" if you don't do what they say. Your doctor works for you as a member of your larger life and well-being team. The doctors I respect see you as a person, are honest with themselves about their limitations, acknowledge what they don't know, welcome patient engagement, and will objectively discuss a patient's own research.

I've spoken with a dozen cancer patients over the last year who said they wish they had known differently before they did what they did. Avoid these kinds of regrets by doing your research and probing for information. I'd recommend asking your doctor the following questions on a regular basis, especially at critical decision times.

1. What are the pros and cons of what you are suggesting? What are the pros and cons of the next best alternative?
2. What is the worst thing that could happen if I don't do this right now?
3. How long can I reasonably delay this procedure/recommendation/drug and what are the consequences if I do?
4. What are the risks associated with what you are suggesting?
5. Does this treatment eliminate any options I may want to consider in the future? What are my future options?
6. What are the alternatives? (There are always alternatives. If your doctor doesn't know them, find someone who does.) Are there other things I could be doing that would be helpful?
7. What is the logical progression after this? What can I expect, and what are the likely moves after that?

Chemotherapy – Research First

If your doctor is recommending chemotherapy, I'd suggest taking a hard look at the long-term outcomes before making serious decisions. Dr. Ralph Moss is a researcher in the area of cancer. His 2014 review of treatment outcomes shows that chemotherapy truly helps survival for three to five specific types of cancer. Doing chemotherapy for the other 90+ percent plus of cancer occurrences may add a few extra months to your statistically projected life span, but it will likely come at a compromised quality of life. Chemo is a known carcinogen; it harms the immune system and healthy cells along with the cancer cells. Those immune cells you want protecting you in the future could be weakened against diseases and future cancers. Many doctors know this, and would themselves opt out of the treatment, but they want to give patients options.

- www.mercola.com/article/cancer/cancer_options.aspx

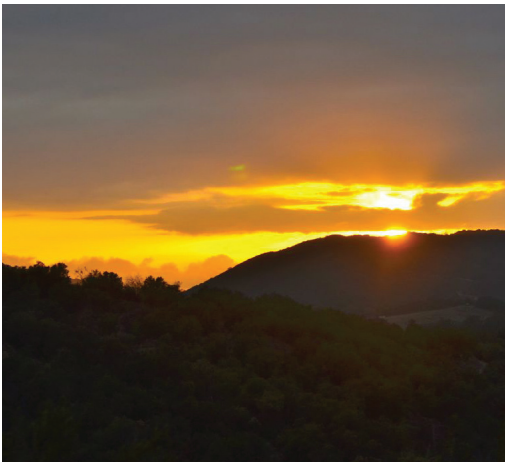
- <https://articles.mercola.com/sites/articles/archive/2018/06/20/chemotherapy-losing-luster.aspx>

Even with the emergence of immunotherapy, chemotherapy is often still the best or primary treatment that is available; cancer is a formidable opponent, and we want to do our best to shrink it or keep it from spreading. If you do decide in favor of chemotherapy, fasting before treatment has been shown to direct the medication more toward the cancer cells, while ameliorating some of the side effects and harm to healthy cells. I'd suggest you familiarize yourself with the literature and techniques on fasting. *Chemotherapy Works Better with Fasting, Fasting and Chemotherapy Toxicity, Fasting-Like Diet and Immune System.*

Holistic and Complementary Medicine Resources

Our “alternative” approach to healing from cancer has involved moving the roadblocks and bad habits out of the way so my immune system can do what it is designed to do. I believe the body is better at restoring and rebuilding itself than we give it credit for. I have populated my team with people who trust the innate wisdom of our bodies to heal. That doesn't mean I shun allopathic medicine, but I have gravitated toward healing professionals who know that our immune system rocks when it is in good working condition, and chosen options that strengthen immune function.

Suzanne Somers' book, *Knockout*, has a long list of doctors who offer alternative treatments in most States. Here are a few doctors I have met or interviewed who are friendly to alternative and complementary treatments:



1. Chicago: www.blockmd.com
2. Southern California: www.cfnmedicine.com
3. New York: www.dr-gonzalez.com/index.htm
4. Mexico: www.oasisofhope.com
5. Southern California: www.peakfrequencyhealth.com
6. Texas: www.tennantinstitute.us
7. Illinois: Dr. Thomas Hesselink. www.thomashesselink.md.com

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"Hope is being able to see that there is light despite all of the darkness." Desmond Tutu

No Matter what Anyone Says, there is Hope

For every type of cancer, in the direst situations, there are examples of people who were cured. You are not "statistics," you are an individual, and your mind is the single biggest tool of healing at your disposal. Use it. And steep yourself in the stories of people who have beat the odds. You can too. Most recovery stories do not involve mortgaging one's home for some last-ditch protocol (no disrespect meant); but it does involve determination, life changes, finding the right resources for you, and building the right team.



Resources:

- *Radical Remission: Surviving Cancer Against All Odds* (Kelly A. Turner PhD)
- *Remarkable Recovery: What Extraordinary Healings Tell Us About Getting and Staying Well* (Caryle Hirshberg and Marc Ian Barasch)

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"Whaling...was much more than a search for food. It was an exhilarating, frightening, awesome enterprise intertwined with solitary ritual activity, and replete with danger, which placed the whaler in immediate contact with the spiritual world." Dick Russell quoting historian Dominique Desson in Eye of the Whale

Improving our Relationship with Fear

Reading Dick Russell's book on the grey whales recently, the above description of the aboriginal whaling traditions

jumped out at me. It captured the profound aloneness I have experienced as I've endeavored to heal myself - the rituals I've adopted to help me look death in the eye - and the spiritual attunement that has been the fruit of that journey. The process has been marked by courage in the face of risk, shifting out of victimhood...and widening my awareness. As much as my loved ones would like to "take this burden" from me, it is a journey that I walk on my own. That doesn't mean I need to be lonely or isolated. Community has been my saving grace, and I can't emphasize enough what it means to be surrounded by "my people" as I face these challenges. Few can know exactly what I'm going through, but they can witness, care and hold good intentions. "Being held" in this way has turned a stressful and solitary endeavor into a deeply spiritual experience. The care of those I love has lightened my load, and I give thanks for my community every night as I look back on my day. Seeing this as a "spiritual quest" has helped me to make meaning of this experience, and feel less daunted by circumstances and the unknown.

According to Dr. Keith Block of the Block Integrative Center in Chicagoland, one of the most important things you can do to recover from cancer – or delay its progress – is to reduce stress in your life as much as time and finances will allow. I was a working mom attending graduate school. Immediately upon diagnosis, I adjusted my work schedule to part-time, and put my studies on hold for a time. My husband took on some of the household and childcare duties. So, committed to my healing, there were months where Scott awoke at 4:00 a.m. to make my morning's juices, and that was just the beginning of what he did and continues to do for me. I realize not everyone has the option I had to work less, but I would suggest that whatever your circumstances, you clear out unnecessary demands and make time and space in your schedule for healing and restoration. This is a time to listen to your heart and follow it, to avoid doing things out of obligation or guilt, and take time to tend to yourself. I wouldn't suggest clearing your schedule so you have more time to sit around and worry! Make time for activities that require focus and engagement, and do things that raise your mood.

Take in the support that surrounds you. Loving friends and helpful allies are invaluable in this journey of healing. There is so much more good will and help available in the world than you realize. We have had dozens of offers of help from our community, and we could be a lot more creative in utilizing that help and support. People are happy and gratified to contribute – use them. Put pride or rigidity aside. Have a ready list of what people can do for you when they ask: send jokes, send vegan recipes, send links to great music to relax or dance to, suggest movies on Netflix or Amazon Prime, say prayers, make a trip to the store, etc. I have had fun mornings with girlfriends as they helped me wrap holiday gifts, and enjoyed heart-to-heart connections as someone drove me places, made juice for me, or joined me in the sauna. Make it a win-win on both sides.

"The greatest weapon against stress is our ability to choose one thought over another." William James

After "minding my mind" with vigilance, I came to realize that my attitude can make any experience uplifting or unpleasant; very little has to do with the circumstances themselves, but on the perspective I bring to it. I remind myself constantly that one of the greatest freedoms and power I have is to choose the state of mind I bring to a situation. At a time like cancer, where there is uncertainty and I often feel out-of-control, adjusting my attitude reminds me that my experience of life is up to me. I smile – it sends happy signals through the brain (research shows that holding a pencil in your teeth works the same way). I take deep breaths – it tells the sympathetic nervous system there is no immediate danger. I touch my heart with both hands – it feels tender and calms inner chatter.

I'm not saying I don't get irritable, discouraged, upset or have moods. I do. Sometimes I'm just sick of being sick and tired of being tired. I try to let feelings flow; a genuine cry over a real issue can bring comfort and release. Try not to "buy real estate" in downer moods or cranky attitudes. When I'm forgetting simple words, slumping and sluggish, blue and weepy, or snappy, Scott gives me a hug and puts me down for a nap. Seriously. My loved ones know the signs of when I'm drained, and they do their best to head that off at the pass. Laughing at myself helps a lot, too.



Speaking of sleep, it is important. The liver is your go-to guy for cleaning toxins from the blood. The liver does its best regenerating between 10 P.M. and 4 A.M., so I try to get to bed as close to 10 P.M. as possible (unless I get a better offer).

If you read *Buddha Brain* (Hansen), you will learn that we are genetically evolved to be anxious; we are always scanning for threats. In a primitive world fraught with risks, our ancestors who didn't look for danger around every corner didn't live long enough to procreate. We've got worry down! Given that cancer

can be a little more anxiety producing than life in general, I've read quite a bit on anxiety over the past year. I've concluded that one of the most important jobs we have as humans is to develop a good relationship with our anxiety. The existentialists and neuroscientists also have a lot to teach us (*Existentialism for Dummies* and Rollo May, *The Meaning of Anxiety*). The idea that being anxious is bad and needs to be medicated or fixed is bullshit. There is a ton of data in our fear that helps us plan well for the future and consider contingencies and inevitabilities. If we are numb to it, we are blocking all the good information flowing into us from our five senses. Look fear in the eye and decide which part of it is real and needs to be addressed, and what is paranoia and imagination and needs to be spanked (ahem, I mean replaced with a more encouraging thought). I had a fair amount of social-emotional intelligence training with The Wright Graduate University (www.wrightfoundation.org) by the time of my diagnosis. I credit that training for my ability to be authentic, calm and alert under complex, stressful and demanding situations.

Lastly, I try to harness the data elucidated by my fear and anxiety. Fear has an important function of alerting us to danger, and helping us plan and strategize for the future. Pay attention to those niggling concerns, and do something about them. I've used my fears to help me "get my affairs in order"

so in the event that I don't make it, I'm not leaving unnecessary messes for my loved ones. I consider that a loving and purposeful use of my energy. Priorities become doubly important with the reduced energy that comes with illness, so I've used my fears to help rank order my lists. My coach suggested I start a journal where I can record my random worries, wishes and instructions – everything from where I hide passwords and the combination to the safe, to who I want to receive certain pieces of jewelry, to what schools I think will be best for our son down the road. This is a way of tending to my fears without spewing them everywhere.

Victor Frankel was a holocaust survivor, and later wrote a book describing the key differences between those who gave up and died in the camps and those who managed to survive. This became the foundation for his work later in existential psychology and human potential. His theories are useful for overcoming a victim mentality and coping with stress, and mainly tap into our power to create meaning in every circumstance.

Resources:

- *Man's Search for Meaning* (Frankl)
- Paulo Coelho has written many books on life as a spiritual quest. *The good fight* quoted earlier is from one of my favorites, *The Pilgrimage*.
- The Donna Eden's Daily Energy Routine or Five Minute Energy Routine is short, sweet and gets the day off to a good start while clearing out stress and "tuning" your energy. Likewise, I use massage, essential oils, interesting documentaries, inspirational biographies, walks in nature and meditation to push stresses and anxiety to a more peripheral part of my life.

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"One very important aspect of the post mortem life is that everything gets doubly precious, gets piercingly important. You get stabbed by things, by flowers and by babies and by beautiful things – just the very act of living, of walking and breathing and eating and having friends and chatting." Abraham Maslow

Reigning in Your Mind (Versus Letting it Run You)

A serious cancer diagnosis is shocking. I was reeling for about six weeks. I delayed any irreversible and serious treatment decisions until I was past the panic stage, took time to do my own research, and waited until I wasn't making decisions from a basis of scarcity and terror. Having your wits about you is helpful in sorting treatment options, and you can't make rational, body-attuned or good intuitive choices when terror is dominating you.

I fear dying, but I fear being numb more. I've found that the more fully I can be here, living fully, the more timeless my life seems. Find a practice of positive visualization, meditation, chanting, dancing or mindfulness that calms your jittery neurons and brings you more present. Life is a terminal illness (we are all dying, or could die in the next minute), but a stage IV cancer diagnosis wakes you up to that harsh reality. It makes the present moment all the more precious, so enjoy it. Our family found rambunctious comedies and black humor lifted our spirits and helped us blow off steam. Smell your child's hair, feel the chilly winter air in your nostrils, melt into a hot bathtub, laugh out loud at a movie, draw comfort from the arms of a loved one as you cry, sniff the spices you



use in cooking, feel the droplets hitting your skin in the shower, look deeply into the eyes of a loved one as they speak, ask the barista what she did over the weekend, smile at strangers. Neuroscience has established that gratitude and appreciation are healing for a number of reasons. Life is a gift, and I fall asleep each night reviewing all the things from the day for which I'm grateful. It has become one of my healing disciplines.

Cultivate positive thoughts. I try not to resist my dread and fearful thoughts; I acknowledge these as just one of many possible futures, but not one I prefer, then I gently release them. Make a list of 25-50 things you want for your own happiness and fulfillment, and then picture yourself enjoying each of these things as you review the list at least once a week (Dr. Bill Bengston Image Cycling Technique). Remind yourself of positive things you want to live for and use language that affirms future possibilities rather than limits them. I'm not talking about being a mindless Pollyanna and ignoring obvious truth and conditions; I'm talking about consciously pruning and shaping your thoughts so they become more and more uplifting. Your mental images and thoughts have a profound impact on what materializes in your life, so choose them well.

Any choice from the following resources below would be helpful. If you are picking a single book, I'd suggest Lissa Rankin, or *Spontaneous Healing of Belief* (Gregg Braden)

Resources:

- *The Energy Cure: Hands on Healing* (Dr. Bill Bengston)
- Lissa Rankin helped me understand the importance of hopefulness and optimism from a medical perspective. She also shares her personal journey, and her lovely soul comes through in her writing. *Mind Over Medicine, The Fear Cure*.
- *Spontaneous Healing of Belief* (Gregg Braden)
- Rick Hansen – *Buddha's Brain* and the companion book, *Just One Thing*
- Joe Dispenza: *Becoming Supernatural* and *You Are the Placebo: Making Your Mind Matter*. A number of his meditations are also on YouTube.com
- *Personal Power* (Tony Robbins)
- *The Language of God* (Francis Collins)
- *Screw Tape Letters* (C.S. Lewis)
- *The Brain that Changes Itself* (Norman Doidge)
- *You Can't Afford the Luxury of a Negative Thought* (Peter McWilliams)
- www.chrisbeatcancer.com/stress-negativity-prevent-cancer-healing/

Intention and Beliefs

"[Each person is born with an] infinite power, against which no earthly force is of the slightest significance." Neville Goddard

Our cells have an intelligence all their own. They strive for wholeness, optimal functioning and health. I believe our bodies are a brilliant feat of engineering and biology, amazingly designed to get everything they need from our environment and diet. I believe that our physical bodies want nothing more than alignment with this intelligent design. Deepak Chopra, in the film, *"Death Makes Life Possible,"* speaks about an infinitely wise Universal Consciousness that is always accessible, and lives beyond our physical death. Whatever you believe about consciousness and its link to our physical health, our bodies have a drive to heal and be sustained. Heck, they have a brilliant ability

to adapt and flourish despite the challenges posed to them by our toxic world and lifestyle choices – imagine what they can do when we give them some good quality raw materials with which to work.

Quantum physics has now proven that we are not objective observers of phenomenon – we are active participants in the creation of our reality. Gregg Braden scientifically explains how our beliefs and heartfelt emotions reverberate out to the live matter around us and shape our reality by changing the behavior of the atoms, particles and waves that surround us, and make up our bodies. Our physical health, our relationships, our financial health, and all our outcomes are constantly being shaped by our beliefs, expectations, and repeated thoughts and feelings. Further, through the powerful influence of our unconscious minds, our beliefs and what is called a “self-fulfilling prophesy” we are masters at manifesting over and over again what we believe to be true. Hundreds of studies on the placebo effect have proven beyond a shadow of a doubt that if we believe, an innocuous substance such as a sugar pill, saline solution or sham surgery can produce a miraculous recovery. The same holds true in the reverse: if we are convinced a treatment won’t work for us, even the best surgeon, drug or psychiatric treatment in the world is likely to fail. When told they are being exposed to poison ivy or asthmatic irritants, study subjects repeatedly manifest dramatic symptoms even when the substance is, in fact, harmless. Lissa Rankin, Gregg Braden, *The Spontaneous Healing of Belief* and Bruce Lipton (linked above) all cite numerous studies on what is more generally understood as the mind-body connection.

My husband and I attend annual pilgrimages to sacred sites around the world with Dr. Judith Wright. These pilgrimages have taken us to many sacred places, places of healing and wisdom, places of worship for millenia on and the schools and ashrams of holy men and women. With this background, I was not shy about revisiting some of these people and places after finding out I was in need of healing. Healers and places of miracles are not a place to abdicate responsibility any more than in the doctor’s office. I visit with a curious mindset, openness to miracles *and* my rational mind all at work. I don’t expect to “drop my crutches and walk out of the church” in one healing, although those events are known to happen. I choose to hold that each of these visits has played a small part in bringing about healing. I try to keep an open mind, and not explain or categorize these experiences. I don’t ask for specifics when praying so much as I ask for guidance and “Thy will be done” – I leave the specifics in the hands of a greater knowing. I try to hold that there is meaning and purpose beyond my understanding, no matter the outcome – not in a glib, mindless way, but in a way that keeps my state of mind hopeful and relatively calm. It helps to cultivate grit, resilience and sense

of purpose for the journey. My husband has a special gift of interpreting most any event in an optimistic and uplifting way that comes in handy. When our news went from bad to worse at the beginning, Scott's response was, "It will just be a better story when you beat this." Find someone who can help you look on the bright side.



Not long after being diagnosed, I traveled to the Yucatan with some dear friends to see a healer and holy man, Abuelo Antonio de León. This gentle man with a childlike presence has been initiated in many traditions, and people come from around the world to receive his healings. He told me something like this: "Everything you do, seed it with intention. When you take your prescription medication, picture it escorting your cancer cells out of your body.

Our bodies follow our intentions and instructions, so give everything you put into your body instructions for the job it is to do. When you shower, picture toxins being washed away and your energy field becoming clean, bright and big. When you make yourself tea, brew healing intentions into it. Intend good with everything you do. Open yourself to healing from the Universe, and receive the light and oxygen that is coming into you at all times. Every day you will get better and better." No fewer than three other healers have said exactly the same thing to me: "Don't worry." I have come to understand this to mean that if I am expecting good things, they are more likely to happen. And I do put intentions into almost everything I do. I picture my cells soaking up the nutrients of the food I eat to make shiny, bright new cells. I tell my medicine its instructions. I have been building my muscles of positive belief. At the very least, this gives my mind something to busy itself with apart from worrying.

Bottom line is that our minds are powerful! Use yours wisely. Picture positive outcomes. Expect good things. Assume good will. Radiate warmth and gratitude. These positive thoughts, mental pictures and expectations can be as powerful as medicine. Harness them to your advantage. And find ways of interrupting negative ruminating and harmful thought patterns. Neuro-scientists have a process called, "name it to tame it" where we name a feeling or thought; by doing this we shift from the "thought having us" to us "having the thought" – it activates a higher part of the brain called the frontal cortex, where vision, creativity and reason prevail. I've recommended several books that have helped me with this process throughout this document. The ones below are just a sampling.

THE DECISION TO LIVE • REIGNING IN YOUR MIND (VERSUS LETTING IT RUN YOU)



Resources:

- Gregg Braden can be repetitive, but I would consider a must-read at least one of his many books on how our beliefs shape our reality and how get the reality you desire.

Here are some links to Bruce Lipton:

- www.youtube.com/watch?v=7pJwYcKo8iQ
- www.youtube.com/watch?v=VYYXq1Ox4sk

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Action Steps: Your Choices Define Your Path

There were a few general resources I found extremely useful and hopeful. I'd recommend these to get you out of the starting gates. I have studied and practiced health

and nutrition all my adult life (I didn't expect to get cancer after 30 years of eating 80 percent organic and drinking a daily green shake for the last 10 years). Even so, I learned the most about our body's innate power to heal from two books I read in the past year. I'd suggest you pick and choose from the resources in other sections as the need or spirit moves you.

• • • • •

- There was a time I read some of Donna Eden's *Energy Medicine* almost every night before bed. Whether you buy into the energy medicine thing or not, it is like gravity – the forces are working in and around us all the time. Donna does a nice job of bringing in current research to substantiate these 5,000 year-old healing traditions for westerners and lay people. I have had such success with the simple and quick remedies she suggests, I've come believe it should be required reading.
- *A Cancer Therapy – Results of 50 Cases* by Max Gerson. It may be too scientific for some readers, but I have great respect for Dr. Gerson.
- *Cancer Killers*. A personal journey, and in a very short book, he zeros in on the core practices. Much of my research keeps coming back to what he summarizes in this easy read.
- Chuck Swindoll Jr. is a friend and cancer survivor. He now dedicates an enormous amount of his time and care helping others beat the disease. This is his testimonial.

I found these additional resources helpful to begin taking my healing into my own hands:

- Dr. Ralph Moss, independent cancer researcher. You can buy his research reports by type of cancer, or schedule a consult with him. He's like a knowledgeable grandfather blessing. His reports at his web site are a helpful start if you've received a cancer diagnosis, albeit long. I recommend scheduling a consult with him. In that time, he will give you an overview of the latest effective and innovative treatments for your particular type of cancer from cutting-edge options all around the world, www.cancerdecisions.com.
- "*The Quest for The Cures*" is a seven part docu-series about cancer. www.TheTruthAboutCancer.com.

We all have cancer cells floating around inside us, but we don't all end up with a tumor. The difference is the vitality and effectiveness of our immune system. Our environment and some of the food we eat are full of toxins, heavy metals and chemicals. Research shows these toxins play a role in compromising our immune systems. The four most common environmental threats to a compromised immune system are 1) root canals and dental infections; 2) heavy metals from the environment and water pipes; 3) chemical additives to food and soil; and 4) GMOs and other synthetic additives for "facsimile" foods that our cells will not recognize as viable "building blocks" for new cells. (It is useful to know that almost all research on GMOs that has made it to the public sector is sponsored by big agricultural and global chemical companies with a vested interest in convincing consumers that GMOs are safe. Selecting and prioritizing natural traits is not the same as gene engineering.) It is hard to recover your health when something you're doing is damaging cells faster than you can make new ones. While healing from cancer, I removed as many toxins and chemicals from my surroundings as I could to make way for my immune system to do its job. The remainder of this section covers how I addressed those major threats, so my immune system could start turning its attention to the cancer.

Eating Clean

“Let food be thy medicine and medicine be thy food.” Hippocrates

Whatever diet you deem is best (and there are many, sometimes contradictory choices), there are some basic dietary guidelines that reduce inflammation, increase alkalinity/oxygen to cells, empower your natural immune response and facilitate self-healing. Here is what I follow (a number of these points say the same thing in different ways):

- Paleo is in harmony with the biological evolution our bodies. I eat Paleo as a baseline. This means I try not to eat things that didn't grow, run, walk or swim on the earth 20,000 years ago. Our biological evolution happens on a scale of thousands and millions of years. Our bodies have not even remotely caught up with the radical changes in our modern diet brought about by large food manufacturing and processing over the past century. This diet is similar to the “Whole30” – and tons of helpful resources can be found in search engines and Pinterest for either Paleo or Whole30.
 - Thrive Market offers free shipping and discounts on non-GMO, organic, healthy foods (raw, paleo, vegan, etc.). The following link gives you 15 percent off on your first order.
<http://thrv.me/kJjaHb>
- I eat as much organic vegetation as I can, especially green leafy and cruciferous vegetables.
- I use primarily expeller pressed organic olive oil for salad dressings and cold prep, and coconut oil, avocado oil and ghee for cooking. Our bodies use fats to make the walls of our cells. Cell walls are amazingly intelligent entities that allow nutrients in and toxins out of the cell in response to the needs and messages of our organs. Hydrogenated fats are one carbon molecule away from plastic; if your body is making its cell walls from this “plastic,” then your cells will not be permeable, and they won't receive the nutrients, hormones and signals they are supposed to. Many of our organs, including the brain, are also nourished by fats – so nourish that which is nourishing and healing you by eating good quality fats. I use no trans fats, no oils heated during processing, no GMO oils, and no Canola oil. I avoid old/rancid seeds and nuts, foods cooked in rancid fats and fats processed at high temperature.
- I avoid anything processed (this is another way of saying “Paleo”) – very little from a can, box or package. No bottled salad dressings or condiments. Chemically altered and over-processed foods

are for the most part unrecognizable at the cellular level of our bodies. What do our immune systems do when they see a foreign body? Surround it with inflammation. Inflammation is a common characteristic or pre-cursor to almost every modern disease.

- When eating meat, I use wild, humanely raised, grass fed or organic meats, fowl and fish. It is now scientifically established that the fat profile of grass fed or wild animals is quite different and healthier than farmed or inhumanely raised animals. I am pretty convinced that the studies showing meat is unhealthy have concluded this on the basis of using meats from animals receiving hormones, antibiotics, and living on diets animals weren't biologically designed to eat containing pesticides and/or GMOs. Our Paleolithic ancestors rarely died of cancer, autoimmune diseases or other Western "diseases of affluence" like heart disease and diabetes, and they ate plenty of meat (probably even raw) and fat. I respect the values and ethics of a vegetarian diet, but if you're sick, make sure it is an unprocessed vegetarian diet containing a good percentage of raw vegetation, clean fats and protein. The occasions I eat meat, I borrow something practiced by almost every indigenous culture, which is to thank the animal for the life it gave, and honor the "circle of life" which sustains me (Donna Eden) – there are some beautiful scenes of this ritual in *Mutant Message Down Under*, by Marlo Morgan.
- I avoid sugar and all sweeteners, except pure stevia and occasionally erythritol (although I'm seeing a number of low-carb sweeteners coming on the market). I avoid grains and carbohydrates that will raise glucose and insulin in the blood.
- I drink filtered water, and alkaline water – sometimes with freshly squeezed lemon juice added. I wash fruits and vegetables in filtered water (veggies readily absorb chlorine from tap water). If you don't want to purchase a water filtration system (reviewed in Environmental Toxins section), drink boiled water, which removes a lot of the chlorine.
- When I add salt, I eat high quality Himalayan or sea salts. I avoid table or iodized salt.
- I avoid dairy except ghee (clarified butter), or grass fed butter.
- I use caffeine in moderation.
- I avoid GMOs. Most of the published scientific research out there says that GMO's are safe. I don't put much stock in that research, because 1) the chemical agricultural companies who benefit financially from GMOs have influenced the studies; 2) much like the large tobacco companies before the 70's, big agricultural companies have



done their best to suppress and discredit any studies that have shown GMOs to be harmful; and 3) because the long term effects of GMOs on our environment and our bodies are not yet understood. Consumer advocacy groups are currently raising money to fund more unbiased research. Meanwhile, whether or not GMOs hurt humans, it is well established that altering plant genetics so more pesticides can be sprayed on them is tainting our water supplies, killing the bee population, hurting other pollinators, and causing

neurological and other human illness

(especially in children) near where these crops are grown. Until GMOs are more objectively studied I try to avoid them, which is increasingly difficult. Soy, corn and wheat are among the top GMO crops. Cottonseed oil is the number three GMO crop, and that oil (and derivatives) is used in many processed foods we eat.

- No artificial sweeteners of any kind. They are linked with MS and different kinds of neurological degradation.
- I avoid using a microwave.
- This is difficult, but I try to avoid eating from and storing food in plastic containers. Especially when heated, plastic leaches chemicals into your food, and this ends up as toxins in your body.

Eating for Healing

Much of this section takes detoxing and eating to a deeper level. After getting a basic level of detoxification in my lifestyle, I started taking it to a deeper level.

A warning that detoxing causes “cleansing reactions” or “flare-ups” which can be headaches, flu, or cold-like symptoms. This happens as your body works to rid itself of dead and sick tissues, and toxins are liberated from your cells to be excreted. I had every kind of symptom you can imagine: rashes, acne, vomiting, fevers, runs, fatigue, headaches, and nausea – it helps to be prepared and have a sense of humor. Drink water, rest and start during times when your schedule is somewhat less demanding. I would not suggest taking OTC remedies to alleviate symptoms; symptoms go away of their own accord in a few days or weeks, depending on severity of toxins in the system. If you are

getting strong cleansing reactions, back off on the cleansing substances and juicing and take it slower, or add in saunas or 20 minute baths hot enough to make you sweat.

Dr. Tennant (see book below under “Lifestyle Practices”) says that to heal from any chronic illness, our bodies need to make new cells. Cells require a certain amount of voltage (related to pH and oxygen content) to make new cells. Our processed food, lifestyles and environment are full of “electron stealers” (Dr. Tennant) that lower our voltage. To optimally make new cells, every system in our body needs to be in good working order and teaming well with all the other systems. Our food, lifestyle and environments are the real estate we control. Our choices around those things ultimately help or hurt our body’s ability to make new cells. There is much over which we have no control, and cancer brings this fact home loud and clear. Therefore, I have taken great comfort from making healthful (electron donating alkalizing/oxygenating) choices in every way I can.

I gave serious consideration to two different diets at the outset: Gerson Therapy and the Ketogenic Diet for cancer.

Gerson Therapy

Gerson Therapy is intended to restore your immune system and deeply nourish your cells and tissues so your immune system can heal and eliminate the cancer. I have huge respect for Dr. Gerson. Albert Schweitzer M.D., Ph.D. – Nobel Peace Prize winner, scientist and great humanitarian – said about Dr. Max Gerson:

I see in him [Max Gerson] one of the most eminent medical geniuses in the history of medicine...many of his basic ideas have been adopted without having his name connected with them. Yet he has achieved more than seemed possible under adverse conditions. He leaves a legacy which commands attention and which will assure him his due place. Those whom he cured will now attest to the truth of his ideas.

People who were given up on by doctors routinely have improvements at Gerson clinics. I stayed at a clinic for three weeks to get myself started on a restorative path after diagnosis.

Here is a list of Gerson clinics and resources:

- Gerson Therapy Summary
- www.sedonawellnessretreat.com – Dr. Ryan

- www.gerson.org/gerpress/gerson-clinic-mexico/
- Gerson Therapy Books
- www.gersontreatment.com

Unfortunately, Max Gerson didn't live to see all the newer research now available on curing cancer. After doing the Gerson Therapy religiously for 10 months, I switched to the Ketogenic Diet for Cancer. While I got tremendous detoxing benefits from Gerson, I wanted to reduce the number of carbohydrates I was eating to reduce my glucose levels and improve insulin sensitivity – so I switched to only green juices and increased fats and protein. Fats feed the organs.

Ketogenic Diet for Cancer

The Ketogenic Diet capitalizes on the preference (or even addiction) cancer cells have for glucose, and starves cancer by strictly restricting glucose and maintaining a state of ketosis. According to Dr. Dom D'Agostino, "All cells, including cancer cells, are fueled by glucose. But if you deprive healthy cells of glucose, they switch to the alternate fuel, ketone bodies...your normal cells have the metabolic flexibility to adapt from using glucose to using ketone bodies. But cancer cells lack this metabolic flexibility." The metabolic approach to curing cancer exploits cancer cells' weakness of only being able to survive on glucose. The metabolic approach to healing cancer begins with the Ketogenic Diet, but also extends to many other supplements and off-label prescription drugs that interfere in multiple metabolic processes of the cancer cells, and make the climate inhospitable for cancer cells to grow.

Resources:

- Dr. Mercola offers what I consider the bible on the "Why?" and How? of implementing the Ketogenic Diet. Fat for Fuel
- Pick up your own Ketone and Blood Glucose Monitor
- Cancer as a Metabolic Disease by Thomas Seyfried
- Weston A. Price Nutritional Guidance
- Tripping over the Truth by Travis Christofferson and Dom D'Agostino
- Dr. Dom D'Agostino on Ketogenic Diet. See Dr. Dom's web site

- Dom's favorite options for canned sardines: kingoscar.com and wildplanetfoods.com, Canned oysters, Ketosticks
- Dr. Dom in podcasts, Interview with Tim Ferriss part 1, Tim Ferriss interview part two, and Ted Talks
- Elaine Cantin has a simplified approach to Ketogenic Diet
- Pinterest has excellent Ketogenic and Paleo recipes

The Acid/Alkaline Debate

Lots of books and articles will tell you to get your pH into the alkaline range, because cancer can't live in an alkaline environment. Some even go so far as to recommend drinking baking soda. I found that drinking green juice and green smoothies, and eating plenty of vegetation is the best way to reach alkaline pH. See below for Dr. Tennant's take on pH and health.

An Alkaline water/Kangen machine also helped me raise my pH. A word of caution that donating electrons (which these water electrolyzers do) is not advisable for all types of cancer. Do your research first to see if alkalizing is good for you. In any case, water should have a pH no lower than 7.4. More information on water and links are in the detoxing section below.

pH Tests

I test my saliva many mornings on a random basis to make sure it is 7.4 or higher. If not, I raise it by eating more leafy green veggies. If you are not on the Ketogenic Diet, you can also test your urine.

Cancer and Glucose

Probably one of the most important facts you need to know with a cancer diagnosis is that *cancer cells are addicted to sugar*. Ninety-seven percent of all cancers are "PET sensitive." For over 20 years we have used PET scans to diagnose cancer. PET scans work by using an injection of glucose solution containing a special dye that has radioactive tracers. Cancer cells gobble up this glucose at a much higher rate than other cells, and show up "hot" on the imaging, thereby indicating where cancer is probably active in the body. It is interesting that most doctors have not exploited this "sugar avid" weakness of cancer cells to slow the growth of cancer through nutritional interventions. Dr. Dom D'Agostino, who has been testing the impact of a carbohydrate restricted Ketogenic Diet on cancer growth in rodents for many years, explains that the Ketogenic Diet is a powerful metabolic



intervention that is now clinically proven to control the spread and growth of cancer in rodents. There is more about this in the “Ketogenic Diet for Cancer” link listed below.

Dr. Mercola emphasizes the importance of controlling your fasting insulin and leptin levels. Mercola says, “Normalizing your insulin levels is one of the most powerful physical actions you can take to lower your risk of cancer, and improved insulin and leptin control is the natural outcome of reducing or eliminating fructose, grains, and processed foods from your diet.”

The groundbreaking work, *Cancer as a Metabolic Disease* by Seyfried, is changing how medical researchers think about cancer and how to treat it. The book itself is pricy and dense, but if you are inclined, it is full of important new findings about cancer. Dr. Thomas Seyfried is pioneering non-toxic solutions to manage cancer (www.youtube.com/watch?v=SEE-oU8_NSU). Seyfried poses that we have misunderstood the nature of cancer. Seyfried’s findings are based on the “Warburg principle.” According to Wikipedia, Otto Warburg “hypothesized that cancer, malignant growth, and tumor growth are caused by the fact that tumor cells mainly generate energy (as ATP) by non-oxidative breakdown of glucose (a process called glycolysis or fermentation).” Warburg won a Nobel Prize for his research demonstrating that cancer cells have a strong preference for glucose over other forms of energy.

There are several links in the Ketogenic Diet section. The bottom line, however, is if you want to prevent or control cancer (or any other modern Western disease, for that matter), one of the most important things you can do is restrict the amount of sugar and carbohydrates you eat, and eat carbohydrates primarily in the form of sour fruits and green leafy vegetables.

Green Smoothies and Concentrated Plant Foods

I eat as much organic vegetation as I can, especially green leafy and cruciferous vegetables. Green smoothies and juices (drunk immediately) provide enzymes that are the building blocks of life. Life gives life, so eating a portion of my vegetation raw provides enzymes. I drink a warm savory or cold sweetened (stevia, no fruit) green smoothie every morning, and a green juice in the afternoon;

together these total about six to eight servings (1-4 lbs.) of green leafy and cruciferous vegetables every day. Because of the link between high blood glucose and cancer, I eat these smoothies with as little fruit as necessary to be palatable, and I add fat to flatten out the spike in blood glucose from drinking veggies – which are straight carbohydrates.

www.chrisbeatcancer.com/top-12-dirtiest-fruits-and-vegetables/

I love Victoria Boutenko's simple approach to getting greener in your diet. If you have cancer, do not load your smoothies with fruit. Stevia and a few sour berries will do instead. Green Smoothie Prescription: https://www.amazon.com/Green-Smoothie-Prescription-Complete-Health/dp/0062336541/ref=sr_1_1?crid=E5UVKG88NL0T&keywords=green+smoothie+prescription&qid=1550170709&s=gateway&prefix=green+smoothie+prescriptivists%2Caps%2C239&sr=8-1

If you are going to be juicing (and I hope you will), I suggest you buy the best juicer you can afford:

- www.gerson.org/gerpress/gerson-guide-to-juicers/

High Powered Blenders

To grind the vegetation in a green smoothie, you need a high-power blender. I use a Vitamix, but I have friends very happy with Blendtec. Costco has a sale on each of them at least once a year.

- Vitamix, the short container fits under upper cabinets
- Blendtec
- Here is an article on the pros and cons of each
www.rawfoodlife.com/blendtecvsvitamix.html

Restorative Lifestyle Practices

This section outlines the staple practices I do daily or weekly. I rotate disciplines in and out of my routine based on how I feel and what seems to be helping. This requires a consistent attunement to what feels “right” and uplifting physically, emotionally, energetically and spiritually.

Prayer

From the get-go, we asked our friends and family to pray. Now there are literally thousands of people (many entire congregations) who pray for me every day. Any given week, I might receive a

message from friends saying they are praying for me at the Western Wall in Jerusalem or lighting a candle for me at Lourdes, or other places of miracles. It warms my heart every time I hear people are caring for me and wishing me well from a distance. Larry Dossey did research establishing that prayer not only works, but also is one of the best-kept secrets in medicine. Whatever your spiritual beliefs, asking for help and guidance from beyond yourself in whatever form works with your belief system can help. I find it calming and comforting to imagine I can always be heard by a Higher Being/Energy that wants the best for me.

Meditation

Prior to being diagnosed, I did mantra meditation for 20 minutes five days a week. My meditation practice has continued, but it takes different forms now. Sometimes I do Tapping (which is an Emotional Freedom Technique (EFT) –described later. Sometimes I listen to meditation recordings during my enemas. There is a lot of healing music out there, which I play to relax or center myself. Sometimes I play chants and chant. I have a singing bowl from Nepal that I play occasionally.

Inspiration

I generate novelty, inspiration, joy and tender experiences to the best of my ability. Find music, books, movies, places and people who uplift me.

“Fasting” From Suspense, Violence and Sensationalistic Media

My peaceful and calm mental state is hard-won, and I try to be protective of what images and words come into my mind and consciousness. The mind doesn’t distinguish between the imaginary anxiety of a suspenseful movie and the anxiety of real danger; all the same chemicals are released whether it be from real or simulated violence and suspense, I will admit to being a “snowflake” about this, but I try to expose myself to movies and media of an uplifting and positive nature. A day will come when I can resume being a responsible world citizen by staying informed about all the terrible things that are happening in our global theatre. In the mean time, I content myself with offering prayers and intentions for the sad and painful situations that “break through” my news firewall. I put faith in the studies that the peaceful state of mind I can achieve is contributing to peace in the world. There is now a repeatable experiment that has been done in several cities boiling down to the following: when the number of people equal to the square root of one percent of any city’s population are meditating and in a peaceful state of mind all at the same time, instances of violence, visits to the

ER, crime, hospital admissions, psychiatric admissions and death are all reduced by a significant percentage. This calculation turns out roughly the same after being statistically adjusted for changes in the phases of the moon, days of the week, etc. (Braeden).

Regular Exercise

Most cancer prevention lists will include regular exercise. Get regular exercise. According to Dr. Mercola, "One of the primary ways exercise lowers your risk for cancer is by reducing elevated insulin levels, which creates a low sugar environment that discourages the growth and spread of cancer cells. Controlling insulin levels is one of the most powerful ways to reduce your cancer risks. Additionally, exercise improves the circulation of immune cells in your blood. Your immune system is your first line of defense against everything from minor illnesses like a cold right up to devastating, life-threatening diseases like cancer."

Mercola goes on to specify, "The trick about exercise...is in understanding how to use it as a precise tool. This ensures you are getting enough to achieve the benefit, not too much to cause injury, and the right variety to balance your entire physical structure and maintain strength and flexibility, and aerobic and anaerobic fitness levels. If you have limited time *Peak Fitness* exercises are your best bet but ideally you should have a good strength training program as well."

Dr. Gerson did not recommend exercise for seriously ill patients. I've been too fatigued to exercise until recently, and felt my energy was better used for healing. I think this is a really personal decision, so explore how you feel with different levels of activity.

Quality Sleep

Get regular, high quality sleep. So many studies have been released about sleep. Our organs and systems rest and repair overnight, so to keep them functioning well, get good sleep. If we are sleep deprived, we are more likely to overeat, so sleep is important to weight loss. Our lighted screens and light pollution (alarm clocks, city lights and cell phones in the bedroom) also disturb the natural circadian rhythms and the release of melatonin, so if you want to improve your sleep quality, refrain from screen use at least an hour before bed time (www.authoritynutrition.com/block-blue-light-to-sleep-better/) and eliminate all the little light sources near your bed. Natural melatonin and good sleep are helpful for healing cancer; so to sleep more soundly I sleep wearing a blindfold and ear plugs. In general, I aim to be in bed between 10-11 P.M. However, there are some things that are more nourishing and uplifting than sleep, so I try not to be too rigid about my bedtime if there is some-

thing special going on.

Energizing the Body through Movement and Being in Nature

Cells get energy (vitality/voltage/chi) from five main sources: 1) eating unprocessed food; 2) being near running water; 3) being in sunshine; 4) touching trees, earth and other living things; and 5) moving our muscles. This explains why we feel better when we are near a body of water. It may have struck you that with our modern, indoor-focused, sedentary lifestyles and the processed foods we consume, we are not “charging our cell batteries” nearly as effectively as our Paleolithic ancestors did. Weather permitting, I get my feet on the ground and get out in the sunshine for at least 30 minutes a day – it immediately lowers inflammation and contributes electrons for healing. Other ways to “charge our batteries” are to touch or hug people with positive energy, pet or hold animals that run around outside, lean against a tree or eat raw foods.



Earthing and Grounding

There is an added benefit to being outdoors, which is vitamin D exposure. The sun is our best source of vitamin D. Vitamin D is key to many functions of your immune system. It blocks the receptors in your cells for viruses and microbes. Weather permitting, I’m out 20-30 minutes per day without sunscreen.

- www.articles.mercola.com/sites/articles/archive/2010/03/11/is-vitamin-d-the-silver-bullet-for-cancer.aspx
- www.articles.mercola.com/sites/articles/archive/2012/03/26/maximizing-vitamin-d-exposure.aspx

I also concentrate on relaxation and recharging myself. I pepper in massage, foot reflexology, yoga, walking, Qigong or other methods of relaxation and healing. Keeping a calm and relaxed state of mind helps healing. There are also healing and energy balancing benefits.

Personal Development, Emotional Release and Attachment

As I mentioned in the “Wake-Up Call” section, cancer is a great opportunity to do your personal work. I highly recommend it.

I go to coaching every two weeks with the intent to be as fully present and in my feelings as possible. I don’t believe healing can happen if I’m holding everything in. I have close friends to whom I reach out on a regular basis who are good listeners and don’t try to “fix” my problems or smooth things over with hollow platitudes. We have a loving and giving community and we make an effort to receive the support they happily offer.

- For seekers and learners, Drs. Bob and Judith Wright have a great book on how to be the transformational agent in your own life. *Transformed!: The Science of Spectacular Living*. There is an introductory weekend seminar related to the book: *Foundations Training*. Wright Foundation also grants masters or doctorate degrees in Transformational Leadership and Coaching. You can take courses either for credit or not-for-credit. *Wright Graduate University*.

There are also Emotional Freedom Techniques (EFT) that are good practices for releasing fixed and limiting emotional patterns. It is important to find a tool that will help you do what Dr. Mercola terms “permanently reprogramming the neurological short-circuiting that can activate cancer genes.” Cancer genes don’t express for everyone who has a genetic predisposition; thought patterns, limiting beliefs, repressed feelings can all contribute to the activation of latent cancer potential in our genetics. It is likely that this factor could be more important than most of the other practices listed here, so make an effort to address it.

Resources:

- Dr. Mercola’s particular favorite tool is the EFT
- Tapping/EFT
- Tapping Solution
- Tapping Intro Video: www.youtube.com/watch?v=Tj_qSyfP2lQ

Balancing and Energizing the Body

Energy Medicine

Energy Medicine facilitates self-healing by balancing energy in the systems that need balancing. If you can see yourself doing energy healing, Energy Medicine with someone who specializes in cancer can possibly improve your odds and raise the quality of your life. The healers I've worked with now and then help cancer leave the body, though they won't promise that. A lot can be done on oneself (see Donna Eden book), but there are also practitioners.

Resources:

- www.innersource.net/em/ (contains a practitioner directory. Must be a level three practitioner for cancer)
- Energy Medicine
- Bengston Modality
- Bengston: [Bengston: www.equilibrium-e3.com/index.php](http://www.equilibrium-e3.com/index.php), then click on "Bengston Energy Healing" Link, or search Bengston.

Chiropractic Care

For healing and immune function, the spine and nervous system send all the messages to your body for healing. I see a chiropractor regularly to align my spine to optimize neurological function. The book "*Cancer Killers*" speaks to this in more detail.

Essential Oils

Supposedly there are different essential oils for different kinds of cancer. Research and observation shows particles in Frankincense can interfere with the conditions cancer needs to grow. The samples were small; nevertheless, I use Frankincense with lavender over tumor and compromised areas, over entire surface of feet and at the base of my neck. If nothing else, I smell exotic and it reminds me to breathe.

The following is from the Young Living, *Essential Oils Desk Reference*, 3rd edition). Link to store is above in "healthy pharmacy".

Sacred Frankincense

Apply undiluted over the area of concern. Prepare a retention enema (rectal implant) of eight to 10 drops of frankincense Oil (Therapeutic Grade) mixed with 1/2 to one teaspoon of good quality vegetable oil (V6 mixing oil or extra virgin olive oil). Administer by small syringe inserted about one inch into the rectum just before bed and hold during the night. This small amount will not cause discomfort as it is absorbed very quickly through the portal veins in the rectum. This can be done every night until disease free.

- From Young Living Newsletter: "A.Z.H.K. Lin is studying [Sacred] Frankincense and cancer in Oklahoma: here's what he has recommended... Hsueh-Kung Lin - Dr. Suhail gave his dose of 0.2-0.5 ml/kilogram body weight/day. He saw significant improvement after two-three weeks. However, for people who never took frankincense oil before, please do not take this volume immediately, since most patients would experience lightheadedness and/or diarrhea. People should start with a small volume such as 1-2 ml a day and gradually increase to target volume." (Disclaimer: If you are treating cancer, please consult your doctor and listen to your body while on this protocol.
- Lavender: Soothing, relaxing, calming. Apply over entire area of concern
- For Lung Cancer (From the EODR Third Edition): Ledum, Orange, Frankincense, Idaho Balsam Fir, Ravensara, Sage, Sandalwood, Hyssop, Thyme, Raven, R.C., Longevity, ImmuPower. Mixture: Four drops of frankincense, three drops sage, three drops myrrh, three drops clove, two drops Ravensara, two drops hyssop.

Reviewing Scans and Blood Tests

I get regular scans and blood tests. I don't wait for my doctor to call me with blood and urine results; I take responsibility for carefully reviewing these numbers. Charlotte Gerson's books (or internet searching) provide helpful guidance on metabolic blood panels, lipid panels, thyroid levels, vitamin D levels, hemoglobin and other blood work results. I have blood drawn monthly and review the results carefully to be sure I am within desirable ranges. I address anything that is out of whack with dietary changes and supplementation.



Tennant Biomodulator

This machine is similar to electro-stimulation, and is FDA approved for pain. According to Dr. Tennant, *Healing is Voltage*, every cell in the body is designed to run at 20 to 25 millivolts. To heal, we must make new cells. To make a new cell requires 50 millivolts. Dr. Tennant asserts that chronic disease occurs when voltage drops below 20 and/or you cannot achieve 50 millivolts to make new cells. Thus chronic disease is always defined by having low voltage. The biomodulator measures your

voltage in each organ, and sends electrons to troubled areas. Dr. Tennant is thinking completely differently about health, and sheds light on why pH is so important for fighting disease. His book discusses how to determine why your voltage dropped enough to allow you to get sick in the first place. In our home, we call this the “voodoo magic machine.” We don’t have any proof that it is helping with cancer, but we have had success healing injuries and wounds with the device.

- This machine also helps reset and calm the autonomic nervous system so we can rest, digest, and experience pleasure. This adjustment feels really nice.
- *Healing is Voltage* (Dr. Tennant)
- www.senergy.us/biomodulator-plus.html

Reducing Environmental Toxins

I use natural, non-toxic versions of personal care items such as shampoo, conditioners, shower gel, underarm protection, sunscreen, bug spray, moisturizers, deodorants, mouthwash, toothpaste, etc. I use fluoride-free toothpaste to avoid fluoride toxicity (parents: swallowing one pea-sized portion of fluoridated toothpaste is a toxic dose for a toddler; read the warning language on the labels). I avoid petroleum-based ingredients, sodium laurel sulfate, foaming agents, detergents, or chemical fragrances and colorings. I only smelled like a dead goat for a few months until the effects of detoxing without the help of chemical anti-perspirants wore off. Fortunately I wasn’t going out much during those months. Eventually, if you can adjust to normal wet perspiration and natural human odors, things do return to balance without dependence on harsh chemicals.

- www.chrisbeatcancer.com/my-clean-green-beauty-routine-by-survivor-cortney-cambell/
- www.jescollection.com
- www.chagrinvalleysoapandsalve.com
- www.youngliving.com/en_US/products/beauty
- www.Mercola.com has options, but I think there are less expensive alternatives.
- Thrive Market

Pure Water

Our dependence on clean water doesn't get its due recognition. Our cells are 70 percent water, and the quality of our cells is greatly influenced by the quality of the water with which we feed them. The best water is free of contaminants, micro-clustered to more easily enter the cells, negative ORP/electrolyzed (which means able to donate electrons), and no lower than 7.4 pH (www.phprescription.com/what-the-experts-say/). I filter all water for fluoride, chlorine, bromine, etc. Chlorine and cancer are a big issue; the cancer risk among people using chlorinated water is 93 percent higher. Breast cancer sufferers have 74 percent higher THM's from breathing in the chlorine from showering. Our bodies can absorb more chlorine through our lungs and skin in a 10-minute shower than from drinking 2 liters of the same water, so filter shower and bath water, too. Chlorinated showers kill gut flora; chlorine is a pesticide, and when we use it, it kills part of us. Inhalation of chlorine causes asthma and bronchitis – both of which have increased 300 percent in the last 20 years, as has cancer. No proof of causality, but the timing is interesting. I'm grateful to Leo of pH Prescription (www.phprescription.com) for the facts and figures on water. Leo also suggests that when in a restaurant where you can't get unchlorinated water, a lemon or any vegetable added to your glass of water will absorb the chemicals and toxins in that water (just don't squeeze it or eat it afterwards).

- Water toxin educational material:
 - www.mymercuryfreedentist.com/fluoridePoisoning.shtml
 - www.chrisbeatcancer.com/fluoride-is-poison/

- Whole home water filters or combinations:
 - www.senergy.us/water-purification.html
 - www.healthygreengoods.com
- Sink and kitchen:
 - www.phprescription.com
 - Stacy Steinberg sells wonderful filtration/electrolyzer machines for counter-top or under-counter machines: Alkaline/Ionized Water ~ www.simpletruthwater.com. Email: stacysteinberg18@gmail.com.
- Showering and bathing:
 - Mercola Products
 - www.senergy.us/water-purification.html

Root Canals and Dental Infections are a Hidden Source of Toxins

For some, this may be the most important section of this document, depending on dental history. If you are sick with a variety of odd or seemingly unlinked symptoms, the first place to look is for dental infections under crowns or in root canals. To describe graphically, a root canal is a corpse decaying in your mouth. The most lethal bacteria known to man feast on that dead tissue and excrete toxins that cause cancer, heart trouble, autoimmune diseases and organ damage. Dr. Weston Price published 1000's of pages of research on the dangers of root canals a century ago, and most people know nothing about him.

- www.westonaprice.org/holistic-healthcare/root-canal-dangers/
- Weston A Price

Dental infections from root canals have a 70-85 percent+ correlation (causation isn't proven) with tumors on the same side of the body in many studies. In Dr. Tennant's holistic practice (writer of *Healing is Voltage*), almost 99 percent of all malignant tumors they saw were on the same side of the body as an infected crown or root canal. If you have a root canal, consider removing it (taking metals out of fillings and removing root canals is called "dental revision." Visit a holistic dentist, and give careful consideration based on facts before you agree to the surgery.

To address dental infections, one visits a “biological dentist.” A simple way to check for dental infections is to test the voltage of each metal filling with a voltage meter; any reading over 100 is indicative of a dental infection. I had a complete oral revision. This is a surgery to remove any tooth abscesses, cavitations, root canals, or other potential sources of infection hiding under crowns and in wisdom tooth removal sites. It also replaces mercury and metal fillings with safe materials. Here are some biological dentists and referral sources:

- Dr. Gallo, 3077 Jefferson Street, #208, Joliet, IL 60435, (815) 741-2752
- Dr. Stephen R. Evans, healthier.smiles@gmail.com, 16427 FM 344 West, Bullard, TX 75757, (903) 825-7400
- Biological dentist referral network: www.mymercuryfreedentist.com/rootCanals.shtml
- www.hugginsappliedhealing.com

Home Cleaning

If you wouldn't eat a substance, it is probably not great for the environment either. We removed all harsh chemical cleaners from our home, and use botanical, non-toxic versions instead...with a couple of exceptions in a pinch.

Resources:

- These are wonderful, chemical free cleaning and personal care products: Norwex Healthy Products
- www.youngliving.com/en_US/products/home

Air Filtration

According to the EPA, the air in your house may be up to five times more polluted than the air outside, and we spend approximately 90 percent of our time indoors! Indoor air pollution is caused by mold, viruses, dust mites, bacteria, pet dander, and the outgassing of chemicals used in the production of furniture, paint, carpet, cleaning supplies, candles, air fresheners... Also, beware of off gassing from new carpets, furniture, sealants, etc.

- www.senergy.us/air-purification.html

Electromagnetic Pollution

According to Dr. Mercola, we should limit our exposure and provide ourselves protection from EMFs produced by cell phone towers, base stations, cell phones and Wifi stations. On May 31, 2011, the International Agency for Research on Cancer (IARC), an arm of the World Health Organization (WHO), declared that cell phones are “possibly carcinogenic to humans.” Consider electro pollution in your environments.

There are devices that can dampen these emissions:

- www.chrisbeatcancer.com/electropollution/
- www.senergy.us/emf-environmental-stabilizer.html

Cooking Materials

Ditch any cookware or cooking utensils containing aluminum and non-stick coatings. Replace with glass, ceramic or stainless steel cookware. Microwaves kill enzymes in food, and also emit electromagnetic waves.

Internal Detoxification

Coffee Enemas

This is one of my primary detoxification practices, and very effective. It is most commonly associated with Gerson Therapy, but many natural cancer treatments suggest enemas. I usually use coffee, but sometimes I use chamomile tea or water with lemon, beet juice, asparagus juice or Young Living ParaFree oil. Enemas are an ancient form of hydrotherapy, mentioned in the bible and in the Merck Manual until the 1950's. They are harmless in all but the most rare cases, and can enhance the elimination of toxins from the body as you cleanse. I have done between two to five per day since my diagnosis, depending on conditions and diet. The guideline is one for every 24 oz. of cold pressed juice you are drinking. Enemas help clean the colon and help elimination, but the coffee enemas are more aimed at helping the liver by increasing bile output. Start slow with four to six ounces for six to seven minutes, and work your way up to 24 ounces for 15 minutes. Non-coffee can be held for up to 30 minutes, but coffee held that long can be irritating. It is not uncommon to taste metals, or smell / taste other substances such as anesthetic as these substances are released.

Reduce Use of Over the Counter (OTC) Drugs

I avoid OTC and prescription medications unless I've spoken to the pharmacist. There are a lot of unintended effects of taking what we tend to think of as a harmless substance. Unless you are completely familiar with ALL systems of the body affected by the substance, delay and do your research. Prescription medications can fix one system at the cost of throwing others out of whack. Doctors don't pay close attention to this unless someone is having an overtly bad reaction to a medication. I get curious about the *root cause* of a health problem before I take an Rx drug to mask the symptom. I currently take three prescription medications and occasionally an anti-inflammatory. I made sure I understood and was comfortable with both the advantages and costs of putting those substances in my body.

- **Gerson Pain Triad:** in the first few weeks of detoxing, the pain can become severe with so many toxic substances circulating through the body. When needed, I took what Gerson calls the "pain triad." Frequent enemas help with pain – especially with healing reactions – but if those don't help, the pain triad was surprisingly helpful. It consists of the following, used together: one tablet of aspirin (5 grains), one vitamin C (100mg - 500mg) and one flushing niacin (50 mg) up to four times in the course of 24 hours. These three pills also produce restful sleep.

First Aid and Healthcare

I use essential oils and homeopathics as OTC drug alternatives. OTC drugs (internal and topical) put a load on the organs, and make more work for your elimination system – especially if you are fighting cancer or a chronic disease. Homeopathic remedies have no reactions with other treatments, and play nicely with any other supplements. I use Young Living Oils for my first aid, everyday healthcare basics and my natural pharmacy. The oils are high quality, organic and effective. There is specific oil for almost any need you would historically meet in a drug store.

- www.youngliving.com/vo/#/signup/new-start. These are available on Amazon or the Young Living web site. If you are a new member and want to purchase from me, my member number is 1119588.

Oil Pulling

Oil pulling supposedly pulls oil-based toxins from the body. Don't spit the oil into your sink, or you will clog it.

Skin Brushing

Skin brushing can clean and activate the lymphatic system. The skin is the largest organ of elimination in the body. Brushing regularly removes dead cells and gives the lymph system a boost.

- www.mindbodygreen.com/0-12675/a-stepbystep-guide-to-dry-skin-brushing.html

Far Infrared Sauna (FIR)

I shoot for 30 to 45 minutes a few times a week – schedule permitting. This increases circulation and sweats out toxins. This is a good and gentle way of getting rid of heavy metals stored in the cells (but need to remove mercury fillings, household lead or other sources of metal in order for it to have a lasting effect). Dry sweat as you sit so metals don't get reabsorbed.

- I take my bamboo stick into the sauna and gently hit organs to rid them of toxins. The pricing is in Thai Bhat: www.universal-tao.com/catalog/product_info.php/cPath/41/products_id/101

Oxygen Baths

Also known as H₂O₂ protocol or hydrogen peroxide bath. Add eight ounces of 35 percent H₂O₂ into hot water along with two tablespoons of natural salts, epsom salts or mineral bath therapy. Sit in water 20 minutes and relax. Your body absorbs the free oxygen molecule through the skin. Some sources recommend ingesting hydrogen peroxide: I don't do that; peroxide is toxic. *Be very careful dispensing*; hydrogen peroxide is extremely corrosive and a strong oxidizer!

Resources:

- Hydrogen Peroxide Baths
- <http://shoppingcart.purehealthsystems.com/Food-Grade-Hydrogen-Peroxide-s/3.htm>
- Peak Oxygen is a gentler way to add O₂ to your bath: <http://shoppingcart.purehealthsystems.com/Food-Grade-Hydrogen-Peroxide-s/3.htm>



You just unwrap the foil covering and float the bottle in your bath water. It might be a bunch of crap – no visible proof of anything, but I like it.

Cold-Hot Shower Therapy

In the shower, alternate hot and cold water in about two to three minute increments. This is an adaptation of indigenous healing practices. I imagine heat expanding and bringing nourishment to troubled areas and cold contracting and carrying away toxins. I hate being cold. I do this in concentrated spurts, and then give it a rest for a few weeks.

- https://smile.amazon.com/Curing-the-Incurables/dp/B00198DXP6/ref=sr_1_3?keywords=Curing+the+Incurables&qid=1550175423&s=gateway&sr=8-3

Castor Oil Packs

Castor oil packs can help heal organs and injuries. Castor oil has been used throughout the ages to improve blood flow, circulation and elimination. A warm sauna or a Far Infrared Sauna (FIR) are also great places to do a castor oil pack.

- www.vibrantfamilymedicine.com/wp-content/uploads/2013/10/Castor-oil-packs.pdf
- www.wellnessmama.com/35671/castor-oil-packs/
- [Castor oil pack wool flannels:](#)
- https://smile.amazon.com/s?k=wool+flannel+for+castor+oil&crd=GTHLS0BH6BYD&srefix=wool+flannel+%2Caps%2C245&ref=nb_sb_ss_i_1_13
- www.statmx.com/Castor-Oil-Organic-16-oz_p_24.html

Organ Cleansing

Early in my journey, I cleansed my organ systems. Hulda Clark did a lifetime of research studying links between parasites and tumors, and parasites are just one reason to cleanse. There is a specific order in which these cleanses are done, and important to do in the correct order, basically starting from the “bottom up” with the elimination system, but read the web sites and literature for data. Either of these lines is good. I recommend Hulda Clark for the anti-parasite regime.

There are gallbladder cleansing instructions on the internet. For a full organ cleanse, here are a couple of good overviews and links:

- Here is Dr. Christopher's description of the Incurables program:
https://online.snh.cc/files/2100/HTML/hhhe_appendix_d.htm,
- Dr. Christopher herbal shop for cleansing preparations (I prefer the liquids):
<https://www.drchristophersherbshop.com>
- This PDF below by Dr. Shultze does a good job of explaining the detox process. It is based on Dr. Christopher's work, but he doesn't acknowledge Dr. Christopher. I prefer Dr. Christopher's products at the link just above. <http://blog.arukah.com/pdf/NoIncurables.pdf>
- Dr. Hulda Clark Cleansing Products: <https://drclarkstore.com>

Heavy Metals Cleansing after Removal of Source

Heavy metals are among a handful of things that will damage cells faster than you can make them. We are exposed to metals in our plumbing, air, seafood from polluted bodies of water, metallic fillings, aluminum cookware, etc. They like to reside in fat tissue (diabetics, the pancreas is fatty). I lost a lot of fat with the change of my diet, and there was a period where I could taste metal in my mouth most of the time. There are few things listed below that can remove metals from the system, but first eliminate the source of exposure. Taking enough vitamin C to cause diarrhea twice per month can help eliminate heavy metals that make it as far as the large intestine, or selenium used with other metal flushing supplements can help too.

- www.hugginsappliedhealing.com/product-category/supplements/page/2/

If metal fillings are the cause, a biological dentist will recommend products (DMSA, vitamin C powder and a citrus fruit pectin) that will help bind with and eliminate these metals from the body following removal of metal fillings. Mercola also has suggestions.

- <https://articles.mercola.com/sites/articles/archive/2013/01/13/mercury-detoxification-protocol.aspx>
- <https://articles.mercola.com/sites/articles/archive/2016/06/19/heavy-metal-detoxification.aspx>
- www.mercola.com/article/mercury/detox_protocol.htm

- www.hwawilliamsoneden.files.wordpress.com/2017/05/mercury-detoxification-simplified-by-william-w-rasmussen.pdf (simplified protocol)
- www.hugginsappliedhealing.com/product/detoxification-booklet-spiral-bound/
- www.transformationenzymes.com/assets/Heavy_Metal_Defense_info.pdf

Vitamins and Supplements

There are thousands of substances that claim to help cancer or restore wellness. This is a multi-billion-dollar industry with aggressive multi-level marketing structures and large online marketing budgets. Internet research on this topic is fraught with pop-up ads, retargeting and pitches. Learn to recognize fact from story. When researching, the words of my 5th grade English teacher echo through my mind: "There is no such thing as unbiased journalism." I strongly recommend you inform yourself about the point of view of your authors, and understand the potential gains and special interests associated with their writing. Exercise critical thinking. One common technique is to take something with proven efficacy in a single area, and generalize that efficacy to a wider range of diseases and symptoms. That is called "kitchen logic;" don't fall for it (e.g. "It worked for mountain climbers, so it will work for an active mom"). I read dissenting points of view as well as those that support my biases before I make decisions. There are two sides to every issue, and it is my responsibility to assess the risks and benefits and be at peace with my choices. I have found Ralph Moss's studies helpful in making discernments. In the end, you just have to "make the call." The Paleo diet, for example, receives a lot of criticism and debunking. I read many of these critical articles before concluding that even if the research isn't conclusive, the diet is quite a bit healthier than the Standard American Diet (SAD), and I felt better eating it.

If something passes my research test, I order a small sample to muscle test with applied kinesiology. Donna Eden says,

Your nervous system is a phenomenally sensitive thirty-seven-mile-long antenna that reverberates to the subtle and not-so-subtle energies of the world in which you live. Everything from the food you eat to the people you encounter carries its own frequency and affects your nervous system... This sensitivity of your nervous system and your body's energy systems to the external energies that come into their range is reflected in an energy test.

Even something that works on 99/100 people may make the 100th person weak. Hence, I test substances I ingest or wear and make sure that I am emphasizing things that make me stronger. This is not an entirely reliable system; it is prone to inconsistencies, influenced by the beliefs and biases of the tester and test subject, and confounded by the placebo effect. I try to make these tests “blind” when possible, and take note of when certain items identified as either strengthening or weakening are consistent across time and circumstances. www.drweil.com/drw/u/ART03410/Applied-Kinesiology.html. In this unknown territory, it does give me some indication and feedback about what is helpful. Again, use critical thinking if the results of muscle testing don’t feel right, it is your prerogative to override the data.

I also read the fine print for fillers, sugars, GMOs and any other undesirable ingredients in the supplements. If something passes my research test, my muscle test and can’t harm me, I try it for a time and watch carefully for results.

Personalized Metabolic Protocol

One of the best things I did was engage a molecular biologist/M.D. to research my particular cancer in the most recent medical journals to identify the supplements that are most effective for my specific type of cancer. Doing this from the get-go would have saved me a lot of time and confusion. He will not work directly with patients, but consults with their doctors on choices of supplements and off-label prescriptions that medical research shows are effective for that specific type of cancer. He then puts together a personalized protocol based on how to use certain molecules from herbs or Rx drugs to interfere with the metabolism of the cancer. Dr. William LaValley, (512) 794-8907, MedicalWellness@eastlink.ca. Plan on a two to three hour orientation.

Specific Supplements

I have rotated supplements in and out over time based on continued muscle tests and vigilant observations. It is a constantly evolving process, and I try not to become mindless about it. Do your own research for what is right for your own situation. Below are supplements that in my situation have stood the test of time. I have ordered them roughly by what research has shown are beneficial. There are many others that have anti-cancer benefits that you could research on your own; this is not an exhaustive list.

- A good place for supplements in general is www.iherb.com

Curcumin (Turmeric)

MD Anderson has recently published several studies of curcumin and cancer. Curcumin contains potent antioxidant and anti-inflammatory properties. These can inhibit tumor cell growth and suppress enzymes that activate carcinogens. Bharat Aggarwal, Ph.D., professor in the Department of Experimental Therapeutics at MD Anderson, continues to conduct and analyze a number of studies that focus on the effects of curcumin on cancer.

- www.ncbi.nlm.nih.gov/pmc/articles/PMC2758121/

Resources:

Here is Mercola's information and his time-release supplement:

- <https://shop.mercola.com/product/1727/1/curcumin-advanced-90-per-bottle-90-day-supply>
- https://smile.amazon.com/Dr-Mercola-Curcumin-Advanced-MicroActive/dp/B00GEH7B4G/ref=sr_1_fkmr2_1?keywords=mercola%2Btime-release%2Badvanced%2Bcurcumin&qid=1550177142&s=gateway&sr=8-1-fkmr2&th=1

Here are some videos showing how to prepare it for use against cancer:

- www.thetruthaboutcancer.com/turmeric-tea-recipe/
- www.drweil.com/diet-nutrition/nutrition/turmeric-tea-benefits/

• Turmeric Tea Recipe:

- One quart filtered water
- Six capsules curcumin tablets

Bring water to boil. Add six capsules (leave capsules intact) to boiling water. Gently boil 15 minutes stirring frequently. Take off flame and add one twist of black pepper, one teaspoon each of organic cinnamon and ginger. Allow to settle. Use the top pour for drinking, and toss the capsules and sediment at the very bottom of the pan.

You can add stevia or healthier sweetener, a pinch of cinnamon and/or ginger, 1/2 lemon and five drops of iodine. We are almost all deficient in iodine, and it kills any roaming viruses and microbes, and improves thyroid function.

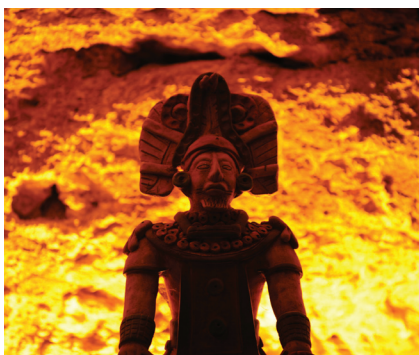
Probiotics

Probiotics maintain the balance of friendly bacteria in the gut. The gut makes up 70 percent of the immune system, and gut health is vital to recovery. Fermented and cultured foods such as kefir or sauerkraut are valued for their probiotic effects. You can also take supplements.

- www.transformationenzymes.com/assets/Probiotic_42-5_info.pdf

Vitamin D

In layman's terms, vitamin D "plugs the hole" in cells that allows viruses to enter. It is crucial in immune function, and most of us are deficient. I have my vitamin D levels tested in blood tests a minimum of every three months and supplement when low.



Vitamin C

Humans are one of only three species that can't manufacture their own vitamin C (primates and guinea pigs are the other two). Without vitamin C, we can't convert thyroid into a useable form. Vitamin C is important to immune function and digestion. I take as much as I can (in the most absorbable form possible) just short of diarrhea; what isn't needed by the body is excreted through the urine, so you can't overdose on vitamin C.

Iodine

Almost all of us are iodine deficient (due to fluoride in our water and a number of other factors) and iodine is required for proper thyroid function, proper digestion and about 20 other vitally important metabolic functions. Iodine is one of the most under-rated, under-appreciated substances in the human body. It is the truck that removes secretions from inside the cell to the outside of the cell. A cyst is a secretion that the cell couldn't get out. Our entire endocrine system of hormones is based on secretions of hormones. Iodine will kill any single celled organism – the first line of defense as a shield to outside organisms. If you get sick a lot, you're probably iodine deficient. It is difficult to "overdose" on iodine. I put a drop or two in juice or water several times a day (but not in green juice). The article below can tell you more, and in it there is a simple test for iodine deficiency.

Read about iodine and hypothyroidism

- <http://senergy.us/Assets/PDFs/Dr.%20Tennant%20Articles/Hypothyroid%20Newsletter%2001.20.09.pdf>

Pick the newsletter on hypothyroidism – Hypothyroid_Newsletter_01.20.09.pdf. Same web site, there is also an article under Conditions >Iodine.

Links to iodine:

- Lugol's solution is a 10 percent solution of 10 gram potassium iodide and five grams iodine in water to total 100 milliliter of solute
- http://www.statmx.com/Lugols-2-Solution-12-strenght-2-oz-may-leak-in-shipment_p_44.html

CoQ10

CoQ10 is an antioxidant and enzyme that is naturally found in many cells of the body. In fact, it is found in every single mitochondrial cell – and about 95 percent of your body's energy is reportedly produced by these cells, which convert sugars and fats into energy. Your internal organs (like your heart) need the most energy, which is why you will find the highest concentrations of CoQ10 here. Be sure there are no interactions with other medications you are taking.

- www.statmx.com

Omega 3 Fatty Acids: Flax Seed Oil and/or Fish Oil

Because our diets are high in grains and imbalanced, we are generally low in Omega 3 fatty acids. Omega 3's are important for brain function and memory. Cold pressed flax seed oil plays an important role in reducing inflammation and taking stress off the immune system. Flax Seed Oil assists the body in utilizing vitamin A, a fat-soluble vitamin. It is a source of linoleic acid, as well as lacking in cholesterol and effective in lowering cholesterol in the blood. I use one to two tablespoons of flaxseed oil per day. Never fry, cook, heat flax seed oil – heating changes the chemical composition and makes the oil harmful to cells. Buy in Whole Foods, refrigerated section. Fish oil is high in Omega 3 fatty acids and provides similar benefits if you are not vegan. I've read that fish oils are generally protected from heavy metals, but use a high quality source.

Digestive Enzymes / Pancreatic Enzymes

Highly concentrated pancreatic enzymes are recommended by a number of cancer experts including Dr. Gonzalez and Dr. Gerson. They help dissolve and digest tumor tissue. In some patients, especially if they carry a heavy tumor load, the additional intensive pancreatin has improved the patient's ability to digest and destroy tumor tissue. Amylase has also been shown to turn off tumor growth. Take on empty stomach.

- www.transformationenzymes.com/assets/Protease_info.pdf
- www.senergy.us/digestrx.html
- <https://tinyurl.com/y3s83y3r>
- www.transformationenzymes.com/assets/LypoZyme_info.pdf

Our digestive enzymes decline with age. Enzymes help break down foods so they can be better utilized by the body. Humans cannot absorb complete proteins into their cells; whole proteins must be broken down into amino acids that the cell can recognize. The thymus gland contains the database of all the proteins/amino acids that are "you." White cells go around your body looking for amino acids /proteins that are in the database as "you." When these white cells find things they don't recognize, they surround it with inflammation and stuff it into fat cells so they can't hurt you. Processed foods and GMOs are generally not recognized as "you" and thus not useable by the body. Good digestion is also important for the generation of neurotransmitters, so if you are not up- or down-regulating your emotional states well, improve your digestion.

- www.transformationenzymes.com/assets/Digest_info.pdf

Organic Coconut Oil

Coconut oil is good for high temperature cooking, and helps generate ketone bodies in fat burning. It is a natural disinfectant and antibacterial. Beyond that, it is a great natural moisturizer. I eat about four tablespoons per day. I also keep a tub in my shower for oil pulling, and for moisturizing the body – I slather it on my wet skin before leaving the shower, and it keeps skin moist and soft.

While many blogs recommend it as a hair conditioner, I've found it too greasy for that. Keep it away from your eyes because it burns. Coconut oil is one of three items I buy by the gallon (the other two are Dr. Bronner's Pure Castile Liquid Soap, and 10-30 percent food grade hydrogen peroxide).

- www.tropicaltraditions.com/virgin_coconut_oil.htm

Vitamin B12

Take as methylcobalamine, especially if vegan or vegetarian.

- www.statmx.com

Rick Simpson Oil (RSO) and Medical Marijuana

Cannabis is finally undergoing legitimate medical research. You can read the research links, in addition to many testimonials of pain reduction, tumor bulk reduction, relief of nausea and even cures. Links are listed below. As of this writing, there are 23 states where medical marijuana is legal. If you are in one of those states, it is worth exploring. There have been months with bad pain where this was a welcome option to standard opioid pain medications. Cannabis falls under the category doing little harm to adults (it's a plant; our bodies know what to do with it) with good potential upside. Many experts argue that it doesn't belong as a Schedule 1 drug classification along with very dangerous substances with high addiction potential and no medical application. For those reluctant to be "high" this link explains that when used as a suppository, the psychotropic effects of the oil are reduced, while all the potential healing benefits remain:

- www.cannabisdigest.ca/cannatory/
- www.illegallyhealed.com/how-and-why-does-cannabis-cure-cancer-scientific-explanation/
- www.cancertutor.com/hemp_oil/

Resveratrol

Resveratrol is an antioxidant phytonutrient that occurs naturally in grapes and red wine and which supports healthy metabolism, normal insulin sensitivity, and optimal blood flow.

Mercola article on curcumin and resveratrol:

- <https://articles.mercola.com/sites/articles/archive/2013/10/28/resveratrol-cancer-prevention.aspx>
- <https://qualityoflife.net/products/resveratrol-sr>

Flushing Niacin

For blood and heart, side effects (flushing: hot, red skin) are temporary and harmless. Opens capillaries and pushes nutrients through the vascular system. www.Statmx.com

Desiccated Liver Caps

For vegans, Dr. Gerson recommended taking desiccated liver caps. According to Gerson, they contain more nutrients, gram for gram, than almost any other food. The liver provides an excellent source of high-quality protein, source of vitamin A, B's, B12, folic acid, a usable form of iron, copper, zinc and chromium; CoQ10, good source of purines, nitrogen-containing compounds that serve as precursors for DNA and RNA. Make sure it is a clean, grass fed source. www.statmx.com

Magnesium

Magnesium is important to many cellular functions. It also helps with muscle cramps (associated with the Ketogenic Diet), and calming the system for sleep.

- www.iherb.com/pr/p/21160, and www.senergy.us/magnesium-malate.html

Potassium

Potassium is important for the internal fluid balance of the cell. Too much sodium inside cells can cause edema – retention of water. Potassium exchanges for sodium inside the cell to restore the proper polarity within the cell and release excess water. With release of intercellular water, toxins can also be flushed.

- www.statmx.com/Potassium-COMPOUND-SALTS-100-grams-for-daily-Juices_p_55.html.
Pour one container of potassium compound salts into a one-quart glass jar and fill to the top with distilled water. Store bottle in a dark place. Does not need refrigeration. I use four to eight teaspoons daily.

Selenium

Selenium is a mineral found in the soil. While people only need a very small amount, selenium plays a key role in the metabolism. Selenium has antioxidant properties, meaning it protects cells from damage. Selenium reduces odds for some cancers, but beware: selenium also seems to increase the risk of non-melanoma skin cancer and some others. www.statmx.com/Selenium-200-mcg-180-capsules_p-59.html

Protein Shakes and Multi-Vitamin Supplementation

On the Gerson diet, I was drinking the juice of 25-30 pounds of vegetables every day. Dr. Gerson said even with our depleted soil, a multi-vitamin is not needed with that amount of fresh juice. On the Ketogenic Diet however, vitamin supplementation is recommended. I still drink the juice of one to four bunches of cruciferous and green leafy vegetables every day. Ingesting nutrients in the form of foods is always better, because it is immediately useable by cells (bio-available). If you can, find supplements made from food for bioavailability.

- Dr. Mercola's site is all non-GMO: www.mercola.com
- www.lherb.com

You want to be sure you are giving your body all the building blocks it needs for cellular renewal. Our cells are always turning over. They do it less frequently if you are chronically ill and your cells are lacking energy (or too acid), but in general we make a new liver every 10-20 months. Our lungs are about one year old. We make a whole new set of skin every 2-4 weeks, while our entire skeleton of bones is replaced about every 10 years (www.nytimes.com/2005/08/02/science/02cell.html?pagewanted=1&r=0) If you aren't, giving your cells the proper materials to rebuild themselves, they either use inferior materials, which make the new cells structurally unsound, or they stop rebuilding. Make sure you're giving your cells quality raw materials they need to regenerate themselves.

- I haven't tried it, but this shake claims to have all the raw materials cells need to replicate in the form of food, and without GMO's or fillers. www.senergy.us/restore-professional-formula.html
- Here is another alternative without so many ingredients in it, which can be easier on the body, depending on your system: Dream Protein

Vegan Protein Supplements

If one of the above protein blends doesn't work for you because you're whey intolerant or don't use dairy, there are a couple of other vegan options I've used (I don't consume them for taste!)

- Vegan Protein Powders – look for one with very low sugar
- Sun Warrior Protein
- Now Foods Pea Protein Powder

Fulvic and Humic Acid

According to Dr. Tennant, fulvic and humic acid are important raw materials for making new cells. They used to be plentiful in the soil, but with the use of pesticides and fertilizers for growing, they have been depleted. I take the following supplement, which comes in the form of food. It comes in either liquid or powder form. The liquid can be drunk, and can also be easily absorbed through the skin via a soak for injuries. As far as heavy metals go, when they enter the body (from water, air and metal fillings) they go quickly inside the cells. The chelation processes and chemicals only get extra cellular metals, they don't claim metals on the inside of the cells. Dr. Tennant reports that fulvic acid goes inside the cell to grab the metals, takes it to your gut and hands it off, where humic acid takes it the rest of the way. You can use annual or bi-annual metal testing to see how your protocol is helping.

- www.senergy.us/raw-materials-basic-formula-capsules.html
- 400-power comes in a bottle – you squirt it onto the Restore shake and take with iodine and Raw Materials.

Nitric Oxide (NO)

Dr. Tennant believes that the importance of nitric oxide (NO) is missed in much of the literature. NO helps deliver oxygen to the cells. It controls the immune system, maintains our vascular health, can help wet macular degeneration, helps prevent diabetes and asthma, decreases blood pressure, kills microbes and cancer cells, helps sexual function, transports glucose to cells, and more. An NO deficiency will restrict oxygen to the cells. We generally have a deficiency over age 40. The process for making NO begins on the back of the tongue when saliva mixes with green vegetables. If you use



a bacteria-killing mouthwash, you are limiting half your ability to make NO. The second half is made in the gut with stomach acid, but most of us over age 40 are also deficient in stomach acid. NO is another substance that has almost nothing but an upside.

The following supplements are dissolved on the top of the tongue; the gas goes directly into the blood vessels of the mouth. You get an NO peak in about six minutes, and the level lasts six hours. Being over 40, I started with two times per day; dosage can be decreased to once a day after six months. These supplements have also been shown to help angina, and to slow lactic acid build up during vigorous exercise.

- www.tennantinstitute.us/online_store/index.php?search%5Bkeywords%5D=raw+materials+basic&a=category

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Daily Schedules

Sample Schedule on the Ketogenic Diet

Time	Activity	Notes
7:00 A.M.	• Check urine with ketostrips • Check saliva with pH strips • Take medication • Supplements: Fish oil, transmix with calcium, flushing niacin, liver caps, protease enzymes, lypozyme enzymes • Scalar water for radiation	Empty stomach
7:30 A.M.	• Coffee enema • Prayer/meditation • Skin brushing with natural dry brush • Oil pulling and water pick during shower • After shower layer frankincense on feet, spine and tumor sites. Apply other mood-enhancing essential oils	
8:15 A.M.	• Vegan protein shake with dehydrated greens, coconut oil, flax oil, hemp or almond milk • Supplements: Vitamin D/K 5,000 to 20,000 (depending on blood), raw materials supplement, niacin, digest enzymes, calcium supplement, heavy metal defense, selenium, probiotic	With food
9:30 A.M.	• Donna Eden 5-minute energy routine • Triple warmer points	
10:00 A.M.	• Supplements: Transmix with calcium, flushing niacin, liver caps, protease enzymes, lypozyme enzymes	Empty stomach

Daily Schedules, continued

Time	Activity	Notes
1:00 P.M.	• Lunch of veggies and clean, organic, grass-fed protein • Supplements: Digestive enzymes and niacin. • 8 oz. cold pressed green juice with flax oil or MCT oil	With food
2:30 P.M.	• Supplements: Flushing niacin, liver caps, protease enzymes, lipozyme enzymes, wobenzyme	Empty stomach
3:00 P.M.	• Meditation/visualization/nap • Weather permitting, sunbathe for 20 minutes for vitamin D • Ketogenic snack of olives, almonds or...	
3:30 P.M.	• Various treatments	
4:00 P.M.	• Supplements: Liver caps, protease enzymes, lipozyme enzymes, transmix with calcium • Enema: coffee, chamomile or cleansing herbal oils	Empty stomach

Daily Schedules, continued

Time	Activity	Notes
6:30 P.M.	• Dinner of veggies and clean, organic, grass-fed protein • Supplements: Digestive enzymes, CoQ10, heavy metal defense, raw materials • 6-8 oz. cold pressed green juice with flax or MCT oil	With food
8:15 P.M.	• Supplements: Flushing niacin, protease enzymes, lipozyme enzymes, wobenzyme, magnesium, selenium, probiotic	Empty stomach
9:30 P.M.	• Enema: coffee, chamomile or cleansing herbal oils • Exfoliate skin from head to toe • Apply organic coconut oil to skin from head to toe	
10:00 P.M.	• Far-Infrared sauna for 30 minutes • Bamboo stick stimulation of organs and meridians • Meditation or healing audio • Sometimes a ketogenic snack	
10:30 P.M.	• Go to bed with castor oil pack / hot water bottle on liver. Uplifting reading material. • Tennant voltage machine with transducer on tumor sites throughout night • Sleep blindfolded with ear plugs	

THE DECISION TO LIVE: ACKNOWLEDGEMENTS

I am deeply grateful to my husband and life partner, Scott, who has poured energy, effort, hope and intention into my healing. I wake up every day to his uplifting text message of the day. He has believed when I doubted, and been the wind in my sails. He is the driving force behind all the systems and resources that support me, and I could not have done this without his constant supply of care for our children and me. It is due to his wisdom, finesse and effectiveness that he carries this off while also serving and attending to his professional responsibilities.

Our children have been a total blessing. They have shared their own journey with us in ways that have brought us closer together, they have held a vision for me, and held me accountable for good choices in my weaker moments. They have patiently made accommodations for me when physical limitations derailed plans, and they have been troupers when I lived away in Europe for months during treatment. They have stepped up to the plate as circumstances required and continue to follow their dreams and live their best lives in the face of challenging circumstances. They are one of my most powerful sources of meaning and motivation to keep going. We are also grateful to the organizations and people who support and care for them.

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