

How to Fight Cancer for Life

By Lindsey Duncan, N.D., C.N.

As seen in VibrantLife

As a Naturopathic Doctor and Certified Nutritionist with over 40,000 documented clinical hours, I have seen my share of Cancer patients – from the simplest cases to the most frightening, aggressive and unexplainable cases. With this thought, I would like to share with you a few things that I have learned along this journey of healing.

Unfortunately, the treatment of cancer in our society today has become extremely segregated and non inclusive -- let me explain. The medical, or allopathic method, treats cancer, for the most part, using their standard approach - one way and one way only - identify, label, and aggressively attack (for example using chemotherapy, radiation, etc.) The nutritional, or alternative field, will treat cancer with nutritional alternative medicine only hoping that the cancer is not too far along so that nature can turn the patient in the right direction. In 1998, there were 890 million Physician visits and, according to a study published in the Journal of the American Medical Association, consumers made almost twice that number of visits to alternative and complementary health care providers. With this many visits to both Medical and alternative doctors, something's obviously not working. Very rarely, will the two be combined and even more rarely will they be combined effectively. Add to this unfortunate situation, the fact that most of the time the medical and alternative fields will leave out one of the most critical areas to address when it comes to this devastating illness: the mental and spiritual element. It is my experience, that this segregation in the treatment of cancer benefits no one and has quite deep and broad reaching ramifications. I feel blessed that some of the most rewarding and impactful work that I have done throughout my entire professional career has been in working with people who have serious, degenerative diseases and my ability to help them. I have been able to help them by strategically (and with great craft) combining the amazing power of, not one of these techniques, but by merging and utilizing the best of all three of these techniques (medical, nutritional and spiritual). When we learn to properly use the strengths of the medical field, combined with proper utilization of the strengths of the alternative and nutritional fields and combine those with the power and liberating aspect of the mind and spiritual element, then we have created a true recipe for healing. The truth of the matter is that anyone can find a survivor who has had positive results from one of these three modalities which begs the question: is all three better than one? Let me expound on all three.

THE MEDICAL APPROACH

I believe the greatest role that a doctor can play is to be a guide and to simply move people in the proper direction. I believe doctors, regardless of what they have been trained in, should learn to set their egos aside. We must know, and truly understand, that “our” way or the way in which we have been trained, is not the only way. The fact of the

matter is that the more open we are to new ideas and new possibilities the better we are at helping people. I believe that one of the things that makes me different in this intricate world of healing is that I am willing to use any means necessary for the patient to win the battle and overcome their illness. I try my very best to allow no ego to enter into my work. When teaching someone with cancer to slay the dragons of illness, we must learn to use any means possible. The medical world has spent trillions of dollars coming up with the most sophisticated diagnostic techniques that 50 years ago we could never have even conceived of. Also remember that some medicines are responsible for saving or extending millions of peoples lives. The bottom line is we cannot disregard this; however, we must learn to utilize these tools and techniques to our advantage in the fight against cancer. Much of the holistic, nutritional or alternative field will be quick to disregard the medical world as being bad, toxic, ineffective, or unnatural. My view is to utilize the parts of the medical field in an overall strategic plan, to win the battle against cancer that best serves the patient.

THE NATURAL APPROACH

I believe the natural world, too often, is terribly quick to attack or try to discredit the medical world. I believe that most natural practitioners have not learned the proper way to work with the medical world or the medical practitioner and vice versa.

The natural approach has been the foundation of my work and the driving force behind my amazing results over the past 20 years. This is what I have been trained in. In the natural approach, there are some very fundamental steps to take in order to be a very effective healer, coach or teacher. For example, you must learn everything you can about the patient; their thoughts, likes, dislikes, what makes them happy, sad, their fears, what they want out of life, what motivates them, what de-motivates them, their innermost thoughts about their illness, the fear around their illness and what it would be like to be healthy or whole again. When you understand these aspects of a person, you begin to understand how to really communicate with them and how to coach them. Next, you must develop a battle plan; which includes roles for all participants, especially the one with the illness. This battle plan may include what I call my three-pronged approach.

Number One - Strategic use of the medical tools and techniques that are available. Included in this battle plan is the medical aspect. If the person's medical doctor is open, invite them to participate in this plan and use the amazing technological powers of today's modern medical system to glean as much information as possible about the person, the illness and also – if the person so chooses – to use medical treatments.

Number Two - Strategic use of, and proper and aggressive utilization of, the most effective natural and nutritional modalities and techniques. Below, is an example of a natural/medical battle plan that I have seen produce very positive results.

1. **Aggressive Detoxification**

By removing the toxins and poisons from our cells, tissues, blood and organs, we clear the way for the body to begin to heal and fight the Cancer on its own.

2. **Upbuilding the Body.**

Ellen G. White of the Seventh Day Adventist Church spoke about upbuilding over 100 years ago. Upbuilding the body simply means to build up the levels of nutrition (or nutrients) that our bodies need to sustain a healthy, vibrant and full life. These nutrients, while few, are vital. For example: Protein, Starch, essential Fat, Vitamins, Minerals, Enzymes, Fiber, Trace Minerals and other critical micro nutrients.

3. **Diet and Supplementation to Discourage Tumor Growth**

Certain nutrients can discourage or retard tumor growth. My nutrient recommendations include shitake mushroom and ginger extract, (a 5 – LO enzyme inhibitor). I also recommend 100% Pure Noni Juice (no fruit juice added, only pure Noni) from the Noni fruit, Maitake mushroom extract and Probiotics.

4. **Boosting Anti-Angiogenesis which Blocks Tumor Nourishment**

This is of extreme importance. Nutrients that support in boosting anti-angiogenesis include: 100% pure aged Noni juice (no fruit juice added, only pure Noni) from the Noni fruit, shark cartilage, raw garlic, the herb Pao D’arco, Green Tea and Maitake D-fraction extract.

5. **Change the Diet and Start your Plan of Attack**

The first thing is to stop all sugar. **Sugar can feed cancer.** I change the diet to a sour or bitter diet and start the battle plan to help attack the cancer cells with Colloidal Silver, Powdered Vitamin C, 100% Pure Noni Juice (no fruit juice added, only pure Noni) from the Noni fruit, Vegetarian Enzymes taken on an empty stomach (*not with food*) the herbs Cat’s Claw, raw Garlic, Oregano Oil and other natural aggressive cancer warriors.

6. **Strengthen and Rebuild the Immune and Glandular System**

I pay special attention to the adrenal and thymus glands. I use an all around, high potency liquid vitamin, mineral and amino acid supplement, concurrently with Vitamin C, Cat’s Claw, an essential Fatty Acid Combination, Olive leaf extract, Lactoferrin, SOD (superoxide dismutase), Trace Minerals, Probiotics along with all the other nutrients listed in sections 1 through 5 above.

Finally, number three of the three pronged approach –and last but not least: allowing the healing powers of God and our mind to take on a role, and possibly even a leading role, in the healing of this very serious and life threatening disease. I would like to share with you two real life examples to illustrate the point of how very powerful God and the mind can be in this type of situation.

Example Number One – I started working with a man who had lung cancer that was in a very advanced and late stage. The doctors gave him 90 days to live. In essence, this was a death sentence, or what I call a prescription for death. This man kept repeating that he only had 90 days to live. He believed this so deeply; because it came from an authoritative figure, this became negatively embedded in his mind and this prophecy was fulfilled. Fear consumed him and almost to the exact day, he died.

Example Number Two - On the opposite end of the spectrum, a younger lady comes to me with a more aggressive form of cancer that had spread throughout her entire body; including her lungs and bones. Her doctors also gave her a death prescription. She did not accept it or fill it and she decided to use this three pronged approach. From the deepest level, she utilized to their maximum capacity; the medical field, my nutritional plan, the positive power of her mind and the power of faith to rise above her illness, destroy it, and enjoy a positive, vibrant and fulfilling life.

There are three final thoughts that I will share with you, as it pertains to fighting cancer for life:

Number one: there are very few cancer victims (although some children are victims of cancer) but by far, the majority of cancer is earned by us (you and me.) Our choices and our lifestyle; cause an effect. There is something I call the cancer spiral and this is how it works. The fear deep inside of us creates anger and the anger creates stress. The anger, fear and stress all feed off of ignorance. The ignorance then facilitates poor choices. The poor choices then manifest themselves in our lifestyle; diet, habits, addictions, bad relationships, stressful jobs, toxic elements, and negative thoughts, emotions, etc. All of these negative components feed off of each other and over time breakdown our cells, tissues, organs, bodies, minds and spirit. We wake up one day and we've earned cancer. Stop this spiral and you stop the negative cycle that is happening everywhere around you. Change the world by changing yourself first.

My second thought is that the cancer patient does not need fear, a death sentence, a prescription of death or to be treated as a statistic. They do, however, desperately need love, hope, a road map to health, a plan of attack, guidance, coaching, real answers, support, a teacher, a doctor, a healer, a spiritual counselor and most importantly, they must be the lead participant. Our job as a doctor is to create this beautiful fertile ground for the lead participant.

My final thought; don't earn cancer - do something about it now so you do not read an article like this from a cancer patient's perspective. Preventative medicine is much preferred over reactive medicine or any other medicine for that matter. An ounce of prevention really and truly is worth a ton of cure. And please remember, what we build our homes

(temple) with today, will determine how we weather the storms of tomorrow.

Some Cancer Statistics from the Center for Disease Control

In 1998, 53% of all cancer-related deaths in the U.S. were associated with four sites: lung/bronchus, colon/rectum, prostate and female breast. In all four areas, Death rates for blacks were higher than whites.

Women:

Lung cancer is the major cause of cancer-related death among men and women.

Breast cancer is the second major cause of cancer-related death among women.

An estimated 40,000 women died of breast cancer in 2002.

More than 200,000 new cases were diagnosed.

Men:

Prostate cancer is the second major cause of cancer-related death among men.

A man in his lifetime has about a:

16% chance (1 in 6) of being diagnosed with prostate cancer

3% chance (1 in 33) of dying from prostate cancer

In 2002:

Cancer was the second leading cause of death in 2002 in the US and is expected to become the leading cause of death in the next decade.

Source: http://www.cdc.gov/nccdphp/pe_factsheets/pe_cancer.htm
