

the cancer journal

Lisa Robbins BScHN, RHN, CTT

10 KEY PRINCIPLES
OTHERS USE TO
CURE THEMSELVES

RECIPES FOR
AMAZING HERBAL
MEDICINES PROVEN
TO KILL CANCER

EXPERT NUTRITION
ADVICE, TIPS AND
WARNINGS

EMPOWERING
INFORMATION
THAT WILL CHANGE
YOUR BELIEFS
ABOUT CANCER
FOREVER ...

AND MUCH,
MUCH MORE...



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How To Cure Cancer Series

10 Key Principles Others Use To Cure
Themselves
Recipes For Amazing Herbal Medicines Proven
To Kill Cancer
Expert Nutrition Advice, Tips and Warnings
Empowering Information That Will Change
Your Beliefs About Cancer Forever . . .

and much, much more . . .

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REVIEWS

"I wish my father had this information 12 years ago. You're gonna save a lot of lives Lisa!! Amazing book!!"

Tyler Davis

~~~

*"Hi Lisa, read your book yesterday and was amazed with the information. Will buy a copy for everyone in my family. Like you, both my parents died of cancer, my Father had it twice in fact. Anyway, wanted you to know that I am blown away with what you have achieved and you should be proud, I know your parents would be."*

Lynn Hill, President MultiLink Business Management Solutions

~~~

"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

~~~

*"The Cancer Journal ~ Heal Yourself was written by Lisa Robbins over the course of 10 years, and absolutely is one of the greatest gifts we will ever know. Lisa documents losing both of her parents to the standard North American tortuous cancer treatments, and her ensuing journey to the discovery that cancer has already been beaten. The CANSWER is in her must read book ~ in a story so compelling and simple that each and every one of us owes it to our ourselves, to our ancestors and to our children to read the book now. Like many of us, I have lost family to cancer, but now know that this disease can be a part of our history, if we all would only act on what Lisa has taught. Learn the 10 key principles of healing, learn how to make anti-cancer teas, learn about tragedies that didn't have to be. Get ready to cry and laugh and then to really live.*

*Thank you LISA ROBBINS aka The Good Witch!"*

Mary McGillis, Author of *Hector and The Little People* and Editor of *The Cancer Journal ~ Heal Yourself!*

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# Dedications

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This journal is dedicated to:

My mother, Doris Elisabeth, who battled cancer and the effects of surgeries and treatments until she died in palliative care on December 9, 2007; and to my father, Ronald William who battled cancer, treatments and surgeries, until a huge dose of chemotherapy ravaged his already sick and weakened body and caused him to die on October 18, 1987, at the age of 54;

My husband Bob for putting up with my obsession, my daughter Alix for inspiring me to take TheGoodWitch to the highest level, my son Luke for doing all the house repairs and renovations as I write, and my daughter Anna for making me thousands of cups of tea and encouraging me to work my fingers to the bone;

Harry Hoxsey, Rene Caisse, the Hamilton boy, Daniel Hauser, Pattie MacDonald, Linda Devine, Jay Kordich, Kerri Howarth, Yvonne Chamberlain, Greg Caton, Dr. Gustavo Bounous, Billy Best and John Robbins for their incredible contributions to our world of healing naturally;

All those who have fought their own brave battle with cancer and lost, to those suffering the ravages of cancer now and to those whose cancer diagnosis is yet to come;

May the truth now and forever set you free . . .

# Disclaimer

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The words in this journal are the sole opinion of Lisa Robbins.

A conscious effort has been made to present information that is both accurate and truthful. However, I assume no responsibility for inaccuracies in my source materials, nor do I assume responsibility for how this material is used.

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# Intentions

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## **The following intentions have been embedded throughout this journal:**

- To unite our beliefs about healing naturally so you can wholly embrace the ideas and techniques used and feel comfortable and knowledgeable in this practice;
- To empower you to *heal yourself* by connecting you to the stories of how others have healed themselves with safe and effective natural methods;
- To bring medicinal plants into your kitchen, so you can quickly and easily prepare effective herbal medicines and benefit from their miraculous healing properties anytime you need to;
- To teach you simple techniques that make eating nutritious and delicious healing foods part of your everyday life;
- To impart essential knowledge about your body and the environment in which your health flourishes and disease is nonexistent;
- To connect you with resources for further study and research so you may quickly become an expert in the areas that are relevant and important to you.

# Imagine Our World Without Cancer . . .

---

Can you? Yes . . . you can!

There is a collective movement that is quietly seeping into the stronghold of the cancer establishment. It is a powerful movement of educated and intelligent people, the healers and the healed, working together to share their messages of hope and health.

In this journal you will meet Linda Devine, a courageous woman who refused conventional medical treatment for breast cancer and cured herself with diet and lifestyle changes within ten months. No tumor, no cancer. No surgery, no radiation. You will meet others who have refused conventional treatments and gone on to heal themselves. Their triumphant stories of curing cancer by using simple, natural methods are the catalyst for changing our world of cancer, from one of devastation and disease to one of hope and healing.

Since the early 1900s, the medical establishment has used political ties to influence laws that create a monopoly on cancer treatments. The industry has used underhanded marketing tactics, based on our most primitive of emotions, fear, to create a multibillion dollar industry that supports the tortuous and inhumane treatments used in conventional cancer centers right now.

Over those 100 years, and for many years before, certain knowledgeable people have spent their lives quietly curing cancer with safe, natural methods.

Why then do people continue to trudge day after day into oncology units across Canada, the United States and around the world, to subject themselves to toxic and tortuous treatments?

Unfortunately, most people believe that the conventional way is the only way.

The fact remains: Thousands have healed themselves by using nutritional, herbal and alternative therapies and many more continue to do so.

When I was twenty years old and my father was undergoing cancer treatments, I found a small lump on my leg. I was sure I was going

to die and could think of nothing else until a doctor convinced me that it was a small muscle abnormality.

Last year an old friend was diagnosed with a cancerous tumor on her leg. She was so terrified by the diagnosis, before having a CT Scan, she vomited and drove two hours back to her home town to rest. Only then could she gather the courage to go back for the test.

As I sit here writing this introduction, I am wrought with anguish as I realize how much we are caught up in the fear created and nurtured by the conventional cancer industry.

Natural cleansing and supportive nutrition and lifestyle practices are the only terms under which nature provides a *cure* for cancer.

Until we embrace our connection with our earth's natural foods and medicines and truly realize and accept our own innate ability to heal; we will continue to harm ourselves with ridiculous treatments that destroy our body's defenses and allow cancer to grow more prolifically than before.

Chemotherapy causes cancer. Radiation causes cancer. Diagnostic tools using radiation, such as CT scans and bone scans, cause cancer. Even mammograms have been added to the long list of current medical practices that cause damage and increase your risks of getting cancer.

Herbal medicines, juicing, cleansing, super nutrition, proper sun exposure, rest; these are things that prevent and cure cancer. Finally, there is enough information and experiential evidence to propel us forward into a world without cancer.

**Lisa Robbins, BScHN, RHN, CTT**

To the point of no return . . .

“

*All truths are easy to understand once they are discovered; the point is to discover them.*

”

**Galileo Galilei**

## 34 Our Incredible Bodies

---

Our bodies are an amazing mixture of energy and biological matter. They always strive to heal . . . always. Think of how quickly your skin seals and repairs itself after a wound. Think of a bruise, first red and hot with inflammation. Constant healing takes place as the bruise turns from purple to yellow and then disappears. A body miraculously heals after a broken leg or a surgically removed kidney. Predictable, continuous repair. Amazing isn't it?

Just as amazing, incredible and true is the fact that our bodies heal from cancer, in exactly the same way.

Why then, do we as a modern, intelligent society, hinder the healing process with poisonous chemotherapeutic drugs, cancer inducing radiation therapy and mutilating, surgical removal of body parts?

Why do we allow our bodies to be so debilitated and harmed?

Why do we continue to use procedures that are clearly not working?

Your body has built in resistance to cancer, and uses the nutrients and chemicals obtained from food to protect itself against damage caused by mutagenic poisons, excessive heat or cold, radiation, pathogenic organisms and toxins produced during normal metabolic processes.

For example, your skin naturally carries a protective layer of the antioxidant, vitamin C. Close to the equator, where the sun is strongest, you find the highest concentration of vitamin C rich foods. High levels of vitamin C are known to protect your body against cancers of all kinds, including skin cancer. Andrew Saul reports, in 'Topical Vitamin C Stops Basal Cell Carcinoma', that vitamin C has been used topically against basal cell carcinoma with much success (Saul, 2007).

Phytoestrogens contained in many natural foods, the antioxidant Indole 3 carbinol and the sulforaphanes from cruciferous vegetables, like broccoli, cabbage, brussel sprouts, cauliflower and kale, protect our reproductive tissues from excess growth stimulation by estrogen. Estrogen of course, is a natural hormone essential to your body, but the use of synthetic estrogens has been implicated in reproductive cancers in both men and women, and conversely, the use of natural phytoestrogens from plants, are reported to have a protective and beneficial effect against reproductive cancers.

Under normal circumstances your immune system is extremely adept at handling the destruction of damaged and cancerous cells, but if you continue to expose your cells to mutagenic substances and do not provide your tissues with the nutrients needed to protect themselves and repair damage to their DNA and other structures, tumors arise, and cancer can flourish.

“

*In New York, teams are finding that young patients with a precancerous condition of the larynx called laryngeal papilloma, which normally requires repeated operations to remove small growths on the voice box, don't need surgery after drinking enriched cabbage juice . . . At Pittsburgh, Chivendra Singh and Sanja Srivastava have extinguished cancer in cell cultures grown from cancerous ovaries and the prostate by giving them concentrated chemicals taken from these same vegetables (cabbage like vegetables called cruciferae).*

”

Devra Davis, 2007.

Cytotoxic lymphocytes, known as Natural Killer Cells, circulate throughout your body's fluids, and are in highest concentrations within your lymph fluid and lymph nodes. NK cells recognize chemicals on the surface of cells which identify them as invaders or mutated cells. They attack the target cell by releasing chemicals into it's membrane, disintegrating first the membrane, then the core nucleus of the cancer cell (Marieb, 2003).

As the cell is destroyed, wastes are carried away by macrophages, and the tumor disintegrates, as if it never existed!

What a beautiful thing! The key to curing cancer is to *promote* and *accelerate* the healing process, which is already taking place within your body. How do you do that? Just follow the **10 Key Principles of Healing . . .**

## 35 10 Key Principles of Healing

---

These principles can be applied to almost any illness as they provide universal benefits by cleansing and rebuilding your body, protecting your trillions of cells, supporting your fluids, tissues, organs and systems, and promoting optimum functioning of your immunity with a fully functioning lymphatic system and a fortress of disease fighting cells.

These principles work *with* your body, not against it.

The first principle is;

### 1. **Use Your Power!**

Use Your Power by having a proactive approach to healing. Just thinking about healing is not enough, but it's a start! You must take action and heal yourself. No one can do this for you. Visualize yourself already healed, the way you want to be. You will begin to build a foundation of strength to cure yourself, and most importantly, you will learn to trust your inner guidance. This principle is so important, some people have effectively used it as the only tool to cure cancer and other illnesses.

### 2. **Cleanse and Detoxify!**

The next step is to clean the years of accumulated acids, wastes, toxins and pathogens from your blood, tissues and organs. You will soon learn simple ways to cleanse and detoxify your body.

### 3. **Super Nutrition!**

Eating the right foods is paramount to the healing process. Without adequate nutrition, no organism can realize the *serenity* that comes with good health. Withdraw nutrition from any organism alive; plant, animal or otherwise, and they will wither and die. There are many foods that offer the benefits of *super nutrition*. I'll cover them in detail soon.

### 4. **Befriend Herbs!**

Although the knowledge of herbs and their properties has been known for centuries, a stigma surrounds the use of them. People think that herbal medicine

formulas are secret and only special, knowledgeable people can make them. This could not be further from the truth. Armed with basic knowledge about herbs, every person with a kitchen and simple tools can make effective anti-cancer medicines.

## **5. Get Rid Of The Acid!**

It is imperative to create an environment where cancer cannot live and flourish by balancing your pH. With a test you can perform at home in seconds, and simple diet changes, you will learn how to check and control your pH. You will learn what to eat to increase the alkalinity of your blood and tissues and decrease acid accumulation. Proper pH balance limits the colonization and proliferation of pathogens like viruses, bacteria and fungi, including *Candida Albicans*; most notably known for causing yeast infections; least notably known for being a main part of the cancerous process.

## **6. Natural Supplementation!**

Natural supplementation has been going on forever. Why pay for expensive supplements when foods do the same thing? One of the most valuable things you will learn, is to supplement your diet with nutrient rich super foods that nourish and protect your body. You will find details about which foods they are, how to slip them into your diet, and how to prepare them to get maximum, natural supplementation.

## **7. Move and Breathe!**

Some people are afraid of *exercise*, but it does not have to be that way. Exercise can be fun when you do what you enjoy. Playing sports can be strenuous but some people love the exercise that comes with going after the ball. Yoga is an addictive practice that some people cannot get enough of, once they find a great teacher. Walking can be done anywhere, by just about anyone, with only a pair of shoes. Even gardening or stretching, or touching your toes are all exercise. Just find what you love and keep doing it. Exercise increases breathing, and breathing deeply is one of the most important tools against cancer. More about this soon.

## **8. Sunshine and Vitamin D!**

Good ole sunshine. The news just keeps getting better. Yes, you should soak up the sun. Book that trip to the



beach now – just do it! Then throw out your expensive sunscreens and find out what you have been missing by listening to fear mongering.

## **9. Be Good To Yourself!**

Relieve stress, have fun, laugh, meditate, sleep! Just relax! Are you tired? Do you feel guilty about taking time for yourself? Stop it! You need lots of rest, relaxation, fun and sleep, free from stress to heal your body. Sounds good, doesn't it?

## **10. Avoid The Causes And . . . No, Everything Does Not Cause Cancer!**

This principle could not be any more obvious. There are plenty of things we are exposing ourselves to every day that cause cancer. Become knowledgeable about what you put in or on your body. Denial about chemicals and toxins will not keep you safe, education will.

These principles will cause you to feel great and look great. You get to keep your body parts and your hair and nails will never fall out!

Read on, because the next chapter begins to uncover the ten key principles in detail.

## 36 Principle 1 ~ Use Your Power!

---

Use *your power* to be proactive, take action and be responsible for your health, instead of relying on fate or allowing others to make *your* decisions.

Your body heals from cancer, the same way it heals from a cut or a bruise. Your body always strives to heal.

Believe it! If you do not believe it and just keep telling yourself you will heal, that is not enough. You have to really know it and take actions on the knowledge that it is possible to cure yourself of any ailment.

Which actions?

They will reveal themselves throughout the 10 Key Principles of Healing.

### **Remove Your Fear**

Do *not* buy into the fear of cancer.

Stay in control of your emotions and do not let what others say upset you.

Many others have been told they had only a few weeks to live, but they walked away and never looked back. Those same brave people are still very alive and well many years after being told they would die.

Everyone has their own opinions and reasons for promoting a certain therapy or treatment. You must step back to acknowledge and observe any biases that exist *before* you make *any* decisions.

If you still have questions after reading this book, look in the resource section as there are many reliable and unbiased resources, studies, articles, databases and informative websites listed there for your future reference and study.

Fear is proven to suppress your immune system, hampering its ability to perform the most important job of producing natural killer cells that actively seek out and destroy cancer cells. Do not let fear have control over your health and your ability to fight cancer.

Dr. Bruce Lipton reminds us in *Biology Of Belief*, that we can choose the filter through which we view our world.

“

*You can filter your life with rose-colored beliefs that will help your body grow or you can use a dark filter that turns everything black and makes your body/mind more susceptible to disease. You can live a life of fear or live a life of love. You have the choice! But I can tell you that if you choose to see a world full of love, your body will respond by growing in health. If you choose to believe that you live in a dark world full of fear, your body's health will be compromised as you physiologically close yourself down in a protection response.*

”

Dr. Bruce Lipton, Ph. D., *The Biology Of Belief*, 2009.

## **Placebo Or Nocebo, It's All Mind Over Health!**

We often hear about the placebo effect. This is a simulated medical intervention in the form of sugar pills, which are given to people in a study, instead of the real medication being studied. A placebo produces a positive, therapeutic effect, similar to the medication, even though the treatment is fake. In other words, the participant's health improves simply because they *believe* they are given medicine which might help them.

Opposite to the placebo effect is the nocebo effect. The nocebo effect is very real and can cause people to believe they are ill, when there is actually nothing wrong with them. An example of the nocebo effect would be a diagnosis of breast cancer in a woman who does not actually have breast cancer. This is known as a false positive. She believes what she is being told, even though it is a mistake.

This belief can cause illness to manifest, despite the fact that there is nothing actually wrong! The nocebo effect can also lead a person to accept harmful treatments like chemotherapy, increasing their risk for cancer, for a disease they do not even have!

Earlier you learned from a study that showed, after ten mammograms a woman's chance of a false positive is 49.1%! (Christiansen, Wang, Barton, Kreuter, Elmore, Gelfand et al., 2000). The nocebo effect would play a large role if a woman is told she has breast cancer when she really does not.

“

*In medicine, the nocebo effect can be as powerful as the placebo effect, a fact you should keep in mind every time you step into a doctor's office. By their words and demeanor, physicians can convey hope-deflating messages to their patients, messages that are, I believe, completely unwarranted... Another example is the potential power of the statement: "You have six months to live." If you choose to believe your doctor's message, you are not likely to have much more time on this Earth.*

”

Dr. Bruce Lipton, Ph. D., *The Biology Of Belief*, 2009.

## **True Stories**

Use true stories of natural healing from other people to prove to yourself that you too can heal yourself. There are powerful and motivational messages in these stories. There are some stories in this book but there are thousands of stories all around you of people who have healed from cancer and other diseases.

Visit [www.IncredibleHealingJournals.com](http://www.IncredibleHealingJournals.com) to see, hear and read incredible stories of natural healing.

When you have heard enough stories, and gained enough confidence then you will be able to reach out and grab the light like they did. *Trust* yourself and *know* your body's infinite healing wisdom.

## **Billy Best**

Billy Best took matters into his own hands and refused to let his health be a product of conditions created by others. He took control, learned what he had to do and made the changes necessary. He was so proactive, he fled his home to save his life! Now he is alive and well without cancer or damage to his body from conventional

treatments. Best of all, Billy has a story of incredible courage and inspiration to share with others. To learn more about Billy's story, or to support Billy by purchasing Essiac™ through his website, go to [www.billybest.net](http://www.billybest.net). Billy started on nine ounces of Essiac™ tea daily and continued for six months. He takes three or four ounces daily to prevent recurrence (Best & Best, 2010).

Billy also made drastic changes to his diet, and like the others whose stories are in this book, Billy followed the principles of healing by avoiding red meat, dairy products, sugar and sodas. He eats fresh, organic produce, water, whole, natural unprocessed foods, and takes supplements to build his immune system. Billy's mother reports on his website that in March 1995, two and a half months after beginning these natural therapies, his cancer was gone. It has never returned (Best & Best, 2010). Only two months . . .

## **Linda Devine**

Remember Linda Devine and how she healed herself of breast cancer? She refused inferior treatments for cancer and chose natural healing instead. She *knew* she deserved better than having her breast cut open and bombarded by radiation. She trusted her instincts when it came to her health and it paid off immensely. Now she uses this experience to teach others to be proactive and heal naturally.

## **Jay Kordich**

Jay Kordich trusted his instincts, gained the knowledge necessary and juiced his way back to health. He took a proactive approach and healed himself of bladder cancer.

Jay, known as The Juice Daddy, at [www.juicedaddy.com](http://www.juicedaddy.com), has been an inspiration to the world for decades. He sent a message to share with you.

“

*When I was 25 years old, I was a dedicated football player for USC, the Green Bay Packers, until one day, soon after signing, I pulled a muscle that made it impossible for me to play football any longer. To this day, my leg will never be the same, as there is a big tear near my thigh.*

*During that time, and soon after leaving football, I contracted bladder cancer, and my wife left with our two young boys who I never saw again, until I turned 70 years old.*

*My doctor at USC is the one who diagnosed the tumor in my bladder, as I was urinating blood for many weeks. Three weeks later, I went to New York to see Dr. Gerson, the doctor to Albert Schweitzer and went on his juicing program. Within two weeks of being on his program, I stopped urinating blood, my energy levels were sky high and I felt I was going to live again, even though my personal life was a mess, I felt I had another chance to live.*

*I dedicated my entire life then, at the age of 26 years old, back in 1949, to not just sell juicers, but to teach others what I did, and how I got well, and how others can be well and stay well by consuming fresh vegetable juices and by eating a vegetarian diet.*

*Now that I am 86, I do not have cancer, and I am vitally alive and feeling energy every day I wake up. In the year 1990, I was blessed enough to be discovered (after 42 years of working day and night) on television and was able to share what I knew and had been teaching for so many decades about the power of juicing. We reached all of America and the world with our message, selling over one billion dollars in juicer sales, and my book, the Juiceman's Power of Juicing sold close to 3 million books.*

*I retired in the year 2000, but now in the year 2009, I am coming out of retirement with a new juicer and a wonderful juicing and lifestyle program I spent 62 years accumulating.*

*It's my life's work and I hope to share it with everyone who is interested in living a vital LIFE, rich with appreciation for Nature, for Living Foods and for a Gentle way of Living.*

”

Jay Kordich, *The Juice Daddy*, 2010.

## **Kerri Howarth**

I met Kerri several years ago, but really got to know her story through an interview about her situation. Kerri has always been healthy and very slim, but in 2002 she began to experience multiple symptoms, including headaches and depression, the most disturbing symptom was a weight gain of almost seventy pounds over only a few months.

Doctors in Canada dismissed her symptoms and could not identify the cause. It was not until Kerri travelled to the United States for an MRI, that she found out a tumor on her pituitary gland was causing hormone levels in all her glands to fluctuate in wide swings, resulting in the severe symptoms she was experiencing.

Although a doctor in Canada refused to test Kerri for a pituitary tumor, poo-h-pooing her symptoms, and saying she must be eating too many muffins, doctors in the United States, in possession of Kerri's MRI wanted to operate and remove her entire pituitary gland along with the tumor, which would mean she would have to take synthetic hormones for the rest of her life.

Kerri sought refuge in her own world away from the pressures and confusion of the medical industry and decided to take control herself.

Kerri switched to a raw vegan diet, lost all the weight, and now lives a healthy and active life. To see Kerri's interview or read the transcript, visit 'Pituitary Tumor on Raw Food Diet.' Here: [www.thegoodwitch.ca/pituitary/](http://www.thegoodwitch.ca/pituitary/)

“

*I was going to appointments, I was feeling frustrated and I decided at some point, it's my life! Power of thought, change in diet, I went to a vegan diet then switched in a few months to a raw diet. I did a lot of research because it's personally empowering to take control of your life.*

”

Kerri Howarth, 2008.

## **Yvonne Chamberlain**

Yvonne Chamberlain was diagnosed with a deadly black melanoma on her leg, twenty-eight years ago. Doctors pronounced that she had only six weeks to live and urged her to let them take her leg off to prevent the cancer from spreading and killing her.

Yvonne did not cave to their fear mongering and dismal predictions. Instead she used common sense, walked away and chose life! In Yvonne's words, "Why would I let them amputate my leg, if I only had six weeks to live?"

Yvonne is now a living testament to the power of natural therapies for cancer; with several grandchildren, a published book, her own successful internet businesses, and both of her legs . . .

“

*Twenty eight years ago the medical profession gave me six weeks to live after diagnosing black melanoma. They suggested wider incision after the biopsy and the possibility of taking my leg off to prevent the spread . . . it is my life mission and purpose, to make a difference to those people who have been told like I had . . . get*



*yourself ready to die, you only have six weeks to live . . .*

”

Yvonne Chamberlain, 2010.

Now Yvonne spends her days teaching others to heal themselves. She coaches others to be *totally healthy*, and has recorded her experience and knowledge in a book entitled, *Why Me, Kicking Cancer and Other Life Changing Stuff*.

“

*In the following years after treating myself, I was spending so much time on the phone one on one telling people about what I did naturally to bring about a cure and eventually realized that they weren't necessarily capable of taking it all in at once. So I decided to put it in a book where many people could have access and each could read at their own pace, take time to absorb, and then pick it up again. "Why Me" isn't just about recovery from cancer; it is about living successfully – totally happy in all areas of your life... Living an exciting successful energized life!*

”

Yvonne Chamberlain, 2010.

To hear my exclusive interview with Yvonne and learn exactly what she did to kick cancer out of her life, download an audio of her amazing interview, ‘Yvonne Takes On Black Melanoma and Wins!’ Here: <http://thegoodwitch.ca/yvonne-takes-on-black-melanoma/>

All of these people took a proactive approach to healing and cured themselves. They put their old beliefs aside, and dug deep inside themselves to find the answers that were waiting there for them all along. They trusted their infinite healing wisdom.

These stories are only a handful of the thousands and thousands of stories from people who have healed themselves from all types of

cancer. To hear their stories of natural healing, plus more stories of healing from all over the world, from all kinds of diseases, symptoms and syndromes, go to [www.IncredibleHealingJournals.com](http://www.IncredibleHealingJournals.com).

## See Yourself Healed!

Using your power is about being proactive and . . . it is about using the tools you already have!

What tools? Your mind and your body, of course! Use your mind to focus your intent on healing your body.

The fastest and easiest way to focus intent on healing is to use visualization. By seeing yourself healed, the way you want to be, you *make* it happen. You **are** in control of the healing process and that's exactly where you want to be.

Visualization is not difficult, it does not take special skills or strict methods. Visualization must be done regularly to be effective. The more you do it, the more experienced you will become and the easier it will be to bring that picture of perfect health, back to yourself.

A simple way to begin to visualize is when you lie in bed at night. It is easy to remember and be consistent. Put a small reminder, a picture or saying on a piece of paper, and tape it near where you sleep to remind you of what you want to be like, without cancer, in perfect health, enjoying life, confident and happy, not stressed or worried. Get clear on exactly how you want to be, then keep that picture with you always, never let it out of your sight or mind.

Author Mary McGillis, who writes about and teaches the magic world of ancient celtic traditions, tells us when negative thoughts of illness occur, to simply grab them out of your mind with your hand, and throw them away.

It may sound strange at first, but it really works! After throwing away your negative thought, you may not be able to remember what the thought was about, even if you try! Simply motion with your hand as if you are *capturing* and *throwing* away the negative thought, then immediately replace it with an opposite, positive thought. In this way, you will quickly regain control of your healing process.

## Use Active Visualization To Kill Cancer Cells

Sit or lie in a quiet place without distractions. Use meditative music, or silence if you prefer. Use different methods of *killing* your cancer

cells. You may imagine a fire burning your tumor up and the dead cells being carried away by smoke, or imagine your natural killer cells, gobbling up cancerous cells, and your tumor gradually disintegrating, leaving only healthy, pink flesh behind.

If your cancer is throughout your bloodstream, imagine natural killer cells all over your body, recognizing, then destroying every cancer cell in your blood, or imagine a healing fire, engulfing your entire body, burning up only cancer cells, leaving only healthy *you* behind. Use whatever method *you* like, to kill your cancer. It does not matter how you imagine your cancer being killed, just that you do it, and *believe* it.

Apoptosis is the process by which your immune system triggers a cell to kill itself, and the cell carries through with the instructions, destroying itself in a series of cascading events. Watch this video of apoptosis by Drew Berry: *Apoptosis and Signal Transduction*. Use this animation to create your own visualization for finding, destroying and removing cancerous cells or tumors. Here: [www.wehi.edu.au/education/wehity/apoptosis\\_and\\_signal\\_transduction/](http://www.wehi.edu.au/education/wehity/apoptosis_and_signal_transduction/)

What you are doing is using your powerful mind to focus your immune system on a particular problem; a very effective and well documented way of healing!

To learn more about visualization, and specific methods to eradicate cancer using this amazing technique, I suggest you check out Adam Dreamhealer's website. Adam is a young intellectual genius, who recently completed with highest honors, a Bachelor of Science degree in Molecular Biology and Biochemistry and is completing his studies to be a medical doctor and a naturopathic doctor. Adam is a healer, speaker, visionary and best selling international author, with books in twenty-one languages and thirty-five countries! (Adam Dreamhealer, 2010).

I think Adam has a special way of teaching people. He strives to find scientific proof on the effectiveness of visualization in healing and runs experiments such as the 'Global Intention Heals Project.' This project records the EEG brainwave measurements of a healee, to show the connection to that individual, while people at an Intention Heals workshop focus on healing a specific problem for this person (Adam, 2010).

Many people have benefited from Adam's lessons on visualization and by his healing workshops (several of which I have been fortunate enough to attend). Adam has created a DVD which illustrates exactly how to use visualization techniques to heal yourself, *Dreamhealer: Visualizations for Self-Empowerment*. This

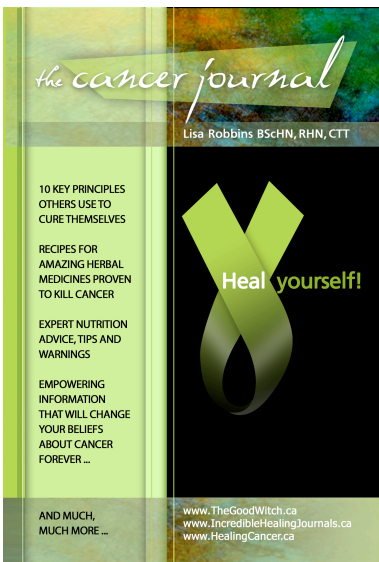
DVD is singularly one of the greatest gifts our world has *ever* received.

For more information about Adam and how to heal with intention, visit Adam's website at [www.Dreamhealer.com](http://www.Dreamhealer.com).

Now you are using your *power*. You hold a vision of yourself healed, and you use visualization regularly to kill any cancer cells in your body.

Now you know your body is a healing machine. *Are you with me?*

Let's add the next principle!



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