Breakdown of Steps Taken

Contents

[Introduction 2](#_Toc62551587)

[1) Take Control of Your Health and Treatment 3](#_Toc62551588)

[2) Be Grateful 5](#_Toc62551589)

[3) Nutrients (Radically changing your diet) 6](#_Toc62551590)

[4) Rick Simpson Oil (RSO) 8](#_Toc62551591)

[5) Reiki/Meditation 11](#_Toc62551592)

[6) Intermittent Fasting (IF) 13](#_Toc62551593)

[7) Keto 14](#_Toc62551594)

[8) Coffee Enemas 15](#_Toc62551595)

[9) Exercise 15](#_Toc62551596)

[10) Deal with your Suppressed Emotions and Past 16](#_Toc62551597)

[11) Increase Positive Emotions 18](#_Toc62551598)

[12) Heat Lamps/ Hyperthermia Treatments 19](#_Toc62551599)

[13) Hot Baths – with Baking Soda scrubbing 20](#_Toc62551600)

[14) Melatonin 20](#_Toc62551601)

[15) Juicing 20](#_Toc62551602)

[16) Cancer Stem Cell killers 21](#_Toc62551603)

[17) Find your Community of People 22](#_Toc62551604)

[18) Have a strong desire to live and figure out what you want to live for. 23](#_Toc62551605)

[19) Make decisions out of love, not fear. 23](#_Toc62551606)

[20) Do the best you can, and when you know better, do better. 24](#_Toc62551607)

[21) Things I intended to try, but healed before I did 24](#_Toc62551608)

[Conclusion 25](#_Toc62551609)

# Introduction

A lot of people have asked me what steps I have taken to heal the cancer that was inside of me, while minimizing the effects of the mainstream cancer drugs. I have tried many different things; some worked well for me, others did not. What worked for me may not work for you, and vice versa. Each person has to go out and explore their own healing, with an open heart, an honest and inquisitive mind, and a flicker of hope.

The day after I was diagnosed terminal, an old friend, named Jeff reached out to me. He had been diagnosed with terminal cancer many years before. He had an aggressive form of leukemia, that had no good mainstream treatment options. For Jeff, that was fine, as he was wary of mainstream medical and “big pharma”. He was already familiar with energy healing, essential oils, medicinal cannabis and the importance of nutrients. He was blunt and to the point. He told me not to believe my oncologist and I most certainly would not die if I decided I was not going to. He was the first to tell me there was hope. I am thankful it came from him, because he knew what it was like to walk in my shoes – to be told to go home and get your affairs in order, to be given no hope.

So, let me do the same for you. There is hope. Honest. Read that again – there is hope. Believing that you can be healed, that there is hope, is essential for recovery. All too often people worry about false hope – don’t worry about that. As I explained to my oncologist, when she raised the concern – even if she was right, and I died right when she thought or predicted I would – isn’t it better that I lived my time with hope, rather than despair? That is the choice all of us have to make: are you are going to live with hope or fear?

You cannot heal if you are living in fear, without hope. (There is a lot of scientific interest in this topic, and the field is growing. I am not well-versed enough to explain it all, but I suggest the books “The Biology of Belief” and “Cured” – they explain it well.)

Keep this term in mind: “spontaneous remission” (aka spontaneous healing). There is not a cancer on this earth that has not had documented incidents of spontaneous remission.

Below are some of the steps I took, or things I tried. I provide them not as an exhaustive list or a “how to” list; rather, I give them to you as jumping off points – breadcrumbs to follow in your own investigation.

# Take Control of Your Health and Treatment

Often there is tension between mainstream medical and alternative or adjunct therapies. I have experienced the disdain that my oncologist had for such things. I believe I am probably much more aware of their prejudice in this regard than they are. Don’t get bogged down in that tension – that is not for you to fix and it has nothing to do with you. Ignore it, and keep moving on your path, where you feel guided to go.

I am not advocating for you to walk away or to follow the mainstream. You alone need to make that decision. I do both. I do all of the mainstream, which includes continuous rounds of Ibrance (an immuno therapy drug) as well as full treatments of stereotactic radiation. I also take a regular stomach injection to keep me in menopause.

BUT, as you will see, I do many, many things beyond those drugs. I think those drugs absolutely have value, hence why I continue to use them, but I also believe all the other interventions and steps I take, empowered my body to make the most of those medications, while minimizing the side effects and super-charging my own immune system.

One of things I realized during this journey was that there is still so much that we do not understand about the human body. Do not blindly follow what anyone says, including me. You need to start building your knowledge, and more importantly, start listening to what your body is telling you.

For years, I had terrible migraines. I just accepted that was the cost of my high-stress life. I medicated over them the best I could. I switched chairs. I got an IUD in to stabilize my estrogen levels. I never actually did the self-reflection to think about what my body was actually telling me. That was my early warning sign that I not only ignored, but I put stuff in my body that only made it all worse – like a ridiculous amount of naproxen.

Now, I listen to my body. When I get a migraine, I stop and consider what I was doing, to determine what is going on. I ask my body what it needs to be well, and then I listen. I had a terrible migraine a few weeks ago. It hit me like a truck. I laid on the floor, vomiting and so sick, any light or noise would bring new waves of pain and nausea. I did Reiki on myself; I reflected. It took me about three days to really recover. I spent a lot of those days thinking and meditating on it. I realized that I was falling into old habits, working too long, and putting my legal work before my health.

That migraine also made me realize how much legal work still means to me. I had been seeing it as a burden, something that took me away from what I really love (Reiki!) But, when I was first processing the migraine, I thought maybe my body was telling me I needed to leave legal work behind – and that made me cry. I realized I still love being a lawyer and doing that legal work. It crystalized it for me, and now I am grateful and excited to work. BUT my body was still trying to tell me something. So, I flipped my day and priorities. Now, when I get to work, I exercise and then meditate. Only once I have done those two things, do I let myself move on to legal work. I come first. Old Amanda never ever put herself first. New Amanda does, not always, but typically. I cannot give from an empty glass.

Your body just wants you to live your best life. It is not failing you, even though it may feel like it right now. It is trying to save you – from the life you are living, from the pain you feel, and from yourself.

As I sit here today, I am thankful for the terminal diagnosis I received last April. I say that knowing it could flair up again, or that it could even return more aggressive. I say that knowing it could still ultimately kill me. The life I have built since my diagnosis, makes the hardship worth it for me. I am grateful for the opportunities and challenges the terminal diagnosis has given me.

# Be Grateful

I know – it sounds ridiculous. But it is really important. When you actively practice gratitude, it sends the signal to your body that everything is okay, and there is no reason to fear. Your body then directs more energy to your immune system, which allows you to both handle treatments better, and activate your body’s own healing abilities.

If you see this cancer diagnosis as a great challenge, a great opportunity, to learn, grow, heal and build the life you always wanted – your body will process the stress in a different, and less harmful way, than if you just wallow in fear, pity and depression. The stress from feeling hopeless, is much more damaging to your body, than stress from something you perceive as a challenge. Your perception matters. (This is discussed in-depth in the book “Cured”.)

There are A LOT of silver linings to a cancer diagnosis, especially a terminal one. (I know this may sound ridiculous – but in time, you will know what I mean.) It is incredibly liberating – I jokingly call it the “cancer card.”

I used the “cancer card” to break so many dysfunctional relationships and habits. Having cancer allows societal acceptance of you putting yourself first. (You shouldn’t need cancer to put yourself first, but that is often the case.) Without cancer, I do not think I would have been able to break free from those patterns. I shudder to think what my life in the years ahead would have been like without the cancer.

I now consider cancer as the crutch I needed to break a lot of toxic behaviours that prevented me from being my true authentic self. I remember coming to a point in my meditation, when I thanked the cancer for all of the teachings and blessing it had brought me, and for being the crutch I so desperately needed, but that I no longer needed that crutch, and so I asked the cancer to leave me, as it had fulfilled its purpose. I listened to that same meditation, that I had written and recorded for myself, over and over for weeks. And then one day, I just knew I could move on to another meditation. I believe that meditation was helpful in my journey, and in helping to guide my body to heal. I continue to write such meditations for myself, and for my family and friends.

# Nutrients (Radically changing your diet)

What you put into your body either feeds the cancer or it boosts your body’s natural healing ability. In the first days I thought about it as two sides of a war – and I could send supplies to either the cancer side or my body’s side.

Sugar and carbohydrates are cancer’s preferred fuel. It is what cancer requires to grow and spread. Cancer struggles to break down most other forms of fuel. Sugar is easy and quick to break down, versus other sources energy like fat and protein.

I still have a lot to learn in this regard, and I am working through it. My suggestion is to go see a Naturopath. Ask around for referrals, as not all are created equal. They should be able to help you build a plan for getting your body the nutrients it needs to heal, with different diets. I went to see a naturopath at Fredericton Naturopathic Clinic. He was great, and I plan on continuing to periodically check in with him.

I take a shocking number of supplements – most I stumbled upon myself while reading. Periodically, I take all the supplements I am taking to the naturopath, who helps me with dosage, and sometimes he explains why I don’t need certain supplements. I strongly recommend you do the same, but realize not everyone has the financial ability to do so.

I am currently taking the following:

1. Turmeric (4x 500mg)
2. Garlic (2 x 1000mg)
3. Ginger (2 x 550 mg)
4. D3 + K2 (5 x 1000 mg)
5. Milk Thistle
6. Hemp Oil (2 x 1000mg)
7. Vitamin C
8. Coenzyme Q10
9. Apple Cider Gummies
10. Kava kava (2 x 250 mg)
11. Lion’s Mane Mushroom (2 x 500 mg)
12. CBD capsules
13. Flax Seed Oil (when I have not eaten actual flax seed.)
14. Bioflavia (grape skin powder) (2 x500mg)

Before you start taking any of these, talk to your pharmacist to see if they could interact with the medications you are on. My pharmacist has been great at talking me through a lot of this. (I use the Medicine Shoppe in Hanwell. All the pharmacists there are really knowledgeable.)

I also strongly recommend building up the pre-biotics in your stomach. Antibiotics wipe out all the good stomach bacteria, along with the bad. Researchers are still trying to figure out all of the ramifications from that. You can get good bacteria in sauerkraut, kimchi, and kombucha. I also take a pro-biotic supplement, in gummy form, because I know I am still lacking in this area.

A diet high in vegetables and fruits, especially blueberries, and low in meat is recommended, based upon the current research. Also, no processed food, or as little as possible. I was a fast-food junkie – so I know how hard it is. And, I am not perfect at all, especially when I am busy with work. What has worked for me is focusing on getting lots of nutrients in, even when I am not eating as well as I would like. For instance, I buy “Super Greens” – it is juiced antioxidants. I buy it at Costco, in the pharmacy section of the store. So, when I don’t have time to juice, or to eat well, I still drink that and get lots of nutrients into my body.

# Rick Simpson Oil (RSO)

There are lots of videos on YouTube about Rick Simpson Oil – and there is a book written by Rick Simpson called “Rick Simpson Oil: Nature’s Answer for Cancer.” It provides a good starting understanding of how marihuana can dramatically help your body heal from cancer (and lots of other conditions, like depression, anxiety, menopause symptoms, etc.)

I won’t go into the details on how to make RSO – again, lots of videos on how you can make it online. It is always advisable to make your own, so you can be sure of the quality, and of what is going in it. IF you cannot make it, there are places it can be found online, and some Pot Shops in First Nation Communities have it. I have not found any licensed producer that make it but I continue to look and hope in time that I will be able to.

It is VERY strong. Even people who are heavy marihuana users through smoking or vaping will be hit very hard by the high THc found in RSO initially.

I don’t like being high. The only time I would feel a sense of doom was when I was high. Others like being high. When first starting RSO, I tried to take it orally – I took starter dose equal to the size of a half of a grain of rice. I was high for eight hours. I could not speak. I could not sleep. That is not unusual, and to be expected. In time, people to get used to it, and the high lessens. In time, many people are fully functional on the oral dose. The goal is to put 60 grams of RSO into your body in 60 days. That is considered a full cycle. I have lost count how many cycles I have done.

I should note – that lots of people very quickly adjust to taking an oral dose. I also learnt, after my attempt to take it orally, that CBD oil can help “cut” the high, as can high Vitamin “C.” Had I have known that, I could have perhaps managed to take it orally.

I realized that taking it orally does not work well for me. Thankfully, I stumbled across the fact that you can take it through suppository. I was so relieved when I discovered this option. There is not a lot of information on how to make the suppositories, and I have largely muddled through it, using trial and error. If you want to make RSO suppositories, please let me know, and I will either walk you through it over the phone or if there is enough call for it, I will make a video to help you with it.

Besides not getting high – (which allows you to jump into a full gram a day dose immediately), some research suggests that the cannabinoid uptake is dramatically higher when a patient takes it through suppositories, versus taking it orally. That is because both the stomach and the liver break down a percentage of the cannabinoid as they move through them. Conversely, when the suppository is placed in the rectum, it quickly melts into your blood stream, with a much higher uptake of the cannabinoid. Once in the blood stream, the cannabinoids move through your body, healing what needs healed.

Suppositories can seem daunting in the beginning but become very routine after a while. I do three suppositories per day – with each suppository having about 0.4 to 0.6 of a gram of RSO. I do one in the morning, one when I get home from work, and one just before bed. In the early days of my diagnosis, before I was working full time again – I did four – one every six hours or so, as that is typically how long they believe the body benefits from each dose.

My suppositories first were made of just RSO, lecithin (an extract from sunflowers) and organic coconut oil (Costco has a huge jug of it). Once I learned more about Cancer Stem Cells, I also added in turmeric and garlic oil. Be warned – the turmeric makes everything orange/yellowish – including your undies! It will also stain your fingers when working with it, so if that bothers you, wear gloves anytime you are working with it. I have only recently started adding to my suppositories – as a I learn more, I will share more.

Eventually, I also got into micro-dosing with RSO cream. I first bought it, and now make it. Essentially, the cannabinoid (the beneficial parts of the RSO) can be absorbed down through skin about four inches. So, if you know where your cancer is located, you can apply topically as well. I had three bone Mets – so several times a day I would apply the cream to those areas.

I also apply the RSO cream to my mastectomy scars. (My plastic surgeon was impressed by how little scarring I have, and how well it is healing.)

At bedtime, I also wash out my belly button with warm water, dry it, and then also put in a small dab of the RSO cream. Behind your belly button, there is whole network of blood veins available, left over from when you were in the womb, and all your nutrients came through there. That network is still there, and still ready to send the benefits of the RSO to all parts of your body.

The RSO cream I originally started using was made by a guy who goes by Papa Smurf. He had a type of blood cancer, did many rounds of chemo and radiation, until he was out of money, and his oncologist was out of hope. He was sent home to die. He found RSO, along with other changes, and was able to heal himself. He has been cancer free for almost four years.

His mother suffered from the same type of cancer, but was not comfortable with RSO, because of the high. He created the cream, so she could apply topically. Her cancer was very, very advanced before she was open to using it. So, while she did pass, in the last year of her life, she had very good pain management with the RSO, taken mostly through suppositories and through the cream.

The cream I make is good for all kinds of knots and pain, besides just being used on the cancer spots. I am currently seeing what it can do for my old pregnancy stretch marks! (I even used it on my old dog! Put the spring back in her step and gave us another good six months with her.)

Besides RSO, you can also take THc or CBD oil. You can buy it at the Cannabis NB store, or if you have a prescription, you can get higher quality oils through the cannabis medical dispensaries. (Here in NB, to get that prescription, you start by asking your doctor for a referral to Canada House, who then takes care of the prescription, dosing, etc. I found they had some knowledge, but they asked me more questions than I asked them – so keep that in mind.)

CBD oil usually has very little THc in it, so you do not get a high from it. CBD is great for bone health, so I take it orally as well.

I also take THc oil, orally, in a lower dose. I do not know if that is necessary, but I try to cover my bases.

As a preventative measure, I believe everyone should take some cannabis oil.

I should note – you do not want to overdo it with the RSO and other cannabis oils – you can take quite a bit, but more is not always better. There is a lot of leeway, but just because you can put say 10 grams of RSO in a suppository – don’t. It weakens the effect they have. I try to do between 1 and 3 grams a day.

# Reiki/Meditation

I found Reiki right around the time I found my first large tumour, thankfully.

I say that Reiki kept me sane and allowed me to process all the emotions in a healthy way. It helped me move from fear to freedom. Sounds corny, but it is true.

They expected the cancer to explode through me. My oncologist admitted she thought I would be gone within three months. When I asked if her if I should change my diet or exercise, she told me there was no point, and I should just do whatever made me happy. She had no hope for me, so she just wanted me to enjoy what time I had. (See, despite their best intentions, they are not always right.) Reiki helped me process my fear of death. And I did. I grieved and processed all the layers of loss. I got my head around not being around to raise my daughter, or to care for my mom as she gets older. I sat my husband down and told him that I wanted him to find love after me (or before I even died, if my diagnosis was too much for him.) I wrote letters to my kids, to be given after I died, where I gave them express permission to call a kind stepmother “mom.” (If I could not raise them and support them, I desperately wanted someone else to fill that role.) I grieved never being a grandmother. I started thinking about my funeral. I grieved it all. I processed it, and I moved past it.

I don’t think I am going to die anytime soon, but if I do, it is really okay. I am not scared, and to be honest I am now a little curious about it. Not fearing death is an amazing gift, that continues to give. For me, I don’t think I could have healed without processing that fear.

Reiki gave me a tool to manage my fear, also to bring to the surface suppressed emotions, and helped me find my path forward.

I cannot adequately express what it means for me, the light it has brought to my life, to my home. It changed everything for the better. Reiki alone was worth getting cancer for.

BUT that isn’t the only path forward. Find what fits for you. I talk more about this below.

Meditation, on its own, has a lot of health benefits. I have tried different apps, I like “Calm” and “Synctuition.” But there are lots of free guided mediations on YouTube and through Podcasts.

I should pause to say – I have ADHD – my mind always raced. Two years ago, if someone told me to meditate, I would have said it was impossible, that I could not quiet my mind. Now I love it and do it several times a day. Sometimes for a few minutes, sometimes for an hour. It is just about practice and being kind to yourself while you learn.

Reiki taught me to love myself, just as I was, and just as I am. This led me to being kinder to myself, especially when I fall short of the high expectations I set for myself. It helped me change my internal dialogue and tone. I realized I spoke to the whole world more kindly than I did to myself. Now, when I hear that critical little voice, I recognize it for what it is – fear. So, I take the time to unpack the fear, and then move on. ☺

# Intermittent Fasting (IF)

I love intermittent fasting. What IF is, is exactly as it sounds – you do not take in calories at all for intermittent points of time. Typically, some like to fast for 18 hours and have a six-hour eating window. So for example, you could eat from noon until 6:00pm. (You can drink water, tea, and black coffee during the fast, but I typically only drink water.)

When I first started, I would do 23 hours of fasting, and eat for one hour. As I took more and more supplements, I found that it was too much for a one-hour eating window. For a long time, I moved to a 20 to 4 – which was good. Now I go between 20:4 to 18:6.

I am on my Ibrance for 21 days, off for 7 days. I have to take Ibrance with food. So, on my week off it, I generally do a 48 hour fast. It is hard around hour 18 or so, but the second day is surprisingly easy.

There is lots of science behind IF. If you are on Facebook, I recommend following Dr. Eric Berg - <https://www.facebook.com/drericberg> He has great videos that breakdown and explains many things, including IF and Keto.

If you have Diabetes, you should also check out the book “The Diabetes Code”. Many people have been weaned off insulin, and completely manage or cure their diabetes with IF. (I believe the author of the book, Dr. Fung, has a clinic in Toronto, which is devoted to that.)

It is also great for weight loss. I lost about 35 lbs, without exercise – that I have effortlessly kept off for almost a year. Dr. Fung also wrote a book about obesity, called “The Obesity Code”. Being a healthy weight was especially important for me, as I had estrogen positive cancer, meaning the cancer fed off of estrogen. The more body fat you have, the more estrogen you make, the more the particular type of cancer I was diagnosed with– had to eat.

(Dr. Fung also wrote “The Cancer Code”. I am about halfway through it now. It is well written and explains where a lot of the cancer research has gone wrong, and really brings to light how much is still unknown.)

There is lots of information out there on how to do it, and the benefits of it – too many benefits for me to list out here. I use the app “Zero” to track my hours, and I like that app because it tells me what is going on at different stages of my fast.

Fasting seemed hard at first, but it becomes so second nature. You don’t have to start with a huge window, most people start with at 16-hour fast, and an 8-hour eating window, and move up from that.

I also found that the shorter my eating window was, the easier it was to stick to a healthy diet. Days I do a shorter fast – like a 12-hour one, are the days when my healthy eating also suffers. (Perfection isn’t the standard – just do your best.)

# Keto

Keto is when you keep sugars and carbohydrates to very low levels, and instead eat high levels of healthy fats and (to a lesser degree) proteins.

For most of our lives fat has had been the bogeyman, and the scapegoat for the obesity rates in our culture. Consider forgetting everything you were told about fat.

Again, I won’t get into the science of Keto. Lots of people do it better out there and have more knowledge that I do. I use an app called “Keto” – it helps track everything, and also provides lots of recipes, and one-on-one coaching to help you with questions.

I don’t do keto now – I did for the first three months of the terminal diagnosis. I think I needed it then, to help immediately starve the cancer, and to jump start my immune system. I stopped once I start my radiation treatment, as I found that having bread in my stomach really helped with the side effects.

If I have another “flair” up in the future – I will immediately go back to the Keto diet.

Dr. Eric Berg also has a lot of videos on Keto, and how to do “clean keto.”

# Coffee Enemas

I know… Coffee enemas sound crazy. Some cancer patients do several per day. The idea is the coffee pulls toxins from your system, putting your body in a better place to heal.

I try to do it once a week, but that doesn’t always happen. If you want to try it, you can get enemas kits lots of places. I got mine from Amazon. I won’t get into the details on how to do it, because again, lots of great videos out there already.

For me, I think it works well to clear out toxins and makes my body better able to absorb everything in my suppositories.

The first time I did it, it gave me a crazy head rush! So be warned, not everyone has them, and I only did the first time, but I nearly fell over! You get used to them, and I do notice I feel better after having completed it.

# Exercise

I am still sorting this one out. BUT it is clear that exercise makes a big difference, both as a way to deal with stress, but also as a way to boost your immune function.

Exercise has always been a struggle. I don’t mind exercise; it just always gets pushed to the bottom of my busy “to-do” list. Recently I decided to flip my day – so before I let myself work, I both exercise and meditate.

# Deal with your Suppressed Emotions and Past

I know this sounds hippy dippy, but it is important. There is a strong connection between emotional trauma, repressed emotions and poor health. I strongly recommend the book by Dr. Gabor Mate, “When the Body Says No: The Cost of Hidden Stress.”

I had so much stress in my life. It came at me from every angle. I suffered from Martyr Syndrome. For most of my adult life, I ran around assuring myself and everyone else, that I could do everything. I spent 15 plus years cushioning my loved ones from every natural consequence of their actions. This prevented their own personal growth and gave me cancer.

I had to learn that everyone is on their own path and their own journey. I don’t know what they are here to learn, and that’s okay. All I have to do is get the hell out of their way. Let them succeed, let them fail, let them learn their life’s lessons. This completely changed the relationship between me and my husband. I fell over myself for years trying to totally care for him. Every bad decision he made, I scrambled to lessen the blow back on him. More than just merely enabling him, I made it comfortable for him to be on the wrong path. I think the cancer diagnosis saved us both. Now, when he makes poor decisions, the natural consequences flow, and I stay out of it. He is on his path, and I am on mine. I don’t want others controlling my path, so I cannot try to control others.

You need to learn to follow your own intuition. You need to connect to the spiritual side. There is such a strong, and typically overlooked, connection between the body and your spirit. To get a quick idea of how this all works, I suggest watching the documentary “Heal”. It is currently available on Netflix.

For so many years I really thought that if everyone just followed my lead, we would all be better for it. I thought it came from a place of love, but I see now, it came from a place of fear. It was a terrible burden.

Breaking that cycle saved not just me, but also helped my loved ones on their path. I got out of their way. That has been so life changing. That aspect alone made my cancer diagnosis a blessing.

I also realize how hard I was on myself. So very hard. I realize that in many ways, I hated myself. No one would have guessed that. I had lots of friends, a successful career and business, all the hallmarks of success. I deeply loved all those around me, while often hating myself. I never felt good enough, never felt I was living up to my potential. I could logically see the good in me, but I was focused on my perceived shortcomings.

There are many paths to spiritual awakening and peace. For me, Reiki has been my path. I stumbled on Reiki just before I found my first tumour. I do not believe that was a coincidence, but that it was put in my path as a powerful tool, to help me get through the hard days.

If you are interested in Reiki, there is lots of material out there about it. One manner it is used is in guided mediations. I still meet with my Reiki lady over the phone once a week. During that time, we talk, and then she guides me through a meditation for the last 20 minutes or so. The meditations are recorded and can be played with the same benefits realized again, many times after the original session. Most health care plans will cover up to $600 of such treatments per year. (To book with my Reiki lady, check out her website, Hidden Brook Farm.)

Reiki became such a gift in my life that I took time to become formally trained, and in the fall of 2020, I achieved the Reiki Master level. I can now give session to others, and I am in the process of setting up my own small Reiki practice. I will focus on people going through separation, the court system, and people facing terminal diagnoses. (If you are interested in a session, just let me know.) I will offer in-person and distance sessions. In time, I will also offer classes and retreats.

If you are interested, there is lots of free information and actual meditations online. I strongly recommend the podcast “Reiki from the Farm”. It is recorded here in New Brunswick, by my Reiki teacher, Pam Allen-Leblanc.

For articles that explain more of what Reiki is, and how it works, you can check out Reiki.org – lots of articles there. You can also submit a request to the International Centre for Reiki Training, and they will add you to their Reiki Grid (kind of like a prayer list.) You can ask for them to send Reiki to anything you are struggling with – from cancer, to relationship problems, to money problems – whatever problem you can think of it can help.

One of my favourite things about Reiki is that you do not have to believe it in it for it to work. Rather, you just have to be open to the possibility of it working (or another way to put it, is you just have to be okay with it working, so you could say, “I don’t believe it will cure my cancer, but I am okay if it does!). Be as skeptical as you want! I certainly was, and I still am sometimes.

I recently started writing my own meditations, first for myself, and now for my loved ones. For the one for myself, I was very specific in my wording, talking through and visualizing my body healing, the new bone forming, the cancer cells breaking down, etc. I really believe these Reiki sessions made a considerable difference.

But again – there are lots of different paths that will lead you to a spiritual connection. Go out and explore, listen to your heart, soul and body. If it brings you peace and joy, then you are on the right path. (As an aside, a lot of people have religious trauma from various teachings, and as such, have a strong negative reaction to talks of God and such. There is a meditation that you can do to help heal that.)

# Increase Positive Emotions

Find Joy. Seriously, make it a priority to find activities, people, or things that bring you joy. For me, joy came from being silly with my kids, with the two puppies we got in the year after my diagnosis, and from my daily meditations.

In the warmer months, I also spend a lot of time hiking and a lot of time in the woods walking along my favourite river. It is hard to be unhappy in the woods, as long as you have a good bug jacket or a strong breeze!

My daughter typically went with me. She is 9. The woods was where she processed my diagnosis and my transformation. My soul is so happy when I am hiking. There is so much beauty to appreciate if we only take the time to notice.

Do what brings you joy. That is one of the greatest silver linings of this whole cancer thing. You have a carte blanche almost – people expect you to focus on things that make you happy. Don’t just do what you love because you think you are dying – we are all dying. Do what brings you joy so you build a life worth living.

Speak kindly and reassure yourself. Your diet isn’t just what you eat; it is everything you put into your body, including ideas and words. If you wake up and turn on angry talk radio, you are starting your day with negativity, and that will take its toll. If you rushed to gossip about others, you are absorbing all that negativity like it was your own. Conversely, if you start your day off grateful and focused on what you have to be thankful for (and there is always something), you are starting on the right foot. On this topic, I suggest the book "The 4 Agreements."

# Heat Lamps/ Hyperthermia Treatments

I have an infrared lamp and a sauna blanket. The basic idea is that healthy cells can quickly move heat away, through their healthy blood vessels. Cancer cells, in their rapid growth, have dysfunctional or sub-par abilities to move the heat away, and so they breakdown, while healthy cells are not harmed.

Between 102 to 106 Celsius – cancer cells begin to break down, while healthy cells remain fine. I would direct the light to my different cancer spots, while meditating. Now that my cancer spots cannot be seen on scans, I still apply the heat to those areas, but not as frequently, and I also do my general stomach area.

There is also something called Hyperthermia Treatments. It is new-ish to Canada but has been used successfully for years in Germany. It uses the same basic principle detailed above, but it is much more precise and focused. Currently, I know of two centres in Canada where you can get these treatments.

I looked into taking them at the Marsden Centre in Toronto. COVID-19 prevented me from going, and for now, I do not need them. But if I have a flair up, I will again look into this. (Marsden Centre also does naturopath services over the internet and have a supplement store that they can send you high-quality supplements. I had one session with them. They were great.)

I even take very hot baths; I just bought a duckie thermometer for the bath. I soak in water that is about 104 degrees for 15 minutes. (I have perfect blood pressure – it may not be safe for those who don’t.)

We are now debating getting either a hot tub or a sauna, so that I can consistently get my core temperature up. I see that as preventative, to help my body keep the cancer either gone or in check. I think of cancer as a long-term condition that I must manage, like high blood pressure or diabetes.

(There are actually a few case studies of people who have had large tumours quickly breakdown, when they happen to catch a virus that gave them really high fevers.)

# Hot Baths – with Baking Soda scrubbing

In addition to my hot baths, to get my temperature up, I usually scrub my body down with straight baking soda. It helps rid the body of toxins. And your skin will feel amazing. I buy it in six-packs at Costco. Very cheap.

# Melatonin

I take 20 mg at night. Besides helping me to sleep, in that dose, I was advised, by my naturopath, that it has anti-cancer properties.

Sleep is key. You cannot heal if you are exhausted.

# Juicing

I love juicing. In the summer, when I had pot plants growing in the back yard, I would juice the pot leaves. I miss it now that I am not doing it. I am in the process of getting my growing licence and once I have my plants going, I will juice them again.

I would take two large handful of leaves, an apple, (seeds and all!) and a handful of blueberries. I would also throw in some other greens, and any fruit that was getting past the point where I liked eating it. (Like all the fruit I would send in my daughter’s lunch! It would go with her, come home with her, and then I would juice it instead of throwing it out.)

There are lots of different juicers out there – I am not an expert. This is the one I ordered from Amazon. It has worked well, and the price was good. [https://www.amazon.ca/Masticating-Extractor-Countertop-Machines-Function/dp/B081RNYYF2/ref=sr\_1\_13?crid=2B3TY3TYWYTLV&dchild=1&keywords=juicer+machine&qid=1611518800&sprefix=ju%2Caps%2C208&sr=8-13](https://www.amazon.ca/Masticating-Extractor-Countertop-Machines-Function/dp/B081RNYYF2/ref%3Dsr_1_13?crid=2B3TY3TYWYTLV&dchild=1&keywords=juicer+machine&qid=1611518800&sprefix=ju%2Caps%2C208&sr=8-13)

# Cancer Stem Cell killers

I have just started to learn about these. I do not pretend to be any expert on any of this. Many of the mainstream medications, like the ones I am on, help reduce the size of tumours, but do not actually break down cancer stem cells. So those cancer stem cells can sit in your body, for months, or even years, waiting for the right moment to explode through you.

That is what happens when someone is diagnosed with stage 1, is told they have beaten it, only to have it come back more aggressive and lethal years later. Cancer Stem Cells cannot be seen on scans.

My Rad Oncologist, recently met with me. It was him that told me they could not see any signs of cancer on current scans. They can see where it was, and they can see that healthy new bone has replaced those spots. But they do not, and will not, call me cured, because they know that Cancer Stem Cells could still be there, and mainstream medicine considers it just a matter of time before the cancer comes back. This is in part because the current medications available do not kill the cancer stem cells, but only shrink the tumours. So, they still think it is just a matter of time before it comes back.

I am not worried. Partly, because I am comfortable with dying, but also because there is growing research about food-based nutrients that DO kill Cancer Stem Cells. Thankfully, I already had lots of those in my diet and supplement list – so I believe that the Cancer Stem Cells are gone or will be gone.

There is a good interview about this on Chris Beats Cancer Facebook group. <https://www.facebook.com/chrisbeatcancer/videos/217208090010187/>

The top 10 Cancer Stem Cell Killers (that are currently known) are:

1. Red Grape Skin Extract
2. Soybeans
3. Broccoli
4. Turmeric
5. Green Tea
6. Cinnamon
7. Cardamom
8. Pepper
9. Garlic
10. Ginger

Like the other supplements we talked about, before starting to take them, you should talk to your pharmacist to be sure they won’t interact with any medications you are on. For instance, I cannot take grapefruit supplements or Saint John’s Wart – because both would interfere with the Ibrance medication I am on.

# Find your Community of People

The journey that you are walking right now – lots of other people have successfully walked. There is a group on Facebook called “Radical Remission.” That group also has an online course you can take, and was started by Dr. Kelly Turner, who is the author of the book “Radical Remission”. (I strongly encourage you to read that book.)

I had/have a strong support network, but I was furiously independent. I was not comfortable letting anyone help me. If I needed help, I saw it as a failure on my part. (Though would fall over myself to help someone else, without judging them.)

I had to let go of that, learn to accept help, and appreciate that it was most often a wonderful expression of love, when I did accept help.

You can find your community lots of places – in groups like this, or other Facebook groups, at church, volunteer groups, etc. It is hard with COVID-19, but not impossible. Also, COVID-19 will not be around forever.

The book “Cured” does a good job explaining the importance of finding a community of people, and the emerging science behind it.

# Have a strong desire to live and figure out what you want to live for.

Start envisioning what you want your life to look like – your ideal life. Believe that you can achieve, even if you do not know how. Just be open to it. Be open to hope.

When small steps appear that could move you toward your goal, take them.

# Make decisions out of love, not fear.

Right after diagnosis, I stuck to a strict Keto diet, while fasting 23 hours a day. Initially, I did that out of fear that I was feeding the cancer. Eventually, I was able to transition, so that I was doing it not out of fear, but out of love for my body, and myself.

I try to make every decision in my life from a place of love. Love for myself, love for my family, love for others, etc. If I feel fear about something, I stop to ask myself why I am scared, what in particular I fear, and process it all. I then try to shift the lens to love.

I know it sounds hippy dippy, but if you practice this, you will feel more peace, make better choices and be less burdened. And don’t be too hard on yourself. This stuff all gets easier as you stick with it. Just like a muscle, the more you use it, the stronger and easier it becomes.

For this lesson, the book I suggest is called, “Dying to be Me.” (Crazy amazing story of someone riddled with cancer, hours from death, who had a near death experience, and spontaneous total remission. A well-documented case, the woman is still alive, and telling her story today!)

# Do the best you can, and when you know better, do better.

I am continuously changing what I do, tweaking it, as I listen to my body, and as I stumble upon different things.

I don’t do all these things every day. I do what I call my “Daily 10” – I do 10 things a day to heal the cancer. Before I go to bed, I check the list. If I don’t have 10 things, then I add what I need to do to get to 10. Most days, I do 13 or 14 things.

I know I sound like a broken record, but during all of this, be kind and considerate to yourself. You will have days when you fall short of what you hope to accomplish – that happens to me all the time! Just do your best. Your best will be different on different days. That’s okay.

While I was recovering from the radiation treatment, there were days when I was so sick, that all I could do was lay in my chair and listen to old Reiki meditations. I would lay there quietly, too sick to really do anything else. If it is was nice out, I would lay outside, and listen to them. I am now really thankful for those sick days. It slowed me down, so that all I could do was meditate and think. I felt frustrated with myself at the time, but now, I see that was exactly what I needed to be doing at the time.

Lastly, I will say this, love yourself, just as you are. You are enough, just as you are. You deserve love, just as you are, and you deserve perfect health.

# Things I intended to try, but healed before I did

There are some treatments I planned on taking, once COVID-19 subsided:

1. Mistletoe treatment – can be through a stomach injection or through an IV. It helps to boost your immune system and can be ordered through your Naturopath’s office.
2. Vitamin C IV – boost immunity.
3. Hyperthermia Treatments (as discussed above.)
4. Mimic Intermittent Fasting

# Conclusion

This has been my journey so far. It is not over, I am still learning and tinkering. For now, the cancer is either gone or in check. I know it could come back someday. That’s okay, I’m not particularly worried about it. If it does, then I will jump back into my healing regime. I trust in myself, and the universe. I believe I have a lot of good left to do in the world.

And if I am wrong? Then I will die, just like my oncologist said I would, except I will have lived my days filled with joy, hope and love. I am at peace with either outcome, though I obviously have a preferred outcome.

Even if I am wrong and I die from cancer, I will still be thankful for it – for all it has taught me and all the joy that came to my life because of it. I was living a terrible life. No one knew how hard, sad and lonely it was – only those the closest to me had any inkling. I would rather have one good year, like I am living now, than 50 years of my old life. And that is why I am filled with gratitude, for my life and the cancer diagnosis that brought me to my authentic life.