

COMBAT CANCER

With Complementary Care

By Joanna Bristow-Watkins of Harmony Healing

I am not a qualified doctor (nor would I want to be), but as a professional healer I have treated many people diagnosed with cancer. I am constantly amazed at the lack of support and advice available for those who want to avoid invasive surgery or harsh toxic chemicals such as radiotherapy or chemotherapy, which undermine the immune system, leaving the patient susceptible to other infections and illnesses.

What is Cancer?

When a cell begins dividing uncontrollably, it eventually forms a visible mass called a neoplasm or tumour. Tumours can be divided into *benign* and *malignant* types, although in some instances the distinction is unclear. The most important difference is that a malignant tumour will invade surrounding structures and spread whilst a benign tumour will not. The initial tumour is called the *primary* tumour. Cells from the primary tumour can spread or break off and lodge elsewhere in the body where they grow into secondary tumours. This process is called *metastasis* and hence any cancer that spreads is called *metastatic*. When cancer spreads to another organ, the type of cancer remains the same as in the primary tumour. Cancer is the common name for a malignant neoplasm or tumour. Benign tumours are not cancer.

Cancer is not one disease – it is a group of more than 100 different and distinct diseases; nor is it contagious. Normal cells have a limited lifespan controlled by the telomere gene; cancer cells contain telomerase, an enzyme that alters the telomere gene and allows the cells to flourish. Cancer tissue then competes with healthy tissue for nutrients, eventually killing it. Sometimes the expanding malignant growth puts pressure on surrounding organs, eventually invading them too.

Malignant tumours from mesenchymal cells (e.g. bone muscle, connective tissue) are called sarcomas; those from epithelial cells (e.g. skin, mucosal membranes and glandular tissues) are termed carcinomas. Carcinomas usually spread along the lymphatic channels, whereas sarcomas spread through the bloodstream. The science of studying cancer is called 'oncology' so doctors specialising in conventional cancer care are called oncologists.

The spread of cancer is usually identified by four stages. In general, stage I cancers are small localized cancers that are almost always considered curable, Stage II and III cancers are usually more advanced, possibly spreading to local lymph nodes while stage IV usually represents inoperable or metastatic cancer. The precise definition of the stages, and the associated prognosis, depend entirely on the type of cancer itself.

The Problem with Definitions

Historically in addition to the Stage I-IV identifications, atypical cells could be documented as *abnormal cells* or *pre-cancerous*. However, with the current emphasis on statistics, many *abnormal cells* that would previously have been classified as *pre-cancerous* (and often never developed into full-blown cancer) may now be defined as *Stage 1 cancerous*. This can lead to a more aggressive treatment than may be necessary. Cynics might observe that this also improves statistical *survival rates* by including patients who weren't really ill in the first place.

Orthodox Treatments

Orthodox treatments progress through biopsy (investigative procedure), lumpectomy (surgical removal of the tumour), invasive surgery (removing the tumour and tissues from the surrounding area), Chemotherapy and/or Radiotherapy. Sometimes Chemotherapy may precede any surgery.

Whilst invasive surgery might initially remove the tumour, there is a theory that the tumour itself is our body's way of isolating the problem cells so that removing them without addressing the underlying cause is pointless since they will reappear either in the same spot or elsewhere. Some authorities believe that surgical procedures disturb the cancerous cells and stimulate the spread of the disease, even introducing cancerous cells to a wider area.

Radiotherapy treats cancer by X-Rays or other forms of radiation whilst Chemotherapy uses chemical substances reputedly developed from First World War Mustard Gas. Both of these involve products that are themselves carcinogenic and may induce secondary cancers (especially leukæmias) at a later stage. The working principle appears to be that by bombarding cancer cells with toxic substances, they are effectively killed off. Whilst this is a logical assumption, the side effects often undermine the patient's self-esteem, stamina and wellbeing, compromise the immune system and leave them susceptible to other diseases for a long time afterwards.

Undoubtedly there are many examples of success with orthodox treatments. However, personally, I do not believe that these apparent 'cures' justify the side effects. Also, I find this impersonal 'routine' approach somewhat de-humanising, forcing the patient into a *victim* mentality that could prove counter-productive. Treatment surely works best if the patients feel that it reflects their own value-system and hence feels positively about the experience.

It is not the remit of this article to evaluate the validity of orthodox treatments. However, I think it's curious that I can find no details of clinical trials measuring survival rates against pure *placebos* (patients who undergo simulations of radiotherapy or chemotherapy) that would allow an evaluation of recovery based on a system alone. Neither are there comparisons with a completely alternative approach. However, even patients following an orthodox route would surely benefit from detoxifying and hydrating their body to boost their immune system as much as possible before, during and after any treatment.

The Work of Walter Last

Walter Last worked as a biochemist and research chemist in the medical departments of several German Universities and at Bio-science Laboratories in Los Angeles, USA. He subsequently worked as a nutritionalist and natural therapist in New Zealand and Australia where, although retired, he is now based.

Last believes that cancer is treatable at any stage. However, the more advanced it is and the number of medical interventions can make actual cures difficult. Last believes that in the early stages tumours alternate between being malignant, dormant or benign and can also disappear without any intervention at all. He quotes one clinical study, which found that by delaying medical treatment, 23% of patients with lymphomas had spontaneous regressions of their tumours!

According to Last, most of us have pre-cancerous cells within us, but a fully functioning immune system – maintained by a balanced nutritional programme and a healthy lifestyle – helps keep them at bay. He further noted that cancers are often diagnosed about one year after an emotional trauma.

Last also believes that cancer may be self-limiting and refers to an article in the Journal of the National Cancer Institute that many tumours grow to maximum size and then disappear. The author concluded, however, that allowing a tumour to grow without intervention could prove emotionally overwhelming for patients; people have become so conditioned by the demands of orthodox medicine that a future without it seems too frightening to contemplate.

In 1969, the late H. B. Jones, Professor of Medical Physics and leading US Cancer statistician, gave a speech to the American Cancer Society. He claimed that his studies proved conclusively that untreated cancer patients lived four times longer and with better quality of life than treated patients and that no study proved conclusively that intervention improves survival rates.

The Problem with Statistics

Akin to the problem of definitions highlighted earlier, statistics can also be misleading, particularly as there seem to be a number of 'inconsistencies' that may make medical intervention appear more favourably. For example, deaths in the control group not receiving specific medical treatment count towards the findings; deaths in patients who died during the chemotherapy/radiotherapy programmes do not count, on the grounds that they had not completed the treatment. Additionally, deaths are only included if the patient actually dies of the cancer, but not if they die from the treatment. Furthermore, post treatment deaths can be

recorded as non-cancer related, hence omitted from the results. In addition to the inclusion of pre-cancerous conditions improving survival rates, success can be judged by the percentage of shrinking tumours, regardless of patient survival. The test period ends five years after detection of the original cancer, when the patient is declared *in remission*. Since the long-term effects of chemo/radiotherapy are often secondary cancers, induced by the treatments and which manifest more than 5 years later, are also omitted.

Last concludes that the reputation of cancer as a vicious killer may be due to medical treatment and fear, which, in themselves, induce metastatic spread. According to the Institute of Science in Society (London), there is growing concern that drugs are being regularly overused and abused with disastrous effects. Successive studies have documented a rising epidemic of diseases caused by medical treatments, interventions and drugs. By 2000, doctors became the third leading cause of death in the USA, killing 250 000 people every year.

Last believes that by improving lifestyle and hence boosting the immune system, the cancer may well disappear spontaneously! He claims that an interim increase in tumour size during an holistic programme is little cause for concern since the outside shell may expand whilst the inside dies, hence containing the dead cancer cells and decomposing matter. A sudden breakdown of the shell, thereby releasing high volumes of toxic waste into the blood stream, could be life threatening, particularly if the patient is weak or unprepared. Consistent cleansing and de-toxing should take place and unnecessary stress-factors reduced. He recommends giving up work and concentrating instead on getting well and leading a stress-free, leisurely and joyful existence as possible. Indeed he feels that lack of joy could have been a contributory factor in the first place.

A Radical Hypothesis?

When functioning properly, the human body has powerful inbuilt ability to heal itself.

It is a common belief that cancers form as a result of an unexpressed or internalised emotion often relating back to a past trauma. Guilt, regret, frustration or anger can trigger a self-destruct button (consciously or unconsciously) as the negative beliefs stagnate within the body causing a concentrated cluster of dense vibrational energy. The location of this cluster may reflect the nature of the triggering emotion or may manifest in a weak spot within the host's energy body. These weak spots may be attributable to a dormant energy structure from a past-life or death, which now exacerbates the manifestation of the underlying condition. It is a Shamanic belief that we have a pre-disposition to repeated emotional and/or physical manifestations. This either causes, or perhaps is due to, disrupted energy patterns in that part of the body.

Sometimes an ugly thought, word, deed or action of another can grow into one of these clusters. They may even comprise a *soul fragment* from someone close to the 'host' who perhaps died unexpectedly or in fear and therefore clutched to someone they loved, knew or who was in close proximity at the time of passing. Whilst the cluster may have come from a source outside the host, it can only take residence if activated by a behavioural stimulus such as drink, drugs, or uncontrolled horror - perhaps arising after a friend or relative died of cancer and there is a fear of the pattern repeating. A General Anæsthetic or intrusion into the natural immune defences by external stress factors may also perforate the auric field, providing a portal for these dense energy clusters to take hold.

This cluster, which may start out benign, instigates a programming glitch into the cell regeneration process, causing the cells to reproduce with the wrong coding and in a way that perpetuates the production of negative cluster cells. This causes the lump. Certain environments and diets nourish this lump more than others; acid foods and dark negative thoughts are certainly welcomed!

If this hypothesis is correct then there would be a number of energy healing and/or complementary therapies which could help to dissipate the traumatic memory which initiated the *cluster* and release the dense energy pocket sustaining its life-force, recalibrating the cell replication blue-print. However, like conventional treatment programmes, the formula is likely to be most effective if the environment fostering the dense energy is neutralised.

Release of Emotional Traumas

Intervention can take place on a multi-dimensional level by utilising a corrective process on a higher vibrational plane. Known to Kabbalists, Aborigines and other indigenous tribes as the dreamstate reality, some skilled energy workers can tune into an etheric replica of our dimension where they scan a full representation of the patient's present energy field, undo the rogue programming glitch, reverse the damage and recreate the original blue-print. Adam, also known as Dreamhealer, the 20 year-old Canadian recently interviewed on UK TV by Richard and Judy, is a notable proponent of this technique with well-documented success. Adam repeatedly stresses that his technique is most effective in cases where there has been minimal if any orthodox intervention at the onset of his healing method. Due to excessive demand, Adam now offers his healing procedures in group seminars only.

Whilst Adam uses his enhanced visual perception to process his healing technique, it is also possible to undertake remedial work in the etheric realm using enhanced sentience (empathetic feelings) or cognisance - where the healing agent knows what to do without receiving any distinct instructions first!

My own healing method, called Reyad Sekh Em, involves mapping a template of the client over my own body and tuning into the areas of energetic blockage. A *negative energy drain* can then release the pockets of dense vibrational energy and any structures that have been anchoring the energy *cluster* can be dismantled and sent to the violet flame for transmutation. Etheric crystalline and angelic elemental energy is introduced into the energy field where the trauma was lodged and then vocal sounds are used to recalibrate the cells to their original undamaged status.

Indeed sound energy can be an effective tool for releasing deep-seated emotions lodged in the connective tissue following trauma. Sound waves introduce a vibration into the energy field, which is transmitted easily and rapidly via the cerebrospinal fluid, energy (acupuncture) meridians and connective tissue into the cells, accessing all systems in the body simultaneously. Sound harnesses the body's natural resonant capacity, and is an ideal tool for creating movement, releasing blockages and restoring balance within the system. It is speculated that by generating a sound movement, which coincides with the cranial rhythmic impulse, we can stimulate the basic healing mechanism of the body.

Mind-Body Bowen Technique can help the body to work on emotional release. Peter Lavine identifies a 'felt sense' that is a way of recognising where in the body we have stored our suppressed emotions. His book *Waking the Tiger*, purports that we can learn from animals by watching the way they handle traumas. Following a *flight or fight* adrenalin response to an environmental emergency, the animal is often seen to jump in the air. This serves to literally shake out any residual glitches from the nervous system. Noting that people are often traumatised by seemingly ordinary experiences, the reader is taken on a guided tour of these subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations through which these traumas can be healed.

Valerie & Paul Lynch give tuition on Emotional Freedom Techniques or EFT. This simple to use procedure is a psychological version of acupressure; incorporating methods from Ancient Chinese medicine and modern-day applied kinesiology. Each session involves gently tapping a sequence of energy points on the body with the fingertips, releasing the trapped negative emotion. Brandon Bays *Journey technique*, involves a structured process for going *within* to relive emotional traumas as an observer and effectively re-writing the script to reverse any cellular damage.

Homeopathy is another holistic form of medicine used to resolve buried emotions and traumas. This categorises the individual into a constitutional type as part of the diagnostic process. Whilst there are specific cancer remedies, those chosen for a treatment programme would take into account the individual physical and emotional characteristics of the patient.

Reiki, an ancient and simple Japanese hands-on healing system and other similar non-manipulative energy healing techniques such as Sekh Em (various spellings) can be profoundly successful at releasing buried emotions in a less traumatic way than some of the alternatives. They can also bring effective pain relief and much needed relaxation.

The Complementary Route

Complementary methods can be used in conjunction with orthodox treatments, but in order to prepare for this, most patients will want to know the extent of their problem. A biopsy will achieve this, but anyone determining to avoid orthodox treatment altogether has few alternatives. Although there is no categorical evidence as to their reliability, one option is to undertake a Tumour Marker Test. These also provide a non-invasive method of tracking the progress of any treatments, conventional or otherwise. Tumour markers are substances that can often be detected in higher-than-normal amounts in the blood, urine, or body tissues of some patients with certain types of cancer. Tumour markers are produced either by the tumour itself or by the body in response to the presence of cancer or certain benign (non-cancerous) conditions.

Health problems occur when our natural defences become stressed and inhibited. Many factors can cause this, including nutritional deficiencies, toxic accumulations, pathogenic overload (caused by a parasitic, bacterial, viral or fungal condition present in the bloodstream) and food intolerances. These stresses cause one's defensive and healing capability to be undermined, allowing illness to germinate and flourish.

A hair test analysis or other form of testing such as Kinesiology can isolate these stress factors. A good hair test analysis consultant, such as Bionetics, can check for a wider range of irritants for about £50 and will also be able to suggest corrective solutions that will rid your body of the problem(s) and start rebuilding your natural defences; the process also works with nail clippings. This is a positive step whether the patient is undertaking an orthodox or complementary approach.

Emotionally, the advent of cancer is likely to trigger fear. This in itself is not helpful and the patient needs consistent and reliable support from friends, relatives and if necessary outside specialist support networks. However, they should not be encouraged to go into 'victim' mode and hand over responsibility for their welfare 'carte-blanc' to third parties as this can add to the helplessness and fear of death that is prominent in our society. Death is something that is rarely talked about and can lead to fears and uncertainties that can eat away at the cancer patient. Consequently, the eventual prognosis is often pointedly avoided by doctors and supporting loved ones; who act in denial and hope the subject will go away! A sympathetic therapist who can listen passively and can even reassure them that death is purely a transition to another state of existence, one in which there is only bliss consciousness, can help. Following such discussions, it seems as if a black cloud lifts from their energy field so that even 'terminally' ill patients begin to get better. Such is the power of the mind!

Visualisations, where you imagine the tumour as a black mass and visualise it shrinking, can also help and have been known to reduce tumours and even dissolve them altogether. Because of this, and my concern that the operation itself could spread the diseased cells, I would personally avoid surgery. However, for those who feel surgery a positive option, visualisation can also play a part in the recovery, as the cancerous cells can be 'seen' to have moved entirely from the affected area.

Kathleen Murray, who defeated cancer without the intervention of medical procedures, created a Temple of Light, filled with Divine Love, around her tumour and around herself. Kathleen's visualisations took her on several magical journeys during which she created a high resonance that transmuted and transfigured all aspects of disease within her energy field. She has now made a CD in which she replicates these journeys.

Support and comfort is always available from the angelic realm, the patient need only ask and the wheels are set in motion. Angela McGerr, best-selling angel author, says that whilst angels will respond in some way to any call for help, they are best invoked by calling their name three times, ideally with the pronunciation closest to the original, using a loving intent which can be voiced through repeating the phrase 'in love & light' three times. Raphael is the angel of healing, and Michael can help with strength and protection as well as truthful communication.

Another ancient tool for protection and environmental enhancement is the Merkaba – a liquid light energy field created through a combination of sequenced breathing, meditation, visualisations, mudras (hand movements) and loving intent.

Natural diets are beneficial for any chronic disorder and are very helpful for cancer patients. Various approaches have been successful: **wheatgrass** diets, especially when exclusive or combined only with other freshly squeezed organic fruit and vegetable juices, superfoods and **raw foods** generally; any alkalising diet, regular intake of targeted supplements such as **Essiac** (a native American herbal remedy, given to Canadian nurse Rene Caisse), **Apricot Kernals** (which contains B17 which is said to attack cancer cells), **Zeolite or Cellular Zeolite** (Zeolite is a remarkable volcanic mineral that has proven to be highly effective at destroying cancer cells by activating the P21 gene which reputedly tells the cancer cell to die, available in liquid form [Cellular Zeolite] or powdered micronized form [Zeolite]), **Carctol**, **Graviola**, grape diets and even **Etherium Gold** (also known as white gold powder or monatomic gold, a unique natural mineral which exhibits extraordinary properties said to strengthen and stabilise the electromagnetic fields of the human body) are all recommended by other sources. Many of these approaches are well documented and have led to the disappearance of the cancer.

Self-help: Hydration, Detoxing and Immune Boosting Methods

A key factor with any treatment programme is for the patient to take full responsibility for their condition and working towards recovery. It may be beneficial for the patient to learn some form of self-healing technique such as Reiki or Sekh Em and ideally schedule a self-healing session into their daily routine.

There are numerous ways in which self-help can assist cancer patients. Whilst this is not an exhaustive list, I have personal experience of many of these after working with numerous cancer sufferers, nearly all of whom are still around; some after having been severely ill. If you know someone with cancer, you will realise that support is a key issue and it might help to go through these ideas with him or her, assessing the ones they would find easiest to absorb into their routine. Depending on the severity of their condition the regime can even be introduced step-by-step. **The most important thing is a positive attitude and to minimise fear – a positive attitude is the common denominator for all survivors.**

The simplest thing to do is to drink more water, preferably at least 2 litres a day. Make sure it is good quality pure water, well filtered. The purity of your drinking water can be analysed using a TDS meter, which measures Totally Dissolved Solids and costs around £50. The purity of bottled water varies greatly depending on the source and bottling process - plus there can be a migration of toxins across from plastic bottles. Water plays five vital roles in the maintenance of a healthy body, it acts as a transport agent, coolant, lubricant, dispersant and electro-magnetic enhancer. A dehydrated body is severely disadvantaged on all of these processes and furthermore, water is the medium for our personal cellular vibration. Proper hydration is therefore essential in order to maintain a high vibrational state keeping us in harmony with higher dimensional realities.

Ideally the water should be thoroughly cleansed of heavy metals, bacteria, viruses, hormones etc. If the cost can be justified, I recommend a good built-in filter such as a reverse osmosis de-ioniser (RODI) system. However, although helping with mechanical filtration, this has a harsh effect on the life force of the water and its molecular structure! Ideally the water should be re-energised by Reiki or other healing techniques, sacred symbols, energising mats, aqua-vortex funnels, or even through prayer or showing love & gratitude for the water (for further details see Masaru Emoto's books). Many companies now supply large containers of filtered water and will deliver, otherwise check the various affordable alternatives.

Make a conscious effort to detoxify your environment – inside and out! I recommend reading **Detox Your World** by Shazzie which recommends avoiding all contact with pollutants, toxins (alcohol, cigarettes, coffee, tea etc) and radiation sources such as mobile phones, TVs, PCs, microwaves etc. Reduce and ideally eliminate sugar from the diet but do not replace it with artificial sweeteners such as aspartame as these are considerably worse and should be avoided altogether.

Eat as much fresh, organic or locally grown farm produce (with minimal use of non-organic fertilisers, pesticides and growth hormones as possible). Meat and dairy products particularly can contain growth hormones and anti-biotics routinely added to maximise productivity levels. Read

Felicity Lawrence's book (see resources) but make sure you do so on an empty stomach! As much as possible, it's also best to avoid chemical additives (especially mono-sodium glutamate) and colourants in food and drink. Microwaved food also has an immediate negative affect on the immune system.

The earth is covered with a grid of energy lines and although we are mostly aware of the more positive ley-lines not everybody realises that there is also a lattice of negative energy forces or geopathic stress which criss-crosses the planet north/south and east/west roughly every 6-8 feet. In some places, the negativity of these energy lines may be further amplified by local electricity cables, pylons and power stations, mobile phone masts etc. It may be advisable to get your home checked out for these, as they are relatively easy to divert away from your living areas in a way that does not cause harm to others. It is also possible to purchase energy 'harmonizers' which create a harmonizing effect in your immediate environment.

I recommend having a good look through the kitchen and bathroom cabinet and, taking out any cleaning or beauty products containing harsh chemicals. It might be a good idea to use organic products for a while; however even some of those include Sodium Lauryl Sulphates which many sources recommend avoiding. It's best to discard any anti-perspirant sprays, especially ones containing aluminium. The body's natural way of detoxing is through underarm perspiration, so if this medium is blocked the impurities must remain inside. This is particularly important for anyone with breast cancer. It might be preferable to use a crystal rock product such as Pitrok, available from health food shops.

Some people believe it is worth having mercury fillings removed (the dentist needs to have appropriate kits including 'dams' to do this safely, or else they may be best left alone) to help minimise all toxins whilst the body recovers. I have just had all eight of my long-standing (over 30 years) mercury fillings removed and have been using a supplement called 'Hemet-R' which *chelates* out heavy metals. Personally, I have suffered no noticeable side effects and I am already feeling there has been a surge in cellular vibration having experienced some excessively powerful meditations.

If cancer has manifested, it is likely that the immune system is already compromised. A hair/nail test analysis should help to determine what factors have contributed towards this compromise (see resources).

The immune system is a network of white blood cells and natural chemicals protecting the body from foreign 'invasion' from microbes (i.e. bacteria, viruses, parasites, fungi) that penetrate our bodies every day, and the thousands of our own cells that have become genetically abnormal or cancerous. Consistent and optimal levels of balanced nutrition help to maintain its healthy function.

Consider immune boosters such as Echinacea, Aloe Vera, Black Elderberry (herbal supplements) or Colloidal or Ionic Silver. An activated calcium supplement, such as Ionic-Cal helps to create optimum conditions for a healthy immune system by introducing ionic calcium in combination with magnesium; creating an easy to absorb formula.

Many sources concur that cancers (and in my view quite possibly **all** other negative health conditions) flourish in acid environment within the body. The optimum pH of the blood is 7.365, which is slightly alkaline (neutral being pH 7); this can be achieved by a strict diet regime or by supplements. It's worth looking at the **PH Miracle** book by Robert O Young. Some of his suggestions are a bit extreme but depending on how much you want to achieve in a short time you can tailor it accordingly. I am amazed how many people baulk at what they perceive to be the disruptive influence of such a regime and yet appear to readily accept an orthodox intervention programme of invasive and toxic treatments as if this will have no detrimental effect on their lifestyle! Personally, I'd rather have broccoli for breakfast any day! He believes that alkalisng your diet inhibits the growth of cancerous cells. Although there are respected experts who oppose this theory, there appear to be numerous case studies of success stories connected with it. A raw food diet is one way of achieving this.

A raw diet is generally defined as a diet where all of the foods, drinks and supplements have not been heated beyond 115° Fahrenheit/46°Celcius (plus or minus 10 degrees or so, depending on

the information source), which is the temperature at which food enzymes are destroyed. Food enzymes have a beneficial effect on the human body and raw food both maintains these enzymes and the essential nutrient content. Cooking may also create toxic compounds, so by eating raw foods, less energy is wasted on toxins taken in as part of the eating process, gives maximum nourishment to the body and allows more energy to be put into recovering optimum health. The diet usually consists of organic raw fruits, vegetables, nuts, seeds, grains, shoots, sprouts and *superfoods*. Superfoods such as algae, sea vegetables, bee pollen, honey, Goji Berries, Macca and cacao nibs help to maximise the nutritional intake.

Most raw foodists are either vegan (no animal products) or vegetarian (some animal products but no meat or fish). Although those on a 100% raw food diet experience the greatest benefits, any element of raw food is desirable for anyone seeking healthy maintenance of their body and heightened spiritual awareness. Many people find that increasing their intake of raw foods is an exciting personal adventure, albeit leading to some 'concern' from less open minded friends and family, and requires some support from specialist suppliers or even a raw food coach (see resources).

Wheatgrass juice (generally considered suitable even for those with wheat allergies in its raw state) is supposed to be especially helpful. This may not be necessary if you take the Supergreen (Robert Young's) programme.

Ann Wigmore – Hippocrates Institute

Ill health led Dr Ann Wigmore to discover the value of raw foods for herself. In 1963, she established the Hippocrates Health Institute in Boston (USA), now based in Florida. The oldest holistic health clinic in America, it takes 25 people at a time on two-week courses to teach them how to be their own doctor ~ and there's a waiting list.

Wigmore, who died in 1994 aged 85, was quoted as saying "Man is the only animal who cooks his food. Primitive people still eat their food mainly raw, and if you watch any animal who is ill or in pain, it will go straight to what is living and growing ~ grass." Wigmore trusted her intuition and juiced grass, which she'd grown herself, and "my shattered health experienced a miraculous recovery. Whereas before I was unable to work more than a few hours a day because of exhaustion and nervousness, the wheatgrass seemed to bring new alertness and energy into my body. No task seemed to be too difficult and work became a pleasure instead of a chore."

Wigmore's Institute provides instructions for juicing enabling people to make their own wheatgrass (plus buckwheat, sunflower and various other sprout variations) together with celery, broccoli, carrots, beetroot, or whatever seasonal vegetables they fancy. Wigmore explained that sprouts are easily digested so they nourish while they are cleansing. She never recommended fasting and staying in bed, because she believed that made you weak.

One day a week guests live entirely on liquids (sprout and vegetable juices alone) but otherwise they are allowed salads, fruit and Wigmore's *cosmic soup*. This is a juiced mixture of sprouts, vegetables, seed cheese (fermented crushed seeds) and avocado. If sprouts are the answer to all ills, this is the answer to everything. She stressed that the concept of eating living food ~ food which is in tune with the spiritual life force ~ does not specifically belong to the Hippocrates Institute - it is available to everybody. They just teach how to use it. It was Wigmore's belief that everything is energy, and you can shape it to be good or bad. She felt that if we eat the living foods that are part of this energy system we could make things come right for us.

Summary

Belief is fundamental to the recovery of any cancer patient. Studies show that up to one-third of patients will live or die due to their belief system, whether in conventional or complementary therapies. Hence it is vital that all patients are informed about the options open to them and allowed to choose that which resonates most closely with their own personal preferences and faith, possibly even using kinesiology, hair tests or radionics to identify the most beneficial. It must not be overlooked that on some level it may be the choice of the patient, especially if pain and

suffering have reached an intolerable level, to die. Even then, these methods can administer some relief and help the transition to the next dimension.

I believe that people can and will beat cancer, if that is their path.

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How Scientific are Orthodox Cancer Treatments, Walter Last, printed in Nexus Magazine, June-July 2004. See also www.health-science-spirit.com or <http://www.life-enthusiast.com/index.php?Q1=Articles&Q2=Last>

Overcoming Cancer, Walter Last, www.health-science-spirit.com/cancerintroduction.html

Combining Natural & Conventional Therapies

The Institute of Science in Society, (London) <http://www.i-sis.org.uk/nationalhealthcrisis.php>

Cancer Interview for Paradigm Shift, Kathleen Murray, Paradigm Shift Issue 26, July 2005, Channelling on Cancer and the Third Atlantean Civilisation, 11th June 2005, Kathleen Murray – see www.crystal-keys.com or contact Kathleen on Kathleen@crystal-keys.com

Resources: -

There are an infinite number of products and healing systems with a track record of helping cancer patients, so please do not see this as an exhaustive list.

Tumour Marker tests: <http://cancerweb.ncl.ac.uk/cancernet/600518.html> contains fact sheets describing some tumour markers found in the blood.

Water filters – RODI systems and TDS meters can be supplied by www.pureh2o.co.uk - please quote this article to enable us to monitor any responses. Tel: 01784 221188.

Energy Harmonizers and Geopathic Stress busters, try www.slimspurling.com see UK distributor.

Hair Analysis Consultants – Bionetics Ltd., Camberley, www.bionetics.co.uk Tel: 0845 4560570 – to identify food/drink intolerances, toxic stresses, mineral deficiencies and underlying pathogenic conditions. Please quote referring practitioner as Joanna Bristow-Watkins, PS Cancer article.

Plant derived mineral supplements to boost immune system from www.sizzlingminerals.com
Wheatgrass (already juiced hydroponically grown so 14 day shelf-life): Tonic Attack www.tonicattack.com Tel: 01749 812652

Wheatgrass growing kits and various dietary fact sheets www.wholisticresearch.com (please quote KT12 3BH if ordering)

Essiac, try <http://www.naturallythinking.com/category/asp/CtgID/214/af/page.htm> for the inspiring account of the pioneering work of Rene Caisse see <http://comboweb.com/essiac/nurse.htm>

Apricot Kernals for B17- www.theorchardstore.com and cost approximately £32 for 2lb bag (1-1½ months for treatment) or 4 bags for around £100, includes A4 instruction leaflet. Amongst other suppliers they are also available from www.creative-nature.co.uk or www.detoxyourworld.com who also supply other Superfoods and raw food ingredients. Suppliers will not be allowed to advise on their use as this is outlawed in the UK because they create cyanide toxins in the body but the Credence book (see below) details published research indicating that the cyanide produced directly attacks cancer cells and can even be effective as a preventative measure.

Hippocrates Institute: www.hippocratesinst.com

www.cancerfightingstrategies.com/index.html for general information on their “11 effective, natural strategies to kill your cancer” including Zeolite & Cellular Zeolite, Oxygenation, Raspberry Skin Cream etc

www.gethealthyagain.com/products.html for Zeolite & Cellular Zeolite, Oxygenation, Raspberry Skin Cream (for skin cancers)

Carctol - <http://www.healthcreation.co.uk/carctol-diet.htm> I don't know much about this personally although this doctor is apparently linked to the Bristol Cancer unit, known for working with conventional and alternative therapies. In some places it contradicts the information in the PH Miracle, so best to go with your intuition.

Nature's Sunshine Nutritional Supplements: www.moonpoppyenterprises.com

Ionic-Cal activated ionized calcium www.bionetics.co.uk

Healing Therapies: -

For relaxation, de-stressing and negative energy drain, workshops offering self-help suggestions for cancer patients: Harmony Healing, tel: 01932 244518, www.harmonyhealing.co.uk For UK Midlands area therapist with cancer care experience, contact Diana Nuttall, tel: 0121 373 8166. Mind-Body Bowen Technique: maxine.crinall@bowen.technique.co.uk www.bowen-technique.com Homœopathic help for cancer: Rachel Durnford, RLDURNERS@aol.com Support groups such as Breast Cancer Haven, based in London, also offers complementary therapies www.breastcancerhaven.org.uk <http://cancerweb.ncl.ac.uk/cancernet/600518.html> Also www.canceractive.com a UK based excellent resource website New Approaches to Cancer, www.anac.org.uk PO Box 194, Chertsey, Surrey, KT16 0JW. Tel: 0800 389 2662.

Diet and Lifestyle related Information Sources and Website Resources

Detox your World by Shazzie, Raw Creation I love this book, a great way to re-think your life strategy! Online ordering via www.detoxyourworld.com

Eat Smart, Eat Raw by Kate Wood, Grub Street Publishing, ISBN 1-904010-12-1 (available from Harmony Healing £10.99 + P&P). Raw foods are currently enjoying growing popularity as more people discover their healing, detoxifying and health-giving benefits. In this book, Kate Wood shares her experiences, advice and over 150 of her nutritionally potent recipes demonstrating that raw foods are far from boring! On line ordering via www.rawliving.co.uk for equipment, supplements and ingredients.

www.totalrawfood.com for raw food equipment, ingredients and 'superfoods' plus raw food coaching with Jess Michael, who also runs *Chocolate Goddess* and *raw food workshops*.

www.fresh-network.com very good online shop for raw food equipment, ingredients, 'superfoods' and supplements. 10% reduction on food items (5% on equipment) for registered subscribers. Together with Shazzie's site and Kate's site, most specialist items should be available. Karen Knowler – the Raw Food coach www.therawfoodcoach.com

The PH Miracle by Robert O Young, Time Warner Paperbacks, ISBN 0-7515-3406-4. Robert Young's details his belief that alkalizing your diet leads to miraculous improvements in our health. His full system is somewhat extreme but worth trying by anyone with serious health challenges, otherwise it is worth reading for the guidelines alone. Specialist title also available for Diabetics.

Not on the Label by Felicity Lawrence, Penguin Books, ISBN 0-141-01566-7. Via a series of undercover investigations tracking some of the most popular foods we eat, Felicity Lawrence travels from farms and factories to pack houses and lorry depots around the world. I found this very thought-provoking as to the dreadful way our food is packaged in the UK.

The Juice Master: Turbo Charge Your Life in 14 days by Jason Vale, Thorsens, ISBN 0-00-719422-6. Less extreme than a full raw food regime but leads to an energy surge and definite health benefits – we tried it in January with good results. Highly recommended for anyone overweight. www.juicemaster.com

The Hippocrates Diet and Health Programme, by Ann Wigmore.

Naked Chocolate by David Wolfe & Shazzie, Rawcreation Ltd, ISBN 0-9543977-1-1. Information and recipes for creating your own raw chocolate, which is, dare I say it, good for you!

Books for Self-help, the Power of the Mind and Positive Attitude to Life

The Power of Now by Eckhart Tolle, Hodder & Stoughton, ISBN 0-340-73350-0 A This book outlines a powerful system for appreciating the positive aspects of life. Personally I found the repetitive style irritating, but I felt the impact of the message made it worth persevering. Also available on tape cassette(s), I found this more useful; narrated by Eckhart, I found the energy of his voice further enhanced the message.

Practising the Power of Now by Eckhart Tolle, Hodder & Stoughton, ISBN 0-340-82253-8. A version of the above with practical exercises.

Quantum Healing by Deepak Chopra, Bantam Books, ISBN 0553173324. This book explores the frontiers of mind/body medicine in terms of Quantum Physics; an easier read than it sounds!

The Journey by Brandon Bays, Element Books, ISBN 0-7225-3839-1. In 1992, Brandon Bays was diagnosed with a football sized tumour catapulting her into a remarkable soul searching healing journey. Just 6½ weeks later, she was pronounced textbook perfect – no drugs, no surgery, no tumour!

Cancer – Why We're Still Dying to Know the Truth, by Phillip Day, Credence Publications, ISBN 1-904015-03-4. Phillip Day bluntly exposes the on-going medical, political and economic scandal surrounding cancer, giving simple and inexpensive ideas for self-help. www.credence.org

Emotional Healing in Minutes: simple acupressure Techniques for Your Emotions by Valerie & Paul Lynch, Harpercollins, ISBN: 0007112580.

Waking the Tiger, Peter Levine, North Atlantic Books, ISBN 155643233X

Dreamhealer – A True Story of Miracle Healing, by Adam, published in the UK by Time Warner, UK. This is the story of how Adam discovered and developed his healing abilities. At the age of sixteen, he has the unique ability to connect to and influence other people's health from a distance. A compelling read.

Kabbalah and the Power of Dreaming: Awakening the Visionary Life by Catherine Shainberg, Inner Traditions Bear & Co, ISBN: 1594770476

Various Harmony Angel Books and Angel Cards by Angela McGerr, Quadrille publications. See www.angelamcgerr.com for guidance on how to invoke angels into your life.

Messages from Water and other books by Masaru Emoto, Hado Publishing

6,754 words (approx 5522 without the references).

Please e-mail Joanna on jo@harmonyhealing.co.uk or jo_harmony@hotmail.com to receive an email attachment with working hyperlinks to the resource listing.