

# 3 STRATEGIES WE USED TO HEAL STAGE 4 CANCER AND END-STAGE AUTOIMMUNE DISEASE



**REBOOST**

HEALTH & WELLNESS

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# TABLE OF CONTENTS

<b>INTRODUCTION: OUR JOURNEY TO HEALING.....</b>	<b>3</b>
<b>CHAPTER 1: NUTRITION – HEALING ON A CELLULAR LEVEL.....</b>	<b>5</b>
WHAT WE ATE: REAL WHOLE FOODS .....	6
SHOP FOR PLANTS THAT REDUCE YOUR CANCER RISK.....	7
EAT THE RAINBOW!.....	9
FRUITS AND VEGETABLES.....	10
WHOLE GRAINS.....	11
BEANS AND LEGUMES.....	12
HEALTHY FATS.....	13
NUTS AND SEEDS .....	14
CHANGE YOUR OIL .....	15
HERBS AND SPICES .....	15
WHAT WE AVOIDED .....	17
JUICING: CONCENTRATING THE HEALING POWER OF VEGETABLES.....	19
THE GUT CONNECTION: HEALING FROM WITHIN.....	20
YOUR ESSENTIAL KITCHEN STAPLES FOR HEALTHY LIVING .....	21
DETOXIFYING THE BODY: ELIMINATING TOXINS FOR HEALING.....	22
HOW TO REDUCED TOXIC EXPOSURE IN OUR DIET AND OUR ENVIRONMENT.....	23
THE ROLE OF PHYTONUTRIENTS IN HEALING.....	26
SUPPORTING THE IMMUNE SYSTEM THROUGH DIET .....	27
THE IMPACT OF SUGAR AND PROCESSED FOODS ON DISEASE .....	27
ACTION STEP: CLEAR YOUR PANTRY OF PROCESSED FOODS.....	28
<b>CHAPTER 2: STRESS MANAGEMENT – CALMING THE BODY, CALMING THE MIND .....</b>	<b>29</b>
UNDERSTANDING THE IMPACT OF STRESS ON HEALTH .....	30
THE IMPACT OF EMOTIONAL TOXINS ON HEALTH .....	31
THE ROLE OF POSITIVE EMOTIONAL PRACTICES .....	33
<b>CHAPTER 3: SUPPLEMENTATION – SUPPORTING THE BODY’S NATURAL HEALING ABILITIES.....</b>	<b>36</b>
REPURPOSED(OFF LABEL) DRUGS FOR ELIMINATING CANCER STEM CELLS.....	37
KEY SUPPLEMENTS WE USED.....	37
MONITORING AND ADJUSTING SUPPLEMENTATION .....	41
ENJOY THESE RECIPES.....	42
<b>CONCLUSION: EMPOWERING YOUR HEALING JOURNEY.....</b>	<b>45</b>
<b>NEED A HELPING HAND?.....</b>	<b>46</b>

## INTRODUCTION: OUR JOURNEY TO HEALING



**W**hen my husband was diagnosed with stage 4 cancer and given only 30 days to live, and I was battling an aggressive end-stage autoimmune disease, I was bound to a wheelchair and oxygen 24 hours a day. We were told to prepare for the worst. We knew conventional treatments alone weren't enough and offered limited hope and that's when we began our quest for holistic healing strategies. We delved into research, spent a lot of money, traveled extensively looking for answers, experimented with different approaches, and implemented significant lifestyle changes that saved our lives and completely transformed our health. Through these modalities that I will discuss in this guide, we were able to heal from the inside out.

The most terrifying and dreaded three words that people **NEVER** want to hear from their doctor is **YOU HAVE CANCER!** And yet we know that the number of people getting cancer these days is skyrocketing. There has been a 200% increase in cancer diagnosis in the past decade as per research. **Heart disease is no longer the number one killer for women in America but rather breast cancer.** Young men are now getting more cancer (Colorectal cancer) than ever before. Statistics are showing that 1 out of every 3 people in America will have cancer in their lifetime. In 2030 they are saying that it is going to be 1 out of every 2 people( 50%) that is **SCARY** right?

**The truth is that EVERYONE HAS PRECANCEROUS OR DORMANT CANCER CELLS IN THEIR BODY.**

Hey, but there is HOPE, it is not all gloom and doom, because a healthy and vibrant immune system will suppress these dormant cancer cells and that is where I come in, this guide is to teach you how to build up your immune system and make your body a hostile environment for cancer to thrive in.

With that said, let's look at what the research is saying, some research has shown that **only 5 to 10% of cancers are caused by our genes, the other 90 to 95% are caused by our diet, lifestyle, and toxic environment**, so in other words **90%- 95% OF CANCER CAN BE PREVENTABLE AND REVERSAL!** Epigenetics shows that how we live can prevent even the 5-10%. I am not saying that there are not people who are predisposed to cancer because of their genes and family history because there are. Some people have gotten cancer because of no fault of their own. But, I am saying that we should do everything in our power to prevent the 90% that research is showing us that are preventable.

**THE WAY WE ARE LIVING IS KILLING US!** This is not about condemning anyone, this is more about finding a way to fight an enemy that is taking the lives of **over half a million innocent Americans** every year.

When my husband and I got sick 13 years ago, we didn't have a clue what living a healthy lifestyle meant, even though I was a Registered Nurse, we had to learn, and that is what this guide will do for you, so let's start this healing journey together.

I'll share the three strategies we used to reverse stage 4 cancer and aggressive autoimmune disease but my focus is mostly on cancer, as I have made it my mission to help people that are battling cancer. The truth is that what can reverse cancer, the most dreaded disease in the world can also reverse and prevent all other chronic diseases .. This is a testament to our journey.



## CHAPTER 1: NUTRITION – HEALING ON A CELLULAR LEVEL



**T**he food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.

Food is the most powerful way to heal and prevent chronic diseases like cancer, diabetes, heart disease, etc. It has been said that **we are what we eat**. We discovered that all foods are not created equal!

Nutrition became our first and most important focus. We quickly learned that cancer and autoimmune diseases thrive in an environment where processed foods, sugars, and toxic chemicals prevail. By radically changing our diet, we began to strengthen our immune systems and restore balance in our bodies.

## WHAT WE ATE: REAL WHOLE FOODS

### Raw Fruits and Vegetables

**Our goal was to eat 75% of our food raw and 15% cooked food.** We aimed to get 6 cups of vegetables and 2 cups of colored fruits each day. Your fresh juices and smoothies will count as 75% of Raw food. This can be difficult at the beginning, but you will get better with time.

To prevent and reverse cancer you will need these amounts of dense nutrients every day and we will show you later in this guide how to get this into your body without overwhelm.

**Raw fruits and vegetables** Including raw fruits and vegetables in your daily diet can be a powerful way to boost your body's natural defenses. Here's a simple approach:

1. **Choose Antioxidant-Rich Foods:** Focus on adding foods like spinach, kale, and berries to your meals. These are especially high in antioxidants and phytonutrients, which help neutralize harmful free radicals in the body.
2. **Combat Cellular Damage:** The antioxidants in these foods help reduce cellular damage caused by oxidative stress, which is a key factor in overall health and healing.
3. **Support Detoxification:** Incorporating these vegetables supports the body's natural detoxification process. You can start by adding leafy greens to smoothies or salads to increase your intake effortlessly.
4. **Boost Immunity:** Regularly consuming these raw, nutrient-dense foods can give your immune system the tools it needs to stay strong and help with recovery.

**PLANT DOMINATED DIET IS PROVEN BY  
SCIENCE TO PREVENT AND HEAL CANCER**



## SHOP FOR PLANTS THAT REDUCE YOUR CANCER RISK

When you are shopping for produce, keep in mind two particular categories of plants that may be especially beneficial in reducing your cancer risk: **alliums** and **crucifers**.

### ALLIUMS:

- » Garlic
- » Onions
- » Shallots
- » Scallions
- » Leeks
- » Chives
- » Garlic scapes and others



### CRUCIFERS

The Best Anti-cancer drugs are found in vegetables containing sulforaphanes:

According to sources such as the **Breast Cancer Research Program**: Sulforaphane prevents certain enzymes from activating cancer-causing agents in the body and increases the body's production of other enzymes that clean carcinogens out of the system before they can damage cells



**CRUCIFEROUS VEGETABLES ARE ANTI-CANCER POWERHOUSE**

- » Broccoli sprouts ( has the highest amount of sulforaphane )
- » Broccoli whole
- » Cauliflower
- » Kale
- » Cabbage ( Savoy and red cabbage are higher in sulforaphane; savoy has 45 grams per half cup and red has 29 grams.)
- » Bok choy
- » Brussels sprouts
- » Collards
- » Turnips
- » Kohlrabi
- » Radishes

We recommend at least ½ cup a day (one serving)

**NOTE:**

**Broccoli sprouts are 20 to 50 times richer than mature broccoli as they contain 1,153 mg/100 g, whereas the concentration of Sulforaphane in mature broccoli is 44–171 mg/100 g.**

**GREEN VEGETABLES**

Suppressed genetic alterations and extended life span in cancer patients. Green vegetables have enzymes, vitamins, phytochemicals, fiber, folate, and carotenoid nutrients not found in animal protein. These nutrients may help protect against cancer

**Examples of leafy vegetables: are mustard greens, lettuce, kale, chicory, spinach, chard, etc.**



## FRUITS

Eat mostly fruits that are colored on the inside and have high pigmentation. **All fruits** are great if you are healthy, however, mostly berries for patients battling cancer, as they have less sugar, blueberries, blackberries, raspberries, small quantities of strawberries, and some other fruits that are colored on the inside preferably.



## EAT THE RAINBOW!



**Try all different colors of fruits and vegetables**, the deeper the color the more the anti-cancer properties, they contain antioxidant pigments, like beta-carotene that makes carrots and sweet potatoes orange, the Lycopene antioxidant pigment in tomatoes or the Anthocyanin in pigments that make blueberries blue. The Colors are the antioxidants, they are anti-cancer and anti-aging compounds. That knowledge alone should revolutionize your stroll down the produce aisle.

## DO YOU KNOW?

**Red onions have 76% more antioxidant capacity than white onions.**

**TIPS:** Broccoli sprouts contain very high levels of sulforaphane, a nutrient that possesses anti-cancer and anti-inflammatory properties. Broccoli sprouts contain 100-400 times the content of sulforaphane compared to other cruciferous vegetables!

## DO YOU KNOW?

Less than  $\frac{1}{3}$  of Americans eat 2 servings of fruit and 3 servings of vegetables per day.

Five daily servings of a variety of non-starchy vegetables and two servings of fruits have been shown to reduce the likelihood of getting several types of cancer.

## FRUITS AND VEGETABLES

Fruits and veggies are loaded with powerful antioxidants and phytonutrients.

- » They reduce inflammation, strengthen the immune system, repair damage, lower blood sugars, and suppress tumor growth.
- » Work up to eating 8-10 servings daily if you are fighting cancer, you can achieve this by juicing and smoothies.
- » **Increase consumption slowly** (if you only eat the occasional vegetable now, start from 1-2 cups a day and work your way up)
- » Use veggie and fruit **powders to add more vegetables and fruits to your diet.** Add to smoothies, soups, salad dressings, dips, meats, etc.
- » **Great powder veggie source:** Hallelujah Acres Barley Max, Dr. Cowan's Garden
- » **Fruit powders:** Blueberry, Pomegranate, Acai



**TIPS:** 20g of added sugar is allowed in your diet a day, it is better to get it from fruits and not from regular sugar.

## WHOLE GRAINS



Whole grains are an essential part of a plant-based diet. Some people worry that sticking to whole grains, instead of refined grains like white rice, will limit their food choices. However, there's actually a wide variety of whole grains to explore and enjoy!

We took out white rice from our diet and focused on gluten-free grains such as :

- » Quinoa
- » Brown rice
- » Millet
- » Amaranth
- » Barley
- » Buckwheat
- » Bulgur
- » Couscous
- » Whole oats
- » Rye
- » Spelt
- » Teff
- » Wheat berries
- » Wild rice
- » Purple rice



These grains are packed with fiber, vitamins (like B vitamins), and minerals (such as magnesium), which support digestion, energy levels, and immune function. Additionally, these grains are free from inflammatory gluten proteins, which can trigger autoimmune reactions or contribute to gut inflammation.

## BEANS AND LEGUMES



Landmark research published in 2007 by the American Institute of Cancer Research, recommended that to prevent cancer you must eat whole grains and /or legumes with every meal

Are high in fiber, and some studies suggest that higher intake of this nutrient may protect against colorectal cancer

One study of over 3,500 people found that those eating the most legumes had up to a **50% lower risk of certain types of cancers**

Legumes are loaded with protein, iron, zinc, fiber, folate, and potassium **more than you can't find in animal protein**. They are also naturally low in saturated fat and sodium and free of cholesterol! Legumes are an anti-cancer powerhouse.



**EXAMPLES:**

Lentils (beluga, French, and red varieties), Beans: black-eye peas, Adak beans, black beans, kidney beans, butter beans, cannellini beans, pinto beans, navy beans, small red beans, split peas, edamame, English peas, great northern beans, chickpeas, etc.

**DAILY RECOMMENDATION:**

3 Servings per day, examples of serving sizes: ½ cup of cooked beans (split peas, lentils, tofu, or tempeh) ¼ cup hummus or bean dip, 1 cup of fresh peas or sprouted lentils.

**TIPS:** Soak black-eyed peas overnight in filtered water and rise before cooking to decrease gas.

**HEALTHY FATS**

Omega-3 fatty acids are crucial for reducing inflammation, promoting heart health, and supporting brain function. We regularly consumed flaxseeds, chia seeds, seaweeds, and walnuts. These fats also aid in nutrient absorption, especially fat-soluble vitamins like vitamins A, D, E, and K, ensuring the body can utilize the nutrients from fruits, vegetables, and supplements.

**EXAMPLES:**

- » Flaxseed
- » Chia seeds
- » Seaweeds
- » Walnuts.

## NUTS AND SEEDS



Nuts and seeds are loaded with important cancer-fighting nutrients such as magnesium, polyphenols, and antioxidants.

Nuts and seeds help reduce insulin secretion, oxidative stress, and chronic inflammation. They are loaded with important cancer-fighting nutrients such as magnesium, polyphenols, and antioxidants.

Our favorites are macadamia nuts, cashews, pecans, walnuts, pumpkin seeds, and almonds.

**Research shows that cancer patients should reduce their oil intake.**



## CHANGE YOUR OIL

To achieve optimum health, we must change the toxic oil that we have been using for decades.

### BEST FOR HEALTH:

- » Olive,
- » Avocado
- » Algae
- » Macadamia

Use oil sparingly. The new research is showing that cancer patients should eliminate cooking oil from their diet. My clients use water to saute food instead of oil and fresh fruit juices for making salad dressings.

## HERBS AND SPICES



**Use lots of fresh herbs and spices in your cooking.**

When was the last time you intentionally used plenty of herbs and spices in your cooking? These ingredients are packed with phytonutrients that reduce inflammation, boost immunity, and can even help stop cancer cell growth. This isn't information we hear often!



Herbs and spices aren't just for flavor—they are powerful tools in supporting your body's defense against cancer. Here's how to incorporate them into your daily routine:

1. **Add Anti-Inflammatory Spices:** Spices like turmeric, ginger, garlic, and cinnamon are rich in phytonutrients that help reduce inflammation and boost the immune system. Don't be afraid to use a variety of spices to enhance both flavor and health.
2. **Focus on Turmeric:** Turmeric contains curcumin, a potent compound that fights inflammation at the cellular level and helps slow the growth of cancer cells. Try adding turmeric to soups, stews, or teas for a daily anti-inflammatory boost.
3. **Incorporate Ginger:** Ginger is not only great for aiding digestion and reducing nausea, but its anti-inflammatory properties also help manage chronic conditions. Fresh ginger can be added to smoothies, stir-fries, or brewed into tea.
4. **Boost Immunity with Garlic:** Garlic is rich in sulfur compounds that enhance immune cell function and provide antibacterial and antiviral benefits. Use it liberally in cooking—crushed or chopped for maximum health benefits.
5. **Use Cinnamon for Blood Sugar Balance:** Cinnamon helps regulate blood sugar levels and contains antioxidants that reduce inflammation. Sprinkle it on oatmeal, add it to baked goods, or mix it into warm beverages.

By regularly incorporating these herbs and spices into your meals, you'll support your body's natural defense systems in a simple, delicious way.

#### DO YOU KNOW?

**Curcumin**, which is present in turmeric, may help fight cancer. One 30-day study found that 4 grams of curcumin daily **reduced potentially cancerous lesions in the colon by 40% in 44 people not receiving treatment**

The food category that has the **most antioxidants is herbs and spices second to berries...**I know, you are like wow, I didn't know that, I didn't either before I became sick.

**TIPS:** A bowl of oatmeal in the morning can be turned into a powerhouse breakfast by adding 1/2 teaspoon of cinnamon, it takes it from 20 units of antioxidant power to 120 units, and adding a PINCH of cloves takes the antioxidant power to 160 Wow!

## WHAT WE AVOIDED

### PROCESSED FOODS AND SUGARS

Processed foods are foods that are no longer in their original state, the way that God and nature made them.

They have been extremely heated, irradiated, and chemicalized for preservation. These foods are **drastically** transformed from their original states.

**They are devoid of life-giving phytonutrients, antioxidants, enzymes, vitamins, minerals, and fiber, our bodies need these powerful nutrients to beat cancer.**

Examples: store baked goods, deli meats, butter, hamburger, noodles, spaghetti etc.

Processed foods suppress your immune system and lead to cancer, they load your body with toxins and inflammation.

Processed foods are high in refined sugars, unhealthy fats, and artificial additives, all of which are known to trigger inflammation, weaken immune function, and contribute to disease progression. Refined sugar, in particular, feeds harmful bacteria and cancer cells, promoting growth and creating an acidic environment in the body. By cutting out these foods, we reduced the inflammatory load on our bodies and allowed our immune systems to function optimally.





## DO YOU KNOW?

**10 teaspoons OF Sugar DROPS YOUR IMMUNE SYSTEM FOR 2 HOURS BY 50%?**

**Did you know that there are more than 10,000 chemicals allowed in food sold in the U.S.? It's true, and many of these chemicals are associated with major health harms, including cancer, developmental harm, and hormone disruption.**

**TIPS:** 70% of your food should come from the fresh produce isles, there is a saying that goes "If you can't gather it, pluck it from the tree, or dig it up, you should probably not consume it". Buy organic products whenever possible.

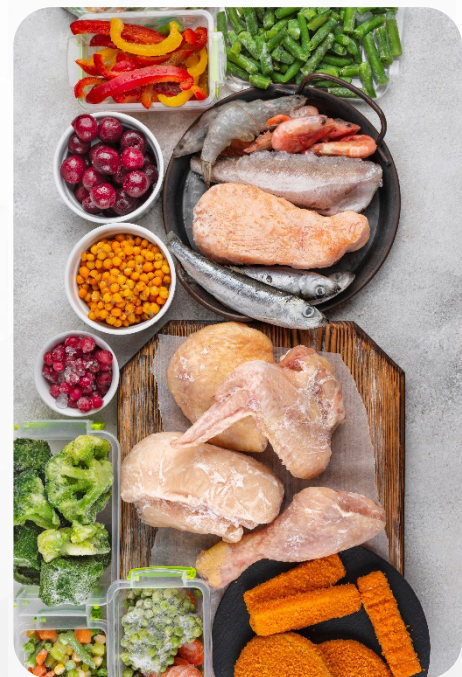
## ANIMAL PROTEIN

We eliminated animal protein during our healing period. It was very difficult for me to do, I was kind of addicted to meat and didn't even know it, but I wanted to live and had to make that difficult decision kicking, whining, and screaming, now that I am in remission I eat very small **healthy** animal protein from time to time.

## WHY IS ANIMAL PROTEIN NOT GOOD FOR YOU?

Animal protein intake is known to increase levels of a growth factor called IGF-1, (Insulin-like Growth Factor) which promotes chronic inflammation, and high IGF-1 is linked to a shorter life span and increase in the risk of cancer and diabetes.

Animal protein increases insulin levels in your blood, by raising insulin secretion and by causing **insulin resistance**. Higher levels of insulin and blood glucose can contribute to inflammation, **inflammation damages the cells and damaged cells can become cancerous.**



## MILK AND DAIRY

We also eliminate dairy products due to their association with increased intake of calcium, insulin-like growth factor 1 (IGF-1), and estrogen hormones from pregnant cows — all of which have been linked to prostate cancer.



**TIPS:** Substitute dairy products with plant-based milk and cheese like almonds, oats, cashews, coconut, etc. Look for sugar-free plant milk... read the labels

If you must have animal protein buy wild-caught oily fish **NOT FARM-RAISED** fish like salmon mackerel, free-range organic chicken, and grass-fed meat, if you are battling cancer **eat only 2 oz a week, use it mostly for garnishing your salads.**

### DO YOU KNOW?

People with insulin resistance are twice as likely to develop different kinds of cancers, liver, pancreatic, colon cancer, etc.

Red meat, particularly processed meats, contains saturated fats and compounds that increase the risk of cancer, particularly colon cancer.

## JUICING: CONCENTRATING THE HEALING POWER OF VEGETABLES

Juicing was essential to our daily routine. With cancer, the body needs an abundance of nutrients to support immune function and detoxification. Juicing is the best way to build up your immune system, nourish your body at a cellular level, and detoxify your body in your fight against cancer.

It releases about 90% of the nutrients in food, which is about three times better than you can do with your teeth, and enables us to consume large quantities of vegetables without the burden of digestion.



Drink 3 to 4 liters of freshly extracted juice every day. We advocate for 64 oz of juice daily if you are fighting cancer or other severe diseases. or 40 ounces for cancer prevention or if you are dealing with other chronic diseases. 64 ounces, that's 8, 8-ounce servings, Don't drink an hour before lunch or dinner, to allow you to eat adequate calories at meals.

### OUR FAVORITE JUICE RECIPES:

- » **Green Juice:** Cucumber, spinach, kale, celery, lemon, and ginger—ideal for detoxifying and alkalizing the body.
- » **Carrot-Turmeric Juice:** Carrots, turmeric, and ginger provide anti-inflammatory and antioxidant benefits.

Juicing allowed our bodies to absorb nutrients quickly and efficiently, feeding our cells with everything they needed to heal.

**TIPS:** Anti-cancer food proven by science to kill most cancer cells:

Cruciferous vegetables, allium family: shallots, onions, garlic, mushrooms, darker green vegetables, lots of fresh herbs and spices.

When it comes to healing cancer, we advise that you make the meals and juicing recipes simple and easy to prepare, don't go for recipes that are too difficult to prepare, and may discourage you from achieving your goals.

## THE GUT CONNECTION: HEALING FROM WITHIN

Did you know that nearly 70% of your immune system is in your gut? A healthy gut is essential for fighting disease, while an unhealthy one can lead to inflammation, and immune issues, and even contribute to cancer and autoimmune conditions.

To support gut health, we focused on foods rich in prebiotics and probiotics:

- » **Fermented Veggies:** Sauerkraut, kimchi, and pickles are full of good bacteria.
- » **Non-Dairy Kefir:** A probiotic drink that's easy to digest.
- » **Kombucha:** A fizzy tea packed with probiotics, enzymes, and antioxidants.

These foods not only balanced our gut, but also improved digestion, nutrient absorption, and immunity. Along with probiotics, we added prebiotics like garlic, onions, and bananas to feed the good bacteria.

## WHY FERMENTED FOODS MATTER

Fermented foods are incredibly powerful—up to 1,000 times more effective than probiotic supplements! They help strengthen your immune system, balance hormones, and produce essential vitamins. Healing the gut reduces inflammation, boosts immunity, and helps your body fight disease.

**TIPS:** If you're new to fermented foods, start with just half a teaspoon of homemade sauerkraut and increase gradually to avoid diarrhea.

## YOUR ESSENTIAL KITCHEN STAPLES FOR HEALTHY LIVING

Here's a list of basic items that I recommend for transitioning to healthier cooking. These staples will help you on your journey:

- » **Seeds:** Chia, hemp, flax (buy whole and grind yourself to keep them fresh)
- » **Flours:** Spelt flour, almond flour
- » **Milk Alternatives:** Almond milk
- » **Seasoning & Condiments:** Coconut aminos, Bragg aminos, Bragg apple cider vinegar
- » **Thickeners:** Psyllium husk, xanthan gum, guar gum, arrowroot (use instead of cornstarch)
- » **Sweeteners:** Stevia (read the label—ensure it's pure), monk fruit (no erythritol), maple syrup, dates
- » **Baking:** Aluminum-free baking powder, egg replacer
- » **Salt:** Celtic sea salt or Himalayan pink salt (look for one with 94 minerals)
- » **Spices:** Curry, cumin, garam masala, turmeric, coriander, ginger, oregano, saffron, garlic, rosemary, thyme, Ceylon cinnamon, cayenne pepper, cardamom, clove, etc.



Having these items on hand makes it easier to cook healthy meals that support healing and well-being.

## DETOXIFYING THE BODY: ELIMINATING TOXINS FOR HEALING

**We live in a toxic world, toxins are EVERYWHERE we can't escape it.** According to the Environmental Working Group, there are nearly 85,000 man-made chemicals currently approved for use in the United States. And that number is rapidly increasing. **It is next to impossible to avoid toxins in the everyday world, so regular detoxification is paramount for maintaining good health.**



**Toxin impairs our body's God-given natural ability to be able to regulate and heal itself. Daily exposure to these toxins lowers our quality of life.**

Toxins are in fresh produce, air, makeup, cleaning products... baby formula, drinking water, garden mulch... plastic containers, furniture, carpeting, cooking wares, radiation-emitting technology, toxic farmlands, and more.

**To live a healthy life in this toxic world, we all need to detoxify our bodies daily.** Your body was perfectly designed to handle a normal amount of natural toxins. But the massive amount of man-made toxins we are exposed to in our modern world is far too much for our bodies to manage.

Detoxification is a powerful tool to support your body's natural healing processes, aiming to reduce the toxic load that contributes to cancer development and progression.

**Reducing toxic exposure in your diet and environment is a crucial step towards preventing and reversing cancer.**

## HOW TO REDUCED TOXIC EXPOSURE IN OUR DIET AND OUR ENVIRONMENT



### 1. CHOOSE ORGANIC FOODS:

Opt for organic produce, especially when it comes to fruits and vegetables that are known to contain high levels of pesticides. By choosing organic, you reduce your exposure to harmful chemicals used in conventional farming and reduce your risk for cancer.

### 2. EAT LOTS OF FIBER:

Fiber binds to toxins in the gut and allows them to be eliminated from the body. It is important to move your bowel at least twice a day to help the body eliminate toxins

### 3. INCREASE YOUR BODY'S OWN DETOXIFICATION

Methods using coffee enemas, exercise, lymphatic massage, rebounding/trampoline, sauna, steam shower, hot bath are some of the ways that we can detoxify our body from toxins

### 4. FILTER YOUR WATER

Install a high-quality water filter in your home to remove contaminants such as chlorine, heavy metals, and pesticides. This ensures that the water you consume and use for cooking is clean and free from harmful substances that can cause cancer.

**Hydration:** Water is essential for flushing out toxins. We made sure to drink at least 8-10 glasses of filtered water daily to support kidney function and detox pathways.

## 5. READ LABELS

Be a conscious consumer and read product labels carefully. Avoid foods and beverages that contain artificial additives, preservatives, and high-fructose corn syrup. Look for natural, whole-food ingredients instead.

## 6. MINIMIZE PROCESSED FOODS

Processed foods often contain artificial ingredients, trans fats, and excessive amounts of sugar and sodium. Opt for whole, unprocessed foods like fruits, vegetables, whole grains, legumes, and lean proteins to reduce your exposure to additives and unhealthy fats.

## 7. CHOOSE NON-TOXIC COOKWARE:

Some conventional cookware can leach harmful chemicals into your food. Opt for non-toxic options such as stainless steel, cast iron, or ceramic cookware to minimize your exposure to potentially harmful substances.

## 8. USE NATURAL CLEANING PRODUCTS:

Many conventional cleaning products contain harsh chemicals that can contribute to indoor air pollution. Switch to natural alternatives or make your own cleaning solutions using ingredients like vinegar, baking soda, and essential oils.

## 9. REDUCE PLASTICS:

Plastics can release harmful chemicals like bisphenol A (BPA) and phthalates into your food and drinks. Minimize the use of plastic containers and opt for glass, stainless steel, or BPA-free alternatives.

## 10. IMPROVE INDOOR AIR QUALITY:

Indoor air can be more polluted than outdoor air due to the presence of volatile organic compounds (VOCs) from cleaning products, furniture, carpets, and paints. Open windows regularly to allow fresh air in, use natural air purifiers like plants, and avoid smoking or using toxic substances indoors.



### 11. CHOOSE NATURAL PERSONAL CARE PRODUCTS:

Many personal care products, such as shampoos, lotions, and cosmetics, contain potentially harmful chemicals. Look for products with natural and organic ingredients, or consider making your own using simple and safe ingredients.

### 12. REDUCE ELECTROMAGNETIC RADIATION:

Limit your exposure to electromagnetic radiation from devices like cell phones, laptops, and Wi-Fi routers. Keep your phone away from your body when not in use, use a speakerphone or headphones, and turn off Wi-Fi when not needed.

### 13. HAIR COLORANTS AND RELAXERS:

I stopped using any kind of chemicals in my hair for the past 10 years when I realized the danger and how it can affect my health. Some ingredients used in hair dyes are considered [“reasonably anticipated to be human carcinogens,”](#) according to the National Toxicology Program associations between breast cancer and the use of hair dye and hair smoothing treatments.

Many antibacterial soaps, hand sanitizers, and cleaning products contain triclosan. A study in 2013 found that triclosan mimics estrogen and **could cause the growth of certain types of breast cancer**. Use natural alternatives, you can find them on Amazon.

Remember, reducing toxic exposure is a gradual process. Start by implementing a few changes at a time and gradually incorporate them into your lifestyle. By making conscious choices, you can significantly reduce your exposure to toxins and create a healthier environment for yourself and your family.

## DO YOU KNOW?

A 2005 study by the Environmental Working Group, found 287 industrial chemicals in the umbilical cords of newborns. Over half of these chemicals are known to cause cancer. Our children are at risk too!

90% of Americans have BPA in their urine

The World Health Organization (WHO) stated that one of the leading causes of disease is toxic chemicals.

**A study in 2013 found that triclosan mimics estrogen and could cause the growth of certain types of breast cancer . Many antibacterial soaps, hand sanitizers, and cleaning products contain triclosan.**

## THE ROLE OF PHYTONUTRIENTS IN HEALING

Phytonutrients are natural compounds in plants that help protect the body. They reduce inflammation, support the immune system, and even help prevent cancer cell growth. To maximize these benefits, we focused on eating a variety of colorful fruits and vegetables.

### KEY PHYTONUTRIENTS WE FOCUSED ON:

- » **Flavonoids:** Found in berries, citrus fruits, and green tea, flavonoids help fight inflammation and protect cells from damage.
- » **Sulforaphane:** Found in broccoli and kale, sulforaphane supports detoxification and has been shown to slow cancer cell growth.
- » **Carotenoids:** Found in carrots, sweet potatoes, and tomatoes, these compounds support immune function and eye health.

By incorporating these nutrient-rich foods into our diet, we fuel our bodies at the cellular level, giving them the tools they need to fight disease.

## SUPPORTING THE IMMUNE SYSTEM THROUGH DIET

A strong immune system is key to fighting off diseases like cancer. Through diet, we focused on foods that naturally boost immune function.

### IMMUNE-BOOSTING FOODS:

- » **Garlic & Onions:** These contain compounds that boost immune cell activity and have antiviral and antibacterial effects.
- » **Mushrooms:** Reishi and shiitake mushrooms help increase the production of white blood cells, which are vital for fighting infections.
- » **Fermented Foods:** Foods like sauerkraut, kimchi, and kefir support gut health, which is closely linked to immune strength.

By nourishing our immune systems with these foods, we gave our bodies the support they needed to fight disease and stay healthy.

## THE IMPACT OF SUGAR AND PROCESSED FOODS ON DISEASE

Early on, we learned that sugar and processed foods can fuel the growth of cancer cells. Cancer cells thrive on glucose (sugar), so cutting out refined sugars was crucial to stopping the disease.

### WHY WE CUT OUT SUGAR:

- » **Cancer Growth:** Cancer cells use glucose for energy, so reducing sugar intake helps starve them.
- » **Inflammation:** Sugar promotes inflammation and weakens the immune system, making the body more vulnerable to disease.
- » **Insulin Resistance:** Eating too much sugar can lead to insulin resistance, which contributes to the spread of cancer and other chronic conditions.

We replaced sugar with natural alternatives like Stevia, Monk Fruit, and dates, which satisfied our sweet cravings without spiking blood sugar.



## PROCESSED FOODS AND THEIR ROLE IN DISEASE

Processed foods are often full of unhealthy ingredients like added sugars, unhealthy fats, preservatives, and artificial chemicals. These can overwhelm the body's ability to detoxify and create an acidic environment where cancer can thrive.



By cutting out processed foods, we reduced the toxic load on our bodies and allowed our immune systems to focus on healing. Instead, we chose whole, nutrient-dense foods like raw vegetables, fruits, and whole grains to nourish and detoxify our bodies.

Making these changes—eliminating sugar and processed foods—was a crucial step in our recovery journey. It gave our bodies the space to heal and helped prevent the disease from progressing.

## ACTION STEP: CLEAR YOUR PANTRY OF PROCESSED FOODS

1. **Check Your Pantry:** Pull out all packaged foods from your pantry.
2. **Read Labels Carefully:** Record the serving size, added sugar, and the number of additional ingredients for each item.
3. **Identify Oils:** Note the types of oils listed—mark those with unhealthy oils (e.g., hydrogenated oils, palm oil) to set aside.
4. **Sort and Remove:** Remove any items high in added sugars, containing more than five additional ingredients, or made with unhealthy oils. These are considered processed foods.

## CHAPTER 2: STRESS MANAGEMENT – CALMING THE BODY, CALMING THE MIND



“Stress can destroy much more than just our physical health. Too often, it eats away at our hope, belief, and Clear Your Pantry of Processed Foods”  
~ Charles F. Glassman

**S**tress is the **#1 reason for 90% of the diseases on this planet**, according to Stanford University Medical School in research released in 1998 by Dr. Bruce Lipton, a highly renowned and respected cell biologist

Another research (by Dr. Philippe Lagarde, a French doctor and author of several books on cancer) has shown that the failure of the immune system due to stress leaves the body defenseless to tumor processes

While nutrition healed our bodies, managing stress was key to healing our minds. Chronic stress is directly linked to immune suppression, which can accelerate the progression of disease. Learning to manage stress was a transformative step in our journey.

## UNDERSTANDING THE IMPACT OF STRESS ON HEALTH

Stress is often called the "silent killer" because of its widespread effects on the body. While our bodies are wired to handle acute stress (like facing a predator), they are not designed for chronic stress. In moments of acute stress, the body releases cortisol and adrenaline, which provide immediate energy to "fight or flee." However, chronic stress—such as that caused by the fear of a cancer diagnosis, financial worries, or relationship stress—keeps the body in a constant state of heightened alertness, which wreaks havoc over time.

### CHRONIC STRESS

Much like being chased by a lion, our modern-day stressors can feel like we're constantly under threat. Chronic stress keeps the body in "fight or flight" mode, leading to persistently elevated levels of cortisol and adrenaline. This not only disrupts bodily functions but also contributes to the development of serious illnesses like cancer. **You might not heal until you address stress and toxic emotions.**

### HOW DOES STRESS MANIFEST?

Chronic stress is often triggered by negative emotions such as:

- » Fear, anger, bitterness, resentment
- » Unforgiveness, jealousy, envy
- » Guilt, shame, insecurity, regret
- » Worry and anxiety



These emotions not only affect the mind but lead to physical symptoms in the body, such as increased inflammation, which creates an environment conducive to disease.

## THE IMPACT OF EMOTIONAL TOXINS ON HEALTH

Emotional trauma can directly affect physical health. For example, my mother developed cancer a year or two after my father passed away suddenly, and Ryan, my husband developed cancer after experiencing extreme stress from his house burning down and a traumatic divorce. In many cases, cancer develops 3-10 years after significant emotional trauma. These events cause a flood of cortisol and adrenaline, preparing the body to "fight or flee," but when these hormones remain elevated over time, they cause inflammation, suppress the immune system, and set the stage for disease. We have to manage our stress if we want to heal and prevent cancer.

### DAMAGES CAUSED BY STRESS HORMONE CORTISOL:

- » **Nutrient Depletion:** Stress uses up critical nutrients, such as Vitamin C, leaving the body without the resources to heal.
- » **Immune Suppression:** Chronic cortisol reduces the production of white blood cells, weakening the immune system's ability to fight diseases like cancer.
- » **Digestive Issues:** Stress slows down gastric secretions, leading to poor digestion, acid reflux, and conditions like IBS or ulcers.
- » **Fat Storage:** High cortisol levels impair insulin function, leading to increased fat storage, particularly visceral fat, which promotes inflammation and increases the risk of cancer.
- » **Sleep Disruption:** Cortisol interferes with sleep quality, preventing the body from detoxifying and recovering, creating a vicious cycle of stress and poor health.
- » **Weight Gain and Inflammation:** Cortisol and adrenaline cause inflammation, and chronic inflammation is a precancerous state. In addition, obesity, driven by cortisol's effect on insulin, is the second leading cause of cancer after smoking.

## STRESS BIO HACKS TO REVERSE THE EFFECTS OF CHRONIC STRESS

The key to breaking free from the destructive effects of stress lies in boosting "feel-good" hormones like serotonin, dopamine, endorphins, and oxytocin. These natural chemicals help combat cortisol and create a state of happiness, relaxation, and healing.



### WAYS TO INCREASE FEEL-GOOD HORMONES:

1. **Laughter:** Laughter truly is medicine. Watching one hour of stand-up comedy every day can boost happy hormones for up to 12 hours while watching sad or violent media can increase cortisol levels. Studies even show that laughter boosts the immune system and reduces inflammation.
2. **Get Outside:** Sunlight exposure increases serotonin and endorphins. Spending 10-15 minutes outside each day can naturally elevate your mood.
3. **Exercise:** Physical activity releases endorphins and increases dopamine and serotonin. Incorporating regular exercise, whether it's walking, yoga, or dancing, is a powerful way to combat stress.
4. **Take Breaks from Stress:** Avoiding negative people, toxic relationships, and stressful environments is essential for reducing chronic cortisol production.
5. **Meditation and Breathwork:** Practices like meditation and deep breathing techniques (such as the 4-7-8 method or box breathing) help lower cortisol and promote a sense of calm and balance. This 4-7-8 breathing technique has saved my life!
6. **Sleep Hygiene:** High-quality sleep is critical for stress recovery. Implementing sleep hygiene practices—like going to bed at the same time each night, reducing blue light exposure, and avoiding caffeine in the evening—helps the body regulate cortisol levels.

## THE ROLE OF POSITIVE EMOTIONAL PRACTICES

While we worked on reducing the harmful effects of chronic stress, we also focused on cultivating positive emotions and practices to support healing. Activities like singing, dancing, and spending time with loved ones release oxytocin, serotonin, and dopamine, creating a state of happiness and well-being.

### FORGIVENESS AS A POWERFUL HEALING TOOL:

Forgiveness was a crucial part of our healing journey. Holding onto anger and resentment only fueled our stress, but releasing those negative emotions through forgiveness brought a profound sense of relief. As the saying goes, "Holding onto anger is like drinking poison and expecting the other person to die." Letting go of bitterness allowed us to focus on healing.

### MINDSET MEDICINE (SHIFT)

"I can do all things through Christ who strengthens me" Philippians 4:13

### THE POWER OF MINDSET

As you navigate your cancer journey, a hopeful, empowered mindset can have a profound impact on your physical healing. While the road may be difficult, changing your mindset to one of strength, positivity, and hope can support your body's ability to fight and recover.

### CORE TECHNIQUES FOR MINDSET MEDICINE:

#### 1. Positive Affirmations:

- » Cancer can overwhelm you with fear and negative thoughts. Positive affirmations help you counter this by replacing those thoughts with supportive, uplifting ones.



- » Affirmations are short, powerful statements that rewire your brain to think positively.
- » Example: Instead of thinking, “I can’t do this,” replace it with, “I am strong, and my body is healing every day.”

## 2. Self-Reflection & Gratitude:

- » Reflect on the emotions you’re experiencing—whether it’s fear, anxiety, or sadness—and allow yourself to release what’s not helping you.
- » Focus on gratitude to shift your attention from what’s going wrong to the positive aspects of your life, no matter how small. Even during treatment, there are moments of strength and resilience to be grateful for.

## 3. Cleaning Your Emotional Closet:

- » This time in your life may bring up intense emotions—fear, anger, uncertainty. It’s important to ‘clean out’ your emotional closet and release the feelings that are weighing you down.
- » Negative emotions, if left unchecked, can add to your stress, which negatively affects your health and healing process. By letting go of these emotions, you’re making space for hope and healing.
- » Think of it as a reset—clearing out what no longer serves you emotionally to help your body and mind work together in your recovery.

## 4. Building the Habit

- » In the beginning, practicing these techniques may feel challenging, especially with the emotional toll cancer takes. Start small, whether it’s 5 minutes of affirmations or journaling gratitude.
- » Over time, these practices will become part of your daily routine, empowering you and building your emotional resilience.

## 5. Positive Affirmations and Neuroplasticity:

- » Your brain has the amazing ability to **retrain itself** through a process called **neuroplasticity**. This means that with consistent effort, you can reshape your thoughts and emotional responses.
- » Just as your brain learns a new skill (like learning to walk again or mastering a new language), it can also be trained to shift from negative thoughts to positive ones.
- » Repeating affirmations regularly helps your brain accept them as truth, reprogramming your mindset over time, and helping you believe in your body's ability to heal.

## HOW TO PRACTICE POSITIVE AFFIRMATIONS

- » **Create affirmations:** Start with simple, positive statements that speak to your healing journey. Examples: "I am healing," "My body is fighting and growing stronger," "I trust in my treatment and my body's ability to heal."
- » **Say it, write it, believe it:** Say these affirmations out loud to yourself daily, especially when fear or negative thoughts arise.
- » Write them in a journal, on sticky notes, or anywhere you'll see them often, place them around your home as reminders.
- » Every time you feel overwhelmed, use an affirmation to calm your mind and refocus on healing. Whenever a worry or negative thought pops up, counter it with a positive affirmation. For example, when you're afraid of relapse, say, "My body is healing and growing stronger."
- » **Be Patient:** At first, this process may feel awkward or difficult, but with regular practice, it will become a habit, and you'll notice a positive shift in your mindset, and you'll begin to notice a shift in how you approach your thoughts and emotions.
- » By focusing on these techniques, you'll give yourself the emotional strength to face this challenge head-on. Healing is not just about your body—your mind is just as important in supporting your journey to recovery.
- » Repeating affirmations helps your brain adopt these positive messages as truth. Over time, these affirmations shift your mindset, helping you believe in your body's ability to heal.

## CHAPTER 3: SUPPLEMENTATION – SUPPORTING THE BODY’S NATURAL HEALING ABILITIES



**W**hile food and stress management formed the foundation of our healing journey, supplementation gave our bodies the extra support they needed. After years of battling illness, our nutrient stores were depleted. High-quality supplements helped restore balance and provided key nutrients that our bodies couldn't get in sufficient quantities from food alone.

**When considering the use of dietary supplements or repurposed drugs during cancer treatment, it is crucial to consult with your healthcare team, including an oncologist or a doctor experienced in integrative medicine.**



## REPURPOSED(OFF LABEL) DRUGS FOR ELIMINATING CANCER STEM CELLS

There are cancer stem cells in tumors that help repair and regenerate tumors.

They do not respond to treatments the way tumor cells do. In fact, they tend to be quite drug resistant and often remain behind after each round of chemotherapy to replace the killed cancer cells with new cancer cells...scary.

It is cancer stem cells that cause cancer to recur and become even more aggressive because the stem cells have adapted to the previous treatments.

Because of the powerful survival mechanisms that cancer stem cells have, chemotherapy, radiation, and surgery are generally unable to kill them.

**To combat these elusive cancer stem cells, we collaborate with experienced doctors and oncologists who use repurposed drugs to target these stem cells.**

## KEY SUPPLEMENTS WE USED

### VITAMIN D3

Vitamin D3, often called the "sunshine vitamin," plays a big role in keeping your immune system strong and managing inflammation. It helps your body fight infections and diseases by boosting immune responses. Research shows that low Vitamin D levels are linked to a higher risk of cancer, autoimmune diseases, and infections.

To make sure we stayed healthy, we took daily Vitamin D3 supplements and aimed to get regular sun exposure. This helped us maintain the right Vitamin D levels to prevent illness.

**Dosage Tip:** We worked with our healthcare team to figure out the best supplement dosage based on our Vitamin D blood levels.

## DO YOU KNOW?

- » People with high levels of Vitamin D have been shown to lower their cancer risk by an incredible 77%.
- » Some studies found that women with Vitamin D levels above 60 ng/ml had an 83% reduction in breast cancer risk.
- » 3 out of every 4 Americans are deficient in vitamin D

Keeping your Vitamin D levels up can be a simple but powerful way to prevent cancer and recurrence. When was the last time you checked your vitamin D level!

## VITAMIN C

### What It Does:

Vitamin C is a potent antioxidant that helps neutralize free radicals, reducing oxidative stress and supporting immune function and cellular repair. It plays a significant role in fighting oxidative damage and boosting collagen production for tissue healing.

### How to Use It:

- » **Oral Supplements:** Available in powder, capsule, or tablet form.
- » **Food Sources:** Consume foods rich in Vitamin C like oranges, bell peppers, and broccoli.
- » **High-Dose IV:** Some studies show that high-dose Vitamin C, administered intravenously, may have synergistic effects with certain cancer treatments, such as chemotherapy and radiation therapy. It can help sensitize cancer cells to treatment and potentially enhance the effectiveness of these therapies.
- » **Consult with an integrative doctor for personalized advice, especially if considering high-dose IV treatments.**

**Benefits:**

- » Neutralizes free radicals, reducing oxidative stress.
- » Enhances iron absorption from plant-based foods, aiding recovery from chronic illness.

**DO YOU KNOW?**

High-dose Vitamin C (IV) may complement chemotherapy and radiation by increasing the sensitivity of cancer cells to these treatments, potentially enhancing their effectiveness.

**ZINC: ESSENTIAL FOR IMMUNE HEALTH****What It Does:**

Zinc is a crucial trace mineral that supports immune function, wound healing, and DNA repair. Adequate zinc levels are vital for proper immune response and recovery.

**How to Use It:**

- » **Supplements:** Easy way to ensure adequate zinc intake.
- » **Food Sources:** Boost intake with pumpkin seeds, chickpeas, and cashews.
- » **Dosage:** Consult with a healthcare provider to avoid over-supplementing.

**Benefits:**

- » Supports immune cell production, including T-cells and natural killer cells.
- » Reduces inflammation and speeds up recovery.



## CHAGA MUSHROOM: BOOSTING IMMUNITY NATURALLY

### What It Does:

Chaga is a medicinal mushroom known for its immune-boosting and anti-inflammatory properties. It combats oxidative stress and supports healthy cells.

### How to Use It:

- » **Forms:** Available as tea, powder, or capsules.
- » **Preparation:** Brew as tea or add powder to smoothies, coffee, or soups. Start with small amounts and gradually increase.

### Benefits:

- » Fights oxidative stress and strengthens the immune system.
- » Acts as an adaptogen, helping the body adapt to stress.

## CURCUMIN: POWERFUL ANTI-INFLAMMATORY

### What It Does:

Curcumin, found in turmeric, is a powerful anti-inflammatory and antioxidant. It aids tissue repair and reduces systemic inflammation.

### How to Use It:

- » **Supplements:** Consider including curcumin in your supplement regimen.
- » **Interactions:** Consult with your healthcare team if on medications, as curcumin can interact with various drugs.

### Benefits:

- » Neutralizes free radicals and reduces inflammation.
- » May inhibit cancer cell growth and support overall cellular health.

## ADAPTOGENS FOR STRESS REDUCTION

### What They Do:

Adaptogens help the body adapt to stress, balance hormones, and support immune function.

### Ashwagandha:

- » **What It Does:** Lowers cortisol levels and reduces stress.
- » **How to Use:** Incorporate into your routine to manage energy and stress levels.

### Rhodiola:

- » **What It Does:** Reduces fatigue and enhances resilience.
- » **How to Use:** Helps improve stamina and mental clarity.

### Reishi Mushroom:

- » **What It Does:** Boosts immune function and balances inflammation.
- » **How to Use:** Consider for overall immune support and relaxation.

## MONITORING AND ADJUSTING SUPPLEMENTATION

### WHAT IT INVOLVES:

Regularly monitor your body's response to supplements with your healthcare team. Adjust intake based on health changes or treatment phases.

### EVOLVING NEEDS:

Shift from intensive supplementation to a maintenance regimen as health improves. Personalize your approach according to your current health status and goals.

## ENJOY THESE RECIPES

### GREEN POWER SMOOTHIE

#### Ingredients

- » 4 cups of filtered water
- » 4 tablespoons whole flaxseed
- » 4 -6 cups spinach or Kale
- » 2 cups blueberry
- » 1 cup strawberry
- » ½ cup pineapple (optional)
- » 1 teaspoon Stevia (optional)



#### Instructions

1. Place all the ingredients in a blender in the order of appearance.
1. Blend the ingredients in a high-speed blender for 2-3 minutes until you get a smooth and creamy texture.
2. Add more water if it is too thick , add a sweetener if it's not sweet enough for you.
3. Pour into a cup or mason jar. Enjoy cold immediately, or store in fridge for up to 24 hours.



## HEALTHY BROCCOLI SALAD

### Ingredients

#### Salad

- » 1 pound broccoli florets (from 1 1/2 pounds broccoli stalks), thinly sliced and then roughly chopped (see photos)
- » ½ cup toasted sliced almonds
- » ¼ cup roasted sunflower seeds
- » 1/2 cup finely chopped red onion
- » 1 cup shredded or matchstick cut carrots
- » ½ cup chopped dried turkish apricots (look for no sulfur added) or sub dried cherries/cranberries
- » ½ cup finely chopped fresh cilantro
- » ¼ cup finely chopped flat leaf parsley



#### For the dressing:

- » 3 tablespoons drippy tahini
- » ½ lemon, juiced (about 2 tablespoons fresh lemon juice) use 2 tablespoons apple cider vinegar if don't have lemon
- » 2-3 tablespoons warm water, to thin dressing
- » ½ tablespoon pure maple syrup
- » 1 tablespoon Dijon mustard
- » 1 garlic clove, minced
- » ¼ teaspoon salt, plus more to taste
- » Freshly ground black pepper

## Instructions

1. In a large bowl, add finely chopped broccoli, carrots, diced apricots, red onion, cilantro, parsley, toasted almonds and sunflower seeds. Set aside.
2. Make the dressing by whisking together the following ingredients in a small bowl: tahini, lemon juice, water, maple syrup, garlic and salt and pepper. Immediately drizzle over salad and toss to combine. Garnish with extra toasted almonds and cilantro. Serve immediately or place in the fridge for later. Salad will keep well up to 5 days and is great when made ahead of time.

## Notes

To toast your own almonds: Place sliced almonds in a nonstick pan over medium heat. Use a wooden spoon to consistently stir the almonds until they get nice and golden. This should take 3-6 minutes. Once done, remove from heat and transfer to a plate to cool.

To store: store it in an airtight container (or a few meal prep containers like [these](#)) for up to 5 days and enjoy all week long! It's wonderful for both parties and meal prep, and it's great for making the night before.

## CONCLUSION: EMPOWERING YOUR HEALING JOURNEY

Our healing journey was grounded in faith, extensive research, and unwavering dedication. Every step—from nourishing our bodies with healing foods to managing stress and embracing the power of supplements—was crucial in restoring our health. It wasn't just about survival; it was about thriving, and these strategies gave us a renewed sense of vitality and well-being.

We also know that healing is never a straightforward path. It requires patience, persistence, and a deep trust in your body's ability to heal. There will be setbacks and moments of doubt, but that's part of the journey. By staying committed to holistic strategies, we found tools that helped us accomplish what felt impossible at times.

By sharing our story and these strategies, we hope to inspire and empower you to take control of your health. We understand that this journey isn't easy, but healing is possible—physically, mentally, and emotionally—when you have the right support. No matter where you're starting from, there's always hope, and it's never too late to begin your own path to wellness.



## NEED A HELPING HAND?

If you're looking for more personalized guidance to make sense of all the information in this guide, we're here to support you. We'd love to walk this journey with you, offering tailored advice and encouragement every step of the way. Please fill out the form below so we can connect and help you create a plan that fits your unique needs.

### YOUR JOURNEY TO REVERSING CANCER STARTS HERE

You've just uncovered powerful strategies that helped us reverse stage 4 cancer and end-stage autoimmune disease, but we know every healing journey is unique. This guide is just the beginning. There's so much more we can do to tailor these strategies specifically to your situation.

If you're ready to apply these life-changing techniques and explore further personalized modalities, we're here to walk this journey with you. Let's create a plan that helps you take back control of your life and health.

**Disclaimer** – The information provided on this guide and within our health and wellness program is intended for general educational and informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Our program is not a substitute for medical or psychological treatment. We do not claim to cure, prevent, diagnose, or treat any disease. We are not responsible for any adverse effects, injuries, or health problems that may arise from participating in our program or following the information provided on this website.

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