

# Cancer - an Introduction

For most people, the word cancer strikes fear in the heart. And it makes sense that it would. Chemo, surgery, radiation, drugs, hair loss, sickness, new cancers, pain and death. What experiences have most people had with cancer? Friends, family and other loved ones who have had cancer, underwent conventional protocols, were sick and miserable and, in most cases, ended up dying anyway. Doctors make it all sound so terrifying. Most are told their cancer is aggressive and they don't have any time to delay, that 'treatment' must be started at once, even before they've had the chance to learn about their different options.

Faced with that scenario and those possibilities, damn right you're scared. The future seems so frightening and uncertain. It doesn't have to be that way ...



What's the first image you conjure up in your mind when you hear the term "breast cancer"? A sad looking woman, her bald head covered up with a bandanna in a vain attempt to try and look normal and those eyes ... eyes that practically haunt you with their despair, accented with dark rings underneath. Often she's sitting in a chair, next to others also sitting in their chairs, each hooked up to an IV bag. The IV bag is plugged into a 'port' which has been installed in their chest wall, just below the collar bone, in an effort to provide some protection from the highly caustic chemicals which are being dumped into their veins. Some of them put on brave smiles, and try to pretend this poison running into their veins is okay. Some talk, some read, others sit stoically with silent tears running down their cheeks. All sit there, hoping they'll survive.

Next, you might think of all those statistics we hear. Five years. You are told that if you do everything you are told to do, they might be able to promise another five years of life. In oncology, living five years is considered a success. Many doctors even go so far as to say if you are alive five years after treatment that you have been "cured". I don't know about you, but I can't help but wonder ... "How can a five year survival rate be considered a cure, a success?" To me, living only another five years is a failure as I plan on living much longer than that!

Then, with access to the internet, we bravely start doing our research and begin to learn even more of the details of the misery people go through with those conventional 'treatments'. Nausea, hair loss, heart problems, secondary cancers, infertility, burns, fatigue, reduced lung capacity, kidney problems and more are all very real side-effects and many of them are permanent. We know that's not living. That's definitely not how we want to live our lives. But, what else is there for us to do?

We then schedule our appointment with an oncologist, hoping beyond hope that they'll give us

some encouragement. Instead of giving us hope and encouragement, more often than not it seems like they do their best to scare us. They make it all sound so urgent. Some go so far as to put an expiration date on your life. The two oncologists I saw each told me I'd be dead within the year if I did not immediately follow their protocols of chemo, surgery, radiation and pharmaceuticals. (That was back in 2016.)



First, in many ways, cancer is a disease much like any other. Think about bacteria, for example. You can have this itsy, bitsy, bacteria enter your bloodstream. Whether it's through an open sore, inhaled from someone's cough, something you touched, it doesn't matter. The bacteria gets access to your body, finds an environment it likes, multiplies and starts to cause symptoms, alerting you to its presence.

Not too long ago, even an illness caused by simple bacteria could be deadly serious and their methods for "treating" you often had serious consequences as well. Doctors would be summoned. Immediately an order issued for you to be restricted to bed, the bedroom windows and curtains closed tight. Next, your doctors would prescribe the use of a half dozen leeches to help bleed out the evil spirits and, if they didn't do the job fast enough, your doctor might actually slice open your arm or leg to promote faster draining of the evils inhabiting the blood in your body.

Once upon a time, those bacteria, combined with the doctors' care, probably were your death sentence. If you were very lucky, however, you recovered ... not because the doctors did anything which really helped, but because your immune system was strong enough to fight the bacteria and to fight off the attempts by your doctors at practicing the medicine of the day. Just like there are a lucky few who manage to survive the oncology practices of today.

It may be difficult to imagine but according to Arizona Leech Therapy "... by the mid 1800's the demand for leeches was so high that the French imported about forty million leeches a year for medical purposes, and in the next decade, England imported six million leeches a year from France alone, since the leech production from their own farm near Oxford were insufficient."



Now, fast forward just a couple centuries. Modern day medicine has not really come that far. True, we no longer believe that drilling a hole in someone's skull is the best way to relieve them of their migraine headaches ... we no longer believe that to be cutting edge medicine (pun intended) ... but our modern day practices are still nearly as barbaric as they were back then.

I will admit, cancer cells do have one thing up on bacteria. They don't need to find a way into our bodies. They are already there. They start out as normal cells. Something, perhaps too much stress,

an injury, poor diet, toxins, sometimes genetics, who knows what, turns off the cell's normal signals. They mutate and forget how to die. Some theorize that it's actually our primordial memories that trigger normal cells to go into cancer mode as a survival mechanism.

After a while, these mutated cells multiply and eventually cause symptoms, alerting you to their presence ... just like the bacteria. Unlike the bacteria, however, which multiplies so quickly that it is usually only a matter of days before your body is telling you there's something wrong, the cancer cells take their time. Quite often they take so long to develop that most cancers have been growing for many years without the person ever knowing about it.

Five to eight years is not an unusual estimate to hear of how long the cancer cells have been multiplying before getting large enough to finally be detected.

That is why it is so incredibly absurd that doctors, once learning you have cancer, will rush you into making decisions about your future treatment as if it is an incredibly urgent, life or death situation, that must be attacked RIGHT NOW! Excuse my language but, in the vast majority of situations, that is pure and simple bull! How can doctors say that something which took years to grow to the size of a pea or grape will kill you in just a couple months if you do not, immediately, agree to their treatments?

"In primary cancer, with only a few exceptions, the tumor is neither health-endangering nor life-threatening. ... What is health-endangering and life-threatening is the spread of that disease through the rest of the body.

[https://www.cancertutor.com/shrinktumors/?utm\\_source=sumome&utm\\_medium=facebook&utm\\_campaign=sumome\\_share](https://www.cancertutor.com/shrinktumors/?utm_source=sumome&utm_medium=facebook&utm_campaign=sumome_share)



I used to wonder about the high pressure sales tactics many oncologists use. Did they really feel the situation was that urgent or were they afraid a person would change your mind and refuse their “treatments” if they weren’t rushed into things fast enough? It’s almost as though they don’t want anyone to have time to think. When talking with oncologists, I felt as though I was dealing with a used car salesman who was desperate to make the sale. The look of disappointment on their faces when I left their office, without having agreed to buy into what they were offering, was about the same too. I have since learned that, in most cases, it is because the person has recently undergone a biopsy and, like any other surgical procedure, biopsies cause the immune system to send growth hormones to heal the injured area. It ends up cancer cells thrive on those same growth hormones and they have a near immediate growth spurt. Doctors are aware of this growth spurt and know they need to stop the series of events they have now put into motion. For more information on that, please read my document on [Biopsies](#).

With that said, however, I must give some doctors the benefit of the doubt.

Doctors know what they have learned in school. They believe what they are taught and, most, really don’t know any better. While a few colleges are starting to introduce curriculum which teaches about natural healing, for the most part medical students are simply taught the current “standard of care”. Chemo, surgery, radiation and drugs are considered to be the current “standard of care” in today’s medicine, just like dark stuffy rooms and blood-sucking leeches used to be the “standard of care” not too long ago. I know most people think about the use of leeches as being something from the dark ages, but it was only as recently as the 20th century, with the advent of antibiotics, that leeches fell out of favor. Yes, remember that ... the first antibiotics were not prescribed until the late 1930’s.



Until that time, leeches were considered to be the medical “standard of care”. That’s less than a hundred years ago!

Those doctors believed that what they were doing for their patients was the correct treatment. It didn’t matter that most of their patients died. It was the very few who lived which allowed them to proudly blast their trumpets, declaring their ‘treatments’ as being effective ‘cures’. That same standard is being used today. It doesn’t matter how many patients die, it is the few that survive, sometimes in spite of the treatments, which allow the medical profession to proclaim success.

“Success” is often declared with the manipulation of data. Let’s assume most cancer patients receiving a certain treatment died after six years. So, what does the medical profession do? They set the standard time frame for “success” at five years! Wow, look at how successful they are! NOT.

Another quote from the above link at [Cancertutor.com](#) sums it up very well:

“When a patient is found to have a tumor, the only thing the doctor discusses with that patient is what he intends to do about the tumor. If a patient with a tumor is receiving radiation or chemotherapy, the only question that is asked is “How is the tumor doing?” No one ever asks how the patient is doing.

In my medical training, I remember well seeing patients who were getting radiation and/or chemotherapy. The tumor would get smaller and smaller, but the patient would be getting sicker and sicker. At autopsy we would hear, "Isn't that marvelous! The tumor is gone!" Yes, it was, but so was the patient. How many millions of times are we going to have to repeat these scenarios before we realize we are treating the wrong thing?"



Even before finding my tumor in November 2015, I had already decided that chemo and radiation were not for me. I since learned that both chemo and radiation actually cause secondary cancers. Why "treat" cancer with something that causes cancer? It makes no sense! When I first learned the tumor was cancerous, I had the typical reaction ... I just wanted this thing out of me! It was after my breast surgeon said that even a "breast sparing" lumpectomy would require the removal of my areola and nipple, in addition to removing several sentinel lymph nodes

s (just because) that I decided to give 100% natural a try. I'm so glad I refused as I've since learned that surgery does not get rid of the cancer. Cancer is a systemic disease, which means that we all have cancer cells circulating in our bodies. So, surgery, even surgery as aggressive as a mastectomy, does not work. That's why many women who have had mastectomies end up with recurrence in the scar tissue of the non-existent breast. Further studies have even shown that surgery can actually make the remaining cancer cells more aggressive and that many people actually live longer without surgery. For more information on that, please read my document on [Surgery](#).

I am also glad that I still have my tumor as it has become my gauge or monitor on how I am doing. At first, before I knew how to heal my body, the tumor kept growing. That let me know that I was not yet doing enough to stop it. Once I tweaked my protocols and it stopped growing, it let me know that I was on the right track. When I have slipped up and done things I shouldn't, it started to grow again. Currently it is shrinking and starting to die and I know I have my protocols where they need to be. I would not have any of that information if I had gone ahead with surgery.

Having this diagnosis has spurred me to make many positive changes in my life. I now accept my cancer diagnosis as a gift, a blessing. It was my wake-up call that I was not treating my body as I should, my second chance to get it right.

Please, when the voices of doubt creep in about healing yourself naturally ... and they will ... research and then research some more. There are so many testimonials out there by those who have healed their cancers using natural protocols. There are many [documents](#) on this website to help teach and guide you and yes, there is the support of this group available through our [Coaching](#).

The knowledge you gain, along with listening to your gut instinct, will be the reassurance you need that healing breast cancer naturally is indeed possible and that you have chosen the right path. To help you with the diet and lifestyle changes please read the steps outlined in my [HEAL](#) program. It provides an easy to follow guideline on the steps proven to help heal cancers naturally.

So, please, take a deep breath. You have time to do your research and learn what protocols make the most sense for you and your body. Please don't let anyone pressure you into doing something that doesn't feel right. It's your body, your choice. I learned that, for me, healing with natural protocols was the right decision. Please learn to accept your diagnosis as the gift it is, as the wake-up call you needed to really start taking care of yourself and know that, with diet and lifestyle changes, you can help your body heal, naturally.

