

Yesterday I attended yet another funeral of a friend who died from a recurrence of cancer. Regardless how enamored you or someone you love are with your surgeon, radiologist or ecologist: I urge you to heed the following warning. Cancer in your body is like algae in a pool. it is always there. While it might not be seen (diagnosed), it is there. Depending on how the pool is maintained (lifestyle) dictates whether the problem worsens and becomes clearly visible or if the conditions are such that algae (cancer cells) are suppressed causing no harm. Shocking the pool or replacing the water (surgery and/or radiation) will only temporarily suspend the issue. With poor maintenance the problem will reoccur.

I am pleading with anyone who has had cancer not to naively think that some treatment will keep the cancer at bay long-term w/o making some serious changes to your life.. It is incumbent to view this 2nd chance as a great opportunity to live a lifestyle so as not to cause cancer cells to fully express themselves as they did in the 1st go around.

Try starting with one or more of the following:

cancer can not flourish in an oxygenated environment

cancer can not exist in an alkaline body

exercise at least one hour per day

make fresh organic plant-based food the main source of your intake.

Laugh, love, socialize, sleep well, have purpose and pray.

A great man once said " Let food be thy medicine and medicine be thy food"  
These words were never more true than today.

Nelson Berman  
6/29/15