

Packet of Hope

By Sharon S.

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My Packet of Hope

(written off-the-cuff, not professional, not proofread)

Introductory Comments and Disclaimers:

Purpose of this Packet

I decided to create this packet because people have been asking “what did you do in Mexico?” or “how is it that you’re doing so well without chemotherapy?” I figured I’d explain it once (and more thoroughly) here than I could in person.

I also wanted to put something in people’s hands for attending this fundraiser—a return on investment for the people who have invested their money and time to be here to support me and support our cause.

And lastly, I want to give people HOPE and promote AWARENESS and PREPAREDNESS. If you’re a male, there is a 50% chance that you will hear “you have cancer” in your lifetime and if you’re a female, that percentage is 33%. Will you be taken by surprise? (given those statistics, you *shouldn’t* be surprised) Will you attach yourself to your oncologist’s hip and do whatever he/she says out of fear? I want to promote awareness that a cancer fight does not HAVE to look like removing a part of your body or losing your hair or becoming weak and nauseous. ***There is another way to treat and BEAT this disease*** and while that way involves a very disciplined, rigid lifestyle, it restores health to your body.

Try to time it right. Unfortunately, a lot of times when people turn to the alternate path, they do so as a last-case resort after the traditional path has failed and their bodies are beat up. FYI, alternative treatments aren’t AS successful for those who have underwent long bouts (e.g. years) of chemotherapy. Your best chance of success with this is if you decide EARLY ON that this is the path you want to pursue. Luckily, I only sat in the chemo chair twice before quitting and pursuing this alternate path. I’m not saying you’re doomed if you already have years of chemo under your belt and want to take a shift in your treatment—that’s definitely not the case! You just may have a few more hurdles to jump through in getting your body healthy again—it IS possible—it just might take a little longer ☺

The best way to beat this disease is to *never get it in the first place!* Seriously—you don’t HAVE to hear those three words. For the most part, you have control over this. Start making changes now. I’ll be honest, I’m thankful that I have chosen this route and am slowly but surely restoring my health, HOWEVER, there IS a cost to it—a financial cost as well as lots of sacrifices to my lifestyle and my time. Had I known what I know now, I would have preferred the prevention route, which is much less high-maintenance than the reactive, treatment route.

No Judgment

In all of this, I’m NOT giving chemotherapy/radiation/surgery “The Hand” (how can I? At the time of this fundraiser I’m still taking a low-dose chemotherapy drug! Gasp!). Traditional treatments help lots of people—but it doesn’t always. Had chemotherapy given me hope for long-term survival, I would have TOTALLY done it! I have no judgment and disrespect of anyone who has or is undergoing this treatment that, again, does lots of good things for lots of people. My purpose is to communicate that there is another way to treat cancer that does not embody all of the unpleasant side effects of chemotherapy and that has also been proven to produce results.

One of the most challenging facets of a cancer journey is the decision-making. You’re faced with SEVERAL difficult decisions—often LIFE OR DEATH decisions and the right decision isn’t always clear. *The BEST decision for ANY cancer patient is the decision that he/she feels in his/her GUT is the right thing and that they believe in.* If someone is deeply

convicted about a particular decision/path, be careful not to list out for them the top 10 reasons why they're making the wrong decision.

I'm an Accountant

So, I'm an accountant—not a doctor. I'm not giving anyone medical advice—just sharing MY experience since so many are asking about it. I'm also not guaranteeing that the route I chose will work for everyone and anyone. Nothing is guaranteed. All I can say that the “alternate route” produced great results in ME thus far and MANY other documented cases. Also, please know that I'm not claiming to be CURED (doesn't it take five years for that?! I'm not claiming that this journey is over! At the time of this fundraiser, my doctors have used the word “remission” on me but they still will not give me my sought-after NED (No Evidence of Disease) “stamp.” I still have a little “deserted-factory” of a tumor that still remains and they still want me to be diligent in my treatments so that the cancer doesn't come back—something that everyone in remission status is susceptible to.

The Hand of God

I most certainly don't want to downplay God's hand in this whole thing. Through prayer, signs, visions, chance meetings, etc. God steered my decision-making and led me down this path and gave me a peace throughout this journey that you wouldn't believe. Dr. Francisco Contreras, the lead doctor at Oasis of Hope Hospital in Tijuana, Mexico says “there are God-made weapons and there are man-made weapons to fight cancer.” I used MOSTLY God-made weapons to fight cancer. I was deeply convicted that God had already provided a cure for every disease in his creation (e.g. in nature) and I still believe that.

So here I go...**NOTHING I write about here is original** except my personal experience. All of the knowledge I'm sharing, I received from a book or documentary or article or another person, etc. There is a whole community of--we'll call us--“heal-your-cancer-from-home” or “alternate treatment seekers”, out there. You would never know this community (or shall I call it a MOVEMENT) exists unless you were looking for it. Well, I'm bringing this community to YOU—the people in MY world--and sharing with you what we know.

I'll start with the part that IS original and that is my story....

My Story (level of detail = medium—trust me, I could write a lot more!)

The day before I went to the ER for my chest pain, I ran 8 miles with about 4-5 Spartan burpee sessions built into those 8 miles. I got back from the run and climbed up a few knots of the hanging rope in my backyard, followed by 18 perfect pushups and 3-4 pull ups on my kids' swing set. I then went in to eat my Paleo breakfast—Paleo—the way I had been eating for the previous 9 months (considered very healthy). I was training for the elite heat of a Spartan Sprint race I was registered for a month from then. I was in GOOD shape.

Yeah, cancer can happen to ANYONE.

I'm showing dates so you can see how quickly things moved....

6/27/16 - I had nagging chest pain and went to the ER. A CT scan of the chest revealed an 8.7cm X 4.5cm X 3.2cm (go look at a ruler and see how big 8cm is!) mass in my chest on top of my heart. My emotional state was not horrible. I figured it was probably cancer but cancer is not a death sentence these days (and, besides, Jesus died on the cross so that I could go to Heaven someday so I was not necessarily intimidated by the thought of dying) so I won't get too worked up about it yet.

6/29/16 – Biopsy of the lung/chest. First time in my life I have ever had anesthesia!

6/29-7/4 – start sweating over the results of this biopsy and go crazy making phone calls trying to get an appointment with U-Penn ASAP. Unrest. Anxiety started to creep in.

7/5/16 – Receive biopsy results. YES, the mass WAS cancerous. That particular oncologist, however, did not believe that the cancer started in the chest. He believed it started in the LUNG and metastasized to the chest. The diagnosis that day was lung cancer. The “lung cancer” label gave me even more anxiety—thinking about the end stages of it and not being able to breathe...(your mind just goes places). He wanted me to have THREE MORE SCANS to see if the cancer metastasized anywhere else.

7/6 – 7/11 – Undergo these three tests. Maximum anxiety during this time and leading up to the results.

7/12 – Receive results (from my new oncologist at UPenn). Brain was clear (WHEW....). Bones were clear. However, in addition to the primary site in the chest, the cancer had also spread to (1) nodules/lining of both lungs (2) lymph node in the chest (3) a random piece pressing up against the chest wall. It was at this appointment that I was told I was in stage 4. Surgery and radiation were not an option. Chemo was my only option and I was told that I would likely be in and out of chemotherapy treatments for the rest of my life. My oncologist did not agree with the previous oncologist's lung cancer diagnosis and said to give her a week and she'll do some additional studies on the tumor to determine the originating site. Believe it or not, my anxiety was LESS now that I knew what was happening, but I was just bummed. This didn't sound hopeful. I was afraid to ask “percentage questions” (e.g. what % do I have for survival?), so I didn't. I asked if I could start chemotherapy TODAY and she said “no, not until we have the right diagnosis.”

7/13 – 7/19 – felt completely vulnerable. I had anxiety that I wasn't undergoing any treatment and felt that my cancer was growing out of control (it was all in my head—cancer rarely moves that fast!). I wanted to start chemotherapy as soon as possible.

My Story – Cont'd

7/20/16 – Doctor appointment. Diagnosis = thymic carcinoma. It's a rare, aggressive cancer of the thymus gland. Again, I was told that I would be in and out of chemo for the rest of my life. Great, when can I start chemo? TODAY. So I had my first chemo treatment on 7/20. I felt like I was getting somewhere. My next treatment would be on 8/11 (three weeks later)—it couldn't come soon enough. If you want to see where I was at emotionally during this time and throughout the rest of the journey, see my video on my Facebook page (or The Connect Church's public page) where I talked about fear and peace. Too much to re-type.

I should also mention that throughout this time (well, the whole time really), I had SO MUCH love and support from family, friends, neighbors, church and even my Facebook community. I felt so uplifted and supported and loved by the people in my life. That's HUGE—it kept my spirits high and sustained me. I have never experienced anything like that and my heart is so filled with gratitude for each person who provided love/support/prayers.

So the next three weeks was PIVOTAL in my decision-making process about my treatment. Through conversations with friends, signs from God, etc., I started to ask questions. "Is this chemo going to cure me?" "Is it just buying me time?" "What's the point of having 'bought time' if I'm feeling like crap the whole time? I'd rather have 2 good years than 3 crappy years" "Why wouldn't God already provide the cure for cancer in his creation?" It was during these three weeks that I was introduced to "The Truth About Cancer" documentary series and my friend, Renee, gave me a few cancer books. Those things right there opened a whole new world for me. People were ditching chemotherapy and putting natural things in their body and they ended up CURED!? Could these things I'm learning be true? How come I have never heard of this stuff healing cancer before? So I went NUTS digging and digging and digging reading more books and watching documentaries and reading online articles and following other "at-home-cancer-healers" on Facebook—I was immersed in this stuff. I was DESPERATE to find a cure outside of high-dose chemotherapy. And here was my attitude about all this—are these things going to cure my cancer? I don't know! Maybe not?! But they're all NATURAL...they're not going to HURT me. So I added them all to my life--budget and time permitting. Between that 1st and 2nd round of chemo, I started filtering my water, using non-toxic cleaning/beauty supplies, doing the "Budwig Protocol" daily, taking supplements, juicing, ingesting frankincense oil, eating ONLY raw vegan food, experimenting with coffee enemas, etc. Whatever my books said worked for someone else, I did for myself.

8/11/ – 2nd chemo treatment. I borderline didn't want to do it, but wasn't ready to cut chemo off yet because I wasn't 100% sold on this natural route and hadn't yet concocted an official plan—I needed to do more research. If you quit one treatment, you have to have a plan for another. It was at this appointment that I asked my oncologist "if I were to quit chemo today, how long would I have to live?" She told me "less than one year."

At the end of August, I flew to Tulsa, OK for a 2nd opinion (you can't receive a cancer diagnosis and get only one opinion). Would Cancer Treatment Centers of America agree with the diagnosis? Maybe they would tell me that it's operable!? Would they recommend a different chemo cocktail? Long story short, my 2nd opinion was AGREEMENT on the diagnosis, AGREEMENT on the treatment plan (chemo only), I should stay on chemo. The oncologist out there did confirm my inclination that chemo was just a time-buyer in my situation. They scanned me again in Tulsa to see how one month of chemo was affecting my tumors (ugh, another nerve-wracking experience!). The results showed that the tumors were STABLE (when you have cancerous tumors, it's celebratory when your tumors remain stable). I remember wondering whether those positive results were from the chemotherapy or from the other natural treatments I was already incorporating into my lifestyle.

My Story – Cont'd

9/1 – my 3rd scheduled chemo appointment.—I had to tell my oncologist that I wanted to quit chemo—eek!? How would she react?! Would she support me? Would she kick me out? It was settled though—I had done enough research and was convinced—chemo is fine—it's an OPTION—but *I'm not going to make it my #1 option. Because of its toxicity and projected low long-term success rate, I want it to be my last case resort.* So I made my pitch to my oncologist. "Give me four months on my own" I said. If the cancer grows after that four months, I'll go back on chemo. She said ok. She did NOT agree with my decision and told me that if I was her daughter she would tell me to stay on the chemo, but nonetheless, she respected my decision and kept me as a patient (I SO love her). It was after this appointment that I had to take MAJOR ACTION AND DEVELOP A STRONG PLAN, so I decided to seek treatment at Oasis of Hope Hospital in Tijuana, Mexico. I had a Plan B, a Plan C and a Plan D under my belt as well, but Oasis of Hope was definitely Plan A.

9/8 – Fly out to Tijuana

I'm stopping my story there.

For the rest of the packet, I will detail out exactly what I've been doing with my life for the last 7-8 months and why I am experiencing such positive results.

Time to go Shopping

I compare the alternate route to shopping. Here's what you do:

RESEARCH, READ, WATCH, FOLLOW---LEARN. You'll feel like you've taken on another full-time job. Take it all in. Be encouraged by all the success stories you are reading about. Sure, you'll find contradictions (especially in the area of nutrition), you'll find people trying to take advantage of desperate cancer patients (I was TOTALLY desperate, lol) over the internet, but eventually you'll also find lots of PATTERNS and OPTIONS. It will be overwhelming. Once you see all of your options laid out before you, GO SHOPPING!...you have just researched shelves and shelves of alternative options. Now create your own grab bag of options that fit into your lifestyle and budget! For example, there are people who seek hyperbaric oxygen therapy EVERY DAY. Um...no—I work full-time and am raising two little kids and do not have the time and money for that. So scratch that. Here's another one---4-5 coffee enemas per day—WHAT THE!? I don't have that kind of time but it's relatively inexpensive so I'm game for 1-2 times per day. Again, whatever you can fit into your lifestyle and budget. In this next section of the packet I'm going to describe MY individual grab bag to you—and be encouraged that there were many options that I did NOT put into my grab bag—there is so much more out there than what I incorporated into my life.

Remember here that the theory is this: THE BODY (particularly the immune system) IS AN AMAZING CREATION that was designed to HEAL ITSELF. Most of the activities I will describe are designed to either (a) directly kill cancer cells; or, more popularly, (b) improve the healing environment of my body.

TWO IMPORTANT THINGS TO NOTE:

(1) You'll see that I incorporated many many healing activities into my life. *I have no stinking clue what helped and what didn't.* Some of this stuff could have very well been a waste of my time and money—I just don't know!? I HAVE to believe though, that it was a team effort. There was not one "magic bullet" treatment...I believe that EVERYTHING COMBINED is what did the trick. I wish there was some way to measure the effectiveness of each treatment to my success thus far but there really isn't.

(2) The more advanced your cancer is, the more aggressive you need to get—the more things you need to add to your grab bag...even if it means that all you feel like you ever do is sit home and try to cure your cancer. I'll be honest--this lifestyle chomps away at your free time and it could very well rule your life. Expect to sacrifice a lot and deny yourself things that you enjoy (particularly, good food, alcohol, going out to any restaurant you want, etc.). Positive results make it all worth it though.

So here we go---my research led me to some definite PATTERNS that helped me structure my plan. MOST successful cancer cures included the following five elements:

- (1) DIET
- (2) REMOVAL OF TOXINS (e.g. detox)
- (3) SUPPLEMENTATION
- (4) DIRECT CANCER-FIGHTING ACTION
- (5) OTHER

Below, I will list out all items in my grab bag as falling under one of the categories above. *I will then write a little blurb about each activity so you can skim through and read what interests you, if anything.* I'll also indicate the COST of each so you can see how much these things cost.

DIET

- STOP EATING: refined sugar, processed foods, animal protein
- ONLY EAT: low-sugar fruits, vegetables. Sparingly: nuts, certain oils, certain grains, beans. ORGANIC ONLY.
- JUICING
- No cheating

REMOVAL OF TOXINS

- Far Infared Sauna
- Stimulation of lymph system
 - Vibration therapy
 - Rebounding
 - Skin brush
- Remove dental toxins
- Coffee enemas
- Improve water supply
- Non-toxic toiletries, cleaning supplies, etc.

SUPPLEMENTATION

- Lots and lots in high doses. Includes some prescription meds, but mostly natural supplements. Will be described further in packet.

DIRECT CANCER FIGHTING ACTION

- Dendritic Cell Vaccine (Mexico) – Plan A
- Frankinsense essential oil
- FYI (I did not do these things, but here were my backup plans):
 - Plan B – Budwig-Collect Protocol
 - Plan C – High Dose Vitamin C
 - Plan D – Cannabis Oil
 - Plan E – High-Dose Chemotherapy

OTHER

- Deep breathing
- Spinal correction (chiropractic care)
- Positive attitude & social support
- Exercise (I didn't really have time for this but am putting it on here because it really is important)
- Sleep
- Stress Reduction

I'll write a brief blurb about each activity. Before that though, I'll explain the treatments I received at Oasis of Hope Hospital in Mexico.

What Exactly Happened in Mexico?

Oasis of Hope is always a pleasant experience for me. The hospital is small and typically houses anywhere from 10-20 patients (and their caregivers) at a time. Each patient and caregiver are assigned a room (somewhat like staying in a hotel). Patients were from all over the world. The doctors are cutting-edge. The nurses are pleasant as well. The atmosphere is one of faith and healing. The best part is delicious, organic, creative vegan food prepared for you buffet-style three times per day. The comradery with the other patients is invaluable as well.

So here are the primary treatments I received in Mexico. Some of them ARE offered in the U.S. (but for a LOT more money) and some are not. My first visit was 21 days at the hospital:

IV Vitamin C – this is available in the U.S. but it's pretty expensive. I received this treatment almost daily for two weeks.

IV Vitamin K2 – patients receive this through an IV almost daily for two weeks.

IV Vitamin B17 – patients receive this through an IV almost daily for two weeks. Before the Dendritic Cell Vaccine existed, Vitamin B17 (aka "laetrile") used to be the hospital's premiere cancer-fighting agent. Vitamin B17 is illegal in the United States and most developed countries.

Ozone therapy – patients receive this therapy approx. eight times over the course of 21 days. Remove a bag of blood from your body. Oxygenate the blood (it turns your blood bright red), then put the blood BACK in your body. Just before the oxygenated blood re-enters your body, run the catheter tube through a UV light machine. Cancer hates oxygen. Ozone therapy is available in the U.S. but it is VERY expensive.

Hyperthermia – Cancer hates heat. Cancer loves a low body temperature. Lay down in a hot tent for approx. 2.5 hours and sweat you're a\$\$ off. You will develop a fever (they monitor you very closely). My temperature got as high as 103.3 during that 2.5 hours. Cook out the cancer. This treatment is done *two* times during the initial 21 day visit.

Dendritic Cell Vaccine – will explain later. This process took up 7 out of the 21 days.

Take home treatment – Pills, pills, pills
Diet, diet, diet
Vaccine (active in your body for approx. six months)

I found value in the IV therapies, ozone therapy and hyperthermia therapies, but recognize that I only received them while IN MEXICO so I don't consider those "on-site" therapies a part of my personal protocol.

COST – Approx. \$8,500 - \$10,000 per week. That includes treatments, room/board and food for yourself AND a companion. That does NOT include the take home supplements/meds.

Oasis of Hope Hospital does not claim to be an "alternate treatment" hospital. They call themselves INTEGRATIVE. It's a mixture of traditional and alternate treatments. Their motto is not to offer treatments that are harmful or toxic to a patient. Therefore, I also am not claiming to have gone "all natural" in my treatment as well— it's INTEGRATIVE.

My Protocol

Diet

(cost = the cost of buying organic fruits & vegetables)

Lord help me, lol. I could write so much on diet. My diet is my arch nemesis. It's very limiting and self-preparation of food is a MUST. I encourage you to buy organic, if you can afford it (non-organic food will just add to the toxic load in your body). Lots of cantaloupe, lots of papaya, lots of berries, lots of broccoli (steamed), a decent amount of sweet potatoes, refried black beans, oatmeal a few times per week (must be gluten-free and organic) lots of lemons and approx. two avacados per day. Those are my most popular staples. I can only cook with certain oils. No animal protein. Oasis allows patients 4 servings of animal protein per week, but I have chosen to leave it out of my diet (and my protein levels are JUST fine).

I don't touch sugar and if I buy ANYTHING bagged/canned, etc. it has to have a maximum of two ingredients that I can pronounce.

Again, there are lots of contradictions with diet and what you can/can't have, but I didn't want to take any chances and wanted the greatest chance of success so I kept it pretty strict.

A quick note on my aversion to animal protein (e.g. meat, dairy, fish, eggs): At the time of my diagnosis I ate paleo—basically meat, eggs, fruits & vegetables. No grains. No sugar. No beans. I ate 2 dozen eggs per week (by myself) and also ate a LOT of meat. And ZERO sugar ! Because (a) my meat consumption was so high upon diagnosis (did it have something to do with the growth of my cancer?); and (b) most of my research pointed to animal protein feeding cancer, I choose to stay away from it all together. Vegan all the way !!

Eating this way results in a huge sacrifice of TIME between SHOPPING for fresh produce, preparation, cleanup, planning, etc. It's an investment though. It's an investment of our time to our health. Even if you DON'T have cancer but you want to start making positive changes in the way you eat, you're going to have to sacrifice your time and start preparing your own food. I encourage you to start making changes now on a less drastic scale—your diet doesn't have to look extreme like mine in order to be healthy and prevent cancer. Find the middle ground—from there, you can take it as strict as you want.

Juicing

(cost for commercial grade juicer = \$1,200. Also, additional cost of organic vegetables for juicing)

Fresh green vegetable juice is HEALING for the body. This was a common theme in all of my research. Juicing is huge and was a non-negotiable for me.

Jamie makes 54oz. of green juice for me EVERY DAY. It's freaking disgusting (sorry, babe). A typical juice contains the following: kale, cucumbers, celery, granny smith apples, carrots, lemon. If Jamie is mad at me one morning, he might sneak in some ginger. Our *weekly* juice shopping list consists of (a) a case of kale; (b) 28 cucumbers; (c) 28 granny smith apples; (d) 7 heads of celery; (e) two five pound bags of carrots. Sometimes bok choy and beets will make a special appearance.

We also purchase fresh aloe (it's very thick in consistency and is shipped to us frozen) by the gallon (\$44 per gallon) and add about an ounce of aloe vera to each of my three juice bottles. Aloe vera is also very healing.

In addition to aloe, we also sneak a ¼ tsp of (a) moringa leaf powder and (b) amla powder to each juice.

Far-Infrared Sauna

(cost = \$25 per session when you buy in bulk)

Every Saturday morning, I sit in a 140 degree “hot box” for 45-50 minutes and sweat. It’s a steam-less sauna and detoxes your body at a cellular level. I compare it to a shorter version of hyperthermia (from Mexico). It plays a dual role of getting your body temperature high (which cancer hates) and detoxing your cells. There are also many other benefits (that have nothing to do with cancer) of the far-infrared sauna.

Lymph system stimulation

(cost = \$12.50 per week (when buying in bulk) for vibration therapy, \$30 for a rebounder, \$15 for a skin brush)

What does your lymph system do? Lots of things—it’s a HUGE in boosting your immune system. It circulates your immune cells (specifically your natural killer cells) to all areas of your body and it drags toxins out of your blood and carries them to the liver to be disposed of. The only thing is, unlike the heart—which has a pump to pump your blood throughout your body—your lymph system has NO PUMP. Therefore, in order to get your lymph fluid moving, you need to MOVE! Certain activities stimulate your lymph system more effectively than your typical walking/stretching-type movements. They are:

Rebounding – this is basically bouncing up and down on a mini trampoline. Nothing crazy. I try to bounce for 3-5 minutes in the morning and then again at night. *I highly recommend rebounding for EVERYONE--it is good for your immune system.* I will rebound for life. Jamie rebounds. My kids rebound. Some cancer fighters that I follow on FB rebound for 30 minutes at a time, but I just don’t have that kind of time. 3-5 minutes is the *minimum* one can rebound for it to be effective.

Skin brush – search for it on Amazon and you’ll see what it looks like. Your lymph nodes are RIGHT under the skin. If you brush your skin with a skin brush (brush in the direction of your heart...so if you’re brushing your legs, brush up. If you’re brushing your neck, brush down towards your heart) that will get your lymph fluid circulating. I brush my whole body before every shower. At night I only brush my “main lymph areas” (e.g. neck, arm pits, groin area).

Vibration therapy – I do this every Saturday morning at Internal Harmony right before I get in the sauna. Step on a “turbo sonic” machine for 10 minutes and it bounces you all around and stimulates your lymph system. It also has many other benefits beyond lymph stimulation.

Removal of Dental Toxins

(cost = depends on your dental insurance)

You would never think this, but MUCH of my research pointed to the necessity of removing all dental toxins from your mouth. Popular culprits were root canals, tooth extractions and mercury fillings. I had THREE mercury fillings and I had them all removed by a biological dentist in town. I’m pretty sure that any dentist can remove a mercury filling but removing a mercury filling can be toxic in itself so you have to make sure your dentist takes the proper precautions to protect you from the mercury vapor.

Coffee Enemas

(cost = \$40-ish every 2 months or so for organic coffee stock)

I know that sounds so WEIRD doesn't it!? I have made these a part of my daily life though so I am pretty open about them. The evidence FOR them was so convincing that I decided to make them a part of my life, despite their "weirdness" and the amount of time I have to invest in it (over an hour a day between prep, enema and cleanup).

So why would someone stick coffee up their butt, lol? In a nutshell it's for detox purposes. Coffee enemas are POWERFUL--they are detoxifying and healing. There is a component in coffee that basically flushes the liver out (the liver is the organ that flushes the toxins from your body). Many believe that coffee enemas should be performed 4-5 times per day if you are trying to heal naturally from cancer. Like I said earlier though, I don't have that kind of time.

So I do TWO enemas every morning. I start off with a warm water enema (4 cups) – hold for 1 minute on each side, then release. Then I do the coffee enema (again, 4 cups) – hold for at LEAST 15 minutes and release. Headstands during a coffee enema are encouraged so that the coffee can go further into your large intestine ;). 1-2 times per week, I'll get a "stuffy lymph" feeling in my chest area (your lymph system is centered in your chest) and do another coffee enema at night. I use organic coffee and filtered water in my enemas.

I will not skip a coffee enema. I even brought my enema kit with me to Orlando when we went to Disney for two days.

Speaking of colon health—I also incorporate colon hydrotherapy into my life. Because of its high cost though (\$80 per session when you buy in bulk), I only do it once per quarter. Colonics go way further into your intestines than an enema does. It sounds intimidating, but it's a very private experience.

WATER

(cost of Berkey Water filter = approx. \$219.00)

I used to have no fear of tap water and would drink it all day every day. Now we only use tap water to wash dishes. After doing some research on water, I now believe that tap water is no good and that everyone should invest in some sort of water filtration device/system. Our family invested in a Berkey water filter as our main source of drinking water. We also have a hot/cold water cooler at home with Poland Spring water in it. The cost of that is about \$35/mo. We also filter our shower heads.

I not only focus on the QUALITY of my water but the QUANTITY of my water intake. I purchased a glass gallon water jug and try (the key word is TRY) to drink 1 gallon of water per day. I ONLY drink water and green tea.

Dehydration is no good. Hydration is important for cellular health and since cancer is CELLULAR battle, you'll want to do all you can for your cells.

Other Non-Toxic supplies

Basically, the less toxins in your body the better. Too many toxins in the body lead to damaged cells which can lead to cancer. Toxins also TAKE AWAY from a positive healing environment in the body. In addition to the above-mentioned detoxing activities, we also invested in organic, non-toxic beauty supplies (e.g. deodorant, shampoo, face wash, toothpaste, soap, makeup, etc.) and non-toxic household supplies (e.g. cleaning supplies, dish soap, laundry detergent, organic SHEETS for our bed, an organic MATTRESS, new COOKWARE (cast iron), etc.).

Again, traditional forms of these supplies will only add to the toxic load in the body.

Supplementation

(cost varies depending on whether insurance covers the prescription stuff. For me, cost = approx. \$850/mo.)

I take a lot of pills. I am SO sick of taking all these pills, lol—but I believe they're key in bringing my body back to health. I take exactly 59 pills per day (15 different TYPES of supplements – 59 physical pills) and 6 powders per day. These supplements are in HIGH DOSES. Some must be taken before food, with food, after food and at bedtime. All of my supplements (except one – Iodine) were recommended by Oasis of Hope as part of my take-home treatment. Before Oasis, I also took a lot of supplements. If I noticed a pattern that X supplement was powerful in fighting cancer, I bought it and took it (but of course I need to tell you, don't do that—see a doctor about supplements)

One of the 15 is a chemotherapy pill but in such a low dose that I experience no side effects.

Here is a list of what I am taking on a daily basis:

Prescription:

- Xelodel (chemo drug)
- Metformin (diabetes medication that keeps insulin levels low)
- Celebrex
- Wobenzyme
- Alin (a steroid)

Natural Supplements (e.g. nutraceuticals):

- Vitamin D3
- Iodine
- Melatonin
- Boswellia
- Selenium
- Fish Oil
- Silibin
- Curcumin (e.g. turmeric)
- Glutamine
- Green Tea extract
- Grape Seed Extract
- Resveratrol
- Zinc
- Vitamin C
- Magnesium
- Apricot Pit Extract
- AHCC (mushroom extract)

Dendritic Cell Vaccine

In my opinion, this is the most potent treatment I received at Oasis of Hope. Oasis of Hope has been administering this to patients for 3.5 years now. It has been offered for longer in some cancer clinics in the Caribbean. They advertise that it has 3-4X the success rate of high-dose chemotherapy. As of now, this treatment is NOT available in the United States. It is considered immunotherapy (but not the immunotherapy we think of in the U.S.). It revamps your immune system. However, it is NOT an external drug being pumped into your body. I'll explain it as simply and as briefly as I can. **It's NATURAL but highly scientific at the same time.**

QUICK EDUCATION: A unique characteristic of cancer is that it is UNDETECTED by the immune system--your immune system does not know the cancer exists, hence, cancer keeps growing and tumors form. The two key immune system "players" in this vaccine are (a) Dendritic Cells; and (b) Natural Killer Cells—both are good guys. Obviously, the Natural Killer Cells are the physical fighters/attackers of an invader (e.g. cancer cell). However, the Dendritic Cells are the "directors" that point out to the Killer Cells who the enemy is. A cancer patient's dendritic cells most likely have no clue that there is an enemy in the body. [Here's how the vaccine works:](#)

Take a large blood sample → from the sample they are able to separate out (a) Killer Cells (b) Dendritic Cells and (c) cancer cells. Take the killer cells and multiply ("proliferate") them in a petri dish (build an army of fighters). Also in another petri dish, create "daughter dendritic cells" from the sample and introduce these brand new dendritic cells to the cancer cells—the dendritic cells now know who the enemy is and since they're newborns, their ONLY MEMORY (the only thing they know) is a cancer cell. Through a VACCINE (administered three times in the thigh...each vaccine is given two days apart), put the army of killer cells and the dendritic cells BACK into the patient's body. The body now has an army of killer cells and dendritic cells who NOW KNOW WHO THE ENEMY IS and the killer cells attack the enemy at the direction of the dendritic cells.

The vaccine remains in the body for approx. 6 months (it is at its strongest at the 3 month mark), so I will go to Oasis every six months and receive a vaccine until I receive my NED (no evidence of disease). Since I have not yet been granted my NED, I will go back in October 2017 for a vaccine. It takes 10 days to administer the vaccine from start to finish.

I could write so much more about this but that's it in a nutshell.

Two important things I want to note about the Dendritic Cell Vaccine:

(1) In my experience/knowledge, this in itself is not a magic bullet treatment. You still need at LEAST the diet and the pills in order for the vaccine to be effective. The vaccine does not work for EVERYONE (for whatever reason?!), especially if they're not following the diet.

(2) Of the price I paid to Oasis of Hope, the Vaccine portion of the treatment was approximately \$7,000.00. I asked Oasis of Hope recently "what if someone didn't have the money to receive ALL of the treatments that Oasis of Hope offers and JUST wanted to visit Oasis for the Vaccine?" They responded that it's a possibility but they cannot give a blanket "yes" or "no" answer. They would consult patients on an individual basis about that.

So that's the dilly on the vaccine.

Frankincense Essential Oil

(cost = \$79.50 for a little bottle of it. I get the good stuff though)

I first heard about frankincense early on and have been taking it ever since. I take frankincense oil because of its reputation for flat out killing cancer cells. Does it REALLY kill cancer cells? I don't know!, lol. But it's not hurting me any, so I just make it a part of my life. I take it in three ways:

- (1) A few drops under the tongue twice per day
- (2) Diffused at night while I sleep
- (3) Rub it on the back of my neck twice per day

Deep Breathing

(free)

This is free and relaxing. I don't mean taking big *deep* breaths. I mean breathing with your stomach as opposed to your chest. It feels really weird at first but eventually you get used to it. There's something about oxygen uptake and deep breathing that is beneficial (remember oxygen and cancer are enemies). I find ways to make it a part of my daily life (e.g. while driving, laying in bed, during enema time, etc.)

Spinal Correction, e.g. chiropractic care

(cost = approx. \$40 per adjustment. Covered by some insurances)

The spine controls the central nervous system which affects all systems in the body (including your immune system!). Healthy spine = healthy life. The most important part of the spine is the base of the brain. It's sometimes referred to as the "arch of life". In short, your spine, including your arch of life, is supposed to have certain curvatures. When those curvatures are out of whack, disease can settle in. The particular chiropractor I went (and still go) to (Maximized Living chain...the closest being in Malvern, PA) actually took x-rays to determine the condition of my spine. The ideal curve in the arch of life is 45 degrees. Mine was negative 8 degrees. That certainly was not helping me and I believe that correcting that is key to enhancing the healing environment within my body.

So I drove out to Malvern, PA for 18 weeks (sometimes 3X per week, sometimes 2X per week, sometimes once per week) to get myself corrected. As of the date of this fundraiser, my arch of life is 22 degrees. I still go there once per week and probably will see a chiropractor for life because again, healthy spine = healthy life.

In addition to chiropractic adjustments, I also start the night out sleeping on foam rollers—I do not use a pillow. I sleep with a big foam roller under my neck and a smaller foam roller under my lower back to help keep my spine in place and accentuate those curves. The foam roller behind my neck makes me snore though so mid-sleep, I will revert back to a pillow.

Positive Attitude and Social Support

This belongs closer to the TOP of the list, but I cannot overestimate the POWER of a positive attitude. A POSITIVE ATTITUDE IS PART OF YOUR TREATMENT. Heck I should have put it in the "direct cancer fighting category." Do NOT be defeated and paralyzed by fear (it's normal to have some fear, of course, but don't let it paralyze you). Despite so many who die from it, Cancer IS STILL a beatable disease—be it Stage 1, 2, 3 or 4. Focus on the success stories—

not on the downer stories. Grab ahold of those success stories and find hope in them and realize that that could be you someday too.

Also, talk to your cancer. Did you know you can tell your cells what to do? I used to tell my cancer EVERY DAY “you should be really scared because my Father is coming for you.” I’m not one to use the F-Word, but I might have told my cancer cells to pack their F-ing bags a few times. In addition to talking trash to your cancer, tell your HEAL cells to heal every day as well. And for goodness sake, PRAY! Our God is a HEALER. At first I prayed for a spontaneous healing (like Stage 4 one day and cancer GONE the next) but that’s not how God worked in my situation (even though he could have TOTALLY done that).

While my overall attitude was positive, it wasn’t necessarily a beat-my-chest, hear-me-roar, cancer’s-going-down type attitude. It was more of a “I have no idea if what I’m doing is working but I know I am taking the path God has led me to. I understand that I could die an early death and if that happens, I am ok with that, God is still good no matter what. It would just be the biggest blessing in my LIFE if I could live through this.” It was PEACE.

Enough on attitude--SOCIAL SUPPORT was part of my treatment as well. It’s crucial. For people to rally around you and encourage you and PRAY for you. I had huge support from my family, church, neighbors, friends, Facebook, etc. People gave me gifts, mailed me cards, sent me texts, made me meals, asked me how I was doing, etc. All that means so much and is very uplifting to someone. My love tank has been full since July thanks to all the people in my life.

Exercise

I was a total slacker in this area (no time!!...mostly because of “sleep” below, lol) and can’t say I was consistently committed to this, but I want to add in on here because it is important. (1) it stimulates your lymph system; and (2) it *oxygenates* your cells.

Sleep

Grrrrrr sleep. So your body heals while it sleeps. During the day your body is busy digesting food, exerting energy, etc. At night, your body uses its energy to HEAL. My usual 6-6.5 hours wasn’t going to cut it anymore. I needed more like 7.5 – 8 hours per night. I also try not to eat past 7:00pm—because I want my body to spend its energy HEALING while I sleep—not digesting my late-night meal.

So that’s that. I get up at 5:15am to start my enemas which means I have to be in bed by 9:15-9:30 if I want to get my 7.5-8hrs in. 9:15 is EARLY if you ask me. I used to stay up much later than that so there is definitely a loss of several hours per day of my life that I used to have.

I always HEARD about sleep being important but thought it didn’t apply to me because I’m Sharon Smith and I’m invincible and I work out and eat Paleo, etc., lol. None of us are invincible !

Stress Reduction

(loss of income)

I'm sure this isn't the first time you're hearing that stress is not good for you. Too much stress can lead to an immune system breakdown which is why we all get cancer (failure of the immune system). I used to think that stress was related more to WORRY and FEAR (e.g. emotional stress), but it's more than that. It's taking on more than you can/should handle. I'll spare you the details but I was basically a work-a-holic for 15 years prior to my diagnosis (paid jobs and volunteerism). I said "yes" to everything and Jamie would complain that I schedule every second of my life away to some sort of activity. I did a lot. I used to think that because I ENJOYED everything I was doing, that it wasn't stress.

After I was diagnosed, I basically resigned from several of my side jobs, I backed out of becoming the Treasurer of the PTA (something I was set to take on that next school year) and I said "no" (still say "no") more often. Also, Jamie quit his job to relieve my stresses at home. He does laundry, cleaning, juicing, helps the kids with their homework, etc. So while I'm not COMPLETELY free of stress, my levels are much less than they used to be.

Closing Remarks

So I think that's everything. Hopefully this gives the reader a good idea of what this path COULD look like and explains why I have been experiencing positive results so far. As you can see, it's not CHEAP. I was/am able to do this as a result of existing savings and generous family and friends (including FB friends) and this fundraiser. I also hope that this packet inspires you to take the next step in improving your overall health by taking the PREVENTION route and makes you think ahead about what you would do if you were ever diagnosed with cancer.

I am still living my life this way. I'll back off of *some* of it when I get my NED, but not all—I can't risk the cancer returning. A lot of this stuff is good for health in general and would benefit people who DON'T have cancer.

I also wanted to share some of the pivotal books I have read that have educated me and encouraged me along the way:

The Truth About Cancer documentary series
Food Matters documentary (on Netflix)
Chris Wark's "Square One" video series
Cancer Free by Jim Henderson
Radical Remission by Kelly Turner
Crazy Sexy Cancer by Kris Carr
Beating Cancer by Francisco Contreras
The Cancer Revolution by Leigh Erin Connealy
Healing Cancer from the Inside Out by Mike Anderson

Thanks for listening !