

My PSA level was elevated to 4.7 prompting the physician to recommend a prostate biopsy. Going through the rectum, 12 samples were taken. I was shocked when the results showed Cancer in five of the twelve samples. Cancer is a scary word. People die from Cancer. The most invasive sample showed cancer in 70% of the specimen, 3+4 on the [Gleason Scale](#).

Before I left the doctor's office he had scheduled appointments for me at the University Hospital. The big meeting with a surgeon and radiologist was weeks away. I could not wait. I went into research mode and became totally immersed in the process. I was on the internet hours each day and thoroughly explored the literature on every diagnostic procedure I encountered. I found [Yana](#) to be one of the best non-bias sites for information. I created a notebook, a type of journal and it grew to an almost two inches thick by the time of my appointment at the cancer clinic. The floor nurse greeted me and told me she was available if I needed anything. I did not see her again. A nutritionist did confirm answers from my research, but did seem more focused on signing me up for a comprehensive appointment. My next visitor invited me to join a weekly support group for a modest fee. Both the surgeon and radiologist had doctors in training who came to discuss my prostate cancer. They were unable to provide any information beyond what I had learned in the first days of my research. Both the surgeon's assistant and an intern (she looked about 16 & I was her first) performed a rectal exam. A good part of the day had passed when the surgeon finally enter the room. He performed another rectal exam and then sat on a stool in front of me, looked me straight in the eyes and spoke non-stop for twenty minutes. In my case he did not believe "watchful waiting" was an option. He did answer my two questions. None of the thousands of dollars spent for diagnostic procedures since the biopsy actually measured the extent of my cancer or could detect microscopic migration. He agreed with only the slightest hint of embarrassment. With a tiny shrug of the shoulders, "The tests were a precaution." Fully back to his power, "We will know the extent of the cancer from the biopsy after removal." The Radiologist also did not recommend waiting, but he was a much better listener. He method was conformal radiation therapy. He acknowledged the dangers of incontinence and impotence and yes he would need to cover enough area to ensure that he got all the cancer. I did not buy that day. It felt too much like they were not addressing the cause of the problem. Fortunately I had the internet, a library of information at my finger tips and plenty of experience conducting research.

Are you old enough to remember when [President Nixon declared the war on cancer](#)? Since then the American Cancer Society has become one of the wealthiest nonprofits in the world. While they claim that the death rate from cancer is steadily dropping, the [World Health Organization](#) is predicting a 50% increase in cancer within the next decade. Books have been written about the "Cancer Industry" pretty much supporting the quote by [Linus Pauling](#), "Everyone should know that most cancer research is largely a fraud, and that the major cancer research organizations are derelict in their duties to the people who support them."

[Dr. Max Gerston](#) claimed to have a [Cancer Cure](#) decades ago. The [traditional argument](#) from the United States medical establishment appears to be that there is no "science based research" to support Gerston's claims. Indeed, Gerston Therapy is illegal in the United States. Apparently however, in Japan Gerston Therapy has found a home and they have being doing [science based research](#).

My integrative medicine physician mentioned that everyone has cancer cells in their body. He said a healthy body destroys these cells on a regular basis. I wanted [more information](#).

Conventional western medicine uses pharmacologically active agents or physical interventions to treat or suppress symptoms or processes of disease. My father was a general practitioner. We had “drug” salesmen visiting often, giving free samples. The father of modern medicine, [Sir William Osler](#), had a rather strong opinion, “Drug companies are not here to bring health to the population but to scam them on one level for vast amounts of money, by treating the symptoms and not addressing the cause.

It is very difficult to walk a path that does not conform to the mainstream. A close friend was diagnosed with prostate cancer a month after I was. He immediately had his prostate removed. He is quick to use pharmaceuticals. He calls it “better living through chemistry!” I have used pain medication and let traditional doctors help me with broken bones and major injuries, but when it comes to disease it is not so clear to me. The [US Preventative Services Task Force](#) says up to 20 percent of men screened every year for 10 years will get a result that sends them to the biopsy suite. When cancer is found, nearly 90 percent will have surgery, radiation or hormone therapy, and up to one-third will end up with urinary incontinence, impotence or bowel problems. I did not like the numbers nor the side effects or any of answers the traditions approaches were giving, so I decided to reframe the scenario.

As a professional counselor, I often told my clients to reframe when they do not like what they see. I decided the cancer was there because I needed to learn a lesson and chose to consult with a cadre of health professionals. My Integrative Medicine MD believes there is a relationship between diet, supplements, meditation and health. My homeopathic physician believes cancer is caused by parasites in our bodies that migrate to the weakest places in our body and thrive when our body is out of homeostasis. My chiropractor aligns my vertebrae and uses detoxifying foot baths and Pulsed Magnetic Therapy. My massage therapist is a skilled in Reiki Healer. She moves energy through my body and works to release negative energy.

My diet became pristine. I consumed no processed foods or cane sugar. My chickens were free range, beef grass fed and vegetables all organic. Every day I drank green juice, [green tea](#) and organic fruit smoothies with raw nuts and seeds. I took extra vitamins and explored [orthomolecular](#) medicine. The literature does not show any conclusive case of someone dying from taking too many vitamins. The traditional medical system would be hard pressed to make such a claim for [their procedures](#). I used a homeopathic formula three times a day and visualized the destruction of the parasites. It took me six weeks to rid my body of cancer.

I listened to a public broadcasting show about a resurgence of young organic farmers not in the business to get rich, rather in the business to contribute to a healthier planet. It was a joy to heart and the just the opposite feeling I experienced watching [Food Inc.](#), “an indictment of the corporate greed currently controlling the food business in this country.” The father of western medicine told us the value of what we put in our body. “*Let your food be your medicine and your medicine be your food.*” ~ Hippocrates

Research suggested that a [Vitamix](#) blender was a wise investment. I find it very easy to clean which is a big consideration. There are many sources that proclaim the benefits of [Juicing](#), basically high nutrition that is easy to digest.

[Why Organic Food](#) ? The short answer is that non-organic fertilizers are composed primarily of nitrogen, phosphorus, potassium. There are considerably more [nutrients](#) in [living organic soil](#). Vegetables begin to [lose their nutritional value](#) as soon as they are plucked from the soil, hence the value of growing your own or at least buying locally grown products. Freezing is an acceptable alternative. There is also considerable literature on the value of [fermented foods](#).

Of course, there are publications from the traditional medical establishment & corporate farm sources and supporters trying to argue that organic food is not better. I do not believe them. They fund the researchers and we are well aware they are in the business to make profits for shareholders!

What do I put in my fruit smoothie in the morning:

### [Goat Yogurt](#)

All Organic or pesticide free fruit:

Banana

Peaches

Blue Berries (Wild pesticide free)

Strawberries

Black Berries

I buy frozen organic fruits and fresh organic fruit when available.

[Sprouted](#) Raw Sunflower Seeds - I just put them in a bowl, add water and rinse every day. I make enough for several days.

Raw [Punkin](#) Seeds (pepitas)

Raw [Brazil](#) Nuts

Raw [Almonds](#) I [soak my Almonds](#) overnight then rinse them off and get rid of excess water. Gets rid of toxins. They plumb up. I usually soak enough for several days.

[Flax Seeds](#) \_\_\_ Not oil- I did see some research that suggested that the oil may contribute to the growth of cancer. The raw seeds are fine.

### [Chia Seeds](#)

### [Maca Powder](#)

### [Gogi Berries](#)

Organic Apple Juice, Water & Ice to get the right consistency for drinking.

My green drink: I [normally do not mix fruits and vegetables](#) because some combinations use different digestive juices. Apples can be combined with vegetables.

[Parsley](#)

[Cilantro](#)

[Leafy Greens](#)

Kale is very hardy. It survives the winter in my garden and hot house.

Collard Greens are almost as hardy as Kale.

[Wheat grass](#) from my garden. I planted seeds last fall. The grass survived the winter easily.

[Aloe Vera Juice.](#)

Organic Apples for sweetness

Organic Lemon for tartness

Organic Carrots for sweetness

Also, growing wild in my garden – [Violets](#), [Lamb's Quarters](#), [Chickweed](#). Many “weeds” [are edible](#) and filled with nutrition. Do some research.

My Cancer was diagnosed in 2006. My psa has gone up and down. I am less fearful of Cancer. I continue to be very careful with my diet. Only time will tell if I have made good decisions.

[Sanctuary at Weymouth](#)

