

Ramona Tuma



A seasoned speaker, Ramona's warm and engaging speaking style has entertained, challenged and delighted listeners across the country. Ramona has her Masters Certificate of Christian Education from Tyndale Theological Seminary and is a Board Certified Therapion Counselor. She has appeared on many radio and television programs across the country, with recurring appearances on KCBI Radio's Johanna Fisher Show and Celebration on Channel 29 in Dallas.

Ramona and husband Jerry have also together appeared on numerous local and national radio and television programs and have written *Smart Money*, a book on your temperament and finances in conjunction with Dr. Tim LaHaye. Her husband Jerry Tuma is a Certified Financial Planner and President and owner of Cornerstone Financial Services, Inc. Jerry has nationally syndicated radio talk shows *Smart Money*, and *Smart Money Minutes*, now heard in Dallas, Texas on KCBI, KWRD and KLIF radio stations. Jerry Tuma's new show, *More For Your Money*, can now be heard daily on USA Radio Network, and on Cornerstone Financial Service's website, www.cornerstonereport.com.

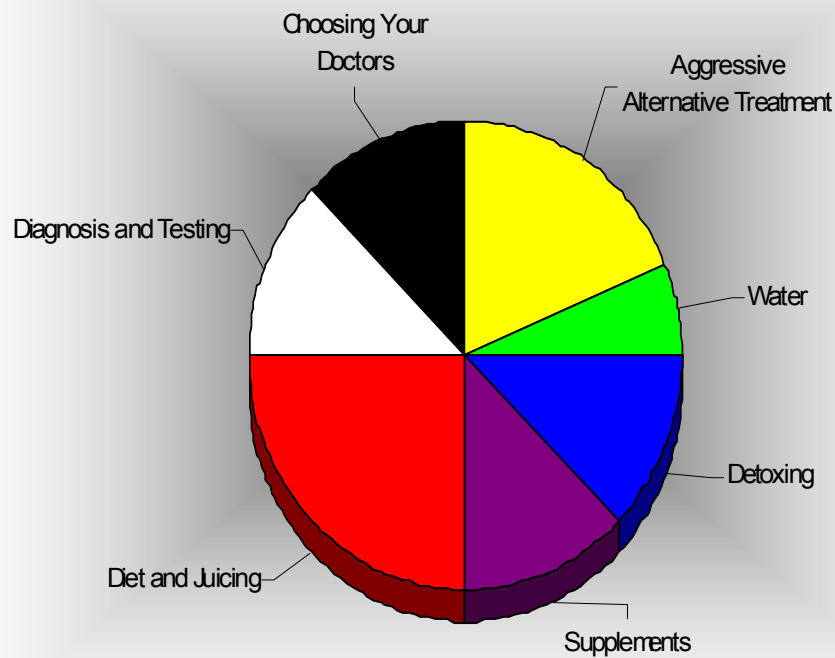
Ramona is the author of several booklets designed to answer specific needs in a woman's life. Her most recent books are *The Facts About God Prayer Journal* and *Bible Study and Beyond*. These books and many more, are designed to spark a deep hunger for the Word of God and to give women who use them the tools to dig deeper and find the answers to many of life's questions on their own.

A mother and a grandmother, Ramona's testimony of God's faithfulness when we are obedient to His principles is compelling. She and her husband have walked in faith as they raised their two children, established a business and endeavored to make their marriage a reflection of the nature of God, fulfilling their God-given roles.

Now happily married adults with adorable children of their own, Ramona's two children were the result of a highly abusive first marriage that ended with a bitter divorce. Passing through her season of single-motherhood, she married Jerry, at which time her ex-husband abducted her children. After nearly a year of not knowing where they were, the children were returned to her. Jerry subsequently adopted them as his own. The abuse they faced in those months away from their mother made for a difficult and challenging life ahead. She and Jerry raised their children to be godly adults, despite the warnings from professional counselors that it was not possible. As Ramona can tell you, with God's guidance every step of the way, everything is possible.

Many years later the tragedy of cancer struck, teaching Ramona a whole new aspect of God's faithfulness. God has proven over and over again that He is truly an awesome God. Due to the fact that the traditional doctors gave Ramona little hope of recovering from cancer by traditional methods of chemotherapy and radiation, she and Jerry chose to go against the tide of traditional U.S. medical treatment. They chose instead to follow integrative methods of cancer therapy. As a result of five very hard years of work with more than 15 different doctors and many different modalities, she has now been cancer free five years. The following pages reflect Ramona's pioneer trek with cancer .

Cancer Treatment: A Picture of the Whole



Protocol for Cancer

How to Choose a Doctor

Nothing prepares a person for cancer. No matter who you are or what your status is in this life, cancer devastates all who fall into its path. I shall never forget sitting across from what appeared to be the biggest desk I have ever seen—only to hear the word *cancer!*

I had heard this word many times before as many in my family have had cancer, but this time it applied to me—I had cancer. I had been thrown into a dark, black cellar and somehow I had to claw my way out. Where was I to begin?

My mother had heard those same painful words about cancer, and I watched her struggle to find answers from many doctors, only to die a painful, terrible death. I, at least, had her experience to build on: I knew from the start that traditional medicine did not have all the answers, and my experience affirmed it.

Through five years and nine bouts with cancer, on the verge of death more than once, I've learned that we are responsible for our health and treatment, and if we are to live, we must become responsible researchers. If you—or someone you love has cancer—you must be pro-active and make tough decisions. Along the way, my prayer is that you will find some of the doctors I found—wonderful giving, compassionate doctors, giving their lives as Elijah did when he laid his own body down three times on the body of the poor widow's dead son. I believe with this action Elijah was crying out—"If need be, my life for his!"

I've had doctors weep with me, love me—and one even let me hit him when I could bear no more, and then he exclaimed, "Ah! That's my little fighter." I have had doctors come into my home to see me through crisis after crisis. I have watched them give of themselves and even risk their own licenses in order to do what they believed might save my life—and not only my life, but many others as well. I've seen them sacrifice their own health, families, and wealth in order to do what their hearts compelled them to do. They exemplified the very best of what most of us feel a doctor is meant to do and to be. Never in all the rest of my life will I ever be able to repay these fine doctors or thank them sufficiently—they are my heroes, and I dearly love them.

Nevertheless the facts remain, not all doctors are like that. They are human, and they can and do make mistakes that can turn into the horror stories that many—if not most—cancer victims experience to one degree or another. Certainly I did, from misdiagnosis to faulty treatments and unnecessary procedures and surgeries—I've been through it all. For instance, there was one doctor who became angry when he told me I must have an immediate hysterectomy, and I began to ask questions. "What are you," he said—"Some kind of Indian woman afraid that if I take your uterus out, I've taken your soul?!"

As a result of this and many other very difficult experiences, I have developed my own means of choosing doctors and treatments, which I pray you can learn from and use. It may save your life!

Often the most frustrating part of my whole struggle with cancer was trying to find the doctors who were genuine treasures, and having the courage to walk out of doctors' offices when I felt they would do me harm (and I do mean – walk out!). I did the research and came to understand my own disease so well, that when doctors were trying to pressure me into their way of thinking, which I felt was wrong, I could stand my ground without accepting everything they said or recommended. I've even walked out of doctors' offices. Once I literally took the hands of a doctor off my body and told him he would never touch me again.

And, yes, I have gone against my own advice, learning from my own mistakes—like not seeking second opinions. I’ve listened to doctors tell me that if I didn’t follow their recommendations immediately, I would be dead in two hours. I believed them when they told me that it would take several hours to get in touch with another doctor from another hospital for a second opinion, and that I could lose my life by waiting. Because of such pressure, my husband and my children have had to make horrific decisions about my care without being able to think about other options or make inquiries. I have had “urgent” surgery against my wishes, only to be told what I had already known about my own body—they didn’t find the problem, they certainly didn’t cure it, and as a result I spent twelve days in the hospital and weeks of unnecessary painful recovery time.

So if you’re to follow my method of finding doctors who are the true gems in the medical field, you must begin with a change in your own mind set. Doctors are ordinary men and women. They get up in the morning and have to dress just like you do! They are not God, they are tools in His hands, to be used as He and you direct. Learn as I did, that you *always* have time, time to step back and pray, to research, to get your bearings.

I learned a bedrock principle through all of this. *God is Sovereign!* God has numbered my days. God created me. God has a plan for my life. Nothing can happen to me that did not come through His hand. No disease can take my life; no doctor’s error can end my life on earth prematurely. Yet as I fought cancer, I also understood that my life depended on trusting Him as I had never trusted, listening to Him as I had never listened, obeying Him as I had never obeyed. Any time that I was led by fear or the doctor’s prognosis, I suffered for it. But when my husband and I hugged God close, shut out the voices of all the professional experts, refused to put anyone on a pedestal, and heeded the following recommendations, we made progress—one day at a time, and for as long as it took (in my case five long years).

Recommendations for choosing your doctors:

1. Always call the doctor by his first name. I don’t mean it as disrespect, but as what is—an amazing test of character. I found that doctors who are egotists quickly corrected me when I did that. But when they were truly concerned for me, they smiled and realized that I had taken control of my own body, and had chosen to become their partner in battling my disease. As we worked together, the caring, responsive, responsible doctors *earned* my respect, and when I found myself beginning to address them as “doctor” it was a compliment to their skill, knowledge, and care—and they knew it.

2. Find out if the doctor a researcher. Ask where he or she was educated. Ask questions and make challenges to find out if you know more about your disease than he does. If you ask a question and the doctor does not seem to know the answer it initially, can he answer it by your next appointment?

While I had some doctors who didn’t seem to have answers and weren’t willing to look for them, I also had some amazing doctors who put forth tremendous effort. I remember when I was facing one particular dilemma, and the doctor I was seeing seemed to have no answer. By my next visit he had researched—to the point of going to a storage shed and digging out some old medical books—in order to find the answer. I knew that he was a doctor worth listening to!

3. Do your research before you ever choose your doctor, then test your doctor with what you know. Ask him or her—have you ever heard of (doctor so and so in Canada or wherever) who is

doing such and such with this type of cancer? If the doctor has never heard of it, move on. It was wonderful when I could ask my doctors questions and hear them tell me that they were aware of this or that treatment, and then—joy of joys—tell me more about the pros and cons of the treatment, allowing me to be further educated to formulate my own opinions and choices.

4. Ask for referrals! Ask for telephone numbers of patients who are still alive because your doctors have treated them. If the doctors are successful, they should have no problem doing this. Obviously, call those referrals! Cancer patients are generally thrilled by their victories, and they want to share. You'll find them eager to pass on what they have learned to you, they will spend so much time with you that you will be left feeling hopeful—if they can succeed, so can you!

5. Broaden your horizons. A very prominent cancer patient was once asked why he went out of the U.S. to fight cancer. The man answered swiftly, "In the 70's I bought a Toyota because the American cars had become so inferior. If I would go out of the country in order to find a better car, why would I not look outside of this country for my own body?"

We have an attitude in this country that our medicine is the best, that our doctors are the only ones with knowledge, that our pharmaceutical companies and the FDA know everything about medicine. Many have died because of this mind set. I saw doctors from all over the world—China, Germany, Mexico, England, The Netherlands. I listened, learned, and lived!

6. Think outside the traditional box—consider nutrition and alternative treatments. And as you do, keep in mind the truth that one doctor shared with me, that in medical school he'd received a total of "one thirty-minute nutrition class" during his entire time of training. One class!

Don't expect all doctors to be informed about or to have faith in alternative treatments. After working harder than I've ever worked in my life, suffering more than I ever thought I could ever endure, scanning the world for answers, doing unbelievably difficult things like taking coffee enemas several times a day, consuming as many as 340 pills a day, and receiving IV's for over 500 days—one doctor was so thoughtless and unbelieving as to tell me that "sometimes there are spontaneous remissions."

There was nothing spontaneous about my remission! This doctor's mind was so trapped inside his traditional medical beliefs that he could not even acknowledge the possibility that I had found answers elsewhere!

A difficult truth is, as an honest pediatric oncologist of a major cancer hospital once told a cancer patient we know: traditional therapy is often based upon what treatment the hospital most readily has available, and how much money they need to cover their costs.

When researching treatments for his young daughter, one father discovered that even in traditional medicine certain hospitals had much better success rates in their specialized treatments than other U.S. hospitals. In other words, the bone marrow transplant success ratio in one hospital might have a lower success rate for recovery than a similar hospital in another state. One hospital might have done a thousand of these procedures while the other only a hundred! As you might imagine, none of this was revealed without insistent questioning by the father involved; like him, you can ask and keep asking until you have enough information to make an informed choice about which doctor, clinic, or hospital to use. You must!

After doing your own homework you will discover that even in traditional medicine doctors and

hospitals often do not agree with one another's protocol, thus leaving the patient lost and confused. Add to this mix further discussion of diet, vitamin C infusions, enzyme therapy, insulin based chemotherapy, homeopathy, Chinese herbs, fasting, detoxification, ablation, and you will have most doctors rolling their eyes, telling you that you are just in search of the magic bullet—or the fountain of youth.

I had a different perspective. Though taken out of context, a biblical verse kept hammering in my heart throughout my entire cancer trek:

“Ask and it will be given to you, seek and you will find; knock and the door will be opened to you.” (Matthew 7:7)

Years ago, before I had been diagnosed with cancer, a Bible teacher had taught me that the emphasis on this verse in the Greek was dramatically clear: ask and keep on asking, seek and keep on seeking, knock and keep on knocking! During my trek this verse more than all others led me. God had an answer—He had an answer to my cancer, if I would keep on knocking, keep on asking, keep on seeking, keep on, keep on, keep on!

I stood fast on the promise of:

“It is the glory of God to conceal a matter; to search out a matter is the glory of kings.” (Proverbs 25:2)

The answer to my cancer was concealed. I knew in my heart that if I kept on seeking, and asking, and knocking, and searching out the matter; if I laid down all my preconceived ideas about how I would get well; if I would humbly begin from scratch—body, soul, and spirit—knocking, knocking, knocking on doors all over the world if need be, God would uncover the answer. He did, and I am gratefully alive.

7. Pray! I had absolute miracles in this regard. God directed my husband and I, sometimes we were taken to the very edge, but He was faithful. Every practitioner that I came in contact with was a direct answer to prayer. At the last minute a doctor from Germany had a four-hour layover at the airport in our city in the middle of the night. My husband wrapped me up—still in my pajamas—in order for us to go and meet him for just a few minutes. *Those minutes saved my life.*

Another time one of my doctors had been asked to go to a medical conference, and at the last minute he decided to go. While there, he met a doctor from China that had a suggestion that turned my life around. I had been in unbearably horrible pain for three weeks, to the point of wanting to take my own life, and this Chinese doctor's suggestion rescued me from the pain. These are just two examples from a list of at least 15 health care providers—*all of whom were answers to prayer.*

DIET AND SUPPLEMENTS

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of the Lord Jesus Christ.” (I Thessalonians 5:23)

Many believe that their spirit and soul are important to God, but most of us abuse and use up our body. This verse makes it clear that though we may separate the body from the spirit and the soul, God does not!

The more I learned about how I had taken my body for granted the more I confessed that neglect as sin. To be sanctified through and through, my body was to be set apart, held to a higher standard than what the world believes is acceptable.

Cancer radically changed my view of the condition of my body: I was responsible for the shape I was in! I may not have directly caused the cancer, but I had to face the fact that I had made drastic, if ignorant and naïve, choices in my life that had damaged my body and set me up for disease. What had started out in infancy as a pure and simple and perfect body, I had spent a lifetime abusing and neglecting. I began to see my body as part of God's creation—and I was about to pay a high price to reclaim what had been lost.

My body became *my* complete responsibility; it was not up to doctors or nurses or husband or family, this was my responsibility and mine alone. I had to know my body inside out. I have learned my body so well that I can now tell if my body is low on a certain vitamin or mineral, I can tell long before I am having any symptoms of illness that something is not right inside of me. At first some of my doctors would laugh at me when I would say something like, "I really think I need a shot of magnesium," but some of them, the ones I trusted the most, began to listen to me. They were often amazed, because I was always right!

Over and over I want to emphasize the importance of personal research: *your research will have more to do with your survival than anything else you could ever do.* I was diagnosed in 1995, before the Internet, and the first week I was diagnosed I read more than 40 books and articles on my particular type of cancer. Now almost 10 years later, I am still researching, still learning, still testing, still asking, still knocking, still seeking.

I am truly not the only success story. I know many more people who are cancer survivors, people given up to die, told to go home and make their funeral arrangements, those who have chosen their own pallbearers, only to find themselves going to their friends' funerals instead of their own! Always, the mark of these people is that they are researchers.

One woman, for example, 41 years old, was given up to die by one of the biggest cancer hospitals in Houston. She is now alive and doing well—less nine lung tumors, I might add—because her tenacious husband kept on asking, seeking, and knocking all over the world to find the best of the best for her. Thanks to this husband's research, many more people have found life, and because of what I have learned from his research, I now realize that with this new information I might have cut off at least three years of my own cancer trek. Thank you Rob Wyrick for your bulldog approach! May others follow suit.

Diet and Supplements

Now I am going to begin giving pointed facts on diet and supplements, but I want you to understand that I'm just going to give bottom line information and point you in the right direction so you can do your own research and make your own application. *What you are willing to learn and to do will be your test of how badly you want to live.* It won't be easy, but begin with the basics and press on!

My first difficult lesson—clean out the pantry:

1. Throw out anything white.

After a four-hour session with one of my wonderful doctors, armed with new information and a renewed zeal, my husband and I went home, dug out our trash bag, and began to clean out our pantry. What a shock! Bags of “food” lay in the middle of the floor—all declared untouchable, not to be eaten. My husband stood in front of the bags wondering what to do with them. At first we were thinking of donating it all to a food bank; then after a short discussion we realized we could not in good conscience pass what we now considered “dead food” along to even our poorest neighbor.

Flour makes glue.

If it is white, the food value has usually been processed out of it. This means white sugar, white flour, white rice, and all of what you might call “colon glue.” Think about it! When you were in grade school and your mother ran out of Elmer’s glue, what did she use? My mother mixed white flour together with water, and I went to work cutting and pasting! If it makes glue on paper, it can be glue in the body. You may have years and years of this glue stuck in your colon, a ripe place for colon cancer to find its home.

Sugar is cancer’s best friend.

Studies have proven that cancer cells actually open up in order to get fed, and one of their source of food is sugar. All living things must have a food source, and a cancer cell is a living, growing organism. So your first line of defense is to get rid of cancer’s food supply!

My doctors were stricter than most, but I am alive and many others are not. I can honestly say that I followed 99.9 percent of everything I was told to do—and the one percent I didn’t follow was because I simply didn’t understand.

For us, the first thing out the door was sugar. The list was for getting rid of sugar was long: the obvious sugar in the tea—gone; table sugar for the top of cereal—gone. But the not so obvious was more difficult to discover: sugar in catsup—gone; sugar in fruit—gone; sugar in salad dressing—gone. Reading labels—was definitely in!

Sugar includes corn syrup, high fructose, and in my doctors’ opinion, even honey! The only sweetener allowed was grade B organic maple syrup and a little known herbal product known as Stevia. That was it! Everything else, overnight, was out of the house. When my cancer was active, I gave sugar no room!

Raw whole-wheat flour replaced white flour.

And brown rice replaced white rice, boiled oats instead of quick oats, healthy grains, beans, and legumes replaced hamburger helper and sloppy jo mixes! As hard as it was, even as sick as I was, if I was going to eat right I would have to throw out the quickie foods and take the time to feed my body.

2. Kick the carbonated soda habit out of your life.

Carbonation is terrible for your body. The body does not know what to do with the bubbles; it creates nasty free-radicals in order to defend itself against the invaders.

3. Meat is your enemy, not your friend.

I am not a total vegetarian, but my husband always knew when I was going into a downhill slide, because the first sign was that I would push away the meat plate. I’m not a doctor, I’m not a scientist, and perhaps some of the things that I say others can refute, but I was in a

fight for life, and any tidbit of information was taken seriously.

I had one doctor tell me that the shell around the cancer cell was very similar to the protein shell that surrounded the cell of any meat I ingested. He explained that at birth I was given a certain amount of enzymes in my body. These enzymes were to be used to break down protein shells so that my body would digest whatever meat I consumed. The kicker is that *the only thing that restores depleted enzyme resources is a lifetime of eating raw fruits and vegetables*. I had not had a lifetime of eating raw fruits and vegetables—for me it had been donuts for breakfast, macaroni and cheese for lunch, and spaghetti for supper. I knew my enzymes were crying for help! With this in mind, my immediate response was to give my system a break—I quit eating meat, so that my enzymes could focus on breaking down cancer cells rather than working so hard to break down the meat cells I'd been eating. Made sense to me!

My diet became an 80/20 diet. Eighty percent raw vegetables, 20 percent anything else I ate. Note that I left off fruit—fruit was a sugar source I wanted to remove out of my body, so I stuck with just veggies and learned to love them!

The only exception to my meat rule was salmon—not canned fish, but only good quality salmon, fresh Wild Norwegian Salmon, cooked well done. There is absolutely no better source for calcium, and your body can process every bit of the calcium and omega 3 that the salmon has to offer you. This helps keep your bones from becoming your body's protein source—which is very important.

4. Raw organic vegetables.

As often as possible eat and juice organic produce. A great many studies have been done on the value of eating and juicing organic produce, and they are available for any researcher to discover.

For instance, it's been proven that one bunch of organic broccoli has at least ten times as many of the nutrients as that of one bunch of non-organic. One study stated that one organic tomato had the food value of half a bushel of non-organic tomatoes. This, plus the fact that most non-organic fruits and vegetables are harvested pre-maturely thus making the vitamin and mineral food value drastically reduced, is reason enough to switch to organic produce.

But there are greater reasons. Over the years we Americans have ingested every known pesticide and herbicide known to man, and as a result, our bodies are virtual chemical garbage dumps. For years, we have slathered on creams and lotions and soaps and insecticides, and some of us have put things into our bodies like silicone breast implants, drugs, and tobacco. Almost everyone has used or been exposed to cleaning solvents with chemicals strong enough to take paint off of wood. Think about it—it's common sense! If I can take the chemical load off of my body in just one instance, such as eating organic vegetables, my body thanks me.

5. Juicing—it's your life's blood.

When I first got sick I was so ill that my husband had to turn me from one side to another; I was so weak that I could not even pull a sheet on top of myself. Someone else assisted every bodily function. I had no resources, no strength, no energy, I was told by one doctor I had three to five months to live.

Urged on by this prognosis, my family determined to find a way. We read everything about juicing. We learned about the Gerson therapy and followed it to the letter. We compounded our information with studies done by George Malcomus and the Hallelujah Acres. We sought my doctor for his input on juicing, the only thing he found wrong with the therapies we were considering was the high level of sugar in carrots. So on his advice, carrots were out, green juices were in.

I was depleted of every vitamin and mineral, as well as the enzymes that destroy cancer cells. We felt we were in a war with no time to lose. My siblings took their vacations to come and help; it was a precious time when they all rolled up their sleeves. One sister stood at the sink from seven in the morning until seven at night cutting up vegetables, providing me with green drink after green drink. They weren't easy to get down, but I did it; I felt I had no choice. I drank thirteen glasses a day to be exact—30 pounds of raw green vegetables a day, for months and months.

The good news is as of October 2004, I will have been cancer free for five years. Truthfully, today I can barely look at a bunch of broccoli on the plate, but at the time we were in the battle, it didn't matter what I liked or didn't like. I had grandchildren yet unborn, children who needed direction in choosing their mates, a precious husband who was not ready to be alone.

I put pictures in front of me. I put verses at my side. I cried. I groaned. I watched my dear brother-in-law search for any way to help us, from sewing a torn seam in a rug to repairing a refrigerator gasket when my husband had no time for such things. Friends joined in the fight, making meals for the rest of the family, cleaning my house, making me laugh, making me cry. How could I let them down! So I told myself, "Drink, and live!" And I did.

I just had a phone call from one of my six grandchildren. Out of the blue my little three-year old lamb called just because she wanted to tell her Nana that she loved her. Little Laina was listening to "our song" and just wanted to let me know. After a few minutes two others wanted their turn to share their day with me. I can only think—oh my, what if I had turned down even one glass of green juice! I would gladly drink them all again.

6. Vitamins and other miseries.

I can hardly believe it now, but I really did take 340 supplements a day! I took one pill at a time in a little bowl that I carried with me all day long. Yes, you read it right—*340 a day!* My doctor said to keep on chugging: vitamin E, A, C, B's, D—and if there had of been an X, Y, Z they would have been in the mix also. I had been depleted of all minerals. Stress flushes magnesium out of your body like a flood! Potassium had to balance the magnesium, calcium had to be ingested, along with manganese, copper, etc. I needed herbs for infection, for boosting my immune system, for helping my kidneys, for keeping my liver strong, and getting rid of horrible unspeakable parasites.

Yes, I even had parasites! I took black walnut and artemesia. I took prescription parasite pills, and I passed things I'd rather not discuss—but trust me, they grossed my husband out so badly, he would wash his hands in every water faucet he passed!

I believe finding a good nutritionist should be high on your list of priorities. A naturo-

pathic doctor would be a good place to begin your search.

When taking supplements, try to find as natural a product as possible. Avoid storefront brands such as GNC, and be very wary of most multi-level marketing products, with a couple of exceptions.

I must say here that I do have preferred brands. I have purposely not joined any multi-level marketing plans except one, for the sole reason that I do not want to be perceived as making money on other's illnesses. I've joined one organization simply as a resource for getting the product cheaper; I don't sell to others or try to build a business. I have chosen many times to pay a retail price rather than join such groups.

I take to heart I Kings 5:20-27, and desire never to be a Gehazi in any way. I am sickened by the scams I have seen, I am tired of clinics and doctors and practitioners charging more than is fair to people who have re-mortgaged their homes, taken loans out on their life insurance, and indebted their families for years in an attempt to get well. I am a patient advocate: I have no loyalty to any single doctor, product, or facility—I care only for those trying to crawl into the churning waters of the pool of Bethesda (John 5:2).

Some products I think very highly of:

- Nature Sunshine, especially their herbal remedies
- Bach flower remedies
- Some Bio Active Nutritional supplements
- Products made by Solaray
- Twinlab products
- Natura Herbals
- Products produced by Vegii Research in the Netherlands
- Limu—a nutritional product made from seaweed, (the one organization I belong to)
- Inner-light pH balancer
- Barley Green
- Champion Juicer
- Amy's vegetarian frozen dinners

Read product labels, ask the company itself to send you information on how the products are processed, what kind of fillers are used, what does "all natural" mean? *Strive to discover the products closest to nature.*

Book list for educational purposes—the ones with the star in front are must read resources:

***** ***Cancer Battle Plan*** by David and Ann Frahm. This book saved my life. David has sense written workbooks and other books on nutrition and health. Nothing written anywhere is better than their books.

*** ***Remove the Thorn and God will Heal*** by Bud Curtis (to get this book contact Marie Smith at (805) 480-1456 or www.belcodist.net. This is one of the best books on detoxification.

*** Any books written by Cheryle Townsley and Lifestyles for Health. She has the best

cookbooks I have found. Her book *Kid's Meals* is an excellent way to get your children to begin eating healthier. (However, I do not like her emphasis on soy products, as many of my doctors thought soy should be taken in small doses for those in active cancer. I am also very hesitant about some of her books that include the healing of the soul.)

**** *A Cure for All Cancer*** This is the best book explaining parasites; however, I do not believe for one moment that *all* cancer is caused by parasites, nor do I believe that if you just get rid of parasites all your cancer problems will be solved. There are no magic bullets—period.

****** Go to your home library and search for yourself; new books are published all the time.

Detoxification and Ph balance

Coffee enemas, acidophilus enemas, epsom salts baths, bentonite clay packs, lemon juice fasting, seven-day fasting with colon cleansing, ozone therapy, hyper baric chamber therapy, hydrogen peroxide IVs, high dose vitamin C IVs, dry saunas, manual lymph drainage therapy, massage, dry skin brushing, herbal footbaths, Liquid Needles baths—you name it, I did it, and still do some of it.

Coffee enemas are top on my list; there have been studies proving beyond doubt that coffee enemas are excellent in the detoxification of the liver and the colon. I have done them now on a regular basis for almost ten years. I believe they kept me from having cancer metastasize to my liver. I had joint pain for years before I had cancer, coffee enemas to my surprise greatly relieved all joint and bone pain. I have recommended coffee enemas for migraine headaches, flu, and detoxification after surgeries, over and over those who have dared to do them become as committed to them as I am. I do not believe that you can get well or stay well without them.

For further information as to how they are to be done, read Dave Frahm's book the ***Cancer Battle Plan***, and contact the Gerson Clinic in Mexico for their detailed studies—they are the pros.

I have found that I must also do acidophilus enemas in order to replace the good flora in the bowel. I mix about one-half cup of acidophilus to one cup of purified water and hold it until it is absorbed. I have had serious yeast infections clean up completely with just one such enema. I can cite no specific research on this; just having thought it through, I decided that it would be a colon safeguard and it has worked.

Epsom salts and Liquid Needles baths are absolutely imperative. Liquid Needles has an entire line of mineral baths to help detoxify the skin. The skin is your largest organ, and the most neglected. Your body is an amazing machine. As it tries to draw impurities away from critical vital organs it deposits them in fat cells, and stores them as close to the outside of the body as possible. If we do not care for our skin, the whole body overloads. Soon the pathways of expelling waste back up—and our body has no recourse except illness. Keeping the colon, liver, and skin detoxified helps the kidneys, heart, and lungs do their jobs, thus keeping the load off the body so that it can concentrate on destroying cancer! The person I have found with the best information on the how to of skin detoxification is a wonderful 81 year-old friend named Dinks Gaither. She has produced a great video on dry skin brushing—well worth watching.

Unfortunately you will probably have to go outside of the U.S. if you attempt to have hydrogen peroxide IVs. To me they were one of the most miraculous things that I did; yet they also

were the most painful, making me extremely nauseated and sick. H.P. is highly aggressive, and it affects your body very aggressively—but why are we surprised? Cancer is a very aggressive disease and *must* be treated just as aggressively.

Many clinics in the U.S. offer high dose vitamin C. I know that Rosehill Clinic in Georgia does them very effectively. They were a huge part of my regime.

Lemon juice fasting is the most effective method of leveling my pH levels that I have ever found. Cancer grows in acidic environments; believe it or not lemon juice turns an acidic pH into alkaline faster than I have ever seen in any other product or food. A little yellow booklet call *The Master's Cleanse* can be found at most health food stores. This little booklet is a gold mine of information—read it and live.

Ozone therapy, colon cleansing, seven-day fasting can all be found in Bud Curtis' book *Remove the Thorn and God will Heal*. Far better to go to the fountain of information, rather to try to describe it and the reasons for doing them here. Part of your assignment—*read!*

ONE WARNING: I must add one final thought, a warning perhaps.

I do not believe in therapeutic colonics. I believe that they could even be dangerous. There have been some people who have had colonics that have reportedly died because of colon perforation. I have no proof of this; I only have my own observations.

When someone has cancer, his or her immune system is totally compromised. In my opinion, doing a colonic using a machine which has been used on people with nearly every form of disease—possibly including AIDS—is not something I want my immune system to have to deal with, regardless of how they attempt to sterilize the equipment. It is far too great a risk.

Yes, those who offer colonics swear that nothing ever backs up, and that the tubing is disposable and on and on, but I am not convinced. I do believe that with ozone therapy—*where you own your own equipment for under a thousand dollars, or by doing daily coffee enemas up to as many as four a day* (as per Gerson's recommendations)—the need for professional colonics are completely eliminated, and therefore, so is the risk.

Water – cool clear water

Nothing is more important to the human body than water. Plain, pure water. At least eight glasses of water a day, not tea, not sodas, *water!* However, water from your tap is often not fit to drink.

One man told me that you're drinking water that's gone down your toilet in about 78 hours, a pleasant thought! Another person has said that our water supply is "purified" with chlorine and ammonia; have you read the side of your ammonia bottle lately? It warns clearly never to mix the two—why? Because it forms a toxic gas! Yet we should feel free to drink up, because it's been through our city's system.

Unfortunately, many of the present day bottled waters that are big business, are also unfit to drink. Just because a label states "pure" does not make it so. I have found the finest bottle water in the U.S. to be produced right on my own turf. Rainfresh water is double, triple, filtered with

one of the best filtering program on the planet. Joseph Bender is the genius behind this water, and is a wealth of information. Many health food stores are beginning to carry it, including Whole Foods. If you can find it you are truly blessed, other wise drink distilled water and buy a shower filter. Remember two things, filters must be changed at least every six weeks, and distilled water has had most of the minerals removed so do not forget your multi-mineral.

Water cleanses, detoxifies, restores, purifies, and lubricates. Nothing is more important than drinking, bathing, and soaking in great water. If you have a pool, use an ozonator instead of chlorine. Buy a good ozonator and turn your bath into a health spa. Any investment in good, pure water is an automatic investment into your own body.

The rest of the story

Everything that I have covered thus far is absolutely critical. It's like a three-legged stool—take away just one leg and the whole thing falls apart. Juicing, changing diet, detoxification, drinking purified water, destroying parasites, rebuilding the body of enzymes, minerals, and vitamins must all be done—with a passion!

Yet all of this is not enough. Though some people become well by doing these things and nothing more (I know of testimonies particularly of colon cancer where the above protocol was all that was used), in most cases there's more to be done—you must be tested, tested, tested!

The following is a list of aggressive proven procedures that every cancer patient should explore. In this list are some very important cancer tests that should be done regularly by any person who has cancer now or has ever had cancer:

1. The obvious—have every test known to man.

I will list a few exceptions to the rule later, but *early detection is the best prevention*. I really am not concerned about the radiation that comes from a c-scan, or the failure rate of certain blood tests, or their marginal results—I want it all. I believe in this fight you must know your enemy. And the only way for you to do that is to look into every possible and probable test available.

This includes the AMAS test from the University of Boston, all of the c-127, 126, 125 tests for uterine, ovarian, and breast cancer, electro-dermal testing, thermography, live blood cell microscopy, PSA, needle biopsies, ultrasound, PetCT scans, you name it—*do it!*

At the end, however, do not allow just the word cancer to be used as the diagnosis. *Find out what kind of cancer—by name—because treatment depends on the type of cancer, not just where it was found in your body!* Then do your research—find out about any genetic testing or research going on for your type of cancer by name, find out if any of your family members have ever had the same type of cancer. This information may not just save your life, but at a later date, it may also save your child's life or the life of your grandchild.

EXCEPTIONS:

I do not believe in mammography. I know too many women who have had annual mammograms faithfully, and then died within a year after a false negative. If your doctor suspects breast cancer, he is going to ask for an ultrasound, skip the mammogram, and go to that which really works. So why not have the ultrasound first? The failure rate of mammography is at

least 30% on either side (either positive or negative); adding it up, that's a 60% failure rate—no thanks!

I also do not believe in highly invasive biopsies. Some of my doctors did not even believe in needle biopsies. I know from experience, when cancer hits air—it takes off. Better to not disrupt the self-protective shell your body has miraculously encapsulated the tumor with, than break it open and have it spread like wild fire as a result. The new high powered PetCT scan eliminates this necessity—sometimes you have to fight your doctors and insurance to have one, but if you must, pay for it yourself. These scans are truly amazing, I know that Mobile, Alabama and Dallas, Texas have these scanners for sure, and they are becoming more and more widely used, *and a must for your ultimate diagnosis.* These machines record cancer cells as being “hotter” than normal cells; thermography does this also, but not nearly as well as the PetCT.

2. Doctors, clinics and other necessities.

Where to begin, my question and yours!

Over the last nine years, I have been to dozens of doctors. Only one has remained a constant, and he is getting up there in years, so this also is a concern.

The quandary is multiple. First, the best doctors I've been to are usually under very heavy scrutiny by their peers, and this is a significant problem. One of my primary doctors no longer actively treats cancer because of the terrible treatment of various medical boards towards him.

I have zero tolerance for such doctors, who view themselves as medical policemen. They are called upon to keep the “quacks from quacking,” but I have discovered them to be narrow-minded and unable to see past their often well-padded pharmaceutical pockets, considering all alternative treatments suspect. Few of them even vaguely understand alternative medicine, let alone basic nutrition. The only exception I've found is in Nevada—Nevada has both a traditional medical board *and* an alternative medicine medical board. Therefore, if a complaint is made against a doctor who recommends alternative treatment, it is brought before professionals who can understand and intelligently assess the facts.

I know this from personal experience—all my doctors have been challenged. I am a public speaker, and on occasion I've shared the names of doctors publicly, only to find my medical records being shortly called for by the medical board, and my doctors called in for questioning.

These doctors rarely have complaints made against them by patients; most often it is other doctors who have no understanding or experience with alternative treatments who register complaints. Such was my case. For example, a doctor in one of my audiences filed a complaint. In my opinion my civil rights were violated, as against my will, my records were subpoenaed. My doctor had given his life for me; trust me, I was determined to give my life for him. His license was spared, but he became so gun shy that he no longer sees cancer patients! I can't blame him, but how many victims of cancer have suffered as a result?

One must remember something that puts it all in perspective. *Eighty percent* of the patients most of my doctors see have already been turned away by major medical facilities—they've been given up on, said to be as good as dead. Most of these patients have already been through radia-

tion and chemotherapy, some have endured bone-marrow transplants, and then been sent home to die. In their desperation to live, they seek out other treatments. Why shouldn't a terminally ill patient, declared hopeless by the traditional medical community, have the freedom to choose *any* alternative treatment that might give him a chance to live?

It's true, my doctors can't save 100% of those they see. No doctor can! But in my opinion even one survivor is enough!

All of my doctors would prefer to see their cancer patients before they have been burned by radiation, poisoned by chemotherapy, or put under the surgeon's knife. They all feel that they would have a better chance of healing people if they could get to them before their bodies have been ravaged and weakened by such medical procedures. I'm praying we can change the medical mind-set of this country so that alternative medicine is considered at the outset to be as viable an option to be considered as the more traditional big three: chemotherapy, radiation, surgery.

I'm appalled by the fact that major cancer facilities can lose thousands of patients and never be held accountable for it, yet if one patient who has been declared terminal by traditional doctors dies under the care of alternative treatment, alternative doctors end up on the chopping block.

One further injustice in these regards. In Texas, a "friendly" alternative medicine law was reached a few years ago. It works this way. If my doctor tells me *all* the traditional modalities that could possibly be my choice to do, and *then* if I *ask* him to tell me the alternative modalities available, and *then* if I *ask* to do the alternative and *sign* a form releasing my doctor from responsibility, *then* my doctor can legally treat me alternatively.

My argument, which I have made in a letter to the Texas medical board, is if my alternative doctor must do this in order for me to be "informed" why then is the traditional doctor not bound by the same law? Why is my traditional doctor not required to "inform" me of all the alternative options available to me in treating my cancer? Two reasons—first, they couldn't, because most have not researched alternative medicine and would be unable to give their patients informed, intelligent information; and second, let's face it—the pharmaceutical companies might suffer tremendous financial loss.

A year ago I was allowed to state my case before a group of congressmen in Washington, D.C. I began my opening statement with "I can have an abortion in this country because it is my body, but I cannot seek the cancer treatment of my choice in this country because it is my body." Then I began to describe to them some of the clinics I have been a patient of because I had no other choice, clinics with the starkest conditions they could ever image, clinics they would never send one of their family members to—yet clinics to whom I will forever owe my life.

Armed with this information you will understand why I try to carefully protect my practitioner friends. I am concerned about even posting this website for fear of drawing a bull's eye on any one of them. You see, I have nothing to lose—I'm a cancer patient, who for five years fought with all the tools I could find all over the world. What I'm writing about is simply personal experience. If you glean from this experience I am thankful. Suffering gives birth to passion, and I am passionate about declaring—there are *many* ways to fight cancer—all over the world. I am living proof.

Alternative medicine is growing at lightning speed, and so are some aspects of traditional medicine. I do believe that if I were to be diagnosed for the first time now, I could have cut at

least two years off of my trek. This dismays me, in that I wish I had not had such an expensive and difficult path to follow, but pioneers had to hack their way across America with a machete, so why should I complain? On the other hand, as I am privileged to watch absolutely unbelievable miracles happen swiftly and completely, I can only weep.

We are winning this war against this evil plague, and I believe I have been blessed to be able to shake the hands of some of the most brilliant, innovative, understanding minds on the planet. I am humbled to tears that I should know such greatness. And in that knowing, I cry for joy, for my daughter and my grandchildren will never have to walk my footprints. I fully believe that in their lifetimes these Jonas Salks will persevere and pay the price for our lives—and win!

Is it not interesting that all medicine not viewed as traditional medicine throughout history has had to fight tooth and nail in order for change to occur? For information on this read Julie M. Fensters book *Mavericks, Miracles, and Medicine*. Just one illustration is the “evil” Dr. Semmelweis, who dared to believe that women were dying due to infection because doctors were not washing their hands between infant deliveries, and worse—some were performing autopsies, and then just going in and operating on a live person without scrubbing in between! This true story occurred in the late 1800’s. Semmelweis was severely persecuted for his beliefs, even though he was proven correct over thirty years later when Louis Pasteur discovered germs. Thousands died needlessly.

As recently as the 1960’s a now well-known doctor had to defend his licenses because he dared to suggest that aerobic exercise was important for a healthy heart.

Some in this fight against cancer are willing to risk it all—for a real cure. To them, thank you!

So if I heard the dreaded words *you have cancer* again, what would I do?

Everything I have talked about so far.

After having every test possible, except for those which were invasive or proven ineffective, I would contact Vonner Labs and request a test kit, so that a doctor in Amsterdam could verify, confirm and add to or take away any information I already know.

Then I would take everything this particular doctor told me to take. He is an expert, with a tremendous track record, and I credit him for my lasting cancer-free health. I also credit him for finishing off my trek. There is absolutely no doctor on the planet that better understands the systemic reasons for cancer than this doctor. He treats cancer as a *symptom* not a disease. By treating the causes, one removes the symptoms for cancer, and the cancer has no basis for survival. In my case it was genetic, but his brilliant mind has absolutely no bounds. Thank you from the bottom of my heart, precious doctor, for my very life!

Next I would run and not walk to Dr. Jason Williams in Gulf Shores, Alabama. He could be the Jonas Salk of cancer. He is first and foremost an expert at reading all films, x-rays, MRIs, PetCT scans, etc. He is an amazing diagnostician, but more than that he is the foremost doctor in cancer-ablation in the world. This is a broad statement, but I tell you, I have researched many others who *say* they do ablation—I would not let them touch me with a ten-foot pole, let alone a sophisticated needle that heats up to 250 degrees!

I have personally watched as breast tumors, kidney tumors, and liver tumors melt like but-

ter, leaving only a hole the size of a small nail in the patient's body. Dr. Williams is a miracle worker. Anything he told me to do, anywhere in the world, I would do—period, over and out. His website is www.cancerablation.com. *Be sure you also look up his name directly or you will be lost in a maze of misinformation.*

Next I would investigate as many clinics and modalities as possible. I am personally not impressed with such places as Cancer Clinics of America, but I do like The Oasis in Mexico, the Gerson Clinic in Mexico. For brain cancer I think Bresenski's clinic in Houston is excellent. Health Quarters in Colorado Springs, Colorado would be the best place to get nutritional counseling. Rosehill Clinic in Stockbridge, Georgia is good but expensive and disorganized. Dr. Joel Robins in Tulsa, Oklahoma is doing some good work. There are many to choose from.

Hopefully soon I will be able to share with you places that are combining many treatments with several of the wonderful doctors I have been networking with—all under one roof. For nine years now, I have been searching and knocking. Fortunately I am now able to do it for your benefit and not just for mine. Keep checking this website for up-dates; you will be the first to know!

Soon I will be writing on the impact emotions and family have on your success or failure in your trek. I will also be sharing some after-cancer health care and prevention of further cancer developing ideas. I am also developing some of what I hope will be helpful insights into the after-effects of the greatest storm you have just survived. It's amazing how many marriages are set adrift after pressing through to victory. There is also a "what now?" mentality and "where do I go to from here?" time span that can really be emotionally devastating after you are cured. I have discovered that cancer, even when cured, can be a cruel gift that just keeps on giving.

Yet there is hope for all of this at the end of your dark night of the soul. It is horrible, I know! And only someone who has walked this path through darkness can begin to reach in with light to help the next one. That is what this is about.

I would love to hear from those of you who have survived cancer through alternative medicine. I would like to begin tracking your success stories—proving that I am not the only one that was healed by the stirring waters of Bethesda.

Book list:

In addition to the books already listed, may I suggest some further reading: (most are available through bookstores)

The Makers Diet by Jordan S. Rubin —good for general health

The Perricone Prescription by Nicholas Perricone, M.D. —great understanding of skin care

To Live Again by Catherine Marshall —great to keep you going, and going

The Dark Night of the Soul by Philip Yancey —helps to see that God is still good

The Jesus I Never Knew by Philip Yancey —keeps grace ever real before you

Crying out to God by Bill Gothard —there are times when casual prayers do not sustain

Damaged but not Broken by Larry Burkett —the title says it all