

# Cancer Report

From: [YourSuccessLinks.com](http://YourSuccessLinks.com) - Natural Health Remedies For Your Body and Mind

This report is about cancer. Remember, I am not giving medical advice. You should consult with your doctor. My private feelings are that if the doctor is not amenable to anything but \*traditional treatment\* you do some looking around. Ask for references from ortho molecular doctors.

The decisions about one's health, especially with cancer, should be that person and that person alone. To illustrate this I will let you into my personal world of cancer.

My husband, Warren, had two aunts, a brother and a sister all die of cancer. All used traditional forms of treatment.

Because of this Warren would go to Henry Ford Hospital in Detroit, Michigan once a year for a complete cancer check-up on him. This hospital is renowned for its so-called Cancer department.

In Oct. 1992 he did this and had a clean bill of health. He hadn't been feeling his old self but we laid it to some teeth problems and he had the dentist fix this.

In Jan. 1993 he went to a hospital in Crystal River, FL complaining of severe stomach pains. They said it was just his ulcer and sent him home. We went to Key West, FL. to visit our only granddaughter Holly. Warren simply did not feel well enough to leave our motor home to play with her. We left in 3 days to go to Naples where there was a big hospital.

They checked him in... Took numerous tests... said it was something in his throat and asked to do further testing.

When this was done we returned to the doctor's office to get the results...

I will remember this to the day I die...

The doctor jauntily walked in and said, "Well, I guess you know it's the worse news." We looked at each other, he continued... you have stomach cancer and have less than 6 months to live...

Just like that... Then he went on... The cancer is 8 inches long in your stomach and if we operate you will have 12 months... we don't you have 6 months. And he stopped.

Now here is the part I feel is most important. No One should make a decision except the cancer patient. My personal feelings are and will always be... I will not go the traditional route. I will use alternative ways. I have seen too much loss of quality life destroyed by chemo, etc. And too many positive results from nutritional means. BUT THIS IS MY DECISION... Warren has always known my feelings. We had different opinions.

After more consultations, Warren decided to go traditional.

To make it short... They took out the tumor... gave him \$12,000 worth of drugs in ten days and sent him home.

His oncologist told me privately in the hospital hallway... The cause of his cancer was all the Tagamet, Zanax and Maalox he took over a 30 years period. She said they cause cancers. When I asked if she would put this in writing... she said of course not!!!! (I don't really blame her; she could lose her hospital privileges if she went public.)

In the next 5 months... he had 3 strokes... lost his sight... and died Aug. 1993. He was depressed, could not eat. Could barely swallow due to something the doctor's said occurred in the hospital but would not elaborate on.

One day in June, because he could not swallow anything by now... they put a tube in his stomach so I could give him a special liquid food. Cost us over \$1200.00 dollars a month.

On the third day there I walked in to find them trying to get him into a wheelchair to take some tests. I asked the nurse if these tests would help him... she said no, they were for information only.

I got him dressed and out of there... against a barrage of protest.

Went to his oncologist to check his pain medication. HE TOLD WARREN THAT HE COULD NOT GIVE HIM ANYMORE BECAUSE HE MIGHT BECOME ADDICTED.....

I thought Warren was going to hit the man from his wheel chair... We found another doctor who said... "There is no reason for any cancer patient to have pain. We have the ability to keep them pain free."

And he did. I kept him in our motor home (We had been full time RVer's for over 6 years and loved it) at our daughter Sue's house and between us we cared for him. I was able to give him his medication when needed. I bless this doctor every night for his compassion.

He died with me beside him as he had wished.

My point is... his quality of life was gone... with alternative methods he might or might not have survived... but the quality of his life would have been free of all the results of what they put him through... and he did not get the year they said he would get by having the operation.

Now... here is a short version of what I would do... and many have done... One of my friends... Louise was told to have a radical breast surgery for cancer. When she told her doctor no... He became verbally abusive... She proceeded to live by juicing her foods. She would drink up to 2 qtrs. a day of green vegetable juices... and fruit juices that she would make herself. Within two months the lumps were gone.

However... every time she would add cooked foods to her diet she would get lumps. When only drinking the juices and eating salads... raw fruits they would disappear. She is alive and well after 22 years.

My other friend had lung cancer. They said it was terminal and all through her chest. I brought her my Champion juicer and three times a week I brought her fresh produce. She did the same as Louise. She returned to the hospital for a checkup... when they say the x-rays they said there must be a mistake and took another set... No cancer anywhere.

They could not believe it.

This story has a sad ending. After about 6 months of great health and no cancer and following the fresh fruits and vegetables and juicing, Aldene's family... who had not been supportive... nagged and ridiculed her into adding her old diet foods... fried foods...cooked foods... lots of pop... Within 2 months the cancer was back. Aldene told me it was just too hard to fight her large family who believed only in traditional ways... She went back to her old diet of cooked foods, lots of greasy meats, coffee, and pop.

She died 4 months later. The cancer came back and killed her. Rather, her family and her inability to fight killed her.

The decision has to be made by the patient... Why? Because it is their life... nothing is 100% neither traditional nor alternative... and the patient has to live or die with that decision.

It broke my heart to lose Warren. We had 33 years and I treasure them... In this report you will see some alternatives. Some people combine traditional and alternative ways... do your research and look into your heart.

To you, I send my best wishes on your new journey.

The Health Jackpot Cut Cancer Risks

Cut your cancer risk as much as 90% starting today.

The evidence is here. Whether you get cancer or not is largely in "YOUR" control.

Even if your genes predispose you to the disease, how you live your life has more influence on your odds of cancer striking than your DNA.

2/3rds of deaths from cancer each year are the result of smoking and poor diet... according to The American Cancer Society.

Excess sun exposure, environmental pollutants and a sedentary lifestyle also contribute significantly.

Are you doing what it takes to beat Cancer?

Answer these 10 crucial questions. The answers you give can save your life.

1. Have you quit smoking?

Benefits... stop smoking by age 30 and you slash your risk for lung cancer by 90%

Quit at 50, and your risk drops to 77%.

2. Are you pro veggie?

Closes to 200 studies confirm that fruits and vegetables are powerful protectors.

They produce a star-studded list of antioxidants -I like vitamin C, carotenoids and flavonoids - and folic acids.

These compounds can repair the cell damage that can lead to cancer and may aid the immune system in destroying “early” cancer cells...

Nearly every fruit and vegetable has its own cancer-zapping ingredients, so shoot for variety.

Fill your grocery cart with colors.

The benefits... If you only make one change to eating 5 servings of fruits and vegetables a day, you would lower your odds of getting cancer by 20%.

3. Is your diet packed with Power Foods?

Eat these foods and be rewarded with Fantastic Health...

They protect against cancer.

Cruciferous vegetables... like broccoli & cabbage.

Journal of Nutrition, from the National Cancer Institute found these hotshot foods help the body eliminate carcinogens before they have the chance to cause damage to your cells.

Green tea. A few cups a day is the cheapest and easiest ways to prevent cancer... says Mitchell Gaynor, M.D., medical director of the Cornell Center for Complementary and Integrative Medicine of New York City.

Green tea contains polyphenols, antioxidants that may be even more potent than Vitamin C.

Red and orange foods.

Garlic... Garlic lovers are armed against stomach and colon; cancer, according to researchers at the University of North Carolina, Chapel Hill.

4. Do you shun the sun?

The glow you get after a day at the beach is really your body’s way of saying it’s sick.

A tan may look good, but spending too much time in the sun is responsible for 90% of basal-and squamous-cell carcinomas... Two major types of skin cancer.

Avoid the sun between 10 a.m. and 2 p.m.

5. Are you “fat” savvy?

Pigging out on hamburgers and juicy red meats might double your chances for colon cancers.

But if most of the fat you eat is mono unsaturated... found in olive oil, avocados, and nuts... you could be fighting the disease.

Olive oil, according to Oxford University in England, said olive oil... cold pressed, virgin olive oil, contains cell-protecting compounds called polyphenols...

Be sure to eat only unprocessed nuts. Not salted. The best place to buy nuts is a health food store that stores them in a refrigerator.  
Almonds are among the best.

They also found the omega-3 fatty acids in fish (especially salmon and mackerel) might protect against cancers of the digestive tracts.

6. Do you take the right supplements?

[Learn More About Supplements Here](#)

7. Are you thin and fit?

Being overweight can double your risk of breast and colon cancer.

Get 4 hours of aerobic activity a week and reduce your risk of breast cancer by 30%.

This will also lower your odds for colon cancer by 40%.

8. Are you environmentally correct?

Overall, pesticides and other chemicals are a very small piece of the cancer-risk pie.

Secondhand smokes, and high levels of radon, are the biggest cancer threats in the home. According to Lynn Goldman, M.D. who teaches at Johns Hopkins School of Public Health in Baltimore.

Don't use chemical bug killers in the home or garden, unless you are absolutely must, and have the radon levels tested.

9. Have you been screened for cancer?

Be careful here. Check it out carefully.

(Personal note) I am still looking for more proof that a mammography is dangerous.

What I know "now" says... There is more chance of cancer for those who have these tests than those who don't. Something about the pressure used. I'll write more when I get more.

(Personal Note) My husband, Warren, who died of stomach cancer, had a family history of cancer. Two aunts, one sister and one brother died of cancer.

So he had regular yearly cancer checkups at the Henry Ford Hospital in Detroit, Mi.

His last one was in November, 1992. Then in January, 1993 he felt funny and got another cancer checkup in Crystal River, FL. Each time being told he had no signs of cancer.

Feb. 1993 he really felt ill and checked into the best (?) hospital in Naples, FL., Where he was told he had an 8 inch stomach cancer. Did this grow in weeks?

They said operate and live 1 year or don't operate and die in 6 months. Those were the exact words.

They operated... his hospital records showed over \$12,000 in drugs given in the 10 days in the hospital. In the next 5 months, he had three strokes, and wed.

Six months and 16 days from the diagnosis, he died. In our motor home, with myself and our daughter Sue.

He was at peace with himself and his God.

Sue and I took total care of him. Although Hospice was given credit for his care, they only came once a week to take his blood pressures.

I give thanks to his last oncologist...He let me give Warren all the morphine he needed to stay pain free.

The oncologist before that told Warren that he could not give him anymore because he might become addicted!!!

I thought Warren was going to hit him. He is being told he will be dead in 2 months and the doctor is afraid of him becoming addicted. We quit him fast.

As I have said before, the oncologist who diagnosed him, said, and I quote... (the Maalox and all the ulcer medication on the market... that he had taken for 30 years caused his cancer.)

My point? He got checkups. He did what the doctors said to do.

He would not listen to the health experts... Cabbage juice gets rid of ulcers.

He ate his big hamburger and quart of milk a day and his bag of his favorite cookies every day... and little else. Very seldom ate fruits or raw vegetable. I had to cook his vegetable till they were soggy.

I tried to tell him different. But what husband listens to their wife?

He was 73 and I miss him every day since he died.

Please, you are the only one who puts anything in your mouth. You are responsible for your health.

Give your cells what they need to make your immune system work as God intended it to work.

10. Take charge of your life.

Take responsibility for it. Doctor's would like to cure everybody. But, really they need your active help.

Best of Health,

Margie "The Arthritis Lady"

This article is only for information and does not take the place of medical advice. It mainly gives you a starting place to explore what is best for you. I agree with everything in these articles, but it is up to you to make your own decisions.