

CLEANSE YOUR BODY



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Disclaimer

This report is for educational and informational purposes only.

All the cleanses are extremely safe and have been performed by thousands of people without injury.

Please pay attention to the warnings on cleanses, particularly if you are diabetic, pregnant, nursing, or are on medications of any kind.

The author takes no responsibility for any problems arising from performing the cleanses as outlined in this report.

The information presented here is not intended to replace the care of a physician nor is it meant to prevent or treat disease.

Please consult with your physician or natural health practitioner before performing any cleanse.

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CLEANSE YOUR BODY!

Why should I cleanse naturally?

Detoxification is a continuous process carried out by your body to neutralize and eliminate toxins. Your organs of detoxification include the colon, liver, kidneys, lungs, lymph system and skin.

Today our detoxification systems are overloaded as our bodies are exposed to ever increasing amounts of toxins.

These may include excess protein and carbohydrates, refined sugars, processed or damaged fats, pesticides, herbicides, fungicides, industrial chemicals and pollutants, heavy metals, excess synthetic or natural hormones, antibiotics, prescription and non-prescription pharmaceuticals, recreational drugs, alcohol and tobacco.



Field of Wild Common Burdock, Ontario, Canada. If you look closely you can see the burrs just starting to form...all parts of this plant; roots, stems, leaves and burrs are excellent blood cleansers

How do I know when it's time to cleanse?

It is time to cleanse if you are experiencing any of the following symptoms, if you have eaten poorly for an extended period of time and if you simply want to experience the incredible benefits of a simple, at home cleanse for your body, it's organs and systems.

- Chronic fatigue, frequent headaches
- Rosacea, flushing
- Joint or back pain, arthritis
- Sinus congestion, asthma
- Coated tongue, bad breath, body odour
- Low tolerance to stress
- Chemical sensitivities to perfumes and odours
- Food allergies, bloating, gas, poor digestion
- Poor memory, insomnia, depression, irritability
- Brittle hair or nails
- Psoriasis, eczema, acne
- Weight gain
- Failing eyesight
- Retaining water

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What are the benefits of Cleansing?

Cleansing has been a healing human ritual for thousands of years. It is used to promote wellness, rid the body of toxins, improve the overall functioning of bodily systems, and provide a feeling of well-being.



Indigenous peoples use cleansing and sweat lodges to purify

the “living temple”.

Ayurvedic healing uses cleansing diets to remove ‘ama’ or rebalance the ‘body, mind and spirit’.

- Removes accumulated waste from digestive tract
- Symptoms of toxic overload are eliminated
- Helps to slow chronic degeneration
- Excess mucus and congestion removed
- Blood, liver and kidneys are purified
- Immunity is increased
- Increased energy levels
- Feeling of well-being, mental clarity, and enlightenment

- Helps to cleanse waste from cells
- Less dependent on sugar, caffeine, alcohol, nicotine, drugs as residues are removed



- Helps to minimize poor eating habits
- Bodily awareness is increased and cravings become more clear
- Fasting increases the ability to secrete ample amounts of digestive juices

Cleansing is more unpleasant the more it’s overdue. Symptoms of detoxification include headaches, slight nausea, fatigue and weakness as toxins are cleared from the system.

Never fast when you are pregnant as released toxins can harm your developing child.

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Warnings

Be gentle with yourself when fasting or cleansing, there is no need to starve yourself or suffer – listen to your body – start with very short fasts and work up to longer ones.

Do not undertake a water fast if you have been on a nutrient deficient diet for an extended period or if you have kidney or liver problems.

If you are suffering from a serious illness, consult a health practitioner before cleansing to ensure you are doing the right type of cleanse for your situation.

If you are a diabetic or have other blood sugar related issues, do not undertake any cleansing fast without consulting a health practitioner.

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Warnings

The Water Cleanse can release toxins into the bloodstream very quickly, causing severe symptoms of detoxification, such as headaches, nausea, fatigue, and flu like symptoms.

This cleanse is not suitable for diabetics or for people who have been on a poor diet for an extended period of time. The Water Cleanse deprives your body of nutrients which can be destructive if your body is already in a deficient state to begin with. It is also not suitable for those with liver or kidney issues as it can overburden these eliminatory organs.

If you are pregnant, never use the Water Cleanse, as toxins will be released into your bloodstream, and quickly reach your developing baby.

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Daily Fast ~ Preventative and Restorative

To fast is to rest, and this very simple cleanse does exactly that. It allows the body a longer rest period, without discomfort or starvation.

One of the biggest contributors to chronic digestive problems and unhealth in general is a short fasting period.

It is important to allow your digestive system time to rest and rejuvenate, something sleep encourages. When we eat late at night and then go to sleep soon after, we are asking our body to digest food when it should be busy doing other things. This is not the ideal time as digestive juices are limited so food is sent to the small intestine only partially digested. If we wake early to coffee, cereal and fatty, difficult to digest foods, our system becomes even more stressed and waste begins to build. This continuous stress on our body over time, never allows it to cleanse and symptoms of toxicity can begin to emerge.

Sleep gives us a natural way to rest our digestive systems, and extending this period can be extremely beneficial. We can use this natural pattern to help our bodies to cleanse.

The Daily Fast is something we already do. Here we extend the rest period without food to 14 hours.



14 hours of fasting daily gives our digestive tract time to empty, rest and restore itself before it's next shift. Stop eating at 6:00 p.m. and rest your system until 8:00 a.m.



'Break your fast' with a fresh living [Chai Green Smoothie!](#)

 Be sure to continue to drink water and caffeine free herbal teas throughout your rest period.

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Simple Water Cleanse ~ Weight Loss and Quick Detox

Some people underestimate the power of water. It is the first and most basic of cleansers. Our body uses water to flush out toxins on a constant basis. In fact, just increasing your water intake can have a dramatic effect on your body's ability to cleanse itself.

I love water fasts because they are so simple, but keep them to one day, unless you are an expert faster. As you get more experienced at cleansing and your body adjusts to this new tool, you can lengthen your water fasts to two or more days.

I have a friend who owns a health food store. He has fasted for one month on nothing but water, every year for most of his life. He grew up fasting for religious reasons but now does it for health reasons as well. I do not recommend this extreme type of fast for anyone, it can be dangerous unless you are very experienced.

Always remember to trust your body and its messages. If the water fast makes you ill, back off, try again, and ease gently into it.

The Water Cleanse is the simplest cleanse of all. A one day water fast is helpful after a period of over-consumption such as holiday feasting or partying. It can be very effective for weight loss.



How do you perform the Water Cleanse? It's easy. Just drink lots of fresh, clean water, until lunch time or later. Then drink fresh raw smoothies or eat salads for the rest of the day. When you feel comfortable, try a water cleanse for an entire 24 hour period.

If you get too hungry, and feel like breaking your cleanse, that's okay. Next time, you can try to stay a little longer. The key is to be good to yourself and be persistent, keep trying.

If your symptoms are uncomfortable, add fresh fruit juice to water and continue with your cleanse. If the Water Cleanse is too intense for you, that's okay too, try the Fresh Juice Cleanse or the Brown Rice Cleanse instead. You can always come back later and try the water cleanse again!

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It's very important to fully rest during a water cleanse, to lay in bed, have a bath, read, sleep, stare out the window, make the paint peel off the wall. Do not take on emotional stress in the way of thoughts or conversation: fully rest your emotional and physical bodies.



The next day, break your fast gently, with a [fresh, raw green smoothie](#) or fruit for breakfast and a raw, fresh salad for

lunch.

Extend the water cleanse one or two days at a time, until you are comfortable with a longer cleanse.

If your detox symptoms are severe, simply end your cleanse and congratulate yourself for doing an excellent job of helping your body heal.

Try the water cleanse again at a later date and you may find, like other cleanses, the water fast becomes an excellent tool that you can fall back on throughout your life.

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You can add fresh lemon juice to your water or drink non-caffeinated herbal tea on the Simple Water Cleanse.

Lemon Juice Cleanse ~ Alkalinizing

Tart and refreshing, use to cleanse the liver and biliary system, and to break up arterial congestion.

The medicinal properties of lemons has been known and used for centuries. As well as ample amounts of Vitamin C, lemons have substantial amounts of Vitamin B6, potassium and folic acid.

The lemony flavor and smell comes from limonene, an important phytochemical with anticancer properties.



Limonene, found in high concentrations in the white pith of lemons has a dissolving effect on gallstones and congestion in the liver.

The Cleanse

On rising

Blend one jug of water with one or two fresh organic lemons.
Drink one large glass.

Mid-day

Drink one large glass.

Before bed

Drink one large glass.

Throughout the day

Drink fresh water or more lemon water as needed.



Fresh tart nutrient rich organic lemons. Always use organic lemons when possible and avoid the skin on regular lemons as most are contaminated with pesticides.



'The Master Cleanse,' a well known and useful lemon juice cleanse, uses fresh lemon juice, hot cayenne pepper and maple syrup. It was created by Stanley Burroughs in 1941 and continues to be used today as a valuable cleansing regimen. Drink 8-12 glasses of water with fresh lemon juice, a small pinch of cayenne and maple syrup to taste. p.s. He recommends diabetics use molasses instead of maple syrup.



Greek Salad Dressing: Lemon Juice, olive oil and dried Greek oregano.

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Watermelon Cleanse ~ Weight Loss, Immune Boosting, Dissolves 'Stones'

Kahuna Harry Uhane Jim, one of the last true Hawaiian Healing Kahunas, taught me about the Watermelon Cleanse. Harry says that Hawaiians use watermelon to soften, break up and cleanse out stones in the kidneys, bladder and urinary system.

I believe Harry, so I try watermelon for my diagnosed kidney stone. After spending only two days eating lots and lots of watermelon, my right kidney pain is completely gone. Is my diagnosed kidney stone gone? Probably ~ this is about six months later and I haven't had any kidney pain since.

Watermelon is over 90% water, and has high levels of the phytochemical lycopene, the cancer fighting red pigment, and substantial amounts of the important anti-infective Vitamin A and other life enhancing carotenoids.

Watermelon is a high-volume, low calorie, satisfying and delicious food, which makes it ideal for a weight loss cleanse. It fills you up without causing you to gain fat.



Watermelon is rich in potassium salts and water, and it is these diuretic properties that help to break up and flush out kidney stones.

Interestingly many natural remedies for kidney stones use watermelon seed tea, also a strong diuretic, rich in cleansing nutrients.

The Cleanse

Eat lots of watermelon, 2 or 3 watermelons over 2 or 3 days, or 1/2 to 1 small watermelon daily.

You can begin cleansing while eating your normal diet, then use the Watermelon Cleanse full on consuming only watermelon juice, fresh chunks of watermelon or frozen cubes in water, for 1 to 3 days.

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 To make Watermelon Seed Tea, crush a small handful of fresh or dried watermelon seeds in a mortar and pestle. Place in a cup, pour over boiling water and let steep for 20 minutes before drinking.

 To make watermelon ice cubes, juice organic watermelon and rind with a juicer, or blend watermelon, without the rind in a blender, and freeze the juice in ice cube trays. Add two or three cubes to a large glass of fresh water.



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Burdock Root Tea Cleanse ~ Blood Cleansing

Poor simple Burdock - the most misunderstood herb!

My friend David has fields and fields of wild, organic burdock growing on his farm in Southern Ontario. He hates it. Every year, he and his sons and friends cut down hundreds and hundreds of large burdock plants. They work diligently to catch the plants before the burrs ripen and stick their little hooks into everyones skin, hair and clothing. We all hate burrs ~ they are like a curse.

But David's Burdock plants hold a secret ~ they are one of the best blood cleansing and immune enhancing herbs on the planet.

On David's farm last summer, a horse used burdock leaves to cure an infected frog. That is the soft, fleshy part underneath his hoof. The infection was quickly moving up his leg, so David instinctively knew to let the horse out to pasture. Horses are very smart about what cures them, and he systematically stripped the leaves from every burdock plant in the pasture.

I asked David what he was doing, because horses don't normally eat Burdock, even when they are hungry. He let out a big laugh and said, "He's healing himself!"



Wild organic Burdock ~ look closely to see the burrs just starting to form. All parts of this plant are blood cleansers. The root is the strongest.

Sure enough, within days the swelling in his lower leg subsided and his frog was healing nicely.

Burdock is one of the principal ingredients in many herbal cancer formulas, including Bitter Tonic Tea (See [The Cancer Journal](#)) and it grows in profusion all over the farms and fields of the world.

This cleanse can be performed along with your normal diet and activities.

You will notice a slight change or looseness in bowel habits, as the burdock works to cleanse and detoxify your entire system.

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You can purchase organic Burdock root from a master herbalist or health food store. Or if you are adventurous and it is late summer, you may dig up fresh Burdock root. Peel it, then slice and chop the root into tiny pieces. You can dry these by spreading them on a clean cloth and allowing to air dry under a ceiling fan. Store in a glass bottle and use in the winter months.

Put a teaspoonful of chopped burdock in a small teapot with a strainer. Let steep at least 20 minutes. Two cups of tea per day, for 2 weeks, is a good start.



You shouldn't have diarrhea, and if so, you are putting too much root in your tea.

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Fresh Juice Cleanse

~ Restorative and Energy Producing

Imagine hooking yourself up to a rich flow of nutrients, flowing through your bloodstream, slowly permeating every cell in your body, cleansing, healing, rebuilding ~ that's the Fresh Juice Cleanse.



What I love about the Fresh Juice Cleanse is that it is so invigorating. You feel so much more energetic, clear headed and happy afterward.

A fresh juice cleanse can be used for one day or up to many days, and is an effective cleanse for longer periods. Start with one day and work up to 7 days.

A fresh juice cleanse quickly and effectively removes toxins from your body. It deeply cleanses and rejuvenates your tissues and organs. It rebalances your pH levels, helping to

stabilize your body systems during detoxification.

It provides a nutrient cornucopia of carbohydrates, protein, essential fats, antioxidants and detoxifying phytochemicals, vitamins and minerals.

This cleanse can be tailored to your tastes and needs, so just trust your body, and give it what it craves.

Vary your vegetables and fruits throughout the cleanse to provide a balance of nutrients. Use more vegetables than fruits.



Too much fruit can raise blood sugar levels quickly, especially if you have blood sugar issues or are diabetic. Use a variety of fresh raw organic greens, like spinach, swiss chard, kale, bok choy, and lettuce. Use celery, fennel, carrots, beets, potatoes, endive and a variety of radishes.

Try apples, pears, bananas, berries, oranges, pineapple, pomegranate seeds, tomatoes, avocados, cucumbers, mangoes and papaya.

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Supplement with essential fatty acids such as flax seed oil or wild fish oil during extended fasts of more than two days.

To enhance weight loss by juice cleansing, avoid apple, carrot and orange juices which are high in sugar and focus on leafy greens with grapefruit, celery, fennel and cucumber instead.



[Green smoothies](#), [Cleansing Green Juice](#), vegetable broth, herbal tea and water can be added to the Fresh Juice Cleanse to help with the elimination process and to reduce hunger pangs.

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Raw Organic Vegan Cleanse

~ Enlightening and Rejuvenating

Raw veganism can take worn out, sick bodies and transforms them into energetic, rejuvenated, younger replicas of their former selves.

It's also a perfect tool for cleansing. Imagine massive amounts of all necessary nutrients for cleansing, repair and rebuilding your body, its tissues and organs.



Because of the magnitude of nutrients you will take in on the Raw Vegan Cleanse, your body will require much less food, so you will find yourself thinking less and less about it!

This cleanse like most here, does not follow strict guidelines, so eat what you like, as long as it's raw and plant based, That includes raw seeds and nuts.

The Raw Organic Vegan Cleanse is rather self-explanatory. If it's not raw,

organic and vegan, then it shouldn't be eaten during your cleanse. Eat as much as you want, whenever you want.

If you are looking for a good raw vegan cookbook, try any of The Raw Family's books. My new favourite recipe, a sweet and moist almond orange cake with tangy lemon icing comes from their newest and I think most delicious book, "[Fresh, The Ultimate Live Food Cookbook](#)."



Here are some ideas to help you get started with the Raw Vegan Cleanse:

Breakfasts

Try [Green smoothies](#), or a delicious variation like the [Chai Green Smoothie](#), [Chocolate Strawberry Hemp Smoothie](#), Fresh raw fruit or vegetable juices, [Rainbow Breakfast Fruit Salad](#), [Cranberry Ginger Oatmeal](#) with [Fresh Nut Milk](#), delicious [Wild Black Raspberry](#) fresh fruit sorbet, or any chopped fresh fruit.

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Snacks

1/2 avocado sprinkled with unrefined sea salt, a handful of mixed raw nuts or seeds and dried fruits; a fresh salad with olive oil and apple cider vinegar or white wine vinegar dressing, raw fruit, raw veggies, any smoothie including a [Chai Green Smoothie](#).



Meals

Fresh live salads, fresh vegetable juice, [Cleansing Green Juice](#), a smoothie, or a delicious [Raw](#)

Brown Rice Cleanse

~ Comforting and Supportive

This is a cleanse I really enjoy doing. It's easy to follow and you never feel deprived because you can eat a huge variety of foods. It's safe and even beneficial for diabetics, as it evens out sugar levels in the blood.



For months and months I was having chronic headaches and reactions to certain foods. This happened immediately when I ate MSG, caffeine, spicy foods, sodium benzoate, and a few other chemicals and preservatives. It also happened when someone sprayed perfume near me, or when I was in a stressful situation, or got emotionally worked up about something.

Clearly, I needed to detox. During these episodes, which had increased in frequency to 2 or 3 times per day, my

face would go beat red, to the point where I could defrost a small ice pack in a matter of minutes from the heat on my cheeks alone. When you look at my cheeks now you can see the vascular damage, where the tiny vessels underneath my skin had broken from the heat.



When I visited my doctor, she told me it was Rosacea. I asked how to stop it from happening, but she didn't have an answer, and simply said it was very common. This didn't make me feel any better. The headaches were tiresome and my hot, red face, was embarrassing.

This cleanse was a miracle for me. It cleared up my headaches quickly, but it also proved to me that cleanses work. It told me what was really wrong and helped me to realize that even though Rosacea was common, there was an underlying problem - my body was full of junk.

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After months and months of headaches, seven days on this cleanse and I could eat anything without getting a reaction. I was ecstatic as I hadn't been without a headache for what seemed like ages.

But...my poor eating habits (I thought I was eating healthy food) caught up with me about 2 and 1/2 months later, and the headaches returned slowly and steadily. This was several years ago, and I've since performed many cleanses, and eat delicious healthy foods every day. I haven't experienced symptoms for a few years now.

I think it's important to point out that



this cleanse was instrumental in helping me to detoxify and heal my body, when I was just beginning

my healing journey.

This cleanse is so nutritious and well-rounded that you could actually eat like this every day for a very long time, your whole life in fact. You can eat as much as you want, whenever you want. There is no need to count calories or weigh portions. Drink lots of fresh water and herbal tea throughout your cleanse.

Be sure to fill your refrigerator with fresh, organic fruits and vegetables, grains, and snacking foods as listed below.

Stay on this cleansing diet for 7 to 10 days.

You may experience detoxification symptoms, including headaches, muscle and joint pain, mild digestive upset, decreased energy and changes in bowel habits. These symptoms should last for 1 to 3 days.

The key to this diet is that it eliminates all the allergenic or troublesome foods.

DO NOT EAT!

Allergenic Foods

- 🍷 Alcohol, Coffee, Black Tea, Soft Drinks
- 🍷 Barley, Rye, Wheat, Oats (the gluten grains)
- 🍷 Corn
- 🍷 Beef, Pork, Shellfish
- 🍷 Dairy products of all kinds
- 🍷 Eggs
- 🍷 Soy products

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🍷 Refined and/or processed foods,
(white flour, white rice or sugar)

🍷 Chocolate

🍷 Oranges

EAT AS MUCH AS YOU LIKE!

Proteins

🍷 Organic or farm fresh, chicken,
turkey, lamb

🍷 Wild cold water fish such as
salmon, tuna and cod

🍷 Chick peas, lima beans, kidney
beans, navy beans, adzuki beans,
pinto beans

🍷 Red or green lentils

Beverages

🍷 Mineral or spring water

🍷 Herbal teas

🍷 Rice milk

🍷 Fresh unsweetened juices –
vegetable or fruit, diluted half
with water

🍷 Almond, cashew, coconut, or
macadamia nut milk

🍷 Hemp, sunflower seed or
pumpkin seed milk

Fruits

🍷 Apples, apricots,
bananas,
blueberries,
cherries, grapes,
kiwi, mango,
papaya, peaches,
pears, pineapple, plums,
raspberries, strawberries



🍷 Dried fruits, organic non-
sulphured

Vegetables

🍷 Alfalfa sprouts, artichoke,
asparagus, avocado, yellow and
green beans

🍷 Beets, beet greens, carrots, red,
green, orange or yellow sweet
peppers and hot peppers, celery,
cucumber

🍷 Bok choy, broccoli, brussel
sprouts, cabbage, cauliflower,
kale, eggplant, endive, escarole,
kohlrabi, leeks

🍷 Romaine, boston, leaf or iceberg
lettuce, spinach, swiss chard

🍷 Acorn, butternut, spaghetti
squash, sweet potatoes, taro

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🍷 Okra, onions, parsley, parsnips, peas, potatoes, radishes, rutabaga, snow peas

🍷 Tomatoes, turnips, water chestnuts, watercress, zucchini, mushrooms

Grains

🍷 Brown rice, brown rice cakes, whole grain rice crackers, whole grain rice cereal, whole grain rice noodles, brown rice bread

🍷 Millet, Quinoa

Raw Nuts and Seeds

🍷 Almonds, cashews, pecans, pine, macadamia, walnuts

🍷 Poppy, hemp, pumpkin, sesame, sunflower seeds, flax

Oils

🍷 Cold pressed organic flax seed oil (keep refrigerated, do not use for cooking)

🍷 Organic cold pressed olive oil, sesame oil, sunflower oil, hemp oil, coconut oil

Herbs and Spices

🍷 Fresh garlic, ginger and onion

🍷 Fresh or dried herbs, such as dill, coriander, parsley, mint, sage, rosemary, thyme, oregano

🍷 Unrefined Sea salt, Herbamare

🍷 Non-salt herbal seasoning or Mrs. Dash

Sweeteners

🍷 Raw or unpasteurized organic honey, maple syrup, brown rice syrup or agave nectar

🍷 Blended dried fruits, date sugar, Stevia

You will feel light and refreshed after several days with nutritional, supportive and cleansing foods. After your cleanse re-introduce allergenic foods one at a time, paying close attention to reactions. If your pulse rate increases when you re-introduce corn, for example, it could mean a food sensitivity. This can cause stress on your system and an inability to digest and assimilate this food.

You may return to the Brown Rice Cleanse anytime you feel congested. Pay close attention to your symptoms and your body will tell you when it is ready for your next cleanse.



Liver Gallbladder Purge ~ Expels Gallstones

Your liver produces bile which is stored inside your gallbladder until needed. Your gallbladder is a small sac underneath your liver. Here the alkaline bile is stored until you eat a meal with fat and protein, then it pumps bile into your small intestine where it facilitates the absorption of fat soluble Vitamins D and E and the emulsification and breakdown of fats in the small intestine.

Bile travels to and from the gallbladder through the cystic duct. Pancreatic enzymes for digesting foods travel through the pancreatic duct to the common bile duct. The common bile duct meets the small intestine, where bile and pancreatic enzymes flow into the small intestine to aid digestion. (Abrahams, 2007)

Excess cholesterol, fats and toxins can accumulate in the liver and gallbladder over many years of poor eating habits, such as high intakes of dairy and meat products, hydrogenated and partially hydrogenated fats and refined grain products and sugars.

Birth control pills also contribute to 'gall bladder disease' by raising hormone levels. (Canadian Pharmacists Association, 1998)

High levels of synthetic hormones slow the natural production of steroid hormones from dietary cholesterol, which allows it to build to dangerous levels inside the liver and gallbladder. This accumulation of cholesterol forms the basis of gallstones.



Gallstones clog the liver, gall bladder and ducts leading to the small intestine. In acute situations, they can

clog any of the ducts throughout the biliary system, not allowing digestive juices or bile to get through. This can be a serious situation if fluids begin to back up. If gallstones back up into the pancreatic duct, pancreatitis or infection of the pancreas can result, which can be serious or even fatal.

An accumulation of gallstones over time can weaken digestion, and cause malfunctioning of the liver, gallbladder, pancreas, and small and large intestines. It stresses the immune system, and wears down the body in general as toxins accumulate and pathogens begin to colonize.

When digestion is not optimized, mineral deficiencies can result and this can cause a slew of other symptoms and problems.

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Organs of detoxification, the liver, kidneys and skin become overworked and begin to degenerate. The gallbladder has difficulty pumping out bile when it is clogged, so the amount of bile getting through to the small intestine is reduced. Without enough bile, it becomes difficult to break down foods, especially fats. When foods are not properly digested, all kinds of problems result. It becomes a vicious circle. Not enough bile getting through causes more cholesterol to accumulate, which causes more gallstones to form.



Bile is very alkaline. When the mixed up foods and stomach acids enter the small intestine, bile buffers the acidity. Without alkaline bile salts, acidic waste builds and irritates the intestinal lining, causing symptoms of indigestion. These can be diagnosed as irritable bowel syndrome, irritable bowel disease, colitis and Crohn's disease. Pathogens are able to grow in the lower and upper intestine, emitting toxic wastes and gases that damage the intestinal wall.

An accumulation of stones in the liver can result in a diagnosis of Fatty Liver Disease. A poorly functioning liver means fatigue, depression, nutrient deficiencies, headaches, irritability, insomnia and toxic buildup in the blood and tissues. Our liver is the "seat" of

anger, and when it is congested, feelings of anger and frustration build. As toxicity increases, so do symptoms, and disease progresses.

As cholesterol levels build and accumulate, we are more at risk of developing cancer and heart disease. With a buildup of cholesterol in the liver and gallbladder, it is only a matter of time before the buildup continues into the arteries, and tissues beyond, leading to arteriosclerosis, heart attacks and strokes.

What are the symptoms of liver and gallbladder congestion? Poor digestion, intolerance of fats, dairy, meat, eggs, wheat, avocados, spicy foods and citrus. Pale floating stools. Bloating, indigestion, cramping, gas, intestinal inflammation and infection. Pain or discomfort in the right side, under the ribcage, especially just before, during and after a meal with fat. Heat and a feeling of inflammation and swelling in the liver and gallbladder area. Lower back pains. Fatigue, depression, anger and frustration. A feeling of being full and clogged. Right shoulder pain. Loss of appetite. Wanting to sit down or lie down. Low energy. Lethargy.

Conventional medicine attempts to fix the liver and gallbladder congestion problem by cholecystectomy or removal of the gallbladder.

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This causes bile to be constantly pumped from the liver, directly to the small intestine. A study published in PubMed showed a correlation between cholecystectomy and colon cancer. In the study's conclusions the authors stated, "Cholecystectomy is associated with a modestly increased risk of colon cancer..." (Shao & Yang, 2005)

Removing the gallbladder does nothing for the congestion that remains in the liver, where digestive function is impaired and the body may continue to degenerate. Cleansing the liver and gallbladder, and changing to a natural, vegetarian diet actually reduces the amount of cholesterol taken in and restores health and functioning to the entire digestive system, organs of detoxification and the body in general.

There are many versions of this cleanse on the internet and in natural health books, most adapted from Hulda Clark's original instructions. It rids the body of gallstones and excess cholesterol. Some people claim to have purged thousands of stones with multiple cleanses. After each cleanse people report feeling progressively better, with improved energy and digestion, myself included.

I followed the directions to this cleanse VERY carefully, and I suggest you also

be sure this cleanse is right for you before you do it. The cleanse causes a watery diarrhea, and proved itself to me when hundreds of very tiny and three very large gallstones were floating in the toilet (throughout five separate cleanses).

Warnings

Do not perform this cleanse if you have had your gallbladder removed.

The diarrhea is caused by the use of Magnesium Sulfate, or Epsom Salts. Please consult with your doctor before performing this cleanse, to be sure it does not conflict with any medications you are taking or any pre existing condition that may exist.

Grapefruit has a particular way of enhancing blood thinning medications. If you are on any medications that may conflict with Grapefruit, please be sure to consult your physician before performing any cleanse. Some Liver/ Gall Bladder purges similar to this one use fresh Apple Cider in place of Grapefruit juice, which may be a safer option if you are on medications and you are not sure about their interaction with Grapefruit juice.

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Even though thousands of people have performed this cleanse, some multiple times safely, (I performed the cleanse 4 times over 2 months, then once more a year later) there is some controversy over taking Magnesium Sulfate.

I caution you to be sure this is safe before you perform the cleanse, as fatalities have been reported from people taking too much Magnesium. Please see your doctor first.

Of course, a pregnant women or diabetic should never perform this cleanse, but should use more gentle ways of cleansing the liver and gallbladder, like drinking lots of water with lemon, increasing cold unrefined olive oil in the diet (which helps to promote bile flow) taking regular exercise, and following the tips below.

Your liver and gallbladder may be gently cleansed over a longer period by drinking *lots* of fresh lemon juice in water and eating a raw vegetarian diet with a focus on liver supporting foods like radishes and cabbage. Eat lots of fresh, *raw*, highly unsaturated oils like hemp, flax and olive oils, and those found in avocados, *raw* nuts and seeds. The raw, liquid, slippery fats are what lubricate and nourish your cell walls,



organs and blood vessels, eat more of these. The sticky saturated, hydrogenated, processed and cooked fats congest your liver and gallbladder, stick to arteries and cell walls, compromise the delivery of nutrients into cells and hinder the wasting of garbage and toxins out of cells. Liver supporting herbs include Milk Thistle, Dandelion Root and Burdock Root, which can all be made into teas alone or combined.

Changing to a raw vegan diet, with moderate whole grain consumption (wheat particularly increases triglyceride levels, the type of fat that increases heart attacks and strokes) is a way of cleansing in itself and will reduce the load on your liver, so it may turn to cleaning out instead of keeping up.

There is a possibility if your stones are very large that they could become stuck in the bile ducts, which could require emergency surgery to remove either the stones or the gall bladder. You may ask your physician what types and size of stones you have before attempting this cleanse, if you are sure from ultrasound that you definitely have gallstones. If a stone becomes stuck you may experience excruciating pain, in which case you should seek medical help immediately.

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If you are on synthetic hormones, please read [The Secrets to Liver and Gall Bladder Disease](#) to learn more about the connection between gallstones and synthetic hormones.

Here is the exact cleanse I performed adapted from Hulda Clark's Cleanse.

Pre-cleanse

Begin with Chinese Gold Coin Grass. This herb softens and crushes the stones, which are then more easily flushed. The stones can be hardened, with sharp edges so it is important to soften them before they are pushed through the tiny ducts. Purchase it in pill or tea form for gallstones (it can also be used for kidney stones, called Gall Bladder Tea). Use two bottles of the herb as directed or three boxes of tea, until finished. Chinese pharmacies or grocers carry this herb. This is an important step and should not be eliminated.

Ingredients

3 or 4 medium sized pink grapefruits

Epsom salts, not scented, also called Magnesium Sulfate

Olive oil

Preparation

The day of the cleanse eat no fat foods until 2:00 p.m. You may eat fruit or juice, except bananas or avocados. Some prefer not to eat food and just drink beverages like herbal tea and water. This allows bile to build up in the gall bladder. Your liver manufactures about a quart or more of bile every day.

After 2:00 p.m, do not eat or drink anything other than what is included in the cleanse. It is important to not eat, otherwise you may feel very ill.

Around 2:00 p.m. mix together in a large jar, 4 tablespoons Epsom salts, 2 cups water and 1 cup fresh squeezed grapefruit juice. Shake well and refrigerate.

At 6:00 p.m. drink $\frac{3}{4}$ cup of the Epsom salt and grapefruit juice mixture.

At 8:00 p.m., two hours later, drink another $\frac{3}{4}$ cup of the Epsom salt mixture. You may experience diarrhea soon afterward.

At 10:00 p.m. drink $\frac{1}{2}$ cup olive oil mixed with $\frac{1}{2}$ cup fresh squeezed grapefruit juice. Get it down as quickly as possible. Lie down immediately on your back with your head propped on a pillow.

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Lay still for 20 minutes while the gallstones trickle out of your liver and gallbladder. You may be able to feel them move. After 20 minutes you may turn on your right side and go to sleep.

The Next Morning

Upon wakening, drink $\frac{3}{4}$ cup Epsom salt mixture. Lay down again.

2 hours later, drink last $\frac{3}{4}$ cup Epsom salt mixture. Lay down again.

In another 2 hours, you may begin to drink and eat very lightly. Fresh fruit is fine. Continue to eat as you wish throughout the day, but still only lightly; fruit, salad, soup and small amounts of bread. (Clark, Hulda Refehr, Ph.D., N.D., *The Cure for All Cancers*, 1993, New Century Press)

You will have extremely watery diarrhea. This is from the magnesium sulfate. Be careful and follow the directions exactly. Do not take more magnesium sulfate than suggested as too much can cause a serious electrolyte imbalance.

At first you may see chaff floating on top of the water in the toilet. This is excess cholesterol and a good sign of detoxification.

Soon you may see pea-green, waxy stones also floating on the water. These

are gallstones. For the next few hours you will be eliminating water and gallstones. Make sure to rest as this procedure is draining.

When you have purged all the gallstones that were released, you should begin to feel better and more energetic. As the gallbladder and ducts are cleared of gallstones, more will move forward from the liver. The procedure must be repeated until all stones are purged. Many people report cleansing six or seven times before all stones are excreted. You must wait at least three weeks or more between cleanses to regain energy and allow the remaining stones to move forward.

If at any time during the cleanse you get severe pain or vomiting, consult a physician immediately.

You will feel tired and drained the day of the cleanse. The next day you will start to feel lighter, better, with more energy. Every time you do the cleanse, you will feel better still as you purge more and more toxins, cholesterol and stones. Soon, you'll be back to your old self. Good Luck!

For more information about liver and gallbladder congestion, fatty liver and gallstones, visit [The Secrets To Gall Bladder and Liver Disease](#)

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Next Steps

I hope you've enjoyed this free report. During your cleansing experience you have gained wisdom about your body and what it needs to heal. You are now ready for next steps which are to learn how to implement the other nine key principles of healing.

The 10 Key Principles of Healing are outlined in detail in *The Cancer Journal ~ Heal Yourself!*

You don't need to have cancer to benefit from reading this book. Current estimates are one in two people will develop cancer in their lifetime. Sadly without correct knowledge, that may be you or someone you love. Protect yourself and your loved ones by reducing your risk.

The 10 Key Healing Principles can be used by anyone to transform their health and return it to an optimum state, no matter what place your health is in at this moment. These principles are universal in their ability to cleanse, heal and rebuild our bodies.

A how to book with complete instructions on healing yourself ~ with colourful photographs, detailed directions and connection to hundreds of essential resources including delicious

healing recipes, key studies and journal articles, incredible healing stories, videos, audios and much, much, more. Here's a taste of what's coming your way:



Know precisely which foods to *eat more of* and which foods to *eat less of*, to *cleanse, nourish, heal and rebuild your body*, its tissues, fluids and organs.

Learn and understand how to make your *own powerful herbal medicines* in your own kitchen.

Understand the *10 Key Principles of Healing* and know how to apply these simple principles to your own life right now, to *heal your body*.

See exactly what other people have done to *cure cancer* themselves and know how *you can do the same*.

Clear action steps so you can *stay focused on healing*.

Gain a *powerful understanding* of exactly how to heal yourself no matter what place you are in at this moment.

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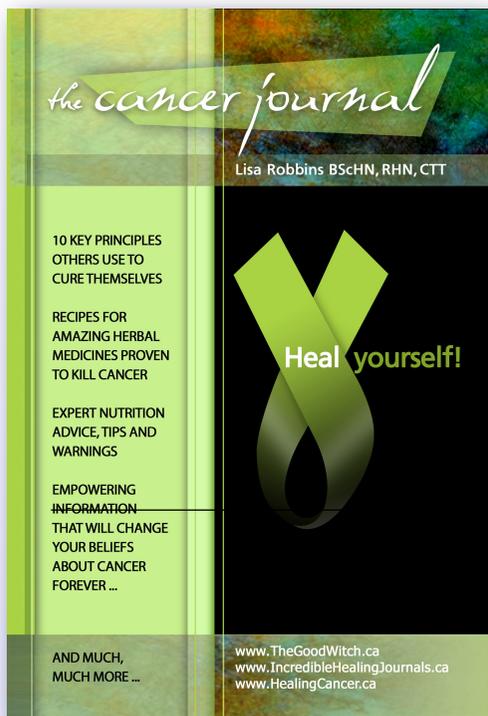
The Cancer Journal ~ Heal Yourself!

Available in interactive online version at TheGoodWitch.ca, and in print version at Amazon.com

A practical translation of the truth about cancer and exactly what you can do to heal yourself ~ including the 10 Key Principles of Healing, true stories of curing cancer, simple recipes for delicious disease fighting foods, expert nutrition advice, recipes for incredible healing and disease fighting herbal medicines and much, much more.

Get instant access, click on the link below:

[**The Cancer Journal ~ Heal Yourself!**](#)
[**and the 10 Key Principles of Healing**](#)



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Reviews for *The Cancer Journal Heal Yourself*:

*I'm reading *The Cancer Journal Heal Yourself*! It is sooo true and sooo wonderful. A must read for everyone. I just wish all the oncologists and doctors in the world were forced to read it!*

Kristen Totten Barry
www.HealthyCancerChick.com

I have read about many types of alternative and integrative treatments for cancer. I have read your book and absolutely love it. It is one of my favorites so far.

Iliana Dedona

Lisa Robbins has been a God send to our family. When we found out my Dad had prostate cancer I immediately asked around for someone who knew about how to possibly help this disease through non-traditional methods. Lisa helped explain everything in depth with wonderful knowledge, and professionalism. My Dad has seen a decrease in his PSA tests results. It has changed the colour of his face, has helped him feel healthier and he has been able to maintain his weight to where he feels comfortable.

If Lisa had not come along through a referral, we may have opted for other methods which would not have worked out as well for my dad who has never had to go to a Doctor in over 40 years! Her patience and care when explaining things to my parents gained their respect and my own, and her information has been a vital part of his care. I would and do highly recommend her to everyone who wants to explore the alternatives out there that work.

Darcelle Runciman
Author of *The Power of Women United*

In this book I felt Lisa's frustration with the helplessness for friends and family as she watched them unable to defeat Cancer with pharmaceuticals. Lisa used that frustration to fuel her mission by empowering the reader with the unconventional thought of healing oneself naturally with herbs and proper nutrition as a viable option. Bravo Lisa!

Marjolaine Forest-Axford
Co-Producer, "Our Common Roots" -
Unveiling Our Global Traditions of Healing With Plants, Our Common Roots

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***** *Exactly as promised. Thanks.*

Naomi B. Sinnreich

What a wonderful book. I wish that I had been able to access a copy of it a few years ago ... it is very well written and explains so much for people who need information about cancer, and for people who know someone that has been diagnosed with cancer. I would strongly recommend this book as it is a valuable resource of information about cancer.

Pebbles Baverstock

Just a quick note to say hello and to let you know that my husband and I have recently been reviewing your book "The Cancer Journal Heal Yourself", lent to us by a friend. It is so interesting and informative it has been hard to put down. We believe and agree with what you have to say about natural healing and the taboos of chemo and radiation.

A dear friend of ours has just been diagnosed with lung, lymphatic and bone cancer. He is only 52 years old and has never smoked in his life. We are sickened by the news and are reviewing every piece of info we can get to help him to survive. His first chemo treatment was yesterday and it sickens me to think what

that is doing to his, formally, very healthy body.

Thank you for your insight, your honesty and your priceless information. I will continue to research any other information you may have, but honestly, you have pretty much summed it up with the fact that the pharmaceutical drugs they push on us these days are money making, body damaging and disgusting, given the fact that the medical profession knows there are less extreme and very natural ways to heal and perhaps even reverse the effects of disease. It is a shame that greed must overtake healthcare. What a society we live in!

Lori C.

***** *Beautifully put together information. Any person with serious health concerns needs a copy of this book. Looking into the bulk pricing in order to give a copy to family members.*

The Talker

Verified Amazon Customer

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***** *Loved this book.*
Amazon Customer Verified Purchase

Hi Lisa. Just wanted to update you on the spot of malignant melanoma on the back of my neck...Dr. Mok removed the area around where the biopsy was 2 weeks ago today...It had come back as "in situ" which means it was only in the spot it started and had not spread at all. I go back today to have the stitches removed. This is one of the most positive experiences I have had as the week leading up to having it removed and not knowing if it had spread at all or not.

I made and drank your tonic tea mixture, did positive affirmations, bounced on my rebounder, had vitamins and shakes, had my crystals with me, so I know if anything else comes my way in the future, I know I can heal myself. Plus I am now going to be more sun conscious and make sure I apply sunscreen when out for any length of time in the beautiful sun

 *Thanks for meeting me that day and for writing your books...xo*
Jackie Burfield

When I was reading this book, I couldn't put it down. It was written very clearly and in language that I could understand. The true stories of individuals who had conquered cancer are amazing. I always had thought that there were natural ways to overcome this disease. I am happy to say that I was thrilled to see them in print.

The descriptions of the herbs and their healing abilities are very helpful and the recipes are very clear and concise and I will surely be trying some of them. I have been hearing of these natural remedies for cancer and am pleased to have found this very helpful journal of not only cancer remedies but of natural way to keep our bodies in good health.

I highly recommend The Cancer Journal ~ Heal Yourself to anyone and everyone who is interested in becoming healthy and staying that way.

Gail Robins, Certified Aromatherapist, Reiki Master, Owner at The Robins' Nest Retreat, Norwood, Ontario

Talk about a naysayer changing their viewpoint! The following is true. Too many close friends have died over the past few years from cancer complications after undergoing both chemotherapy and radiation treatments. I found Lisa while frantically searching for something, as I watched a brother-like friend die. I actually got the opportunity to meet her a few months later. The Cancer Journal certainly changed my skeptical view of natural healing. The more I read, the more interested I became! The fact that this information is out there and has been for over a quarter of a century is alarming and scary at the same time. I have made two decisions for myself:

If I ever personally experience the “C” word, radiation and chemo are not options

I will take things from the book that make sense to me and begin living healthier

I drank heavily for a number of years and quit that a while ago. So, my mindset was great for continuing to get healthy. I started with an adapted lemon cleanse every other day. I squeeze lemon juice into a cup, add a teaspoon of baking soda, fill it with tap water, and drink up. I eat the meat part of the lemon. On off lemon days, I make herbal tea consisting of burdock root, red clover, and pau darco. Any herbalist can assist you in the

amount and preparation. Whenever the urge strikes, I use a teaspoon of cinnamon and a tablespoon of locally grown honey. Lastly, as I grill outside a good bit, I use turmeric to change the cancer-related carbons. I already take sensible doses of essential vitamins on a daily basis, but have added garlic pills to the mix. I drink water all of the time every day.

I work out for two full hours at least twice weekly, sometimes three: weight machine, loose weights, treadmill, recumbent bike, yoga type exercises, stretching, speed bag, heavy bag, and reflex bag. I have not felt this good emotionally or physically in over 20 years. By the way, I am 58 years old.

Lisa’s book is good reading and is well-researched and well-written. I applaud her tenacity. My only question to anyone reading the book or this review is, why not give this a look/try—what have you got to lose?

*Rick Weber
Berkeley Springs, West Virginia*

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Invaluable Resource!

In New Mexico recently, a man was diagnosed with liver cancer, and went to his local indigenous healer for a second opinion. Not surprisingly, the Curandera took one look at him and said that he did not have cancer at all, but tumors on his liver. She gave him the appropriate herbs, and within three months he had completely healed.

This story illustrates the miracle of plant-based remedies and the personal power we all have to reclaim the power to heal ourselves with natural, non-invasive methods. “The Cancer Journal: Heal Yourself!” is an excellent guide to the causes, politics and treatments (both allopathic and natural) of cancer, and charts a course through a holistic approach to empowerment and healing. After witnessing the tragic deaths of both her parents to cancer, Lisa Robbins has made it her life’s work to uncover the facts on cancer treatment and offers her conclusions and suggestions passionately in an illustrated, comprehensive and up-to-date format. She says that there is no “one cure” for cancer, and wisely states that “to heal yourself from anything, including cancer, just believe in your body’s ability to heal itself; then give it the peace, love, food, herbs, water, air, sunshine, rest and joy it needs to do so!”

Lisa describes the true stories of people who elect to try holistic treatments in their healing journey, and their successful recoveries give us much-needed inspiration and optimism. Included is an invaluable guide to healing herbs, the recipe for the herbal combination “Bitter Tonic Tea” with its powerful anti-cancer and anti-fungal properties, and the 10 Key Principles of Healing. Lisa’s enlightening book is a blessing in both reclaiming the truth about the cancer epidemic and giving us hope for alternative and powerful healing methods. As Lisa says, “becoming educated about cancer and the politics surrounding it has been the best thing I could ever have done to protect myself and my family.” With valuable information not found elsewhere, and appendices to herbs and their properties, essential recipes and essential resources – Highly Recommended.

Pegi Eyers, Author of Ancient Spirit Rising: Reclaiming Your Roots & Restoring Earth Community

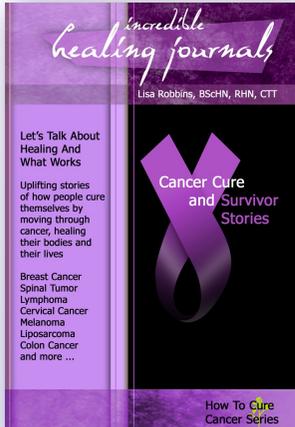
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Cure and Survivor Stories

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mental and spiritual, bringing you to a profoundly happier, healthier and more fulfilling life.

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Get instant access, click on the link below:

[Cancer Cure and Survivor Stories](http://CancerCureandSurvivorStories.com)

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Reviews for Cancer Cure and Survivor Stories:

“Lisa Robbins’ new book Cancer Cure and Survivor Stories is very inspiring and gives a range of options to people who are sick with cancer and looking for something that feels right for them other than the currently offered toxic treatments. Lisa touches all the important points for healing using her knowledge and showing the colors of her heart.

Here is a quote from her book that I love and that summarizes it all extremely well: ‘Fear, toxins, negative thoughts and emotions, unfavorable situations, chemicals, synthetic hormones, a lack of nutrients and an excess of non-nutrients promote ‘dis-easing’. Love, sunshine, movement, fresh air, nutritious and appropriate foods, cleansing, rest and relaxation and a positive state of mind enhance healing.’ Thank you Lisa for caring!”

Elaine Cantin, CoAuthor – Elaine’s story is featured in Cancer Cure and Survivor Stories. Elaine is the Author of Cantin Ketogenic Diet for Cancer, Type 1 Diabetes and Other Ailments.

“I loved reading people’s stories who have treated their own cancer. (click to see this review on Amazon)

The established medical system doesn’t have a corner on healing cancer; in fact, their treatments cause much pain and agony, and bankruptcy, and then many people end up dying of recurring cancer later. That’s my observation from watching people battle cancer – and then lose that battle.

There are many, many ways to regain your health and thereby fight a disease state such as cancer. We need to educate ourselves on how to stay healthy (and then do it); not just run to the doctor and demand that they fix us after we’ve done everything we can to get sick.”

Sue. K on Amazon

“Helped me relate to my prostate cancer.

This and other stories help reinforce my decision to deal with my prostate cancer diagnosis five years ago. It is good to read how others deal with cancer and support each other.”

Skip Stein on Facebook

“Looking good. It’s just what people need. Well done Lisa!”

Dr. Sue Gelder, Consultant Naturopath,
Managing Director at Edinque
Complementary Healthcare. Dr. Sue is
Author of How I Cured My Tumor
Naturally and Co Author of Cancer Cure
and Survivor Stories

*“Best Wishes ... a wonderful
accomplishment...”*

Dory Draizen Eckstein

*“Awesome news Lisa – your books are
leading-edge incredible!!!”*

Pegi Eyers, Author Ancient Spirit Rising:
Reclaiming Your Roots and Restoring
Earth Community

*“It took only moments to identify with
some of the situations and circumstances
described in the remarkably candid
accounts presented here. I found myself
whispering “me too,” as I read through
the different accounts, written by
inspiring people. That’s all very well for
somebody with five years experience of
using food and lifestyle to manage their
illness: I also want to emphasize that the
accounts presented here would bring*

*great value to anybody who had recently
been given the distressing news they had
developed dis-ease that conventional
medicine has diagnosed as ‘fatal’ and
given a ‘time-running-out’ prognosis.*

*I particularly like the ‘Points To
Remember’ lists at the end of each
account – very useful on days when
energy and time are scarce but you
nevertheless need a quick reminder just
how to stay positive and buoyant when
the babbling brook of life becomes a
torrent! I feel they give just enough to
remind us that it can be done. They are
encouraging, even if you don’t have time
to read through the whole account again.*

*Some useful recommendations are given
in terms of where to start and where to
go for further information. I get the
feeling I will be referring to these again
in future and I am thankful for that!”*

Mike Dancer

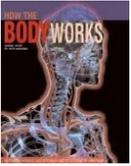
*“Huge congrats Lisa. Your work is
inspiring.”*

Mary Guiffre, Producer, Director and
Co-Author of Scribble & Grin
Children’s Series

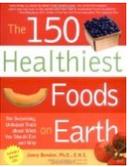
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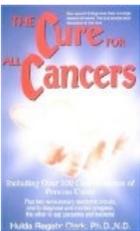
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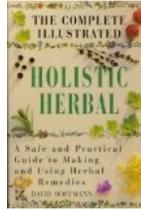
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Nutrition Reference Guide:
Surprising, Unbiased Truth about
What You Should Eat and Why!
Learn the latest research findings and
recommendations from around the
world ~ amazing discoveries ~ about
the health benefits of nutrient packed
foods you've loved since you were a
kid, and some you've never tried!

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A Safe and Practical Guide to
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Beautifully illustrated, over three
hundred full-color pictures,
comprehensive guide of herbal
medicine covers treatment of a wide
range of complaints and diseases,
gathering herbs and preparing
remedies; A-Z herbal with over 200
herbs, clear explanations of body's
systems.



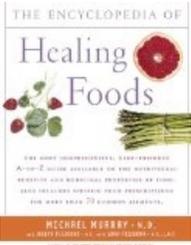
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Spirit is a wellness guide full of
sound advice about how to detox
your mind, body and soul using
healing recipes and life lessons from
Madeleine Marentette, Canada's
“Queen of Detox,” and Moira
Nordholt, the “Feel Good Guru.”

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The most

comprehensive, user-
friendly A-to-Z guide available on the
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properties of food. Also includes
specific food prescriptions for more
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