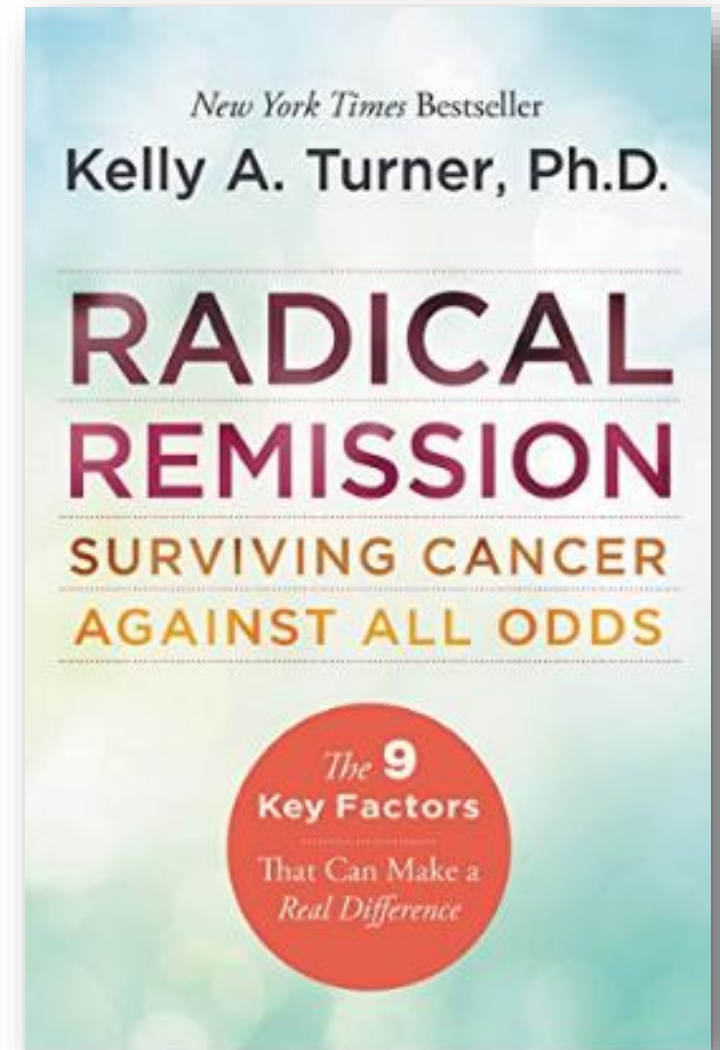


# Radical Remission – Surviving Cancer Against All Odds



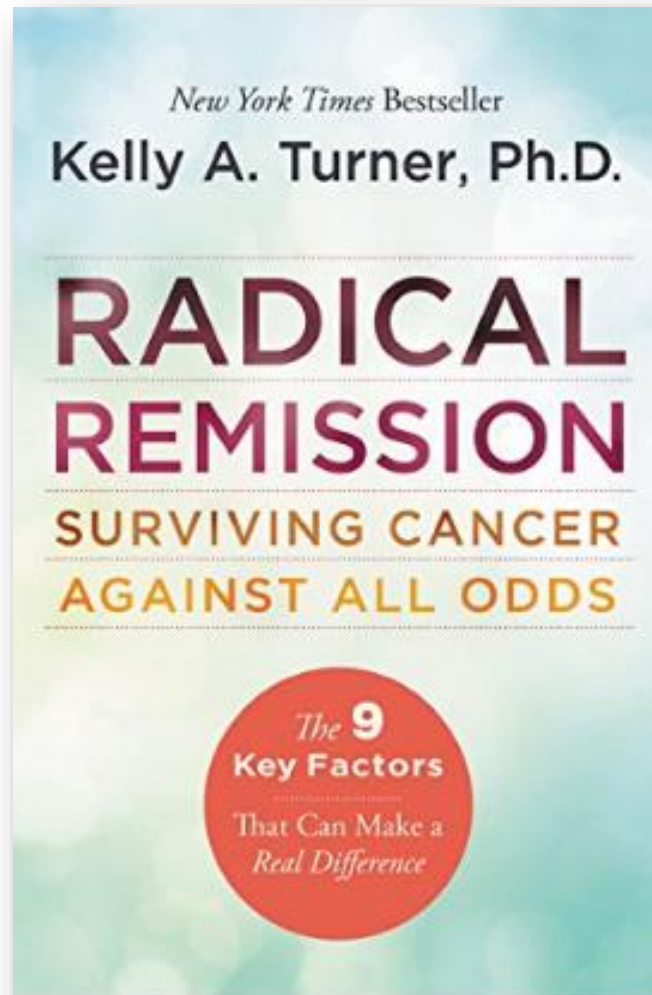
# Agenda

- Radical Remission – Surviving Cancer Against All Odds
- Nine key factors for Radical Remission
  - 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
- Reflection – “How you living?”

# Disclaimer

- During the Transform seminars you will learn about the benefits of a lifestyle and a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their lifestyle and nutrition. And now you want to learn how you too can be healthier by healthy living and eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

# Radical Remission



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- Founder, [www.radicalremission.com](http://www.radicalremission.com)
- Book: Radical Remission – Surviving Cancer Against All Odds

# Radical Remission



<https://www.youtube.com/watch?v=PX0oeUuKDjU>

# Radical Remission

- ‘Radical Remission’ is 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

- 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).

# Nine Key Factors For Radical Remission

- 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



# Radically Changing Your Diet

- “Let food be thy medicine and medicine by thy food.” Hippocrates
- The majority of radical remission survivors all tend to make the same four dietary changes, they are:
  - Greatly reducing or eliminating sugar, meat, dairy, and refined foods
  - Greatly increasing vegetable and fruit intake
  - Eating organic foods
  - Drinking filtered water

# Radically Changing Your Diet

- Action steps:
  - Reduce slowly. Start with one less sweet, one less portion of meat, one less serving of dairy, and one less refined food per day. Start exploring healthier alternatives to these foods, such as coconut ice cream, pinto beans, hemp milk and quinoa.
  - Eat at least one vegetable or fruit with every meal, and build up from there until half of every meal is veggies and fruits.
  - Prioritize what organic food you buy – certainly meat and dairy, but also those fruits and vegetables that absorb the most pesticides: apples, celery, tomatoes, mushrooms, etc. Over time, your grocery bill should stay the same as you replace expensive meat with organic fruits and vegetables.
  - Start your morning with a glass of filtered water with lemon juice to help detoxify your body. First, buy a simple pitcher filter, and then save up for a home filtration system.

# Taking Control of Your Health

- The word “patient” comes from the Latin word *pati*, which means both “to suffer” and “to allow” or “to submit.” In today’s world, medical patients are not necessarily expected to suffer, but they are expected to allow or submit.
- Radical remission survivors assumed responsibility for all aspects of their lives, including recovery; thus, medical personnel were often used as consultants.
- Radical remission cancer survivors, it seems safe to conclude that taking an active as opposed to passive role in your health is an important – if not crucial – step in the body’s self-healing process.

# Taking Control of Your Health

- Action Steps:

- Find a general practitioner who does not get annoyed when you ask questions or bring in your own research. Then expand your search to include any other health practitioners you need such as acupuncturists, naturopaths, psychologists, nutritionist, energy healers, and massage therapists.
- Learn how to research. Staying informed is one of the most powerful things you can do for your health, so make it a goal to read at least one health-related article per week from a source you enjoy and trust.
- Take out a sheet of paper and write down these three headings: physical, mental/emotional, and spiritual. Then write down how you can improve in all three of those areas.
- Find an accountability partner. You will undoubtedly run into some external or internal criticism as you begin to take control of your health by making changes.

# Following Your Intuition

- We rely on whatever the weather channel tells us, we eat whatever processed foods we find in the supermarket, and we take whatever medicine our doctors give us.
- There are two potential problems with that approach, first – the sources may be wrong. For example, medical doctors in the 1950s recommended tobacco use. Second, instincts are a lot like multiplication tables: if you don't use them, you lose them.
- The radical remission survivors studied believe that the body has an innate, intuitive knowledge about what it needs in order to heal and it can often also let you know why it got sick in the first place. It is vital to check in with your intuition before making any sort of healing plan.

# Following Your Intuition

- Action Steps:

- Set aside time to relax daily while you purposefully let your thinking mind turn off. During this time, don't watch TV or read anything; instead, listen to some calming music and try to let your mind daydream.
- Once you are in a relaxed state and your thinking mind has settled down somewhat, choose a technique that allows you to get in touch with the limbic part of your brain, which transmits your intuition:
  - Guided Imagery
  - Meditation
  - Journaling
  - Dreams
- Our gut instinct is often right long before our logical mind can explain *why* it is right.

# Using Herbs and Supplements

- One of the many ways methods healers use is by recommending plant-based herbs and supplements that boost their patient's immune systems.
- The hope is that, by creating an environment that is incredibly strong and healthy, cancer cells, will not be able to thrive.
- Ideally, we would get all the vitamins and minerals our immune system needs from diet alone. However, this is sadly not as possible today as it was a hundred years ago.

# Using Herbs and Supplements

- Action Steps:
  - Most radical remission survivors take supplements that fall into the following categories:
    - Category one: Supplements that help you digest your food.
      - Digestive enzymes
      - Prebiotics and probiotics
    - Category two: Supplements to detoxify your body:
      - Antifungals, Antiparasitics, Anti-bacterials and Liver detoxifiers
    - Category three: Supplements that boost your immune system
      - Immune system boosters
      - Vitamins and Hormones
  - Please note that most supplements are nearly a Band-Aid for a nutrient-poor, toxin rich environment. While they can help when dealing with cancer they should not be considered a long term solution.



# Releasing Suppressed Emotions

- Suppressed emotions are any emotions you are hanging on to from your past, whether positive, negative, conscious, or unconscious.
- The most common emotions we hold on to are negative ones, such as stress, fear, trauma, regret, anger, or sadness, but we may also hold on to positive emotions such as happiness.
- In the last twenty years, research has begun to support the theory that letting go of suppressed emotions can be beneficial to the physical body.

# Releasing Suppressed Emotions

- Action Steps:

- Clean out the emotional baggage from the past in order to boost your immune system and increase your happiness, here are some suggestions to get you started:
  - Keep a thought journal (Cognitive behavioral therapy)
  - See a healer or a therapist
  - Try hypnosis or EMDR (a form of hypnosis that stands for eye movement desensitization and reprocessing).
- The main message from this is not that we should never feel fear, anger, grief, stress, etc. but rather that we should try not to hold on to any particular emotion – be it positive or negative – for too long.
- Emotions should flow through the body like waves crashing on a beach – in and then out.

# Increasing Positive Emotions

- When we feel happy and loving, our physical bodies are flooded with cancer-fighting immune cells, our emotional lives are free of stress and worry, and our social and work relationships improve.
- The positive emotions radical remissions try to experience on a daily basis are happiness, joy and love. When we feel these emotions the glands in our brain release a surge of healing hormones into our bloodstreams, including serotonin, relaxin, oxytocin, dopamine, and endorphins.
- These hormones instantly help our bodies:
  - Lower blood pressure, heart rate and cortisol; improve circulation, deepen breathing, slows digest for more nutrient absorption, increases white and red blood cells, increases natural killer cell activity, clears our infections and scan for cancer and remove any cancer cells.

# Increasing Positive Emotions

- Action Steps:

- Negative emotions do nothing to help our immune systems fight off illness. Here are some simple suggestions radical remission survivors have used in order to increase their positive emotions:
  - Start every day with a smile or a feeling of gratitude.
  - Monitor your media.
  - Examine your entertainment.
  - Find fun friends.
  - Get active
  - Do a nightly check-in (Did I have at least one moment of happiness today?)
- If you are under chronic stress, your body cannot heal itself; in you instead commit to at least five minutes of happiness per day, you will provide rocket fuel to your immune system.

# Embracing Social Support

- At a fundamental level, humans need each other to survive. The support of others is even more important when we are sick.
- Virtually all the radical remission survivors believe that the love they received from others when they were sick actually helped their physical bodies heal.
- Another key aspect of receiving love and support is the idea that the overall goal is not to feel alone, although the methods for achieving this will vary from person to person.
- Additionally, receiving love and support is the importance of physical touch when it comes to healing.

# Embracing Social Support

- Action Steps:
  - If you are a cancer patient:
    - Reach out to someone you love by picking up the phone today and just calling him or her.
    - Sign up for a gentle group exercise class in your area.
    - Join a support group of other cancer patients.
    - Don't be afraid to ask for help when you need it.
  - If you are the loved one of a cancer patient:
    - Call your loved one who has cancer and simply tell that person you were thinking about him or her. That is all you need to do.
    - Drop off healthy meals. Check in with what they are currently eating (e.g. vegan) so what you provide supports their nutritional needs.
    - Offer to run errands or help with household chores.
    - Plan a day of pampering or distraction.
    - Don't get overwhelmed thinking that you always have to do something in order to be supportive. Show your love and support every couple of days.

# Deepening Your Spiritual Connection



- The radical remission survivors and alternative healers describe spiritual energy as something they feel simultaneously as both a physical sensation and an intense emotion.
- One idea related to spiritual energy that comes up again and again in my research is the notion that humans are primarily spiritual beings having a temporary, physical experience in a body.
- A key learning from radical remission survivors is that, while some may be lucky enough to experience an instant flood of spiritual energy, most of us have to work up to it slowly with regular, committed practice.

# Deepening Your Spiritual Connection



- Action Steps:

- A spiritual practice is one that encourages you to feel – in your body and your emotions – a deep sensation of calm and peace. Here are some spiritual practices you can try this week:
  - Deep breathing.
  - Walking outside.
  - Guided imagery.
  - Guided meditation.
  - Daily prayer.
  - Spiritual groups.
  - Online groups
- These practices can transform your body for the better in a very powerful way, especially if you practice them daily.



# Having Strong Reasons For Living

- All radical remission survivors had a “I don’t want to die” attitude; however, it wasn’t just not wanting to die – it was because they really wanted to keep living.
- It is not about fear of death, it is a zest for life.
- Radical remission survivor’s desire to live has to come from the deepest core of his or her being.
- People often need to get in touch with (or get in touch with) their deepest desires or callings.
- Having strong reasons for living means focusing on why you want to keep living instead of the fact that you might die sooner than you had hoped.

# Having Strong Reasons For Living

- Action Steps:

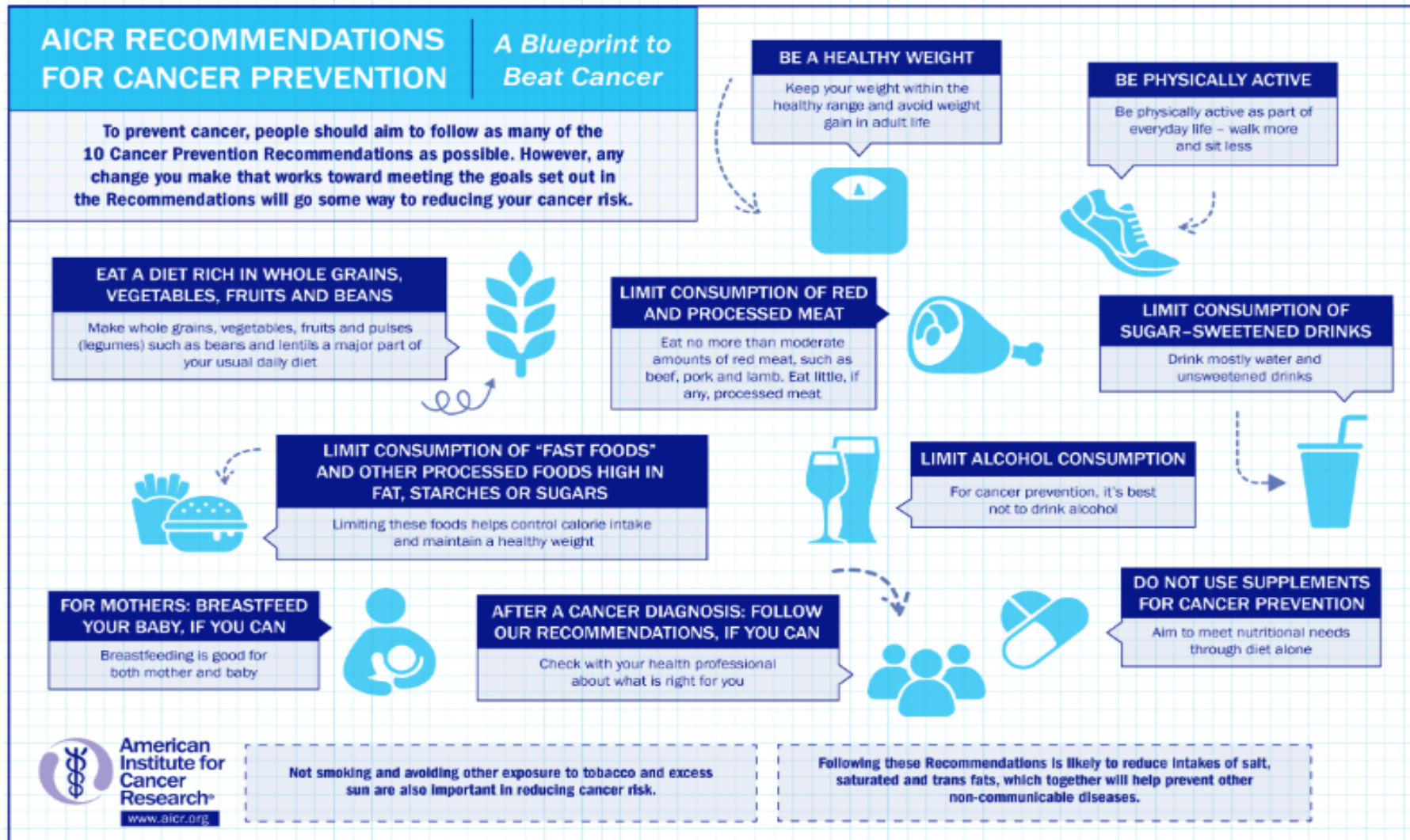
- Here are some simple ways you can make your life feel more vibrant and meaningful:

- Write down how many years you want to live.
    - Write your ideal obituary.
    - Make a simple list of all your current reasons for living and enjoying life.
    - Try this powerful, three step exercise for finding your calling:
      - Imagine that you have unlimited wealth and perfect health, what are all the things you would do with your life?
      - On a different day, imagine you had a year to live – how you would choose to spend that last year?
      - Send an email to [answer@radicalremission.com](mailto:answer@radicalremission.com) for a explanation of how your responses to these two very different scenarios relate to your calling.
    - First thing we need to ask ourselves is “Why do you want to stay alive?” “What else would you still like to experience in this life?” “Which activities bring your energy and joy?”

# American Institute for Cancer Research (AICR)



- [www.aicr.org](http://www.aicr.org)



# Reflection

- Of the nine healing factors, which one are you most likely to bring into your own life, and why?
- Which healing factor are you least likely to bring into your own life, and why?
- What are your three strongest reasons for living at this moment?
- “How you living?”



“He who has health, has hope.  
And he who has hope, has  
everything.”

Thomas Carlyle, Philosopher

## Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to prevent cancer and/or radically change your health?
- Questions?

“If we are trying to ‘win the war on cancer,’ doesn’t it make sense to talk to those who have already won?”

Kelly A. Turner Ph.D.