

## Breast Cancer

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It is one of those things we talk about, yet we don't talk about. It's one of those we fear. The fear of having it and not knowing why. The fear of constantly being on the alert. Knowing that one day it may happen to me. When I speak of "we", I speak as if I am living in a woman's body with the awareness that breast cancer can happen. That breast cancer can kill. That breast cancer is considered a foreign substance found mostly in women's bodies, and that the only medical treatment is burn, radiate, cut out, and destroy.

It is on that circumstance that I write. Two women: one who did not know of any other option other than medical, and who was diagnosed not once, but three times. My friends, it is beyond confusing for women who do not know (and I would include woman who do know) what to do when diagnosed with cancer. Everyone has a different opinion and everyone is an authority. What's even more confusing is how the authorities' views often conflict with each other. This woman did everything right—or so she thought. She went for annual medical check-ups, she received a yearly mammogram, and she examined her breast daily. She wanted to do the right thing, so she listened to the doctors—both she and her husband. They did everything the doctors told them to do. They followed the doctors' advice for 10 years, but the cancer came back three times. She lost her husband to cancer and was receiving chemotherapy for the third time when her friend brought her to my store to meet me.

On that day, her confidence in what she was doing as the right thing came to a complete halt, like a run-away train hitting a 10-foot steel wall. I explained to her my opinion of what breast cancer is, as I described in my book, *Low Fat Raw Food Lifestyle Regeneration*, "Induration: ... This process of encapsulation engulfs the toxic materials in a gelatinous, hardened fibrous sac in order to isolate them from the rest of the body." What is commonly called tumor formation is the last intelligent process the body will do in order to isolate and to protect itself from the toxic material before the body reaches the final stage of fungation—cancer. This, my friends, is the great myth on the threat of cancer in my opinion.

The lady quietly sat and listened to my lecture. As she absorbed the information, she was a little dumbfounded, a little upset, and a little confused about what should be her next step. She was in the midst of taking chemotherapy for the third time; nearly all her hair had fallen out, and her body was in physical and emotional pain. What she realized after talking to me was that there is no middle ground; you cannot continue to take chemotherapy *and* embrace a raw lifestyle. They are contradictory. As I understand, one of the drugs used in chemotherapy is mustard gas, a toxic substance also used in chemical warfare during World War II. The medical perspective says that this chemical will destroy the tumor. This may be true, but as Charolette Genson says, "you cannot poison yourself into health."

I gave her another option. It was an easier option that was also less costly and less invasive, but it comes with the caveat that there are no guarantees. It is truly up to the body to use its healing forces to dissolve the tumor and to begin the healing process. In other words, the body created the tumor out of protection by encapsulating an overload of toxic material so that it could eradicate the toxic material in a gelatinous mass. Now she just needs the ideal conditions for rejuvenation. More specifically, she

needs: 1. sleep; 2. to focus her diet more on fruit; 3. plenty of exercise, sun, fresh air; and 4. a daily 12-hour fasting ritual. She listened to my words and I gave her a trash bag in which she was to throw away all meat, chicken, fish, dairy, eggs, and processed foods. She was slightly overwhelmed and was faced with a choice for her next steps. I don't know what's next for her. I did the best I could in explaining my opinion. What I do know is whatever she decides will be the best decision for her.

It was on this same note of breast cancer and chemotherapy that another woman drove 14 hours to see me. She did not come to see me because I was so good looking, or because she knew me or even knew that I would be at my store to greet her. She drove out of sheer desperation. She was sick; she was going down and had nowhere to turn. She tried the medical field with no success, and was instead getting worse and worse with every round of antibiotics they gave her for the Lyme Disease she suffered with for over a year. The Lyme Disease was so severe that she was bedridden and weighed only 79 pounds. Finally, she changed her diet, stopped the drugs, and went on a herbal supplement regime. She got better and began looking for different options on YouTube, where she saw a few of my videos.

She made the decision after watching my YouTube videos to follow her innate wisdom and to trust in God. Before ever meeting me in person, she decided to leave everything behind, including her mold-infested home and her meat-eating boyfriend, and drive 14 hours to see me.

I had an abundance of woman coming into my life for healing, for transformation, for sharing, and for joining forces. So, it is on this note that I start. She came to me to learn, to share, and to get so confused. In my experience, in order for the Lyme Disease symptoms to dramatically improve, one has to embrace a mostly fruit lifestyle, meaning that she (Barbara) would have to become not only a vegan, but one who eats mostly fruit. In her case, she had to transition slowly to mostly fruit. Otherwise, the detoxification process could have been too much for her body to handle. I recommended that she begin the morning by earning her breakfast through exercise. I gave her an exercise routine and urged her to begin with a foot matt, which is similar to foot reflexology and is a crucial step towards rejuvenation. The foot matt was followed by rebounding, which cleans out the lymph system.

During her short stay with me, she (Barbara) was also diagnosed with breast cancer, and was told by the medical experts and family members that chemotherapy was the only option to heal herself. Barbara had no home and now faced Lyme Disease and breast cancer..... ? (to be continued?)