

I was diagnosed with breast cancer in December 2016. I had pain in my right breast, and I could feel a hardening, not really a lump. I had a mammogram, ultrasound and biopsy on the same day and got the results a few days later by phone: Invasive lobular carcinoma. I had just separated from my husband of 25 years two months earlier. We have four children and the youngest was 12 at the time. My (ex)husband is a retired Army veteran, so we see doctors at Brooke Army Medical Center (BAMC) in San Antonio. With the diagnosis, I was scheduled to meet with a surgeon at BAMC. Two of my sisters and two daughters went to my first doctor's visit with me. We were all so impressed with the military system. I went to the surgeon's office to meet with him, then all the other doctors came to me one at a time in that same office. I didn't have to make any more appointments with the oncologist or radiologist on that day, they came to me and each one explained what my possible treatment could be and how it works. The surgeon talked about a mastectomy, I could have a single one or double even though the cancer was only in one breast. So he scheduled me for an MRI and a mastectomy, I would tell him single or double when the time got closer. The MRI showed a lesion on my liver and a spot on my kidney, so they had to postpone the mastectomy until they found out if those were cancer too. I had a liver biopsy and the results were metastatic cancer. I never went to an appointment alone. One or more of my sisters were always with me. When I met with my oncologist, he said I have stage 4 breast cancer, and they don't do surgery if the cancer spread, because there is no point, you can't get it all. And honestly, I was glad I wouldn't have a mastectomy because I didn't want that anyway. He talked about the chemo medication in pill form that he recommended and said it would be effective for about three years, then we would go to something else. He told me I would be on some kind of treatment for the rest of my life. So I started taking the oral chemo pill Palbociclib on January 1, 2017 along with Letrozole (an anti-estrogen) and a monthly injection to put and keep me in menopause. During this time one of my sisters was coaching me on my diet. I had immediately stopped all sugar, no ketchup, no salad dressing, minimal processed foods. I was doing the Budwig protocol of cottage cheese and flaxseed oil. She told me to watch *The Truth About Cancer* documentary on Netflix. I didn't watch it because I thought it would only tell me of my grim future. I thought, "I already know the truth about cancer, I have it."

People started telling me that I should get a second opinion and I thought that was a good idea. I made an appointment at MD Anderson in Houston for February 15, 2017. After the doctor reviewed my records and their lab tested my biopsies, they agreed with the diagnosis. That is all I really wanted from them. I didn't want to start going to appointments there because it was hours away from home. I felt confident that I was getting good care at BAMC. I did ask the doctor if he thought the spot on my kidney was also cancer, and he said, "Yes, YOU HAVE CANCER!" My sister asked if it was likely that I could die from chemo or an illness caused by chemo and he replied, "No, she'll die from cancer." I went in late that evening for an MRI the doctor requested, but decided I didn't need to go back after that. Several weeks later I saw a urologist at BAMC who confirmed that the spot on my kidney was not cancer after all.

At this time, I rarely got on the internet outside of work. I didn't go to YouTube for much. I just didn't know that much about it. My youngest daughter follows several vegans online. She is not vegan, but she thinks some of their recipes are really cool. She had sent me a link to a recipe from *Fully Raw Christina* on YouTube. When I clicked on the link and saw her video, there were many more of her videos on the right sidebar, and one of them said something like Green Drink for Cancer. So I clicked on that. Then, all these other videos about green drinks for cancer popped up. This is what started my research into healing naturally. It was already March, almost four months from diagnosis, and up until this point I was just following my doctor's instructions and eating what I thought was healthy, and doing the Budwig protocol.

On YouTube I came across *LizByFaith*. Her aunt Mari had lung cancer and was close to death, but she did a juice fast and it turned her life around. She said to do it for 90 days because your blood renews itself every 90 days. She taught me what vegetables to juice and how to do it. Then I watched *Montrealgirl*, and in her video she pleaded with me why it is so immediately urgent to start juicing right away. I went out the next day and bought a juicer and started juicing. I didn't think I should do a juice fast like Mari did because I was already very thin and I didn't want to lose weight, so I juiced 32 ounces each morning and drank it before work, ate a normal lunch at work, then when I got home I juiced and drank 32 more ounces. Then I watched documentaries on Netflix. One was *Fat, Sick and Nearly Dead*. I loved this documentary because it really inspired me to continue juicing. My sister told me she follows Dr. Axe online, so I looked him up and ordered his new book *Eat Dirt*. I learned that I had a leaky gut and I started taking probiotics and following his diet for candida gut. Then I found *chrisbeatcancer.com*. I couldn't believe what I was learning. I would watch the testimony videos of how others have healed from cancer without chemo or radiation, and the interviews with authors and doctors, and I would order books they recommended. I read *The China Study* by T. Colin Campbell, *Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer* by Dr. Veronique Desaulniers, *Beating Cancer with Nutrition* by Patrick Quillin, and *Stop Feeding Your Cancer* by Dr. John Kelly. From reading these books and watching testimonies, I was convinced I had to change to a whole foods plant-based diet because it is believed that animal protein feeds cancer. I stopped the Budwig protocol and started the 90-day raw food protocol that Chris Wark recommends. I didn't miss the sugar but the hardest thing to give up was cheese. I made his supercharged oatmeal for breakfast every morning. I ate salads for lunch and vegetables for dinner and continued juicing every day. What I love about *chrisbeatcancer.com* is that Chris Wark tells you everything you need to know on his site for free. You just have to click around for what you are looking for. Other sites won't tell you what they did or what diet they used unless you pay money for access. Months later Chris did introduce his Square One Program that you have to pay for, this is all of the information on how to heal cancer naturally in one place and you can watch the videos or download and print. I watched it when he offered it for free online, and later purchased it just so I could read it whenever I wanted, but you can still get all the information on his site. Now his new book just came out a few days ago titled *Chris Beat Cancer*. I pre-ordered it but have not received it yet and I can't wait. I am so excited to read his book because in a way I feel like he saved my life. I know God led me to his site for healing. I felt a little overwhelmed at first after seeing and hearing about all the things he recommends because I couldn't afford those. I couldn't afford a Berkey water filter, or a rebounder, or Essiac tea, or Beta Glucan. I was on a very tight budget. I couldn't worry about that though. I felt like God was telling me it's okay if you don't do ALL of those things. Just do what you CAN do. So, I followed the raw food diet for 90 days, juiced (one cucumber, parsley, celery, a beet, carrots, a green apple, a lemon, ginger, and turmeric) twice daily, added 1 teaspoon of turmeric powder and some pepper to my morning oatmeal, took vitamin D, B12, a multi-vitamin, and drank clean water from The Water Tree.

My sister was the first one to introduce me to essential oils and all their healing properties. She paid for me to be a member of Young Living so I could purchase the oils at cost instead of retail, and earn rewards. I didn't have money to buy them, so my parents gave me money for the oils because they wanted to help any way they could. I read the book *Essential Oils and Cancer* by Dr. Eric Zielinski. It showed me how to mix oils and make an "immunity blend" that I put on my spine and the bottom of my feet, and I diffused oils daily also. I also started taking Frankincense orally for many weeks. I learned if you raise your body temperature like in a sauna, it detoxes your body and cancer cells can't survive in that high heat. I had bought my mother a Biomat several years earlier for her back pain and knew she was not using it anymore,

so I got it back from her and started using it daily. I put it on top of me since that is where the breast cancer is located. I would set the timer for four hours on high heat at bedtime and fall asleep with it on. I did this for several months. I also started to remove toxins from our home by switching out soaps, lotions, and cleaners to non-toxic ones, and adding real plants inside our home. This is still a work in progress, but my household is slowly getting there.

My second daughter gave me a book for my birthday called *The Healing Code* by Dr. Alex Lloyd. It talks about chronic stress versus situational stress and how to get to the source, and how memories are stored not only in your brain but in your cells too. My youngest daughter also gave me the *Chakra Bible* by Patricia Mercier that talks about how chakras are the centers of energy in our body that profoundly affect our well-being. I thought, wow! Out of all the books at the bookstore, my daughters came home with the ones I needed most at that time. I hadn't dealt with my emotions yet, and both of these books helped me find the source of my stress, and balance my emotional state of mind.

This whole time I was still taking the chemo medication. It was causing me to be neutropenic each month. Neutropenia is a condition associated with a low white blood cell count. These types of white blood cells, called neutrophils, are made in the bone marrow and fight off infections. If your absolute neutrophil count is low, the risk of infection increases. I was supposed to stay away from crowds as much as I could, so I wouldn't get sick. The doctor said if I ever had a temperature of 100.1 to go straight to the emergency room. This medicine was killing my immune system which was going against everything I was learning about healing naturally that said I needed a strong immune system. I believe the nutritious diet I was on kept me from getting ill during that time. I wasn't sick a single day. I started eating raw in April 2017, and by July I knew that I wanted to stop taking the chemo medication. I talked to my oncologist about it and he advised me not to stop. He put fear in me, so I kept taking the chemo medication. I had talked to him about nutrition before and he would never answer any questions about it. His reply was, "There is nothing I can say about that." The previous scan had showed lesions on my sacrum and two places on my spine in addition to my liver, and he recommended that I take Zometa to strengthen my bones. I read the side effects like necrosis (death) of your jaw and I said no thanks. He just said, "Okay you don't have to do it yet. We'll talk about it again later." My nurse said, "Oh Mac, you read too much."

One day while reading about how to cleanse parasites I came across food grade Diatomaceous Earth. It is the fossil remains of diatoms (single-celled algae) and is a source of silica. Among many other things, it also strengthens your bones. So I have been taking one tablespoon of that mixed in water every morning. I think it is amazing that I have never had any pain in my spine through this whole process. In August 2017, on chrisbeatcancer.com I read about how high dose vitamin C is a powerful anti-cancer protocol. Even if you don't have cancer, you can use this method to determine how much toxic stress is going on inside your body and how high doses of vitamin C could dramatically improve your health. Chris Wark had vitamin C IV therapy. But I wasn't going to talk to my doctor about a vitamin C IV, so I started the protocol on my own using vitamin C powder, and the article I read told how to do that. I stayed on that protocol for seven months. In October I finally made the decision to stop taking the chemo medication regardless of what my doctor said. When I went in that month I told my doctor I was going to "take a break" from the chemo medication. Since I put it that way he said that was fine. But I knew I would never take it again. The next month I found out my doctor had been deployed overseas and I had a new doctor. The new doctor asked why I stopped taking the chemo medication. I told him, "The chemo medication is killing my immune system. I have been eating healthy and doing everything I can to build up my immune system, and I stopped so my own immune system can get stronger." And he replied, "That sounds like a good

idea.” I was thinking, “Wow, praise God!” I’m sure he thought I was just taking a break from the medication also. That was November, 2017. I had a PET-CT scan that month that showed cancer in five places. The main mass in my breast had shrunk by just a small amount, and this was almost a whole year after diagnosis. Every time I had a scan my doctor would give me the measurements of how much (or little) it shrunk, and whether it was lit up more than before or less, but everything always lit up. My next scan was February 20, 2018, less than four months after stopping the chemo medication, and it showed no sign of active disease. The next scan was on July 3, 2018, and that one also showed no sign of active disease. I believe that as soon as I stopped taking that chemo medication, my own immune system immediately got stronger and healed me. My 90 day raw protocol had been over in July, 2017. After that I continued the super-charged oatmeal every morning. I added lentils, quinoa, brown rice and cooked vegetables to my diet including any type of beans, potatoes and sweet potatoes. I take the same supplements daily but added kelp for iodine and selenium because of my thyroid issues. I also take one tablespoon of apple cider vinegar with water daily. I found the *Green Smoothie Girl*, Robin Openshaw, online and learned how to make green smoothies. I read her book *The Green Smoothies Diet* and it inspired me to plant a garden of my own. It took me a while to set it up, but I finally got vegetables planted a little late. I’ve never had a garden before so it is a learning experience. I’m excited for next spring because this time I’ll know better what to do. Now I have her latest book *Vibe* that talks about how to raise your vibrational frequencies to impact your physical and mental well-being.

My journey is by far not over yet. I strongly believe that if I veer off the whole foods plant-based diet the cancer will come back. People are always asking me if I will continue to eat that way since the cancer is “gone”. (I know it is not really gone.) And I say yes, because you prevent cancer the same way you heal from it.

Kim McMahon