



HOW TO PLAN YOUR INTEGRATIVE CANCER PLAN

When diagnosed with cancer you find yourself facing some tough decisions combined with the shock and emotional turmoil which make absorbing and analysing information extremely difficult.

If you are interested in cam and how big a part that may play in your recovery a few sessions on the internet plus research sent in by friends and family often means you are swamped with tons of contradicting information.

We have established an oncology service which means you are rushed into treatment as quickly as possible. This may seem highly desirable but often robs you of the opportunity to pause, learn about different approaches and formulate a plan. Cancer takes a long time to develop; you have time, take it!

Important points to take on board at this point:

Orthodox medicine and any outcome projection and prognosis are based on data that may not be useful to you. It is based on data obtained about average people; average people do not empower and educate themselves about their role in healing from cancer. They allow the doctor to treat them, receive their information exclusively from an orthodox viewpoint and wait to get back to 'normal', normal is where cancer has begun.

Doctors will make confident and opinionated statements on things outside their field on which they know very little or indeed are completely misinformed; these completely incorrect statements will consist of:

- There is nothing you can do which will make any difference (I am in charge and you can contribute nothing to your own healing)
- Diet makes no difference, eat what you like (Completely untrue and scientifically proven to be so)
- Complementary therapies are a waste of money and do not work (A gross generalisation usually based on no research at all)
- It will all interfere with your treatment (We have high quality research showing what is safe to use with chemotherapy and radiotherapy and what isn't)

- There is no evidence to support it (Masses of studies are now carried out around the world showing us the power of natural compounds)
- There is no testing available which shows how well your immune system will deal with cancer or how what exact balance of hormone support you need (Again based on lack of knowledge, developments in functional medicine around the world is providing people with individual blueprints for finding their way back to health)
- You don't need to detox, the body does it itself (Detox makes a massive difference, in my experience of people in late stage cancer it is often liver toxicity and body stagnancy which is causing the body to close down rather than the cancer)
- Having chemotherapy and radiotherapy means you may have made things worse, many people gain great benefit from the right treatment at the right time and go on to be well and cancer free.

There is no such thing as an absolute with cancer. Both the orthodox and cam worlds can present themselves as the only feasible option with the other being either no good or detrimental. The decision you make should be the right one for you and you alone, never mind what anybody else decides.

Your options are:

- Orthodox treatment exclusively
- No orthodox treatment and take on an intensive regime of detoxing and natural anti-cancer strategies
- Orthodox treatment with immune support and minimising the side effects, moving onto a full recovery and survivorship programme.

Factors to be considered

The argument and data presented for the orthodox treatment offered, you may need independent help analysing this in context of your role of choice of exclusively. There are many scenarios where chemotherapy is offered because it is the only thing available. Find out what the expectations of outcome are.

Your personal philosophy to health and how you like to approach this, you may already be well down the road of a holistic lifestyle and tightening up your programme is not a massive learning curve.

Time and money, a full alternative programme requires a lot of commitment personally and financially and needs to be sustained which requires determination and strength. If you do not have this determination and strength at this time that is fine, it means it is not the right thing for you. Do not fall into the trap of feeling guilty or you are letting yourself down by having orthodox treatment, it is the right thing at the right time.

Family influences, having doctors treating you is often a comfort for families, support is important so as not to become isolated and stressed by the thing which is supposed to be making you well.

Important Things You Must Do:

- Avoid the things that allow cancer to thrive; sugar, saturated fats, stress, toxic hormones
- Support your immune system, the body is actively fighting cancer, we must give it the right nutrition and supplements to allow it to do so
- Detox, clear the body, support the liver, clear your household toxins out, find out about everything which might be influencing cancer
- Find out what may have contributed to cancer development, it's a symptom of a problem and there is a reason for everything. Different things influence different types of cancer
- Exercise and oxygenate, vital, cancer loves a low oxygen stagnant body; you can make a massive difference by getting it moving
- Mind body as important as everything else, finding your spiritual element and nurturing it so it influences the cells, calmness and lack of fear is the goal.

- **It is easy for everything to become overwhelming, so tempting to try and address all elements at once and then find you are overwhelmed and stressed.**
 - **Break things down into immediate needs and targets.**

- **Make your programme manageable, stop looking and focus it should enhance your quality of life not be a detriment to it**