

The

Waking Up from the Cancer Trance

12-Step Guide
to
Cancer



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- This is a guide to understanding the author's point of view, not that of the pharmaceutical industry nor the conventional cancer industry.
- The pharmaceutical companies are always right, so do not believe anything you haven't heard already.
- Surgery, chemotherapy and radiation are the best cancer treatments the world has ever known.
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Forward: Facing Cancer

“The thing you fear most has no power. Your fear of it is what has the power. Facing the truth will really set you free.” Oprah Winfrey

Are We Ever Finished with The Hard Stuff?

I was diagnosed with breast cancer in the summer of 2010. I had just retired from teaching, so I thought it was my first summer of freedom from a lifetime of the daily grind - showing up every day for classrooms of teenagers – with a smile. Was I relieved!?!

I knew absolutely nothing about cancer, even though I was known as a health-conscious person who ate plain goat yoghurt for lunch and green smoothies whenever possible.

I’d had a hard life up until then, so I thought I’d been through it all, and it seemed as though a lifetime of pain had threatened my very existence. But, that turned out to be hardly the half of it.

Cancer threatens our very existence as physical beings, and it can show up at any time in our lives. So, maybe we’re never finished with the hard stuff.

I’ve had to face the passing of my youngest son to

cancer - and survived it. Well over three years later, I am healing that grave loss and moving forward for all the parents who are or who have had to be strong in the face of their children's tough choices.

After my tumor had been buzzed away with my new Rife machine (frequency generator), I found a cancer coach who told me about my forgotten root canal tooth on the same side as my breast tumor.

And, he knew immediately that it had been the primary cause. My lack of correct Information was a secondary cause.

So, I had that root canal tooth extracted by a knowledgeable dentist in my town who knew all about the dangers of root canal teeth and gum disease.

People who have gum disease live an average of twelve years less than those who practice good oral hygiene. So, do not skip dental checkups, and do not use fluoride toothpaste.

Fluoride is a waste product and a fraud.

Cancer is multi-causal; there are primary causes and there are secondary causes. For example, the 14th-century bubonic plague was caused by a specific bacillus, so that was the primary cause.

The secondary causes were filth, lack of correct information, fleas carrying the bacillus that lived on rats - and infected rats.

The plague killed an estimated 75 to 100,000,000 people in Europe and Asia during the 14th century.

They didn't know about germs yet, and most of them lived in city squalor or country-poor hygiene in close proximity to domestic farm animals. So, ignorance and unsanitary conditions can be considered secondary causes.

Nowadays, in the West, cancer has direct effects on at least a third of the people. It is impossible to know the exact percentage, but, the last time I checked, it was estimated to be half of us by the year 2020.

That year is marching toward us fast as we do our best to survive the perils of climate change and corruption.

If you have cancer or a family member or friend has cancer, you can be the messenger who leads him/her in the right direction.

You cannot change the heart-mind of anybody if they don't want to or if they don't care. You have to love them through it and pray they come out alive and well on the other side.

Love has everything to do with it.

Cancer Must be Seen through Multiple Lenses

What causes cancer? There are direct and secondary

causes. Direct causes are the *anaerobic* (without oxygen) pathogens that live in the sockets of root canal teeth – and the lead, mercury and other heavy metals in our land and waterways and water pipes in public and private housing.

Another direct cause is/are cancer virus(es). They have been detected by brilliant scientific researchers for a long time. (I believe they show up in our bodies when the inner terrain is toxic. Others believe they are direct causes.)

There are secondary causes, such as obesity, inflammation and toxicity, but it can be hard to separate the primary from the secondary.

When we have a large load of cancer cells circulating throughout our bodies, and we consistently eat too much sugar, sugar can be regarded as a secondary cause. Sugar is cancer's fuel.

Does the Body Know How to Prevent Cancer?

We all have cancer cells and embryonic tumors in our bodies all the time, but they do not form detectable tumors until:

- The immune system is compromised.
- The pancreas does not produce enough pancreatic digestive enzymes to digest the cancer cells circulating in our bodies.
- The consumption of bad fats that incorporate into cell membranes, which

prevents them from functioning normally.

Man-made oils cause the cell membranes to become impermeable. Cell membranes are made of fat. Do not use hydrogenated oils and margarine: canola, peanut, safflower, sunflower, peanut, palm, corn.

Use real pasture-raised butter, coconut oil, olive oil, nut oils, avocado oil, full-fat everything, pasture-raised eggs and grass-fed or pasture-raised meat and dairy products.

When our cell membranes are impermeable, they cannot perform their basic functions, taking in nutrients and excreting waste.

Most people, including me, have/had not learned anything new about cell biology since high school, so we do not consider our cells on a daily basis – or any basis.

Our cells are what we are made of, so cellular nourishment is a critical part of any cancer plan.

This guide is meant to inform you that you have options, but this is a fraction of the information available about cancer. We have to find our way to the truth. We have to want to live more than we want to die.

This is just the tip of the iceberg. Most of the iceberg is submerged in the heap of misconceptions that the cancer industry does not research. Natural medicine cannot be patented, so greed is a secondary cause.

Step One: We Have Options

Most people don't know what cancer is, much less how to plan for it. It's hard to plan for something - if you don't know what it is you're planning for, so I wrote *Waking Up from the Cancer Trance*, because I wanted to pay it forward.

I have written this basic 12-step guide to help you get started. I know this sounds ridiculous, because I am pretty sure you are not planning for a cancer diagnosis.

But, what if you do find out you have cancer someday. What if?

These are your options:

- A conventional cancer plan, surgery and/or chemotherapy and/or radiation and/or pharmaceuticals
- A conventional plan with surgery plus a natural alternative cancer plan (diet and supplements and natural cancer remedies)
- A natural alternative cancer plan with no surgery, chemotherapy or radiation
- A do-nothing plan – when we don't know we have cancer until it's too late – according to our doctors - but it may not be too late when we know what else to do.

So, Step One is deciding to learn. But, that's hard to do if you've never been exposed to the truth. The truth really can set us free, but who can we trust?

Some of us have never been exposed to anything about cancer - and we are thrown for a loop when we find out we actually have it, especially if it's advanced; it's already metastasized.

My breast cancer was localized in my breast. It had not traveled to a lymph node, so I felt secure in knowing that my tumor was gone in about nine months. (New information says it doesn't have to take this long.)

A colleague's breast cancer had already metastasized to her spine. She healed herself in about two years. She had to revise her cancer plan several times to accommodate new information that came her way.

Cancer can take over your life for a while.

I found a cleansing product (MMS – chlorine dioxide) and a frequency generator before fall of that year. I attracted exactly what I needed. It was uncanny.

Let it suffice to say that curing cancer requires commitment. You are the most important variable. Big Cancer is an industry, so your oncologist will tell you that not having standard treatments will kill you.

I'm here to say that not having the standard treatments will actually prolong your life – if you are willing to learn the facts about cancer, what it is and how to cleanse the body, so your cleansed and healed inner terrain becomes unfit for cancer to grow there. (Think stagnant pools of water, devoid of oxygen.)

Is Mammography Safe?

Step Two includes knowing how to screen for cancer long before it has formed detectable tumors. Thermography, whole body scans or breast scans, are the best way to screen for detectable cancer.

I have annual breast thermograms. Abnormal cells show up on thermograms, because they are hotter than normal cells. Thermography is safe and effective.

Mammograms are dangerous, no matter what they say. Since when has radiation ever been 100% safe? All radiation contributes to cancer.

Begin having annual cancer testing to determine how much cancer is in your body. Cancer is not an event. It's a long journey. Our job is to make sure the cancer cells and embryo tumors in our bodies do not grow into malignant tumor territory.

Despite what doctors tell us, there are effective ways to screen for cancer years before it forms detectable tumors.

This is a link to the HCG Urine Test. It's the test I have used for years. The last time I sent my urine sample, I had a manageable amount of cancer in my body, so I had to learn how to prevent it from becoming unmanageable. You can start here:

www.testingcancer.com/testing/hcg-urine-quantitative

Google: cancer screening tests. New tests pop up all the time. Knowing you have too much cancer in your body years in advance is real cancer insurance.

Spend some time reading the information at alternative cancer websites, such as CancerTutor.com. Google your questions and do your own research.

Do not let Big Cancer scare you into doing anything that doesn't feel right to you. Find your voice of reason and let it guide you to the truth.

Get to know yourself. If you eat sugary foods or junk for comfort, know that you're at risk. I love sugar, so I use xylitol as a sweetener. It's natural, and it has no aftertaste.

Step Three: What's Wrong with Sugar?

There are crucial things to know about cancer that are not common knowledge among the general population. For instance, the metabolism of a cancer cell runs on sugar – the way most car engines run on gasoline.

Cancer cells use the fermentation of sugar for energy instead of oxygen. They can live without oxygen, because they cannot survive in the presence of oxygen.

Think wine. Wine is made from the fermentation of grapes. Cancer is made from the fermentation of any sugar. Carbohydrates turn into sugar. Limit them.

When we commonly eat too many carbs, rice, bread, pasta, potatoes and even healthy whole grains, our bodies may not be able to use it all for energy. Cancer cells thrive on the sugar derived from carbohydrates.

So, do not eat refined white or brown sugar, not even a spoonful – unless you want to feed the cancer in your body and give it the fuel it needs to start growing tumors or spread to all parts of the body.

Now, I eat birthday cake.

This isn't common knowledge, so you can bet that people will want to know why you don't eat their cookies anymore. The more we know, the more we grow. The more we grow, the more we know.

So, spread the word. Sugar (glucose) should be prohibited at all times. There is no good time to eat it, except the occasional piece of your kids' or grand-kids' birthday cake.

Cancer cells don't eat three meals a day. They eat nonstop, so, the sweetest it can get are fruit and berries. Limit your glucose intake to the glucose in carrots and beets.

The mitochondria in all our cells use the food we eat to manufacture ATP (energy). Through complex processes, glycolysis and the Krebs Cycle within the mitochondria, we live our daily lives on the protein, fat, sugar and carbohydrates we call food – for ATP.

When we eat too much sugar, cancer steals it from our cells, and uses it grow into tumors. When we eat food that isn't food, the mitochondria cannot use it for fuel. So, eating food that isn't food is out of the question.

Step Four: So, What Do I Eat?

Processed foods, boxed, frozen or canned, are not whole foods. They are marketed as food, but most of it isn't food. It's full of chemicals to make it look and taste like food, but it's toxic. Toxicity is one of the primary causes of cancer.

Anything that isn't natural is suspect.

When the body is overly toxic, a cancer diagnosis is often what it takes to get back on track, but the track we choose should be considered long before a cancer diagnosis.

There is one "should" that is a right "should." We should read about cancer from those who have healed themselves. We may be few and far between, but we are here, and most of us have a lot to offer.

In general, the lower our income, the lower the quality of food we eat, and since when have we enjoyed the quality of life that a substantially higher income would afford us?

We have been living on fixed incomes most of our lives. When I was a teacher, I hadn't had a raise in

seven years.

The first year I taught, I went to Europe for the summer, bought a new sports car and put my husband through graduate school.

The last year I taught, I had a moderate retirement pension, lived in a yurt on five acres of land with a well, garden and enough money to get by, and we drove an old Subaru and an old truck.

So, the 99% of us who are doing our best to survive - or even thrive - either spend our money on wellness or spend our money on sickness.

Commitment to wellness means that we spend our money on organic food, including pasture-raised dairy and grass-fed meat. We spend a chunk of money each month on the supplements that we believe keep us highly functional, supplements for the cells, brain, body and brawn.

So, Step Five is all about eating a non-toxic diet as fuel for living an anti-cancer lifestyle. We really are what we eat. Well, our bodies are. And our emotions and spirits cannot feel happy if our bodies are full of toxins.

Babies are born with 200 toxins in their umbilical cords in this day and age. Isn't this alone enough of a wake-up call? A wake-up call actually drives us to change our lives. If we wake up and fall asleep again every time, it's not a wake-up call.

Step Five: Grocery Shop in the Outside Aisles

We live in an area of California with natural food stores everywhere. Even our big super market chains have well-established organic fruits and vegetables, even grass-fed and pasture raised meat and dairy.

But, in other areas of the country, people have to plan ahead, because they can't count on their mega-food grocers to carry the healthy, whole, live foods their bodies require.

In most grocery stores, the dairy, meat and produce aisles are established in the outside aisles of the market. The inside aisles are generally filled with things we might need, like natural laundry soap and natural toothpaste, but there is not too much we require for food in the inside-aisles.

If you have a little plot of land around the dwelling where you live, use it to grow vegetables. Tomatoes in pots, a few organic cabbage and kale plants and, if you have room, carrots, potatoes, onions, garlic and beets assure to that you have a commitment to using your ground for whole food production.

Of course, this has to depend upon your climate. Some climates are not suitable for gardens, even in summer, but, for most of us, growing something to eat ensures that our diets are not 100% lifeless.

How can we expect to stay alive if we don't eat living food? With whatever money you have left over in a

month, invest in a good juicer. Drink live, organic, raw vegetable juices every day. Carrot, beet, celery, cabbage and kale with apple juice is alive with biophotons, the light in sunlight.

Organic juices cleanse the body and purify the cells.

Step Six: How Toxic is Toxic?

Whatever you do, don't minimize your exposure to toxins. A little and a lot add up over a lifetime.

Switch to natural cleaning and laundry products. You can order them from vitacost.com for less than a super market, and do not wear toxic pharmacy beauty products.

The skin is the largest organ, and it is connected to all of us, not just the outside of us, so we absorb a whole lot more than we think in a year, a pound or more, which is a whole lot.

I use coconut oil on my skin and hair, and I eat plenty of healthy fats, butter (not margarine), coconut oil, olive oil (not vegetable oils), avocado oil, animal fat and nut butters.

We need fat far more than we have been told, and it's good for everything, especially our heart and skin.

It's impossible to say which organ is the most important, because everything is connected to everything else – so the parts that show, skin, eyes, hair

and brain (yes, it shows!) are the parts we see in the mirror and in our lives, so eat plenty of good fat.

Eat whole-fat foods, not low-fat or non-fat. Fat and tumors have an affinity for each other. If you are in need of a cancer coach, I recommend Kelley Eidem at: HelpfulSolutions.org. He cured his own cancer, and he knows a lot about healthy fats.

Dr. Emmanuel Revici was a doctor who is regarded as genius as Einstein who discovered the value of good fats for cancer. (He's one of the doctors I feature in the Real Heroes in the War on Cancer.)

So, no chlorine, fluoride, plastic, vinyl, parabens or common deodorants. The deodorants you should avoid contain aluminum, a known brain destroyer. Use no-fluoride toothpaste, natural bleach, natural dish-washing and laundry products, bath soap and cosmetics.

Read labels. Google the most wholesome products you use every day, shampoo, conditioner, hand and face cream, face makeup, even lipstick.

I don't even wear standard nail polish. I buy the natural kind where I buy my natural foods, because the toxins in nail polish are readily absorbed into the body – faster than we can scream, “WHAT?”

Step Seven: How's Your Sleep?

Now that I'm on Medicare, I take advantage of the system and screen my doctors for their overall know-

ledge about good health. If they are not open to being my partner in health, I find new ones.

While I was researching cancer for *Waking Up from the Cancer Trance*, I discovered just what I needed.

I have a hard time falling asleep and staying asleep, because I am a highly sensitive person (HSP) and my sympathetic nervous system dominates my life.

My parasympathetic nervous system, the rest and digest side, is weak, so here's what I take every night for good sleep:

- magnesium glycinate
- potassium citrate
- p5p (vitamin B6)
- melatonin
- gaba
- L-theanine
- L-glutamine
- tryptophan
- The Great Stabilizer (Dragon Herbs)
- Tao in a Bottle (Dragon Herbs)
- Pearl Shen (Dragon Herbs)

The final three Chinese herb formulas are recent finds. I cannot tell you how good it feels to live in a body with a stable nervous system.

The autonomic nervous system determines what metabolic type we are, and what metabolic type we are determines what we should eat. My fight, flight

or freeze wide awake sympathetic nervous system was so dominant, I wrestled with insomnia, anxiety and depression all my adult life.

The parasympathetic side of the autonomic system (rest, digest, sleep) was so weak, I was stressed all the time, and I attracted stress into my life as a result. Sleep disorders affect a huge percentage of the population. Magnesium glycinate is basic.

So, Step Eight is about finding out what metabolic type you are.

Some of us oxidize sugars and carbohydrates fast and then crash unless we eat more protein. Some of us oxidize proteins well and can eat more without problematic digestive or assimilation problems.

So, do you care enough about your health to invest a small amount of money to find out what foods your metabolism requires to help you stay or get healthy? We're all unique. There is no one-diet-fits-all.

There are women and men who live to a hundred who eat and drink too much, never cleanse their bodies and never get cancer. They die of old age or broken hearts. But, they are exceptional.

How can we know that we are that exceptional? Do we make excuses based on the exceptional ones?

I have a friend who has had family members die of cancer who didn't smoke or drink or eat too much.

She says she doesn't care anymore because of it. I don't blame her. I didn't care about much when my youngest son died.

But, I have a four and a half year old granddaughter to care about, and I haven't finished my mission to inform people about cancer. It really helps to know why you want to live.

Step Eight: What Metabolic Type Are You?

I spent almost a decade researching cancer. I can focus for long periods of time, and I never give up. It's just who I am. So, who are you?

I discovered Dr. William Donald Kelley and Dr. Nicholas Gonzalez early into my research. They have given us a road map for understanding ourselves and our individual nutritional and emotional needs – unlike any doctors who came before or after them.

Dr. Kelley was a successful dentist who did not practice what he preached about diet and developed pancreatic cancer in his thirties.

Through a series of fortunate events, he discovered that there is simply not one diet that is right for all of us. His mother put him on a plant-based diet – which fit his metabolic type – but, then, his tumors stopped regressing.

He could feel his tumors shrinking, and then, one day, they were not, so he went to the public library

and discovered research that explained why his plant-based diet was not enough anymore.

His digestion was so compromised by his cancerous pancreas, his above-average pharmacist gave him pancreatic enzymes to aid his digestion.

He could digest his food after that, so he began taking the enzymes between meals. They did the trick, all right.

He could actually palpate his tumors they were so large, and he could also feel a little twinge in his liver when he took the enzymes between meals. The pancreatic digestive enzymes were digesting his tumors!

When he was well enough, he went back to being a successful dentist, but he knew he should be helping others, so, he did just that. He got away with being a famous healer of cancer patients for a while, and it was long enough for him to make some remarkable discoveries.

He discovered that all his patients required different amounts of animal protein. He was like me, a vegetarian type, but some of his patients were getting sicker on his diet, so he started adding meat for those who needed it.

He eventually came up with ten basic diets for his patients – all the way from predominantly plant-based to predominantly meat-based.

His book, *One Answer to Cancer*, is still available.

So, we cannot expect the diet that works for others to work for us, and that's why it's important to know what metabolic type you are. As a sympathetic dominant, I need alkalizing foods, plants, to keep me in balance.

My youngest son, a parasympathetic dominant, needed fatty animal protein. It acidified him and kept him in balance – before he got too sick to live.

Knowing about metabolic profiling is real freedom. I don't have to wonder what I should eat anymore. How can something so simple be so profound?

When Dr. Kelley's wife got sick, terribly sick, he put her on his plant-based vegetarian diet. She got so much worse, he tried the only thing he hadn't tried before. He put some meat in the blender and fed it to her, and she came out of her near-coma condition.

Don't let anyone convince you that a plant-based diet is right for everybody. Our ancestors are from everywhere. They ate what was right for them on the land or in the sea where they lived – Europe, Asia, Africa, the Arctic, Australia, the Pacific Islands or someplace else entirely.

Here's the link to the website that provides the test to determine your metabolic type. Click on *topics* for the test.

<http://healthexcel.com/test>

Step Nine: Urine Reading 101

I'm not going to write a lengthy description about how the pH of substances is derived, because it's too complicated. But, I am going to tell you how to monitor your urine to determine if you are as well as you can possibly be.

First of all, your urine is not your blood nor your stomach. All of our bodies' parts have their own ideal pH. The stomach is acidic, because stomach acid breaks down the food we eat, so it can be transformed into energy.

Acids have a low pH, so they're on the left-hand side of a pH chart. Alkaline substances are the opposite. They are called "base" substances. In general, plant foods are alkaline, and animal foods are acidic.

Most alternative cancer "experts" believe that all of us should live in alkaline bodies.

They say, "Cancer can't grow in alkaline bodies."

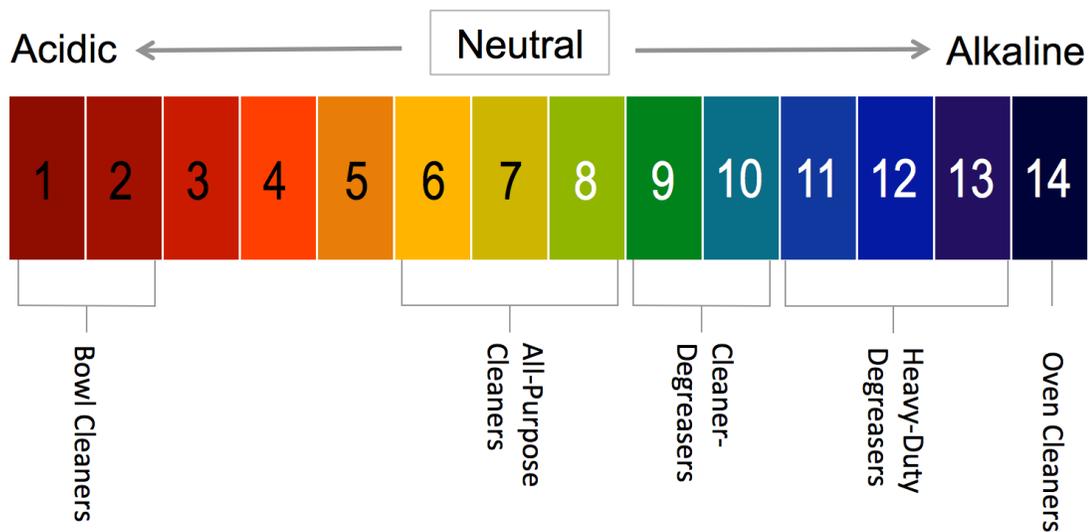
Actually, this is not true. Cancer cannot grow in slightly acidic bodies. Neutral is regarded as 7.0 on the pH scale, and our daily urine pH should be between 6.0 and 6.4 during the day.

It is usually slightly more acidic upon arising, since our bodies buffer acids out of our bodies while we're sleeping, and those acidic waste products come out in the morning in our first urination of the day – around 7:00 or 8:00 AM.

When we eat the right foods for our metabolic types during the day, it gradually rises to the ideal of 6.2. It hovers around this number throughout the day.

I am a little more acidic than my husband – who is more balanced. I eat the foods that alkalize me when I'm too acidic. He eats the foods that keep him within this range.

My friends and family have experimented with this, and they stay right around 6.2 during the day. Imagine being told that your body should be alkaline!



- I buy pH strips for monitoring my urine at a health food store or online.
- Wait to make sure to place the pH strip mid-stream. You may want to wear gloves.
- If your urine becomes too acidic, eat a salad. If it becomes too alkaline, drink lemon juice.

Step 10: How Effect is Chemotherapy?

There have been numerous studies done on the effectiveness of chemotherapy. Some of them have determined that some do so poorly on chemo, their lives would be extended if they did nothing at all.

The actual survival rate for advanced cancer patients who have chemotherapy is purported to be around 2-3%. The mainstream cancer system claims that it is upward from 60%.

I don't trust Big Pharma. You should know that.

If you trust Big Pharma, I probably cannot change your mind. But, I like to tell the truth as I see it. I healed my own breast cancer, because I don't trust Big Pharma, and, along the way, I learned a lot about the how it's effectiveness is determined, and I don't like what I learned.

I have a friend who was diagnosed with breast cancer at the same time I was. She had the standard protocol and is still here with us.

She did have kidney cancer years later, and I didn't ask her if it was metastasized breast cancer. It's a sensitive issue, and I do not want to scare people.

And I don't like to make value statements about any patient's treatments, because that alone can make a difference in their outcome. I tell them they need to act as if they still had cancer and begin juicing to cleanse their bodies of the poisons.

We are always the most important variable when it comes to what we know, believe and support. Our diet and nutritional supplements can help us survive it.

Erring on the side of caution is too often erring on the side of being too frugal, but, more often than not, a little information is the cure for that.

I know people who have died after their first chemo treatments and people who have stayed well for decades after their first chemo treatments. There are cancer survivors everywhere.

I never recommend chemotherapy, because I'd never have it myself, but I cannot dissuade you if you tend toward doing what you regard as mainstream "safe."

Step Eleven: The Sunshine and Carrot Vitamins? People ask me how I did it. I say, "With a lot of help from my heart and mind." Sounds officially arrogant I know. But, it's true.

I had a lot of help from the same heart and mind that got me through my hard childhood. I made it, because my heart stayed a little ahead of my mind. If you are reading this, you are already on your way.

In Heart-Math studies, the heart is actually a feeling organ. It actually feels the heartbreak of losing in this game of life. Yes, I have a good mind, but my heart was what got me through it. I literally found my way, because I followed my heart.

I didn't know about metabolic profiling until after

my breast was healed. I didn't know enough to test my urine until after my breast was healed. I believed everything the alternative cancer online community said.

But, good fortune was on my side. I'm a sympathetic dominant, and I fit their model of the standard of alternative cancer care. I need to eat plants, and some believe being a vegan is the best way to go for everybody.

I disagree, but I was a vegan for three years, and I lived, so I am not going to argue. We never know anything. The minute I think I am right, I find out that I'm only right for me.

But, we all need vitamin D3. In fact, we need about 50,000 IU's per week.

We evolved out of Africa – where the sun shines bright all the time. Africans' skin is dark, so they do not suffer from sun damage, which can become skin cancer – if we're not careful.

Those that died of skin cancer didn't live to pass on their genes, so living in Africa for eons is one way to develop a gorgeous dark complexion.

Half of my ancestors made it to the U. K. - Ireland, Scotland, Britain and Wales, where the sun is not so bright most of the time. Half of my half siblings were blue eyed and fair skinned. And two out of four of them lived long lives – without taking vitamin D3.

They were old enough to be my parents.

I had a different father, so I am also half southern European, Spanish and French. My eyes, skin and hair are Mediterranean dark, so I have the pattern of European coloring referred to as “olive.”

Europeans and Africans, all pale AND dark-skinned people everywhere do not absorb enough vitamin D by sunlight if they live too far from the equatorial regions of the world.

Many of our earliest ancestors lived outside their early ancestral elements. Their skin was dark and protected from the effects of bright sunlight, but it was and is overly protected if they lived or live in northern, western, eastern or southern Europe, Canada, the United States or Asia.

How do I know if I’m taking enough vitamin D3? I don’t need reading glasses.

The sunshine vitamin is not absorbed unless it’s taken with vitamin K complex and fat, so I buy them in one capsule and swallow it with bread and butter.

I also take beta carotene, astaxanthin, lutein, zeaxanthin almost every day. They’re called the caroteneoids. The carotenoids in carrots are the eye and anti-cancer vitamins.

I thought my eyes were getting worse, because my trifocals made my world look blurry. So, I went to

my ophthalmologist and had my eyes tested.

The doctor said I didn't need glasses anymore, not even for reading, and I was stunned. We were both stunned together, actually.

“The carotenoids are anticarcinogens,” I said.

“Well, you're sure looking good,” he replied.

When someone I trust says I'm looking good, I know I'm taking good care of myself. So, looking good and being healthy can be synonymous.

We can be biologically young into old age. Being biologically younger than our chronological age can be why we bother to get old.

Step Twelve: What are Trapped Emotions?

I accumulated layer upon layer of trauma in my lifetime. I thought I'd have to learn to live with my PTSD until I dropped. I had to take antidepressants, because my sympathetic dominance had done a real number on me.

But, I really do attract what I need when it comes to good health. When my cancer coach told me to have the emotions that contributed to my cancer released using the Emotion Code, I did just that.

I went to HealersLibrary.com and found Eliza. She lives in another state clear across the country. Luckily for me, I've done muscle testing for a long time.

My naturopathic doctors have used it to determine what I need since I was a young adult. You can see how it's done on YouTube.

www.youtube.com/watch?v=lw5e8us1uNI

Now, I have Body Code healers who live in Utah. The Body Code is a more advanced system of healing using muscle testing and a magnet. Do not delete me until you've heard me out. It's saving my life.

When my youngest son got sick, I found new Body Code healers, and they worked on him every week, keeping him as emotionally stable as possible. They kept his organs and systems functioning, even when he was dying.

I didn't tell him.

So, what is the Body Code? It's probably the most advanced healing system in the western world, on a par with acupuncture and Ayurvedic medicine - but for the emotions trapped in our physical bodies.

We call the electromagnetic field that surrounds us the *emotional body*, because it's pure energy and emotions are pure energy. When we are the recipients of others' negative emotions, we are *shocked* with emotions that get trapped in our bodies.

Let me explain by way of example. My parents were smart, attractive people who just happened to be dysfunctional – because the circumstances of their growing up were fraught with hardships.

My mother was no doubt sympathetic dominant, so what another woman would have run away from, my mother was hurt by, so terribly hurt she didn't know what to do, so she stayed with him.

She had her first daughter when she was just seventeen, and I didn't come along until she was forty. Her first husband was a mean drunk, and my father was a happy drunk. That made all the difference.

Nobody beat me, yelled at me, told me I was no good, or otherwise overtly abused me. But, I never saw my parents communicating with each other or showing each other any kind of affection.

My father never talked to me, and my mother didn't know how to guide me. I felt unreal, like I didn't know who or what I was, so I threw tantrums – which only made it worse – because they ignored me.

I loved school, because I was good at school, and I was literally “in life” at school. School is what saved me. So, I became a junior high teacher. Yes, I did.

But, when I went to junior high in seventh grade, I freaked out. I didn't know how to study, and I didn't know how not to be a scared little girl. My surroundings were so different, I felt lost and alone.

So, I didn't go to school that whole year. I had a tutor, but she was fairly worthless. I hid in my house and watched television all year long. I watched a lot of family sit-coms and wondered how it would be to

have happy, normal parents who helped their kids with their problems, questions about life and school friends. Family sit-coms prepared me to be the good mother I am, the naturally good mother with the right instincts for mothering boys and girls.

So, right now, our Body Code healers are releasing the trapped traumas from that year, the year I didn't go to school. I was eleven and twelve.

Psychic traumas are the result of trapping more than one emotion at a time. I have trapped psychic traumas that are made up of more than one emotion. For instance, this is a released psychic trauma from my last session:

low self-esteem/overwhelm/depression/
love unreceived/heartache/resentment/

That particular psychic trauma resonates at a low frequency and attracts similar events - like a magnet. So, I attracted two marriages that created the same frame of mind and a son who didn't trust my natural ways, so he passed over and left me to pick up the pieces. It wasn't his fault, and it wasn't mine.

Nobody intended to hurt me. They just did. So, I've felt that same trapped psychic trauma a lot in my life. Now, they are mostly gone.

How do they do it? Well, it's really quite simple. They muscle test to determine what it is that needs to be released, and, then, they release it with what-

ever magnet they use to run down the spine from head to tail bone, a main meridian of energy that was discovered by the Chinese five thousand years ago.

We are magnets. Our bodies are surrounded by electromagnetic fields. So, when our Body Code healers identify a trapped emotion, psychic trauma, emotional resonance or any other trapped “memory” from my physical body, it leaves me for good.

It takes about a week for it to be completely gone, because it has to be processed out of my body. I can often feel it as it leaves, and, sometimes, I have déjà vu experiences, flash-backs or old memories of the time when it was trapped.

I’ve had at least ten sessions during the past couple of months having to do with the year I couldn’t go to school. That was a foundational experience for me. It was a foundation for the rest of my life.

Toxic trapped emotions are stored in the subconscious mind. We all have one. We couldn’t possibly remember every detail in our life, but we can store it in the subconscious. Every little thing, even the color of the candle on our first birthday cake, is stored there.

We tap into our subconscious when we muscle test for trapped emotions. What we don’t know with our conscious minds, our subconscious minds does know. So, visit YouTube to see how muscle testing works.

I wouldn't take this lightly. Our emotions are the profound source of many disease processes, and cancer is no exception. The resonance of trapped emotions attracts events that resonate at the same frequency.

I had trapped trauma at the site of my breast tumor. How that happened I don't know, but it did, and that's the whole point. We can't know everything with our conscious mind, but our subconscious knows everything about us.

I consider this a miracle.

If you would like to contact my Body Code healers, here is their information: John and Cammie Nebeker, A Haven of Hope and Healing, (435) 671-0605

You can also find them at HealersLibrary.com. Dr. Bradley Nelson is the healer who received this healing system in dreams and visions. He is a gifted healer/chiropractor who has been a gift to me ever since I found out about him.

Now, he's my gift to you. Pay it forward.

*"You cannot swim for new horizons until
you have the courage to lose sight of the shore."*

William Faulkner

Afterward: What Should I Research?

- Chemotherapy makes cancer more aggressive, and cancer mutates to survive the chemo. Mainstream Cancer does not know this. I watched my son die, remember?
- I use Fibrenza proteolytic (protein digesting enzymes) to digest the cancer cells circulating in my body. They wear protein coats, and they know how to evade the immune system.
- If I hadn't discovered a way to heal my life, I'd still be feeling like my life was a burden. Healing the emotions helps heal the body.
- Cancer cells can originate from embryonic stem cells that become reactivated in our bodies by a number of things. Cleansing the body with raw juices helps eliminate these factors.
- I use coffee enemas to cleanse my liver. This is easy to research.
- MMS (chlorine dioxide) is an effective whole-body cleanser of all the critters that shouldn't be in the body, even cancer cells.
- Selenium and organic sulfur are important anti-cancer supplements.
- Cannabis is an anti-cancer medicine.
- Essiac tea is a good herbal cleanser.
- Ubiquinol, alpha lipoic acid, S. O. D. and glutathione are natural antioxidants.
- Fighting free radicals is easy to research. Antioxidants are anti-cancer.
- Iodine is required for healthy breasts.
- Lycopene is essential for a healthy prostate.

Google:

1. Who was Dr. Johanna Budwig?
2. Who was Dr. Max Gerson?
3. Who was Dr. William Donald Kelley?
4. Who was Dr. Nicholas Gonzalez?
5. Who was Dr. Emmanuel Revici?
6. Who was Dr. Royal Raymond Rife?
7. Who is Dr. Ralph Moss?
8. What is the Hope Clinic?
9. What is IPT – insulin potentiation therapy?

All of the above can be found in *Waking Up from the Cancer Trance* – or you can spend your time online researching from scratch. I had to do that. Everyone should know how to plan for a cancer diagnosis.

Become your own cancer researcher. Read all the books you can find on the subject. Enlightenment is the best way to avoid a cancer diagnosis.

You are always the most important variable when it comes to cancer. You can help your friends and family by example. Spread the word. Let's begin changing the world one person at a time.

“Your own self-realization is the greatest service
you can render the world.”

Ramana Maharishi

