Radical Remission - Also referred to as ‘spontaneous healing.’ There are thousands of cases of radical remission published in medical journals; however, most major cancer institutions are not sharing and/or recommending review and discussion of what people did to survive. After all, if we are trying to “win the war on cancer,” doesn’t it make sense to talk and learn from those who have already won?

Radical remission occurs whenever:

• A person’s cancer goes away without using any conventional medicine; or
• A cancer patient tries conventional medicine, but the cancer does not go into remission, so he or she switches to alternative methods of healing, which do lead to a remission, or
• A cancer patient uses conventional medicine and alternative healing methods at the same time in order to outlive a statistically dire prognosis (i.e. any cancer with a less than 25% chance of five-year survival).

Based on the research, the nine key factors for radical remission are:

Radically Changing Your Diet - ______________________________________________________
Taking Control of Your Health - _____________________________________________________
Following Your Intuition - ___________________________________________________________
Using Herbs and Supplements - ______________________________________________________
Releasing Suppressed Emotions - _____________________________________________________
Increasing Positive Emotions - _______________________________________________________
Embracing Social Support - __________________________________________________________
Deepening Your Spiritual Connection - _________________________________________________
Having Strong Reasons for Living - ___________________________________________________

What will you do to prevent cancer and/or radically change your health?

1) _____________________________________________________________________________
2) _____________________________________________________________________________
3) ______________________________________________________________________________

You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.