

Praise for *21st-Century Guide to Living Cancer-Free Naturally*

“Marian Pidwerbeski has written a most amazing cancer self-help manual for which Hippocrates would be writing the foreword, if he were still alive. ... With her very personable writing style, Marian makes you feel as if you are receiving a one-on-one personal consultation with her. ... Cancer is caused by weakened immunity. ... Delight awaits you in the pages ahead, where Marian shares with you time-proven ways of correcting that cause.”

—David Rowland

Author of *Nutritional Solutions for 88 Conditions: Correct the Causes*

“*21st-Century Guide to Living Cancer-Free Naturally* is a magnificent blend of information and humour. I am always on the lookout for well-written, evidence-based resources for my clients. Marian has provided an in-depth resource, with the ease of implementation of a nursery rhyme. This book provides a helping hand for those currently taking on cancer, and for those simply wanting to take care of their body. I have so many clients who need this book. The world needs this book—now. Thank you, Marian, for creating a timely, desperately needed, healthcare manual. I know I will return to this book over and over again, and I will be a better physiotherapist because of it.”

—Jodi Schwab, BScPT
Physiotherapist

“This *wonderful*, helpful, well-referenced and documented book contains a plethora of healing ideas to include in your life to bring about vibrant well-being. I’ve been in the nutrition business for thirty years and written five books, and I learned new things from Marian’s *21st-Century Guide to Living Cancer-Free Naturally!* I loved it. Marian writes from a unique perspective, and I wanted to read every word. Read this book, and heal your life!”

—Paulette Millis, RHN, RSW
Author of national bestseller *Eat Away Illness*

“Out of the northern woods of Saskatchewan, Canada, emerges a new book based on ancient concepts of health. Marian Pidwerbeski, with her personable style and insatiable love of nutrition, has successfully tied the latest in evidence-based research with forgotten knowledge to provide simple, actionable steps that will help prevent cancer, minimize the side effects of cancer treatment, and restore health. With the same wisdom that kept the generations before us healthy and strong, the teachings in this book remain now as relevant as ever. Highly recommended, not only for cancer patients but also for anyone looking to live a long and healthy life.”

—Wendy Presant, CFMP

Certified Functional Medicine Practitioner and Health Consultant

21ST-CENTURY GUIDE TO LIVING

CANCER-FREE
Naturally

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CANCER-FREE
Naturally

SIX PROVEN PRACTICES TO ACTIVATE THE DOCTOR WITHIN
FOR *SUPER* NATURAL HEALTH

Marian Pidwerbeski, MASC, RNCP
Registered Nutritional Consulting Practitioner and Cancer Coach

W_p
Press
Well-derness Press

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Author's Note: The names of the clients in this book have been changed so as to protect their identities and honour their privacy.

Printed and bound in Canada

Dedicated to the memory of
Anne Mikolayenko, who nurtured me and nourished me
with whole foods, faith, wisdom, love, and nursery rhymes.

Dedicated also to
all my clients, who never cease to inspire.

*Each patient carries his own doctor inside him.
We are at our best when we give the doctor
who resides within a chance to go to work.*

—Albert Schweitzer, MD,
1940 Nobel laureate and medical missionary

Nature itself is the best physician.
—Hippocrates, “The Father of Medicine”

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FOREWORD

Marian Pidwerbeski has written a most amazing cancer self-help manual for which Hippocrates would be writing this foreword, if he were still alive. Cancer is caused by weakened immunity, and Marian shows you how to increase immunity to a level where cancer is no longer a threat. With her very personable writing style, Marian makes you feel as if you are receiving a one-on-one personal consultation with her.

Cancer is a symptom, *not* a disease. Just as there is no drug that can cure the common cold (a symptom), there will never be a drug that can cure cancer. If you want relief from a symptom, you have to correct its underlying cause.

Every form of cancer has a common cause: weakened immunity. Cancerous cells are created in every human body from time to time. If immune processes are strong, these malignant cells are quickly destroyed by specialized white blood cells (phagocytes, leukocytes, macrophages) whose job it is to dispose of cellular debris. Cancer can take hold at a specific site only if one's immune system is weak or overstressed. As immunity becomes progressively weaker, more malignant growths may appear in other parts of the body. The nutritional treatment for cancer thus requires giving the body the raw materials it needs to rebuild immunity, details for which you will find in every chapter of this amazing book.

According to Johns Hopkins University, every person may have cancer cells in their body on six or more occasions during a lifetime, but these mutated cells do not show up in standard tests until they have multiplied to a few billion. When immunity is strong, these malignant cells are destroyed before they can form tumours.

Medical options (chemotherapy, radiation, surgery) all attack the symptom. In cases where these modalities get rid of tumours, cancer

tends to recur—because nothing has been done to correct its underlying cause.

Chemotherapy weakens immunity. To give chemotherapy to a healthy person is to increase that person's risk of developing cancer. In cases where chemotherapy does get rid of tumours, it is often at the expense of new tumours popping up elsewhere.

A cancerous cell was once a healthy cell whose DNA became mutated, causing it to proliferate out of control. Malignant cells have the same content of proteins and essential fats as do healthy cells.

According to Johns Hopkins University, chemotherapy poisons rapidly growing cancer cells but also destroys rapidly growing healthy cells in bone marrow and the gastrointestinal tract and can also cause organ damage to liver, kidneys, heart, or lungs. Radiation kills malignant cells but also burns, damages, and scars healthy cells, tissues, and organs. Initial treatment with radiation and chemo often reduces tumour size; however, prolonged use of these modalities does *not* result in further tumour destruction. In other words, past a certain point radiation and chemo only damage healthy cells without having any further effect on the cancer.

Metastasis is a myth. Because cancer first shows up in one part of the body and then later shows up in other places, it is falsely believed that somehow malignant cells from the original tumour must have broken away and travelled through blood or lymph to be transplanted in a new location. There are three errors in this speculative theory: (1) there is not even one documented case where scientists have ever seen malignant cells in transit from one location to another; (2) cancerous cells are mutations generated from within; they are not bacteria-like invaders that attack whatever is in their path; and (3) a tumour may grow incredibly large and put pressure on adjacent structures, but the tumour itself does not engulf adjacent tissues that are unrelated to the host organ. If malignant cells do not “infect” adjacent tissues, how can they be presumed to infect cells at remote

locations? When tumours start showing up at multiple sites, this is symptomatic of a progressively weakening immune system. It is that simple.

There, dear reader, you have my best understanding of the true cause of cancer. Delight awaits you in the pages ahead, where Marian shares with you time-proven ways of correcting that cause.

David Rowland

Author of *Nutritional Solutions for 88 Conditions:
Correct the Causes*

PREFACE

This book is about my big dream for you—the dream of health. I don't mean merely the absence of disease, in this case cancer, but the kind of health that goes above and beyond preventing or overcoming cancer. I mean *real* health. *Abundant* health. *Extraordinary* health. *Exceptional* health. *Amazing, awesome, off-the-charts* health. In other words, the health of your birthright: *super* natural health! If this is *your* dream for yourself, and you are wondering how you might go about reclaiming or maintaining the health you desire, *naturally*, then this book is for you. Welcome aboard!

If you are struggling right now with cancer, the process of getting well may be daunting. It might even seem to you that the concepts of “sickness” and “health” are more like a crapshoot than an actual decision over which you have any power, choice, or control. And *super* natural health? Ha! Even an NED (no evidence of disease) verdict may seem like a lofty goal.

If your cancer is in remission, then you have already “been there and done that.” You probably understand, better than most, the vulnerability of the human body. *Your* body. And you know that health is not to be taken for granted. You know that health takes work and vigilance. And yet, it is so easy to revert back to old habits and lose your way.

If you have lost loved ones to cancer, then you too have witnessed the horror of this disease up close, and felt its pain. In 2019, an estimated 604 Canadians were diagnosed with cancer *each day*.¹ In the United States alone, over 1.75 *million* new cancer cases are projected to occur before this year is out.² In Australia, New Zealand, Ireland, and Hungary, the rate of cancer occurrence is even higher.³ Maybe these current cancer stats scare the living bejesus out of you. (I don't blame you!) You might be wondering just what it would take to *not* become one of those statistics yourself.

Getting or staying well may *seem* complicated. I used to believe it was. But, in truth, the fundamental principles upon which health is attained are simple enough even for a child to understand—which was when I was first introduced to them—even though it would be decades before I would learn how to actually apply them to my own life, but I'll soon get to that.

When I was a toddler, my mother had given me a special gift: the secret to health. Actually, her gift to me was a treasury of rhymes. She would sit me down on her soft, warm lap and recite one rhyme after another. But, my favourite had always been this one:

*The six best doctors anywhere
And no one can deny it
Are water, sunshine, rest, and air
Exercise and diet!*⁴

This itty-bitty piece from folklore was the seed from which my passion for natural health grew. For the past thirty years, I have been blessed to have learned from or been mentored by some of the most respected and enlightened leaders in the field: David Rowland; Udo Erasmus; Sat Dharam Kaur, ND; and the late Drs. Abram Hoffer and Linus Pauling. Collectively, they have shaped my philosophy on health and influenced my understanding of what is possible regarding the human body's capacity for healing.

I started reading natural-health books in my early teens. I attended my first nutrition seminar when I was in my twenties. In my late forties, casual dabbling turned into serious commitment and I embarked on a Master Program of Applied Science in Nutrition. Ever since, I have been voraciously gobbling up natural-health education in every way, shape, and form—conferences, seminars, workshops, webinars, online summits, journals, periodical reviews, magazines—and my favourite, books.

Still, nothing that I have ever learned from any speaker or publication has summed up the foundation for optimal health *better* than that simple nursery rhyme, playfully and lovingly whispered into my ear when I was three years old. And although neither my mom nor I could ever have imagined it at the time, those six “doctors” in that rhyme have become the basis for this book. So in that sense, this book is well over half a century in the making!

Whether you’re seeking help with the cancer recovery process, or searching for ways to prevent this disease from coming back or taking hold in the first place, *21st-Century Guide to Living Cancer-Free Naturally* has been written especially with you in mind. Within these pages lies the navigational and *transformational* road map to take you on the journey from a diagnosis of the dreaded “C-word” to *super* natural health.

And even if cancer is the furthest thing from your mind right now, you may still glean from these pages great insight into how to take better care of yourself. After all, our physiology is something we all share, so the way we are called upon to care for our bodies is also a shared endeavour. Barring any major deformities, we *all* are born with a head, ten toes, and—in between—some bones, some blood, a gut, a butt, and a bunch of other rather important body parts that comprise our total estimated 37.2 trillion cells. If you can figure out a way to keep something as challenging as cancer at bay, then you, my friend, have pretty much unlocked the secret to addressing most other pathological conditions as well. These basic principles and practices—water, sunshine, rest, air, exercise, and diet—apply to all of us if we wish to take our health to the next level. And, if you dare to dream big, to the level of *super* natural health.

So dare to dream the big dream.

Imagine yourself feeling completely comfortable in your own skin.

Imagine being able to look in the mirror, satisfied with the image that looks back at you.

Imagine your internal organs and all your other body parts—all the way down to the cellular level—functioning healthfully, just the way they’re meant to.

Imagine your mind clear and your memory sharp.

Imagine yourself with boundless energy by day, and restful sleep by night.

Imagine a profound sense of wellness—a life of meaning, service—and joy!

Imagine wholeness. A body, mind, and spirit in perfect integration, connected to and at one with a power greater than yourself—a Higher Energy, the Universal Life Force, God.

The approach to health and healing using the gifts from nature is not some airy-fairy fantasy left over from the hippy era. No siree. Ancient, archived scientific studies and current cutting-edge research alike confirm that the human body really *does* have a tremendous capacity for healing—when given what it needs. And what does it need? Water, sunshine, rest, air, exercise, and diet! So in this book, from time to time, I’ll pull back the curtain to reveal the substantiating science behind that ostensibly silly old nursery rhyme.

“The reason that cancer research is such a compelling area to be in,” said biochemist Gerard Evan, “is that, in order to understand how things go wrong in cancer, you first have to understand how things go right almost all the rest of the time.”⁵

In the pages that follow, we’ll explore just that. We’ll examine the question: What supports health? More specifically, we’ll examine the question: How do water, sunshine, rest, air, exercise, and diet support

health? How do they help things to “go right,” as it were, and move the needle closer towards the health we desire and deserve so that we can live a life that is not only cancer-free, but a life filled with—*life!* Vitality. Wholeness. Purpose. Peace.

These are not the objectives of the conventional medical approach to cancer. Sure, surgery, chemotherapy, and radiation can remove tumours. That’s a good thing. A *very* good thing. But, by themselves, these therapies are not usually enough because a body absent of tumours does not necessarily mean a body that is healthy. Besides, the jury is still out as to what extent, or even whether, these common cancer treatments actually save lives in the long run.

To the contrary, my practice as a cancer coach since 2011 has alerted me to the limitations of conventional cancer care. In fact, the majority of clients I work with are those for whom surgery, chemotherapy, and radiation had failed. Natural medicine is their last resort.

Shouldn’t it be the other way around? Seriously, what if cancer patients were taught how to support and activate their internal healing processes *before* being subjected to the harshness of invasive therapies? *Before* their internal healing and life-saving mechanisms have been shot all to hell, sometimes even beyond repair. What if all cancer patients were encouraged to examine their lives and their lifestyles—what they eat, drink, breathe in, believe in, rejoice in, expose themselves to, think, feel, do, resent, grieve, hate, and love? What if they were guided in ways to make sound choices that lead to health? This book is intended to be that guide.

I have wept in witness of the collateral damage that, not the disease, but the actual treatments themselves have inflicted upon those struggling with cancer, either during or after treatment—sometimes both. Probably you have seen it too. Maybe you have even experienced it for yourself. Anemia. Anosmia (loss of smell). Organ damage. Nerve injury. Chemo brain. Mucositis (mouth sores). Burns. Nausea. Vomiting. And that “cancer trademark”—hair loss—which we some-

times forget is not a symptom of the actual disease but, rather, a result of its treatment—heartbreaking, all of it. Plus, there are these other serious concerns associated with conventional treatments:

Surgery

- **Surgery can spread cancer.** Both experimental and clinical evidence supports the idea that surgery, which is intended to be a curative option to remove and reduce tumour mass, can induce inflammation and suppress anti-tumour immunity, allowing circulating cells to survive and enhance the development of metastases.⁶ Ironic, isn't it? Estimates of port-site recurrence vary, but have been found to be as high as 17 percent, depending on the type of cancer.⁷

Chemotherapy

- **They never get it all.** As Dr. Neil McKinney explains in his book, *Naturopathic Oncology*, “Chemo drugs kill a constant percentage of cells in a tumour with every dose. When a drug kills 99.9999 percent and the tumour burden is a mere billion cells, there will still be 10,000 surviving cells.”⁸ How many doses of the drug do you think it would take to kill the last remaining cancer cell? You can do the math for yourself, but we're talking an infinite number. It's kind of like vacuuming your carpet. It may *look* clean to the naked eye but, no matter how many times you go over the same spot, a see-through canister will reveal that you're still picking up more dirt each time you pass the beater bar over that patch of carpet. No, they never get it *all*.
- **Cure rates are slim.** The overall contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults is estimated to be 2.3 percent in Australia and 2.1 percent in the USA.⁹ This curative rate is comparable to that of a placebo.

Coincidence? Maybe. Maybe not. Furthermore, cells lacking a functioning p53 DNA repair gene cannot die from chemo, a situation that applies to approximately half of all cancers, particularly those in late stages.¹⁰

- **Chemotherapy is non-selective.** It is toxic to cancer cells and healthy cells alike. As John R. Lee, MD, had put it, “Chemotherapy is an attempt to poison the body just short of death in the hope of killing the cancer before the entire body is killed.”¹¹ That’s a risky game! With a “positive” response to chemo, the tumours may be gone, but also, often with it, is the patient’s health. To paraphrase that very bad joke: “The treatment was successful, but unfortunately the patient died.”
- **Most chemo drugs are known to *cause* cancer.** Whaaat? Drugs that are used to *treat* cancer can *cause* cancer? Sad, but true. Just check out the side effects in any pharmacology textbook. For example, high-dose chemotherapy treatment of epirubicin with cyclophosphamide can trigger secondary acute myeloid leukemia ten to twenty years later.

Radiotherapy

- **About one-third of cancer patients treated with radiation will not successfully achieve local control of tumours due to low oxygenation of cancer cells.**¹² Even when they do, this doesn’t necessarily imply that they are any further ahead. For example, using radiation to treat breast cancer is found to reduce deaths from this disease by 13.3 percent, but increases death from other causes, mostly heart disease, by 21.2 percent.¹³
- **Radiation, as with many chemotherapy drugs, is a proven cause of cancer.** Though the results may not show up until as much as twenty years later, radiation is found to increase the risk of Hodgkin’s disease, leukemia, and esophageal, lymphoma, thyroid, lung, breast, and gastrointestinal cancers.¹⁴

- **Radiation can burn tissue and leave permanent damage.** This doesn't sound to me like health at all, let alone health of the "super" and "natural" variety!

These considerations notwithstanding, this book is *not* about the discrediting of our current medical model, or of those who have put their faith in it as a means of helping to lift them out of the fiery hell hole of cancer.

Nor is this book a criticism of those who serve in the traditional field of oncology. Even within the context of a system riddled with its share of flaws and limitations, and infected by politics, the many dedicated health professionals in this field, I believe, are doing the best they are able within the confined parameters of this system. They have their patients' best interests at heart. And, I imagine that, at the end of the day, they too do their own share of weeping.

So what *is* this book about? It is about the research and application of the healing power of nature. The healing power within *you*, waiting to be activated through natural means. For cancer recovery. For cancer prevention. For *super* natural health!

And mostly, this book is an invitation. Join me in a cup of green tea (actual or metaphorical). Get comfortable. As you open this book and peruse its pages, open yourself to the possibility of a life without cancer. Open yourself to the possibility of achieving health, just as we have defined it here—that amazing, awesome, off-the-charts health you long for—all through natural means. *21st-Century Guide to Living Cancer-Free Naturally* will show you how—for yourself, for your loved ones, or for those who are under your professional care, no matter which side of the cancer-care camp you happen to be on. If we embrace the big dream together, perhaps, then, we *all* will have fewer reasons for weeping.

INTRODUCTION

Healing Cancer Is about Healing the Person

The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.

—Thomas A. Edison, American inventor, 1847–1931

Have you ever cut your finger? Stubbed your toe? Got a zit? A headache? Or caught a cold? If you have ever suffered from these minor mishaps or maladies, and eventually recovered from them, then you have already experienced for yourself your innate healing power at work—the “doctor within.”

Does this same healing potential apply to the biology of cancer and the science of oncology? Yes! It is not as gigantic a leap as it might at first appear. When we support our physiology, we are activating the mechanisms of healing. After all, healing cancer is about healing the body.

It is about having a *fully functioning digestive system* so that we can utilize all the nutrients we ingest from optimal food choices and supplements, which *become* us, and help to rebuild our bodies.

It is about *keeping the pathways of elimination open* so that toxins, metabolic wastes, and dead cancer cells have a means through which to exit.

It’s about *supporting the work of the respiratory system* to create an oxygen-rich environment in which cancer cells have no chance of surviving.

It is about an *endocrine system* that can squirt out hormones in perfect balance to help establish the conditions where cancer can't grow.

Above all, it is about *reactivating the immune system* so that when those nasty cancerous cells that make up those lumps and bumps show up, it will recognize them and know just what to do to change them or to get rid of them.

Healing cancer is also about healing the mind and the spirit. We need to *manage our stress levels, protect our psyches, honour our emotions, and nourish our spiritual selves* lest any dis-eased internal workings execute themselves in adverse physical manifestations. Dr. Jeremy Geffen has said that to heal from cancer, a person has to heal—and transform—their inner self.¹ If you are open to healing and transformation—actively *seeking* healing and transformation—then you have a fighting chance at not only overcoming cancer but of achieving *super* natural health as well.

Healing cancer, then, is about healing our entire selves—body, mind, and spirit—by addressing the conditions that initiated the disease in the first place. In other words, if we're sick, it's not because we got cancer. *When we get cancer it is because we had, in some way, already become sick.* Radical thought, I know.

RACHEL

One late spring afternoon, my friend Kalya and I were walking along the beach near my home in beautiful Waskesiu Lake, Saskatchewan, breathing in the mingling scents of aspen and spruce and watching shore birds scavenge in the sand for their supper. Normally, our frequent after-work walks were filled with non-stop chatter as we caught up on each other's lives or eagerly proclaimed the verdict on yet another new veggie burger recipe one of us had recently experimented with.

But not on this day. Kalya was unusually quiet. Pensive. For a long time I listened to her silence. When, finally, her thoughts, through tears, gave way to words, I learned that one of her best friends had been diagnosed with late-stage small-cell lung cancer and had been told by the oncologist that without chemotherapy she would have six weeks to live. Could I help, she wanted to know.

Could I help? I didn't know if I could. True, I did have the training. I had studied the research supporting the efficacy of natural therapies on cancer. I had heard numerous success stories from other practitioners, and positive testimonials from cancer survivors using these types of therapies. I had facilitated cancer prevention retreats and counselled clients in cancer remission.

Even as a registered nutritional consulting practitioner working with clients with health issues unrelated to cancer for seven years before, I had witnessed, repeatedly, the human body's tremendous capacity for healing. For example, there was John, a talented musician, struggling for years with depression, anxiety, insomnia, and headaches who was able to reclaim his health by addressing his nutritional deficiencies and balancing his blood-sugar levels. "He's a changed man now!" his wife later told me.

There was Allison, a young single mother with weight issues who bounced into my office on her second visit fifteen pounds lighter, elated by what a simple change in diet and a few key supplements could do.

There was Erin, a healthcare professional suffering with digestive and circulatory problems who returned for her six-week follow-up appointment free of the acid reflux that had plagued her for years, and thankful that the swollen varicose veins in her legs were now flat and painless. "You are a miracle worker!" she pronounced.

I'm not. That credit belongs to Natural Medicine. At work within those who are willing to work with it, it can bring about healing transformations that are, at times, nothing short of miraculous.

And Then There Was Me

There was a time when I myself had been no stranger to sickness. Even though I had been a “nutrition geek” and fascinated by the workings of nature since my youth, the practices of “knowing” and “doing” did not coalesce until my mid-twenties, after I “crashed and burned” two years into a job as a high school English teacher.

The year was 1982. I “had it all.” The only problem was, “it” was not the kind of “all” that any woman in the prime of her life typically dreamed of having. Plagued by brain fog, headaches, infections, colds, sore throats, chills, fevers, swollen glands, swollen joints, acne, rashes, itching, weight loss, constipation, breathing difficulties, nervousness, anxiety, and an almost painful fatigue that no amount of sleep was able to relieve—the oft-sought “fame ’n’ fortune” wasn’t even anywhere *near* my radar. Regaining my health was my sole objective.

I had no idea what was causing my symptoms, or what I needed to do to become well again. I only knew that I was far too young to be feeling as rotten as I did. In search of answers, I spent the next two years promiscuously gallivanting from one doctor to the next, and from specialist to specialist, all to no avail. They, evidently, had no idea either.

Eventually, I found my way to Focus on Health, a holistic health clinic. There, finally, I would find help for my condition that, until then, no medical professional had been able to diagnose, let alone address. As it turned out, a compromised digestive system, multiple food sensitivities, an exhausted endocrine system, limited stress-management skills, not enough sleep (and too many doughnuts!) were responsible for turning me into the one hot mess that I had become. In fact, not enough water, sunshine, rest, air, exercise, and the right kind of diet all had a role to play.

My journey back to health under the expert guidance of holistic health practitioner, Dr. Owen Schwartz, showed me that recovery was possible—even for the “impossible.” And not only was this achievable through natural means; it was achievable *only* through natural means.

I realized then that Natural Medicine was “a thing,” and I wanted in. So I whole-heartedly embraced a healthier lifestyle, got well, and embarked on a new career path, this one in keeping with my passion and my purpose.

So personally and professionally, I had witnessed first-hand how even the simplest of changes could prompt profound results. *But*, up until that point I had not yet worked with anyone with active cancer. Not. One. Single. Person.

Gulp.

By the time I met up with Rachel in July, she had already undergone two rounds of failed chemotherapy and had been given the “there’s nothing more we can do for you” speech. She was desperate for help—and ready for a new approach.

Six weeks after embarking on a program using the natural therapies discussed in this book plus a nutritional supplement protocol, both tailored to her unique biochemical individuality and life circumstances, a PET scan revealed that the fist-sized tumour in her left lung had reduced in size by ninety percent. (No, that is not a typo!) A subsequent scan verified further tumour reduction by half. Then, again by half. And again by half. Until eventually, over a two-year period, no traces of that cancerous lung tumour remained.

Thus began my vocation as a cancer coach, and my fierce conviction that the efficacy of natural therapies is equal or superior to anything that conventional medicine has to offer.

The following list summarizing ten characteristics of those who have undergone spontaneous healing of advanced, untreatable cancer can be found on several websites, including the EQUILIBRIUM Energy + Education site.²

1. In spite of being told that their cancer is incurable they have a deep belief that their body can heal itself.
2. They take control and assume a recovery program that is unique to them. They reclaim their own responsibility rather than solely relying on experts.

3. They reconnect with spirit, awakening long hidden desires and aspirations. They reconnect with authenticity to their feelings and values and decide to live them.
4. They deepen and bring honesty to their relationships with others.
5. A complete re-assessment of their lives is undertaken. They are willing to change. This often includes diet, lifestyle, career, goals and relationships.
6. Radical changes in diet have been closely associated with spontaneous remission. These changes usually include decreasing processed, refined foods and animal fats and consuming more fruits and vegetables or becoming vegetarian.
7. They take vitamins and supplements to help support their immune system.
8. They slow down, taking time to relax and fully enjoy the gift of life. Often prayer or meditation becomes a regular practice.
9. They become in tune with their body and ‘listen’ for cues relating to energy, emotions and body signals that are a part of daily life.
10. They rejoin with social networks and experience the joy of being of service to others. Through their own healing, they help to heal others.

Notice that there is nowhere a mention of wonder drugs. Instead, there is an emphasis on listening to one’s body and giving it what it needs—physically, emotionally, and spiritually.

Can you expect the same dramatic results as Rachel’s? I don’t know. Healing, whether it’s physical, emotional, or spiritual is, quite frankly, “tricky business.” Sometimes it is part mystery. But, always, it requires our full participation. Even when conventional therapies are a component of one’s cancer care, the addition of natural therapies—water, sunshine, rest, air, exercise, and diet—is a non-negotiable requirement if healing at a deep level is the big dream.

In any case, doesn't it make perfect sense that we should utilize, to our full advantage, *all* of the resources available to us, including our "natural resources," these humble gifts from nature?

Moreover, here (in the Western world) and now (in the 21st century), nature itself is becoming "endangered" and needs our care and protection as much as we need its care and protection. So, too, are we in danger of forgetting that we are a component of this intricate interplay, and our very existence hinges upon it. In the process, we risk losing not only our health but also part of our own identity. Our essence is of nature. Our return to nature—and the six best doctors—then, is not only a means to regained health, it is also a return to ourselves.

By harnessing the healing powers of nature we are empowering ourselves with the tools we need to maximize our potential for health. *Super* natural health. Perhaps these six best doctors, collectively, *are* our "doctor of the future" to which Thomas Edison referred. The doctor is within. And the future is now. It is time. Let the journey begin!

CHAPTER ONE

DOCTOR WATER

If there is magic on this planet, it is contained in water.

—Loren Eiseley, American philosopher, 1907–1997

You're not sick; you're thirsty.

Don't treat thirst with medication.

—Dr. F. Batmanghelidj, Iranian author, 1931–2004

The 21st-Century Challenge:

- Accessing uncontaminated water and drinking enough of it

What You Will Learn in This Chapter:

- Six ways in which your health relies on water
- Quantity: How much water you should drink
- Quality: Six common contaminants in your water supply
- What to look for in a water purifier
- The benefits of water fasting
- External uses of water for wellness
- The water that *is* you

For the first eighteen years of my life, I lived on a small Manitoba farm six miles southwest of a village called Ethelbert. In fact, I was born on that farm—six weeks prematurely—one sunny afternoon in early May, while my mother was home alone with her two youngest children. (Yeah, I know, Yikes! Right?) My six-year old brother served as “midwife.” But, that’s a story for another book.

However, on that farm was an ever-flowing artesian well, my father's pride and joy. He would show it off to everyone who visited Spring Water Farm, and from the metal cup that hung on a hook beside the well, he would offer them a refreshing drink of water, icy cold and crystal clear.

As a child, I never quite understood what all the fuss was about. I took that water for granted. To be honest, I took *all* water for granted. I had no appreciation, then, of the ways it contributed to health. *My* health.

Perhaps you don't either. After all, it's *just* water, right? It is, on the surface, a far-fetched notion that preventing one's health woes, let alone overcoming them, could be achieved by something as simple as optimal consumption of quality water, *especially* when we're dealing with something as serious as cancer. We have been led to believe that powerful results in healing are possible only through costly and toxic medicines—the more expensive and toxic, presumably the greater potency and efficacy.

Nothing could be further from the truth. Water—pure and simple; devoid of the negative side effects frequently associated with pharmaceutical drugs; inexpensive; and, so far, at least in the Western world, readily available—is nature's miracle medicine and deserves to be placed among the ranks of supermeds. Scientific research supports this claim, and our understanding of human physiology explains why we need water if we want to live a cancer-free life and enjoy *super* natural health. Both “quantity” and “quality” are key concepts when it comes to using water as a therapeutic agent for cancer prevention or recovery. Get ready: In this chapter, we'll explore the magic of water!

RIVETING RESEARCH AND SIGNIFICANT STATS TO SIT UP AND TAKE NOTICE OF

Water is *wonderful*! Thanks to researchers such as Dominique Michaud and his buddies, we no longer have to guess whether water