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Adaptogenic Herbs for Health & Cancer Prevention

By Ty Bollinger

If you happened to catch our Truth About Cancer Live event this past October, you may recall that one of the featured topics was anti-cancer herbs. More specifically, what are known as adaptogenic herbs.

Adaptogens are a key component of the traditional Indian system of medicine known as Ayurveda which takes a holistic approach to healing that centers around the interconnected nature of mind, body, and soul. While this medicine system has been around for centuries, only fairly recently has it caught the attention of Westerners looking for solutions to the failed system of endless drugs and surgery.

One thing that many people don't know about adaptogens is that they're good for a lot more than just keeping stress at bay. Many cancer patients are finding that combining the right types and dosages of adaptogenic herbs under the guidance of a qualified health practitioner is helping them to heal more quickly. Let's take a closer look at what they have to offer, and how you can benefit from these unique healing herbs.

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Message From Ty Bollinger



Welcome to the February edition of your Heroes Against Cancer newsletter! I hope you had the opportunity to read the January issue and are as excited as I am by our mission and vision for 2018 and beyond.

Speaking of mission, my goal (mission) for the Heroes Against Cancer newsletter is to provide you with ongoing information and advice each month that is educational and applicable when it comes to cancer prevention and treatment.

My article this month falls more on the education side, and is on one of my favorite topics – the healing power of plants. Specifically, the amazing capabilities of a special type of plant called adaptagens. What’s really exciting (and somewhat amusing) to me is when modern-day science finally catches up and “discovers” what practitioners of traditional healing systems have known for centuries.

Also in this edition we’re back with another “Ask the Expert” feature. This time Dr. David Jockers is answering some specific questions about the ketogenic diet and cancer.

Rounding out this issue we asked Dr. Véronique Desaulniers (“Dr. V.”) to outline what she would tell a close friend or family member if they found a lump in their breast and were panicking. This guide about to what to do in the first 24 hours, the first week, and the first month offers practical, calming advice should you or a loved one ever need it.

And, of course, my lovely wife Charlene has cooked up some delicious new cancer-fighting recipes for you to enjoy.

Until next month...

Ty Bollinger

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Disease Treatment and Prevention: The Herbal Way

The primary goal when using adaptogens is to achieve balance throughout the body. Most diseases start out as an imbalance of some sort that gradually worsens over time. Adaptogens can help to nip these abnormalities in the bud before they have the chance to spiral into full-blown disease.

It's important to note that adaptogens aren't unique to Indian Ayurvedic medicine. Adaptogens are used in folk medicine all throughout the Orient, as well as in Russia and Europe. More recently they've become popular in North America. One of the reasons why many people still don't know about them, however, is because their mode of action stands in stark opposition to the Western model of medicine – the model in which pharmaceutical drugs are used to manage disease symptoms after a disease has already formed.

Western medicine also applies a one-size-fits-all approach centered around symptom management. In contrast, Ayurveda and systems like it tend to individualize herbal applications based on the specialized needs of each patient. Herbs tend to assist the body in naturally achieving and maintaining proper balance, which helps to support the healing process. Pharmaceutical drugs generally only help people to feel better in the short term, and in the process, neglect to bring about an actual cure.¹

The point I'm trying to drive home is that the use of natural herbs to bring about body balance and maintain a disease-free state of existence is at the heart of what it means to live healthy. It's a better and more holistic approach than to simply throw chemical drugs at a problem in the hopes of covering it up. And as you're about to see, adaptogenic herbs are one of the keys to making this happen. Not only for preventing disease, but also for treating it in some of its worst forms – cancer.

What Is an Adaptogen?

You might be thinking to yourself: so what makes an herb an adaptogen? It's pretty simple, really. Adaptogens, like their name suggests, help the body to adapt to whatever it might be facing, whether it be chronic stress, fatigue, or some kind of chemical or physical imbalance. They exert particular influence on the body's adrenal glands, aiding in the proper manufacture and function of vital life hormones that help to maintain a constant state of homeostasis throughout the body.

This ends up translating into benefits for all sorts of areas throughout the body, including the immune system, the brain, the cellular system, and vital organs. The amazing power of adaptogens affects the body's entire physiological essence.



Adaptogens are plant compounds that help the body adapt to whatever challenges it might be facing, including stress and fatigue

One published study refers to adaptogens as natural substances that enhance the body's "state of non-specific resistance" when it deals with stress. As you likely already know, stress is directly linked to a host of modern, chronic illnesses that have reached near-epidemic status. Peer-reviewed research suggests that adaptogens have the ability to eliminate stress by balancing the neuroendocrine and immune systems. Adaptogens also support the central nervous system in correcting any imbalances in brain chemistry that might lead to anxiety, depression, and other destructive states of mind.²

Adaptogens help to bring balance and equilibrium to the systems of the mind, which in turn directly affect the systems of the body. It all starts with what's known as the hypothalamic pituitary adrenal (HPA) axis, which is where the body's central nervous and endocrine systems intersect to create uniquely human existence.

This complex network of interconnected modulatory systems is what keeps the body in as constant a state of normalcy as possible, despite facing continued challenges both internally and externally. You can think of the HPA axis kind of like a pilot. The pilot's job it is to not only make sure that the airplane (your body) makes it from point A to point B in one piece, but also that every passenger (your organs, cells, and other necessary systems) has enough food, water, and oxygen to survive along the way. Adaptogens play a key role in ensuring that the HPA axis is optimally functional at all times, allowing it to tackle any malignant force that might come its way.



Adaptogens support the central nervous system in correcting brain chemistry imbalances that can lead to anxiety and depression

Adaptogens and Cancer: Rediscovering Your Life Force

In traditional Ayurveda, there are four therapeutic approaches to disease that make use of adaptogens. Three of them deal with physical health in its various stages (listed in descending order from best to worst), and these include:³

- 1 | Prakritisthapani chikitsa:** Maintaining optimal health (the healthiest state)
- 2 | Rasayana chikitsa:** Restoring healthy balance (minor imbalances that need correcting)
- 3 | Roganashani chikitsa:** Curing a specific disease or ailment (already diseased)

Despite these classifications, the end goal of each remains the same: to bring the body back into optimal alignment, no matter what ails it. The beauty of adaptogens is that they're capable of doing precisely that, without actually having to exert direct influence on any particular organ or system.

Even in the treatment of something as severe as cancer, adaptogens primarily help to facilitate a wide array of actions and energetics that the body is capable of performing on its own: stimulating or relaxing, up-regulating or down-regulating, and enhancing or suppressing, as necessary.

Since cancer is our main focus, I'd like to delve into some of the details about how adaptogens are being used to target cancer at the molecular level via its balancing properties. Believe it or not, the use of adaptogens as cancer therapeutics dates back to at least the 6th century BC, as the concept is mentioned in the ancient Sanskrit text known as the *Sushruta Samhita*.⁴

In this work, a man by the name of Sushruta (considered to be the “father of surgery”), wrote about health conditions marked by chronic and systemic inflammation, one of which is cancer. He explained a phenomenon that can only be surmised as cancer tumors, which he observed were causing prolific damage to body tissue and dis-coordination between the body’s many parts. Sushruta further outlined a series of adaptogenic herbs that he found were helpful in addressing this problem, particularly with regards to cancer. These included:

» **Andrographis paniculata**

Also known as the “white-tailed leg” or “king of bitters,” this annual herbaceous plant is native to India and Sri Lanka and possesses antibiotic, antiviral, anti-parasitic, anti-diabetic, and hepatoprotective (liver-protecting) effects. The adaptogenic properties of this herb have been shown to aid the body’s natural ability to increase tumor necrosis factor and natural killer cell function; prevent the formation of tumor-feeding blood vessels (angiogenesis); and encourage cancer cells to commit suicide (apoptosis).⁵

» **Annona atemoya**

A hybrid of the sugar apple and the cherimoya (a fruit from South America), the seeds of this hybrid fruit contain powerful anti-angiogenic agents that studies suggest are highly beneficial in immunomodulating anti-cancer therapeutics.⁶

» **Phyllanthus niruri**

Oral administration of 1,000 milligrams per kilogram of body weight of the pure extract of this coastal weed was shown in one study to help reduce the number and size of cancer tumors in cancerous mice. This same herb possesses hepatoprotective, antiviral, antibacterial, analgesic, antispasmodic, and anti-diabetic properties that are helpful in optimizing immune function.⁷

» **Piper longum**

This spicy Indian pepper contains a biochemical compound known as piperlongumine (PL) that research shows is active against many different types of cancer, including cancer of the prostate, breast, colon, lung, brain, gastrointestinal tract, blood, and skin. Upon being ingested, PL turns into a substance known as hPL that tells the body to silence a gene that causes tumors to grow and thrive.⁸



While typically dried and used as a spice or seasoning, Piper longum (long pepper) also has potent anti-cancer properties

» **Podophyllum hexandrum**

Also known as the “foot leaf,” this endangered fruit contains numerous biochemical compounds with immunostimulatory, anti-mitotic, anti-fungal, and anti-viral properties. This plant is also powerfully anti-cancer, containing key constituents like podophylotoxin from which several FDA-approved chemotherapeutic drugs are derived.⁹

» **Tinospora cordifolia**

The active constituents in this herbaceous vine demonstrate a unique ability to up-regulate the body’s natural ability to fight tumors and tumor-associated macrophages. These same constituents are also powerfully antineoplastic, meaning they have the ability to ward off human glioblastoma, which represents one of the most aggressive forms of human cancer.¹⁰

» **Semecarpus anacardium**

A close cousin to the cashew, this nut has proven itself to be a powerful weapon in the fight against breast cancer.¹¹ It's also been shown effective against many other types of cancer, as well as supportive of liver health.¹²

» **Vitis vinifera**

Also known as grape seed extract, this potent adaptogen is a powerful chemoprotective agent loaded with anti-cancer phytonutrients. Multiple clinical and pre-clinical trials suggest that compounds in grape seed extract like resveratrol are highly effective in supporting the body's ability to inhibit certain cancer cell lines from multiplying and spreading.¹³



Grape seed extract is derived from ground up red wine grapes, and is readily available as a dietary supplement

Baliospermum montanum

Also known as the red psychic nut or wild castor, this low-growing shrub is both a powerful antioxidant and a clinically proven anti-cancer medicine. One study found that extracts of the plant are aggressively toxic against colon cancer cells.¹⁴ Another revealed that *Baliospermum montanum* helps to keep prostate cancer cells from spreading while simultaneously killing them.¹⁵

» **Madhuca longifolia**

The seeds of this tropical Indian tree show incredible promise against an array of human cancers. They contain sapogenins, triterpenoids, saponins, steroids, flavonoids, and glycosides that studies suggest help the body to inhibit the growth of cancer cells.¹⁶

» **Pandanus odoratissimus**

The roots and leaves of this palm-like shrub contain substances that science has pinpointed as bearing unique anti-cancer properties. Tests conducted on brine shrimp revealed that extracts of *Pandanus odoratissimus* are highly toxic against non-small cell lung cancer cells, peripheral blood mononuclear cells, and lung fibroblast cells – working alongside the body's natural defense systems to stop these cancer cells from dividing and reproducing, only to then kill them.¹⁷

» **Pterospermum acerifolium**

Also known as the karnikara tree, this evergreen shrub is a pharmacological treasure. It contains active molecules that help fight ulcers, inflammation, pain, and damaging free radicals. Extracts from the plant's flowers have long been used in Ayurveda to treat cancer. Its constituents cause the DNA of cancer cells to fragment, ultimately leading to cancer cell death.¹⁸

» **Raphanus sativus**

You'll better recognize this one if I simply refer to it as a radish of the Thai variety. This cruciferous vegetable contains a number of pharmacological and therapeutic properties that are antagonistic to cancer. Extracts of this root food have been shown to trigger growth arrest and apoptosis in various human cancer cell lines.¹⁹ *Raphanus sativus* is further able to inhibit the expression of certain genes and proteins specifically associated with breast cancer.²⁰



A 2015 study published in the Journal of Functional Foods reported that the nutritional value of radish leaves far exceeds that of the root

» **Barleria prionitis**

Known in many areas as the porcupine flower, the juice of this leafy plant is rich in antioxidants that are highly effective at preventing cellular damage throughout the body. Free radicals, as you may well know, are a common pathway through which cancer and other serious health conditions are able to develop and spread.²¹

» **Prosopis cineraria**

This flowering tree from the Middle East has been shown to be powerfully effective at treating Ehrlich cell carcinoma. Researchers from India published a cohort of data revealing that extracts from the leaf and bark of this mystical botanical bear strong cytotoxic potential against tumor cells.²²

» **Amorphophallus campanulatus**

Also known as elephant foot yam, this potato-like tuber was shown in one study to help prevent the formation of aberrant crypt foci (ACF) in the colon and rectum.²³ ACF are abnormal glands that develop prior to polyps, and are considered to be strongly associated with the formation of cancer. Elephant foot yam has further been shown to help in the fight against liver cancer.²⁴

Oroxylum indicum

Despite its unusual name, the broken bones tree won't damage your skeletal structure, but it just might tell any lingering cancer cells inside your body to self-destruct.²⁵ Extracts from the plant may also help in the fight against breast cancer, as its constituents have been shown in the scientific literature to target ER-negative breast cancer cells, while at the same time protecting healthy cells from damage.²⁶

» **Basella rubra**

Native to the East Indies, this tropical vine produces edible spinach-like stems and leaves that are highly nourishing to the body, which is always a good thing for keeping cancer at bay. This plant also produces a fruit that's rich in both phenolic and flavonoid compounds that have been shown to help protect against many types of cancer, including both cervical carcinoma²⁷ and colon cancer.²⁸



While Flacourtia indica produces an edible fruit, the tree's bark, roots, and leaves are also used in herbal medicine

» **Flacourtia ramontchi (indica)**

Also known as the Madagascar or Indian plum, this flowering plant has long been used in Ayurveda as a remedy for chronic inflammation. More recently, it's gained recognition as a powerful weapon against colon cancer, as in vitro tests show that just 24 hours'

worth of treatment with *Flacourtia ramontchi* extract significantly reduced cancer cell viability while simultaneously bringing about cancer cell apoptosis.²⁹

» **Moringa oleifera**

The “miracle tree,” as it’s often called, has received quite a bit of attention in recent years as a trendy new “superfood” with anti-inflammatory, antioxidant, and tissue-protective properties. And like the other herbs listed here, it also possesses anti-cancer properties. Its leaves and bark, in particular, contain bioactive compounds like eugenol and D-allose that contribute to the coordinated destruction of cancer cells throughout the body.³⁰

» **Ficus benghalensis**

You’ve probably seen the more domesticated version of this robust evergreen plant inside offices and homes, since it’s a common houseplant. But what you probably didn’t know is that the banyan tree, as it’s called in India, produces bark that’s loaded with anti-cancer compounds like pelargonidin that studies show possess anti-angiogenic properties. These compounds have been shown useful in addressing neovascular conditions as well as tumors.³¹



Ficus benghalensis is a common home and office houseplant, but in the wild it’s a giant tree revered for its medicinal value



The leaves, bark, flowers, fruit, seeds, and root of the *Moringa oleifera* plant have been used in traditional medicine for centuries

» **Curcuma domestica (longa)**

If you’ve been hanging around *The Truth About Cancer* for a while, you’ll immediately recognize this plant as the incredible and awe-inspiring turmeric. One of the most well-studied of the adaptogenic herbs, turmeric represents the cream of the crop when it comes to anti-cancer botanicals. Its high levels of curcumin and other active constituents have been shown to help stop many different types of cancer cells from spreading throughout the body. Curcumin has also proven itself capable of stopping tumors from growing and developing their own blood supplies.³²

» **Allium sativum**

One of the most popular herbs in the world, garlic is a favorite among foodies. It’s also incredibly therapeutic, possessing an extensive array of benefits that include cancer remediation. A review of the science covering garlic found that this bulbous “rose” is packed to the brim with organosulfur compounds that disrupt almost every process associated with the development, growth, and spread of cancer.³³

» **Calotropis gigantea**

Commonly referred to as the crown flower or “giant milkweed,” this unusual shrub from Southeast Asia is a

major natural source of the rubbery material known as latex. It's also a source of natural anti-tumor compounds that studies show may be effective in targeting certain types of carcinomas.³⁴

» **Datura metel**

With a name like "devil's trumpet," this shrub-like annual might not seem all that benevolent. But evidence suggests that extracts taken from the plant contain unique healing compounds with pronounced anti-cancer properties. Cell models in which extracts of *Datura metel* were applied to human cancers revealed that this powerful herb is capable of supporting the body in stopping cancer cells from spreading, as well as instructing them to commit cell suicide.³⁵

» **Hygrophila spinosa**

This unique medicinal plant from the tropics is packed with terpenoids, alkaloids, flavonoids, and other amazing compounds that contribute to its many health-promoting properties. It's long been used in Ayurveda to treat all sorts of health conditions, including cancer. Extracts taken from the root of the plant have been shown to suppress tumors associated with both carcinomas and sarcomas.³⁶

» **Juniperus indica**

The black juniper plant, which natively grows high up in the Himalayan Mountains, is similarly equipped with an array of impressive phytochemical compounds that function as powerful antimicrobials. Studies show that these same beneficial constituents are also effective at helping the body to destroy cancer cells.³⁷

» **Nigella sativa**

More commonly referred to as black cumin or black seed, this medicinal plant is a treasure trove of anti-cancer nutrition. Studies suggest that extracts taken from this herb are powerfully cytotoxic, anti-mutagenic,

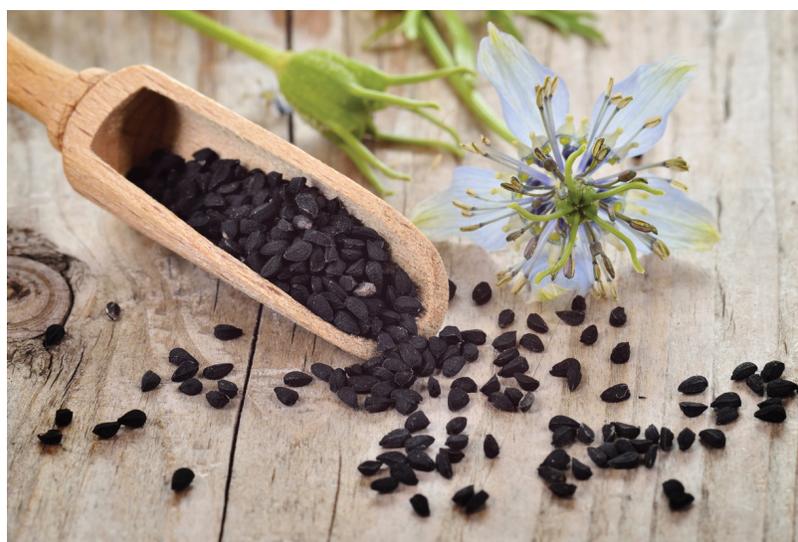
and anti-metastatic. This means they're not only toxic to cancer cells, but they also help to keep them from spreading and forming new tumors elsewhere throughout the body.³⁸

» **Picrorhiza kurroa**

Another medicinal plant from the Nepalese Himalayas, this perennial herb is one of the oldest adaptogens known to man. Research suggests that it's a safe and highly effective remedy for treating cancer, as its phytochemical lineup disrupts the deviant signaling pathways that often lead to cancer. *Picrorhiza kurroa* is also said to work exceptionally well with other treatment approaches that aim to eradicate cancer from the body.³⁹

» **Rubia cordifolia**

This perennial climbing plant is perhaps most well known as a purifier of the blood and a "mover" of lymph. But it's also an incredible inhibitor of cancer, with compounds such as dichloromethane showing potential in keeping cell lines of human leukemia and human histolytic lymphoma from growing, spreading, and forming into malignant tumors.⁴⁰



Nigella sativa is known by many names including black seed, black cumin, kalonji, Roman coriander, black caraway, and black sesame

Other adaptogenic herbs that we've come to find out since Sushruta's day are similarly equipped as anti-cancer powerhouses include ashwagandha, rhodiola rosea, bacopa monnieri, astragalus, melissa officinalis (lemon balm), ginseng, bilberry, ginkgo biloba, holy basil, rosemary, lion's mane mushroom, schisandra, and phyllanthus emblica (Indian gooseberry).

Are You Ready to Adapt in 2018?

While there are quite literally thousands of other herbs out there that possess unique anti-cancer properties, the herbs mentioned above rank within the "elite" class of adaptogenic herbs that are best suited for non-specific, body-wide cancer support. Remember, adaptogens start by supporting the body's own anti-cancer systems. They flip the switches at the master command center, so to speak, so the body can tackle the cancer threat all on its own. If and when this is unsuccessful, many of these same adaptogens are capable of adapting themselves, exerting direct anti-tumor effects as needed.

When combined with other immunomodulating herbs that directly stimulate the body's immune system, these same adaptogenic herbs are able to create a unique type of synergy that further "tunes" the body into learning how best to respond to whatever disease threat comes its way.

That's what adaptogens are all about, after all. Their purpose is to help the body to adapt to whatever problematic scenario it might be facing – whether it's simply feeling a little under the weather, or dealing with advanced-stage cancer. Whether you're already healthy, are slightly imbalanced, or are chronically ill, adaptogenic herbs are there to help your body keep everything running as smoothly as possible... in the most optimal state possible.

About Ty Bollinger



After losing several family members to cancer (including his mother and father), Ty Bollinger refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments

available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry.

Ty has now made it his life's mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive body-builder, and also a certified public accountant.

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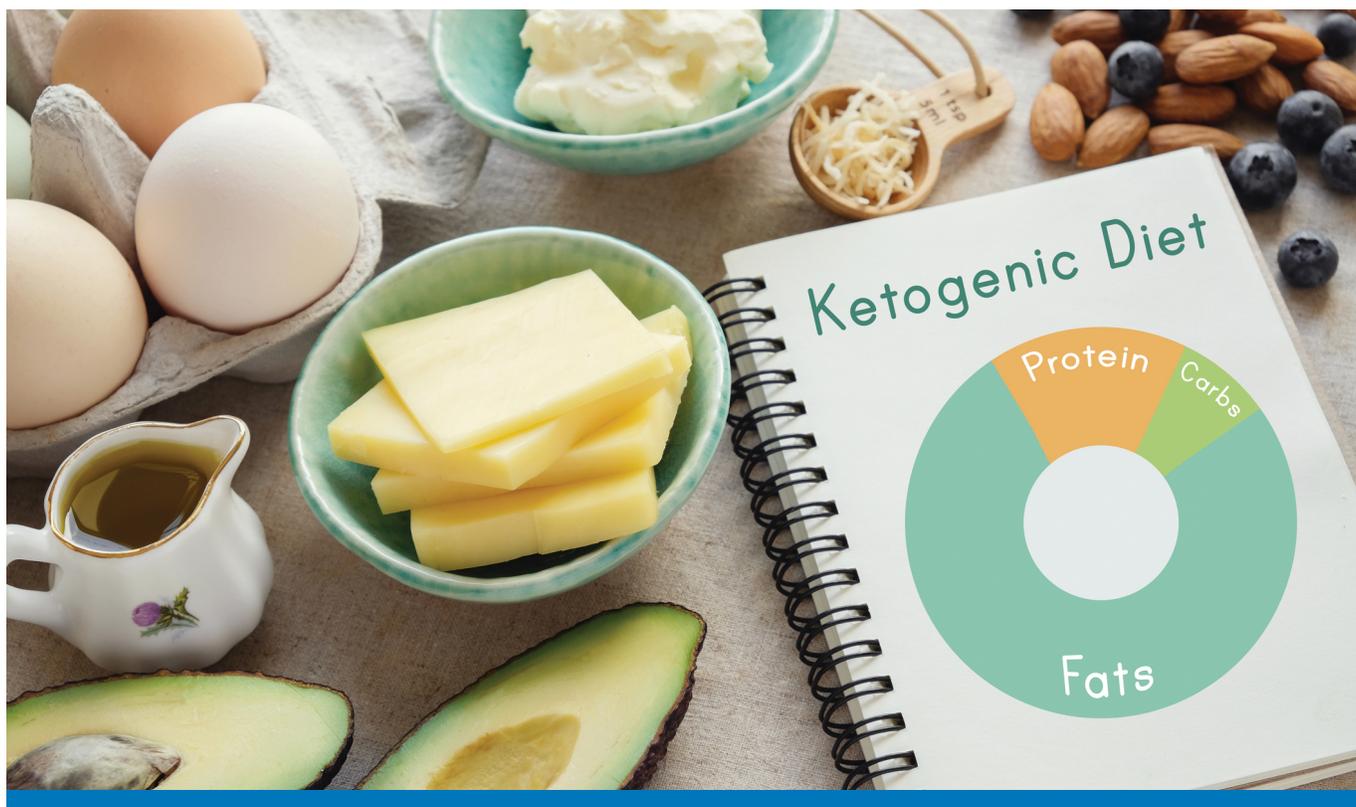
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Ask the Expert: Tips for Following a Ketogenic Diet for Cancer

With Dr. David Jockers

Editor's Note: If you attended or viewed the 2017 TTAC Live Event, you would have heard many of the experts speak about the benefits of a ketogenic diet as an adjunct therapy for cancer. It is also being recommended as a dietary approach that has positive effects on other health conditions such as diabetes and PCOS. In this month's "Ask the Expert" feature, Dr. David Jockers provides some insight into the ketogenic diet for cancer patients, as well as those looking to follow the diet for other health reasons.

Q: What is "ketosis" and a "ketogenic diet"?

A: Most people in westernized countries are very poor fat burners. Their bodies are dependent upon a steady

stream of sugar (called glucose) coming from their food intake to fuel their trillions of cells each day. Their bodies are not trained to use dietary fat and fat stores and to convert these fatty acids into bioenergetic water-soluble molecules called ketones.

When you are "in ketosis," you are burning fat as your primary energy source. This includes both dietary fat and stored body fat. As your body gets used to using these ketones as an energy source, you become what is called "keto-adapted."

A ketogenic diet is a nutritional approach that trains the body to fuel the individual cells with both glucose and

ketones. It helps the body develop a level of metabolic flexibility to use both fuel sources very well. This sort of nutritional approach is very low in net carbs (total carbs – fiber = net carbs. Fiber is very good on a keto diet), high in healthy fats, and moderate in protein.

When the body is efficient at using ketones for fuel, an individual can go very long periods without food and feel energetic and mentally clear. In addition, a keto-adapted state has significantly lower levels of inflammation and oxidative stress than a non-keto adapted state. Both inflammation and oxidative stress are two major contributors to DNA damage and the causation and progression of cancer physiology.¹



Consuming fewer carbohydrates and keeping protein levels low to moderate will naturally lead to a lower blood sugar level

Q: If someone has been diagnosed with cancer and wants to try a ketogenic diet, what factors do they need to consider?

A: The biggest factors people need to be aware of as they begin a ketogenic diet is that any sort of major lifestyle change is a stressor on the body – until the body adapts. For example, we know that exercise offers many benefits, but when a sedentary individual exercises for the first time, they often find themselves more tired and sore the next day or for the first few weeks.

Over time, their body adapts to the stress of the exercise and they notice that they have more energy and strength to do their daily activities. This same adaptation process may occur with the ketogenic diet. When your body is used to fueling itself with a continual supply of glucose, it has all the glucose-metabolizing systems working on full throttle and the keto-producing and utilizing enzymes are all underdeveloped. Fortunately, the body adapts quickly. For some it is a few days and for others it is a few weeks.

Physiology That is Forced to Adapt During Keto

1 | Lowered Blood Sugar Levels: When we consume fewer carbohydrates and keep our protein levels low to moderate during the day, we will naturally have a lower blood sugar level. This is the goal and only way to accomplish true ketosis.

Common Symptoms: Before our body has adapted, low blood sugar will typically result in us experiencing lower energy and brain fog during the early stages until the body gets better at producing and using ketones for energy.

Natural Solutions: In the early phases as your body is adapting, you can try cutting your normal carbohydrate intake in half for a week and then drop it in half again for another week. Then on the third week you can go for the very low-carb keto approach. In this way, you have given your body a chance to adapt to lower blood sugar stages.

You can also try eating every 3-4 hours in the beginning until you get keto adapted. Once you are keto adapted, you don't feel hungry or have strong cravings so you will naturally eat less often. But if you try to force long periods of fasting between meals too early on, you may experience some of these low blood sugar symptoms.

2 | Need for More Sodium and Electrolytes: On a keto diet, insulin levels go down. Insulin tells the body to retain sodium. As it drops, we need more sodium, more water, and overall electrolytes.

Common Symptoms: If you don't hydrate well and use more salt then you may experience worsening symptoms of fatigue, lethargy, leg cramps, low blood pressure, dizziness, heart palpitations, trouble sleeping, etc.

Natural Solution: I recommend consuming mineral-rich foods such as fermented vegetables (sauerkraut, pickles, kimchi, etc.), sea vegetables (kelp, nori, dulse), seafood such as wild-caught fish, avocados, dark-green leafy veggies, lemon/lime, cruciferous veggies, celery, cucumbers, and grass-fed butter.



Add 2 teaspoons of high quality pink salt to your food or water each day to get adequate sodium and other electrolytes

In addition, I recommend drinking at least half your body weight in ounces of water (e.g. 160 lb. individual would drink 80+ ounces of water daily) and ideally more than that. Also add 2 teaspoons of high quality pink salt to your food or in your water each day to get adequate sodium and other electrolytes.

3 | Microbiome Changes: Our gut bacteria are in a constant flux based around our nutritional habits. When we shift from a higher carbohydrate diet to a keto diet, this causes a significant amount of shifting to happen in the microbiome. This can result in the release of a lot of endotoxins from certain microbial colonies dying off and new colonies seeding themselves.

Common Symptoms: During the microbiome shift, we may experience altered bowel habits such as constipation or diarrhea.

In addition, it can also contribute to what many people call the "Keto Flu" where you run a higher temperature, have a headache, and feel very lethargic. This is usually a result of the combination of microbiome changes, needing more electrolytes, and having lower blood sugar levels.

Natural Solutions: As discussed with low blood sugar above, in the early phases as your body is adapting, you can try cutting your normal carb intake to half for a week and then drop it in half again for another week. Then on the third week you can go for the very low-carb keto approach. In this way you give your microbiome a chance for a slower adaptation period.

Additionally, consuming fibrous, non-starchy veggies and drinking a lot of water (see bullet #2 above) and electrolytes is important for gut motility and to sweep the microbiome of dying microbes and endotoxins. I also recommend using carminative herbs such as peppermint or ginger tea, using fresh or dried cinnamon, oregano, thyme, basil, etc. in your food or water which help to modulate the intestinal contractions and kill off unwanted microbes.

4 | Increased Need for Bile and Lipase Production: When we consume more fat – in particular, long-chain fats from olives, olive oil, avocados, nuts and seeds, and

animal products – we will need more digestive juices that are associated with breaking down fats.

These include stomach acid, bile, and the pancreatic enzyme lipase. If you are transitioning from a lower fat diet than the production of these digestive juices is most likely weak and will need some transition time. In addition, some people have a very sluggish gallbladder or have had their gallbladder removed.

Common Symptoms: Nausea, stomach or intestinal pain, altered bowel activity, fatty or greasy stools, fever, vomiting, keto flu symptoms, etc.

Natural Solutions: Try reducing the amount of long-chain fats in each meal and instead eat more often (i.e. 4-5 small meals as opposed to 2-3) in your diet and consuming more coconut fats which contain more medium chain fats that don't depend upon bile for digestion. You can also use a concentrated MCT oil, but start with just ½ tsp at a meal and gradually work up to 1 tbsp. if your body allows (if you take too much MCT oil too quickly you will have worsening bowel symptoms).



Signs you may need need more digestive juices to break down fats include nausea, stomach or intestinal pain, and altered bowel activity

I also recommend using a lot of bile-stimulating herbs such as ginger, dandelion, milk thistle, nettle, parsley, artichoke, etc. You can do herbal teas, eat these fresh, or use dried herbs and supplements with these.

Using supplements with betaine HCL, ox bile, and pancreatic enzymes can also be very helpful and oftentimes necessary for individuals struggling with stressed gut function.

Q: Is a ketogenic diet safe and effective for all types of cancer?

A: A well-formulated ketogenic diet is completely safe, but it is always a good idea to work with a functional health practitioner or a group coaching program to ensure you are doing it properly.

It has not been proven in human studies to be effective for all types of cancer. However, there is a lot of promising research in both animal and human studies and thousands of case studies that it is effective in a wide-range, if not all, cancer types.²⁻⁵ The level of effectiveness seems to be related to the dependency of the particular cancer on glucose metabolism as compared to glutamine metabolism.

Some cancers are highly effective at adapting from using glucose as their fuel source to the amino acid glutamine.^{6, 7} The challenge is that the body has abundant stores of glutamine as it is used in every cell of the body. If the cancer is very good at using glutamine, it really doesn't matter what you eat as the cancer cells will get the glutamine by stimulating its release from surrounding tissue and feeding on normal cells.

Dr. Thomas Seyfried, who is the leading researcher on the ketogenic diet and cancer, is very excited about the research coming out on glutamine metabolizing-blocking drugs in combination with a well-formulated keto diet.

Q: If your doctor knows nothing about a ketogenic diet, but you want to try it, what can/should you do?

A: Unfortunately, most oncologists and general practitioners know little to nothing about the ketogenic diet. What little they do know may not be positive as they often associate the term with a very rare pathological state called ketoacidosis. Ketoacidosis will never happen to someone who is doing a keto diet under the guidance of a keto coach or keto group.

If your doctor is not familiar with the keto diet than I would recommend printing out this great 2014 study published in the Journal of Redox Biology (www.ncbi.nlm.nih.gov/pmc/articles/PMC4215472/)¹ which summarized a lot of research on using a ketogenic approach in conjunction with standard of care models.

This should help them to be more open to the keto diet as a foundational conjunctive approach with what they are trained to do. In all likelihood, they will be much more open to this idea than for you to disregard their recommendations of chemotherapy, radiation, and tumor-suppressing drugs.

Be as respectful as possible with your doctor as they are simply doing what they are trained to do. If you have decided for yourself to forego chemotherapy and radiation, be ready for a negative response, and try not to get emotionally charged from it. Let them know that you respect their professional opinion and will consult with them if and when you are ready to go down that road.

In the meantime, be sure to find a holistic practitioner to guide you and find websites such as the Truth About Cancer and community organizations that can support you and help provide encouragement along the way.

About Dr. David Jockers



Dr. David Jockers is a functional nutritionist, corrective care chiropractor, exercise physiologist, and certified strength & conditioning specialist.

He runs one of the hottest natural health websites: DrJockers.com and is the author of *SuperCharge Your Brain*, the complete guide to radically improve your mood, memory, and mindset, and the *SuperCharged Healthy Recipes* book with over 180 full-color recipes to help you take back control of your health. He is a regular contributor to thetruthaboutcancer.com and has well over 1,200 professionally published natural health articles on the web and in print magazines.

Dr. Jockers is a sought after speaker around the country on such topics as weight loss, brain health, functional exercise, natural detoxification, and disease prevention. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.

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Charlene's Cancer-Fighting Kitchen



Quinoa Tabbouleh



Tabbouleh is a refreshing Middle Eastern vegetarian salad made of tomatoes, parsley, mint, onion, and typically bulgur wheat. In this version, I have substituted quinoa for the bulgur to make the dish gluten free.

Gluten has been found to have many negative effects on digestion and nutrient absorption, and can cause serious immune dysfunction. Importantly, most store-bought "gluten-free" products are not healthy. This is because they are often loaded with unhealthy ingredients and contain high levels of toxic metals such as mercury and arsenic.

Lemon zest provides lemon essential oil, which offers multiple benefits against cancer. Mint has anti-bacterial and anti-inflammatory properties, helps prevent damage from radiation, and cuts off the blood supply to tumors.

The phytochemicals in parsley can slow the speed of cell division, leaving time for the cell to correct DNA mistakes and activate apoptosis (programmed cell death).

Onions are a rich source of chromium, a trace mineral that can help control glucose levels.

Yield: 6 side servings

Preparation Time: 25 minutes

Ingredients:

- 1 cup uncooked quinoa
- 4 cups flat-leaf parsley, finely chopped
- 1 medium red onion, finely chopped
- 3 large red tomatoes, seeded and diced
- 1 cup fresh mint, chopped
- 1 Tablespoon grated lemon zest
- Juice of 2 lemons
- ½ cup extra virgin olive oil
- Celtic or Himalayan sea salt, to taste

Directions:

1. Rinse quinoa thoroughly in a fine mesh strainer under running water. Place quinoa in a medium saucepan with 2 cups filtered water. Bring quinoa and water to a boil. Reduce heat to low, cover, and simmer until tender (you will see the seeds open up), about 15-20 minutes. Remove from heat, fluff with a fork, and spread on a large platter to cool.
2. In a large glass bowl, combine the parsley, onion, tomatoes, and mint. Add the cooled quinoa to the herb-tomato mixture, along with the lemon zest and juice. Stir gently.
3. Drizzle the oil over the salad and toss to combine. Season with salt and toss again. Enjoy!

For all recipes, please use fresh, organic, locally-grown ingredients whenever possible, including organic, non-irradiated spices. This will give you the maximum cancer-fighting benefits.



Coconut Cabbage With Black Mustard Seeds



This flavorful Indian-inspired side dish is chock full of cancer-fighting vegetables and spices.

Coconut is a strong antiviral, anti-inflammatory, and antibacterial food. Research shows that when we eat coconut fat our bodies produce monolaurin, which has been found to be effective in fighting bacteria and fungus.

A member of the cruciferous family, cabbage is a nutritional powerhouse that is both inexpensive and readily available. It supports joint, bone, and cardiovascular health. Green cabbage is loaded with vitamin C and manganese and has nearly 20 different flavonoids and over 15 different phenols that demonstrate significant antioxidant and antimicrobial properties. Studies show that people who eat a lot of cabbage also have the lowest incidence of Type 2 diabetes.

Black mustard also belongs to the mighty cruciferous family, and the seeds inhibit the formation and growth of cancer cells. Mustard seeds offer magnesium and selenium, two essential anti-cancer minerals. They are also rich in phytonutrients, antioxidants, minerals, and B-complex vitamins.

Yield: 4 Servings

Preparation Time: 40 minutes

Ingredients:

- 1 teaspoon coconut oil
- 1 ½ teaspoons black mustard seeds
- 1 jalapeno, diced (optional)
- 1 cup shallots OR a mixture of shallots and red onion, chopped
- 14 curry leaves (about ½ tablespoon if leaves are broken)
- 1 teaspoon ground turmeric
- 3 cups shredded green cabbage
- ¾ cup shredded coconut flakes (fresh if available, but packaged is fine)
- 1 teaspoon Celtic sea salt (or more to taste)

Directions:

1. Heat the oil in a large, deep skillet over low heat. When hot, add the mustard seeds and stir gently until they begin to pop, about 1 to 2 minutes. Add the jalapeno, onion, and curry leaves. Cook, stirring, until soft and golden, about 7 minutes.
2. Add the turmeric powder and sauté until fragrant (about 30 seconds). Add the cabbage and mix well. Cover and cook for 15 minutes, stirring once or twice. Add a splash of water to deglaze if needed.
3. Add the coconut flakes and salt; mix well. Add 1 tablespoon water to deglaze, if needed. Cover and cook until cabbage is cooked through, about 10 minutes. Serve and enjoy!



Smoothie & Granola Breakfast Bowl



If you're searching for healthy and nutritious ideas for breakfast, you're not alone. It's often difficult to find delicious breakfast options if you've given up gluten, eggs, dairy, and more. Here is a delectable and nutritious vegan and gluten-free option you won't be able to pass up.

I've also included a recipe for granola as most commercial brands are loaded with sugar and other unhealthy ingredients. No time in the morning to make the smoothie base? The granola is also excellent served with fresh fruit and unsweetened non-dairy coconut or cashew yogurt.

Yield: Serves 1

Preparation Time: 5 minutes + 20 minutes for granola which can be made in advance

Smoothie Ingredients:

- $\frac{3}{4}$ cup unsweetened coconut water OR non-dairy milk
- 2 tablespoons freshly ground flaxseed
- $\frac{1}{2}$ cup fresh or frozen blueberries and peaches, divided
- One handful broccoli sprouts (or sprout of your choice) OR a handful of spinach
- $\frac{1}{4}$ of a ripe avocado (more, if desired)
- $\frac{1}{2}$ of a banana, sliced OR other seasonal fruit (for topping, if desired)

Smoothie Directions:

1. Soak flaxseeds overnight in filtered water, drain, and grind. If you have a quality blender, you can grind them in your blender first and then continue with smoothie recipe.
2. Pour unsweetened coconut water or non-dairy milk into the blender.
3. Add in $\frac{1}{3}$ cup each blueberries and peaches, a handful of spinach or sprouts of your choice, and $\frac{1}{4}$ of a ripe avocado. Blend until smooth.
4. To assemble breakfast bowl, scrape smoothie into a bowl. Top with fresh berries, granola (see recipe on next page) and sliced banana, pear, or other fresh fruits you enjoy (if only frozen berries available, allow to defrost for 5-10 minutes before using). You can also add in hemp hearts or additional chopped nuts or shredded coconut.



Granola Ingredients:

- 1 ½ cups whole rolled oats
- ½ cup raw walnuts, chopped
- ¼ cup sprouted sunflower seeds
- ⅓ cup unsweetened coconut flakes or shreds
- 4 tablespoons freshly ground flaxseed
- 2 tablespoons chia seeds
- 3 tablespoons unrefined coconut oil, room temperature (melted if solid)
- 2 tablespoons pure maple syrup OR raw local honey
- ½ teaspoon vanilla extract
- ¼ teaspoon Celtic sea salt
- 1 teaspoon Ceylon cinnamon

Granola Directions:

1. Preheat the oven to 300°F.
2. Combine all ingredients in a mixing bowl.
3. Spread mixture in a thin layer on a baking sheet lined with parchment paper; bake for 10 minutes or until lightly toasted. Stir halfway through baking process.
4. Allow granola to cool before serving or storing.

The granola can be stored in an airtight glass jar in the refrigerator (or a cool, dry place) for up to 2 weeks. For a raw version, dehydrate the granola mixture for 5-6 hours at 115°F instead of baking in the oven.

About Charlene Bollinger

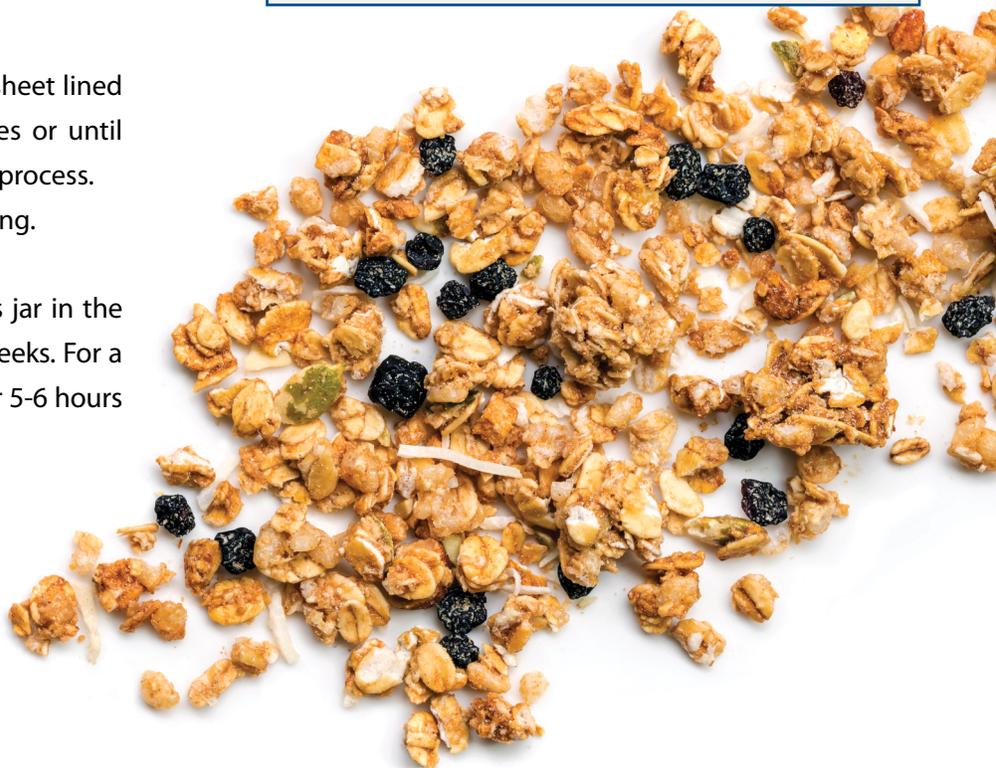


Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, co-founder of TheTruthAboutCancer.com and Organixx.com along with Ty and their partner, Jonathan

Hunsaker. She is a former model/actress/fitness buff, and lover of healthy food and healthy living.

After losing various family members to conventional cancer treatments, Charlene and Ty learned the truth about cancer and the cancer industry, and together work tirelessly helping others to learn the truth that sets them free to live healthy, happy lives.

Charlene speaks at various conferences and is a guest on various health related radio shows together with Ty, helping people to learn that cancer does NOT have to be a death sentence. Together they host a biweekly internet news show program, *TTAC Global Health News*.





I Found a Lump! Now What?

By Dr. Véronique Desaulniers

It can happen to you like it happened to me: you are in the shower and, because you want to be proactive with your health, you are also doing your weekly breast self-exam. Suddenly, your hand brushes up against something unusual. It feels like a lump or knot. You aren't quite sure, so you keep checking it over and over again.

Could this be breast cancer? A tidal wave of panic overcomes you.

There is nothing more unnerving than the above scenario. Yet it happens to thousands of women every day. If you found a lump or bump in your breast, would you

know what to do? Here are some things for you to think about during those first few days after finding a "lump."

The First 24 Hours

1 | Don't Panic! I know what you are probably thinking: *That's easy for you to say!*

Believe me, I completely understand about the impulse for panic in a situation like this. I did it myself at first, just as everyone does. Allow yourself a few minutes to experience this wave – it's a stress response and is perfectly natural. But don't indulge in negative thoughts about the future that may accompany it for too long.

Here is the reality: if you are faced with possible breast cancer, it *is* a potentially serious situation, but it is by no means an immediate, life-threatening situation.

2 | Gather Information. Take a few cleansing breaths, do some stretches, do some tapping (<https://thetruthaboutcancer.com/emotional-freedom-technique-cancer/>) or another activity to help clear and calm the mind. Then remind yourself that although that lump you just found could *potentially* be cancer, there are simply too many unknown variables to know for sure.

As soon as you can calmly do so, pick up a journal (we can call this your “Vibrant Health Journal”) and a pen and get ready for some information gathering. The first hours after discovery is the time for you to gather together all the facts about what you DO know. In your Vibrant Health Journal, write down the answers to the following questions regarding what you just discovered:

- What is its shape and size?
- Is it hard or soft?
- Is there discoloration?
- Does it hurt to touch it? If there is pain, describe it (sharp, throbbing, etc.) and rate how intense is it from 1 to 10.
- Have you recently had an injury or insect bite in that area?
- Where are you on your menstrual cycle?
- Can you think of any other reason why a lump or bump may be there?

Finally, if possible, have a friend or spouse take a look at the area. Write down their impressions in your Vibrant Health Journal.

3 | What Else It Could Be Besides Breast Cancer? Just as a breast cancer diagnosis doesn’t need to automatically lead to “doom and gloom,” the discovery of a lump or bump doesn’t automatically mean there is a tumor.

According to the conventional medical database WebMD, eight out of 10 lumps discovered by breast self-exam and other means turn out to *not be cancer*. Here are some other possible reasons for noticeable anomalies in the breast area:

- Cysts and infections
- Fibroadenoma, a non-cancerous breast tumor that typically occurs in young women
- Lumps and other changes in the breast area that occur only during menstruation
- Swollen lymph glands if the lump is close to the armpit (sometimes this is a symptom of lymphedema)
- Skin-related conditions such as insect bites, eczema, or complications of scleroderma
- Dense Breast Syndrome, when the breasts have more non-fatty, glandular tissue than fatty tissue
- Ductal Carcinoma in Situ (DCIS), which we will talk about in the next section

Although the lump that you have discovered may not be breast cancer, it is always a good idea to get it checked out by a qualified physician or naturopathic doctor if you are not sure. In addition, some of the conditions mentioned above may come with their own cancer risks as well.

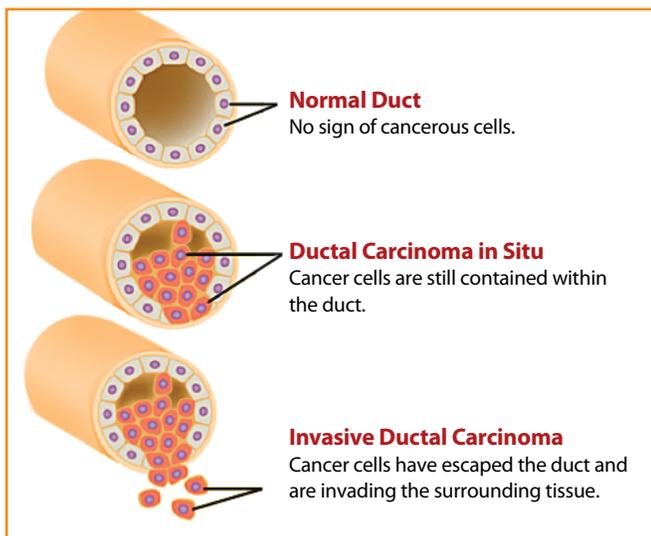
The Reality of Breast Cancer False Positives

When a red flag goes up and it turns out to not be cancer, this is called a “false positive.” New research is discovering that the number of actual cancer diagnoses which are false positives may be much greater than originally thought. A ground-breaking 2017 study conducted by the Nordic Cochrane Centre in Copenhagen, Denmark, found that one in every three cases categorized as either an “invasive tumor” or DCIS represented an over-diagnosis. The researchers concluded that the false positive rate in that country may be as high as 48%!

Many in the conventional medical world have also become concerned with a condition that is categorized as cancer but really is not. Ductal Carcinoma In Situ, or DCIS, is the presence of abnormal cells in the milk ducts. DCIS is sometimes labeled as “Stage 0 Cancer” and women with DCIS are often given the recommendation to have a biopsy and even mastectomies.

The facts, however, do not warrant such an aggressive approach to DCIS. Some forward-looking medical professionals, thank goodness, do not buy in to the overre-active hype regarding DCIS. They categorize it as a “non-cancer” and not a cause for further investigation nor conventional treatment other than monitoring.

It is estimated that 25% of all breast cancer diagnoses are really DCIS. A 2000 study conducted by the University of California, San Francisco, discovered that the 5-year mortality risk of low-grade DCIS alone is less than one percent. I do advise that women who have DCIS follow a healthy breast protocol like my 7 Essentials System™ since any abnormality in the mammary gland area may raise the risk of breast cancer in the future.



Women diagnosed with DCIS are often recommended to have a biopsy and even mastectomies, but the mortality risk of low-grade DCIS is extremely low

4 | Take Time for Self-Nurturing My advice towards the end of the first 24 hours is to not “panic into action.” Instead, take some time to do a little self-nurturing. Ground yourself and gather your strength for the days to come.

If breast cancer is suspected, the journey you will be on for the next few weeks or months will require your full attention. You will need your logical brain and skills of mental organization to weed out fact from opinion and to comprehend the sometimes highly-technical jargon that health professionals may throw at you.

You will need motivation and drive to go from one appointment to the next for tests and consultations. You will need your sense of patience and calm as you wait for test results and medical opinions. If natural medicine is the direction you want to go, you need to gather all the facts first. Only then can you make an informed decision. Above all, you will have to rely on your own sense of inner knowing to make *your own* clear, focused decisions along the way.

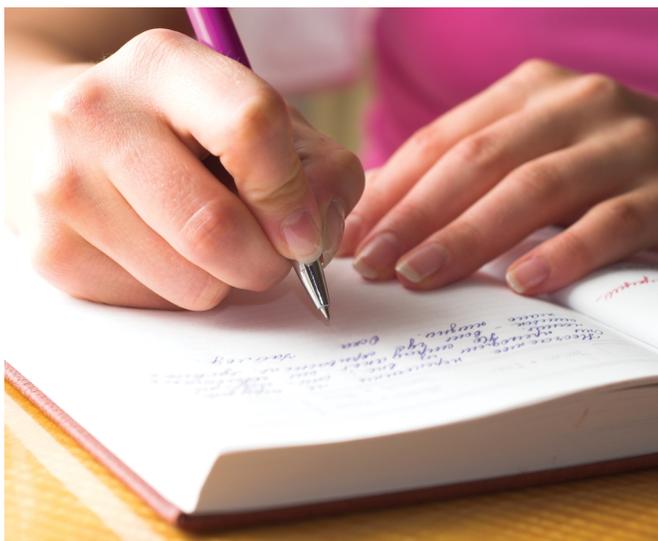
In the days to come, you may consult with quite a few specialists in both the conventional and natural medicine world and each may have their own opinions as to what you should do. During all this, however, please keep in mind that, when it is all said and done, you and only you will decide what is best for your long term health.

How can you make the right choices for not only healing from cancer if you have it, but also for your health in general?

Making sound health decisions that feel right to you requires you to connect to your own intuitive voice. You can call this voice your “inner wisdom” or “intuition” talking to you. Whatever you name it, once all the facts

and opinions have been presented and it is time to make decisions, this inner voice and your own “gut feelings” will be your best guides every day.

Cultivating your own internal connection to yourself and your body is essential, and it must begin today. Give yourself the time right now to simply let all the things you know for sure, all the factors you do not know yet, and all the feelings you have about it all to settle in. Keep track of all of these things so you can take a more objective look at this situation.



Keep a "Vibrant Health Journal" where you can keep track of facts and feelings along your journey

Schedule in some time during the rest of this day to nurture yourself. Cancel unnecessary appointments. Instead, take a walk in nature, see a funny movie, do a calming craft, take a bath, or reach out to a friend who is willing to just listen. Most importantly, keep your Vibrant Health Journal handy in order to write down thoughts and feelings that may organically come up. Writing out your questions, concerns, and fears gets them out of your head and on to paper. In addition, you may wish to address these concerns on your own or with a health care professional later.

In the world of creative endeavors, this time of letting things settle and organically rise to the surface around a challenge is sometimes called “brainstorming” or “mind dumping.” You can approach your healing journey in a creative way as well. In fact, seeing your journey with potential breast cancer as an opportunity for growth, expansion, and deeper self-nurturing from the get-go will actually help your body to heal. This is because thoughts and corresponding actions that come from a place of self-love, self-acceptance, and self-nurturing help to kick in the “relaxation response.”

Breast Cancer and Stress: Helping Your Body Heal by Staying in the Relaxation Response

The relaxation response basically puts the limbic system, that part of your brain responsible for fight or flight, into hibernation mode. Studies have shown that it can:

- boost the immune system
- lower cortisol and adrenaline levels
- increase the number of Natural Killer cells, which are responsible for flushing out and destroying cancer cells
- stabilize insulin levels
- lower inflammation
- improve detoxification
- lower risk of disease
- raise life expectancy
- improve digestion
- help the body on the genetic level
- and to top it all off, greatly improve cognition so you can make better choices on your healing journey!

On the other hand, being stressed and panicked along your journey can – you guessed it – do the exact opposite of all the good stuff mentioned above. Be an ally for your own healing by eliciting the relaxation response from the very beginning.

The First Week: Testing for Breast Cancer

Getting the right quality tests done is vital in determining what is going on in your mammary area. What's more, there are a lot more testing options available to you than you may realize:

1 | Thermography. I recommend that women who suspect breast cancer get a breast thermography exam right away. Thermography, also known as Digital Infrared Thermographic Imaging (DITI), uses powerful technology to detect subtle changes in heat being emitted from the body. High heat in human tissue means inflammation and physiological changes in the breast tissue.

Thermography is safe and relatively inexpensive. What's more, although no testing method is 100% accurate, a 2008 study conducted by New York Presbyterian Hospital found that thermography had a 97% success rate for detecting abnormalities in breast tissue. Thermography can also pinpoint unhealthy cells years before mammography can. For more information about thermography and to find a certified thermographer in your community, check out the American College of Clinical Thermography website (<http://thermologyonline.org/index.html>).

2 | Ultrasound. Ultrasound is a testing procedure that many people associate with pregnancy, but it can also be a safe, effective way of detecting tumors and tumor-like formations. Ultrasound uses the power of high-frequency sound waves to produce an image called a sonogram. Through this technique alone, a skilled medical professional may have the ability to see if an abnormality is a tumor or tumor-like cyst. What's more, ultrasound testing can be completed through your conventional medical institution and most insurance providers will cover it. The Herscan Mobile Service (<https://www.herscan.com/>) is a convenient and safe way to learn more about your breast health through ultrasound. You do not need a mammogram nor a prescription to use Herscan.



Ultrasound can be a safe, effective way of detecting tumors and tumor-like formations

3 | ENOX2 Test. The Enox2 test is a blood test that is designed to detect a special protein (ENOX2) that is only secreted by cancer cells. This one-of-a-kind test has been proven to have a 99% success rate for discovering if a person has cancer and which region of the body the cancer originates from. More info about ENOX2 can be found by visiting the Oncoblot labs website (<http://oncoblotlabs.com/>).

4 | Nagalase Test. Nagalase is an enzyme that, like the ENOX2 protein, is only secreted by cancer cells and some viruses. Experts say that an elevated amount of Nagalase in your blood may signify that there are multiplying cancer cells present. Nagalase testing can detect cancer growth at the cellular level and has been offered in Europe for years. It is now slowly being introduced in the United States.

5 | Estrogen Methylation test. Methylation is a process in which hormones are converted into other substances and excreted from the body. Since methylation also helps estrogen to break down into safer kinds, poor methylation can contribute to the development of breast cancer. A simple urine test from a qualified lab can easily detect methylation issues.

6 | Other Tumor Marker tests. There are other tumor marker tests such as BRCA1 / BRCA2 and Beta-hCG which are commonly ordered by conventional doctors. Tumor markers can be found in most bodily fluids and some tissues. You can learn more about common tumor markers tests on the National Institutes of Health website (<https://www.cancer.gov/about-cancer/diagnosis-staging/diagnosis/tumor-markers-fact-sheet>).

7 | Other Tests to Consider. The following tests are a must if you are on the cancer-prevention tract. If you have been diagnosed with breast cancer, getting them will help you keep a pulse on your health going forward. Of the hundreds of clients that we have coached through the years, almost all of them have had imbalances in the following:

- C-Reactive Protein, which instigates inflammation
- Insulin-Like Growth Factor 1 (IGF-1), an indicator for diabetes that can also indicate likelihood of cancer
- Vitamin D. Low levels can contribute to imbalances in the body
- Iodine, along with Fluoride and Bromide toxicity testing since these substances block iodine absorption
- Heavy metal toxicity
- Estrogen levels, sometimes called the Estrogen Quotient test. Be sure to test levels for all three estrogens
- Basic neuro-hormonal levels
- Serum Ferritin levels. High serum ferritin may raise the risk of cancer and other diseases
- Fasting blood glucose levels
- Homocysteine levels

8 | Mammography. You may have noticed that I did not start this list with the most widely-used test for detecting breast cancer known today: the mammogram. I did this on purpose to let you know about the many other safe and effective options available to you.

The choice to get a mammogram is up to you. You owe it to yourself, however, to know the risks before you get one done. Studies show that the radiation used in mammogram imaging can be six times more damaging to the breast area than higher-level X-rays. There are other risks associated with the compression of the breast itself. If a tumor does exist, this pressure may compress and cause the tumor to burst, spreading cancer cells throughout the body.

Finally, some studies have questioned the effectiveness of mammography in detecting breast cancer. The high number of false positives mostly comes as a result of mammogram tests. In fact, did you know that a five-year Canadian study conducted on close to 90,000 women found that a self-breast exam was just as effective in detecting a tumor as a mammogram? The study clearly showed that regular mammograms did NOT lower breast cancer mortality rate... not even by one percent!

If you do decide to get a mammogram, I recommend that you also get one or two of the other tests, such as thermography, ultrasound, or ENOX2. Gathering as much information as you can will help you make a more informed decision.



While mammograms are the most widely-used test for detecting breast cancer, there are other, safer options

The First Two Weeks to One Month: Considering Your Options and Making a Game Plan

The results from your chosen tests should usually be available within two weeks to a month. If the tests indicate a high probability of breast cancer, then it is time for you to begin making a game plan about the following:

1 | Creating Your Healing Team. Research published in the *British Medical Journal* and elsewhere indicate that the general attitude of healing professionals can have a direct effect on patient outcomes. This is because behaviors such as arrogance and intimidation on the part of those we hold in positions of medical authority will kick in stress responses in us.

Since your next steps will inevitably involve setting up appointments to discuss your options with various medical professionals, take a moment now to make a list of those you ideally would want on your “team.” Choose only professionals who will truly support you on every level, not belittle you or throw you into panic. It’s okay to ask questions! Remember that it is your body and your life.



Seek healthcare professionals who support you, and remember that it's your body and you have the final say

Your team should not only include medical specialists, such as oncologists, but also others in the healing arts such as acupuncturists, nutritionists, naturopaths, counselors, and health coaches. The coaches in the Breast Cancer Conqueror Healing Diva program, for example, provide mentoring for those on a healing journey with breast cancer as well as women wanting to prevent breast cancer.

Once you have assembled your team, which Dr. Lisa Rankin in her book *Mind over Medicine* calls your “healing roundtable,” you are ready to schedule consultation appointments. Along the way, don’t be afraid of changing up the members on your team. If you are not being treated as an equal partner by a professional, it is perfectly okay to make a change. If you feel uneasy, stressed, or fearful around a particular healing professional, would you really trust that person with your life?

2 | Create your “Supportive Team.” Part of your extended “healing team” includes those members of your inner circle whom you know will be there for you in the weeks to come. Take a moment every day to visualize loving support from not just your “healing team,” but your family and friends as well. Members of your spiritual community, friendly neighbors, and peers who may also be on the healthy breast journey can be valuable members of this team too.

On another page in your Vibrant Health Journal, write the names of those close to you that you would want on your “supportive team.” Take the time over the course of the next week or so to speak to each one and ask them directly if they would be a source of support in a general or in a specific way. Respect and take note of their responses. Just like the individuals you have placed in your healing team, the group of close family and friends you may count on for support can change over the course of time.



Consider family & friends you want on your "supportive team" and ask each one if they're willing and able to support you

3 | Steer Clear of "Energy Zappers." You may also have those in your life that it would be best to stay away from as you strive to remain calm and in a "healing mode." That cousin who lives on the other side of town, for example, may be a great source of family gossip, but she might not be the best person to confide in when you just need a listening ear.

In general, stay away from those who cause you anxiety, self-doubt, anger, frustration, or tend to "drain your energy." More than likely, you can think of a few who fit the bill right now! Remember that your main goal is your own physical healing, and staying in a loving, calm state of mind is paramount.

4 | Decide the course of treatment that is best for you. Finally, begin to consider the healing experience you want to have. We live in a somewhat confusing time when it comes to medicine and many patients often feel "trapped" between two very different paradigms of healing. There is the conventional model, which sees the body as a mechanism made up of individual parts that can be fixed with surgery and pharmaceutical drugs. Then there is natural healing, which sees the body as a whole, with the ability for self-healing.

The ways in which individuals approach the healing journey these days is as diverse as those individuals themselves. Some patients decide to go conventional all the way. They still trust the conventional model and are willing to put their total faith, and their life, in its hands – and that is okay.

Others have the opposite view: they choose natural medicine, using the healing power of herbs, supplements, energy medicine, lifestyle changes, detoxification, and other state-of-the-art immune boosting modalities to reverse cancer.

Then there are those – perhaps the majority – who choose a balance of both. Maybe they decide to have surgery, knowing full well the risks involved. They may then follow up with immune system-supporting herbs and supplements which target cancer stem cells along with lifestyle changes, for example. A recent NIH survey found that over 65% of Americans use some form of CAM (complementary and alternative medicine) as part of their healing protocol.



Every healing journey is unique. Once you make a decision, have faith that you made the right choice for you

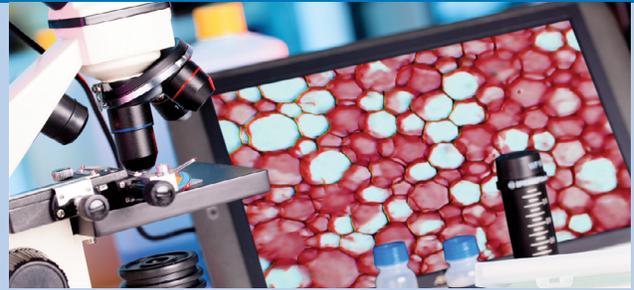
Again, the ultimate decision as to the way your healthy breast journey goes is up to you. Just be sure to get all the facts before you embark; then believe fully in your healing journey, whatever it may look like. That belief will help you heal.

A Note About Biopsy

If you are seeing a health professional within the conventional medical system and that doctor suspects breast cancer, more than likely he or she will suggest biopsy. This involves inserting a needle into the area of the lump and removing a small piece of tissue for examination.

Biopsies are very common, but you should know that they do come with risks. Even though a biopsy can usually be performed in an outpatient setting, it is still considered an invasive surgery. Any time there is physical contact with cancer cells, the natural barriers that keep a tumor enclosed are breached. This breach can allow cancer cells to be released into other parts of the body.

There is an established link between mammary area biopsy and cancer metastasis to the sentinel lymph



nodes, according to a 2004 study at the John Wayne Cancer Institute in California. That being said, some women understandably simply want to KNOW what they are dealing with.

In weighing the pros and cons of biopsy, ask yourself if the information you will obtain from the procedure is worth the risk. Also determine if there are other tests, such as the ones mentioned, which may be able to provide you with the same basic information in a way that is safe for you. If you do decide to get a biopsy, be proactive in supporting your immune system while you heal.

Into the Future: Adapt a Healthy Breast Lifestyle NOW

No matter what path you choose on your healthy breast journey, there are changes you can make NOW to take your healing to the next level, such as choosing a toxin-free lifestyle, switching up your eating habits, and healing the emotional wounds that may be keeping the disease process going. Living a healthy breast lifestyle is what my 7 Essentials System™ is all about. Be sure to check out the Breast Cancer Conqueror website (<https://breastcancerconqueror.com>). There is plenty of scientific and evidence-based information there to help you make a more informed decision.

No one wants to think about something as life-changing as a possible breast cancer diagnosis, let alone plan

for the possibility of it. Nonetheless, it is a good idea to at least have an idea of the steps you can take on the road to healing if you ever come across a “lump or bump.”

Reading this article is a great start. And if you have already been diagnosed with breast cancer, remember that the tumor is just the tip of the iceberg. Cancer is a symptom of deeper imbalances that must be addressed if you want to completely heal your body and live a vibrant life. A tumor is your body whispering to you that it is time to make some changes.

If you keep doing the things you have always done, you will get the same results. The journey towards healing breast cancer is not just about “getting rid of the lump.” It is truly a journey of transformation.

About Dr. Véronique Desaulniers



Dr. Véronique Desaulniers (also known as “Dr. V”) is a natural health pioneer with over thirty years active practice in Bio-Energetics, Digital Thermography, Meridian Stress Analysis, Homeopathy, and Chiropractic.

After she was diagnosed with breast cancer in 2004 and healed herself through natural means, Dr. V decided to devote her time to sharing her personal, non-toxic healing journey with others. Her years of experience and extensive research have culminated in the award-winning book *Heal Breast Cancer Naturally* and *The 7 Essentials™*, her coaching program that unravels the mystery of healing the body in seven easy steps.

Dr. V’s story, wisdom and knowledge has touched the lives of thousands internationally. Her website is BreastCancerConqueror.com

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