

Natural Healing Express Weekly

Column 196 STUPID CANCER

This week, I am heading to Indianapolis for the funeral of another dear friend lost to pancreatic cancer. Most everyone around her is inconsolable. I am very sad. She was an amazing person with a lot of life before her. Yet, she is gone too soon. She leaves a great husband, a son and step son, grand kids and a lot of lost friends. STUPID CANCER.

As a Christian, I am choosing to believe God had a plan for our dear Judy. I choose to believe that, maybe just because otherwise it is too painful for us all. I am thinking that while damn disease takes yet another friend, in my heart I am being called to DO SOMETHING. Maybe my part in all of this is to help educate others to help stop it.

When we lost Rita, I decided to write 7 articles on the topic of Cancer. They are all on our website under newsletters. And we received a lot of great feedback on the articles. So what I am planning to do this week is share the RECAP of those articles. People, PLEASE read the facts listed here. They haven't changed that much. But what has changed is we lost another great soul.

All I can say at this point is - We are all connected on this planet, guys. Be nice. Try harder. Love the people around you. It can all go away in a heartbeat. You are not guaranteed tomorrow. If you don't have a relationship with a higher power – look into that. If you are hanging around my program and would like advice – I say get in a great BIBLE based church. . And hug your loved ones or let them hug you. Pray.

Here is the original recap- if it helps just one person, I am eternally grateful. And to Miss Judy Warren – We miss you. Godspeed.

This week we will do a recap of the last 6 articles on Cancer. Number one, we looked at the way our emotions affect our bodies. I gave you a few tidbits from “Feelings Buried Alive Never Die” by Karol Truman. We talked about the correlation between repressed feelings such as anger playing a major role in contributing to cancer. Holding on to deep anger, resentment, hate, revenge and jealousy can cause permanent damage, sometimes irreparable damage.

We talked about forgiveness and the benefits its freedom allows. Remember, forgiveness is NOT about the person/situation/thing that created the issue for you. Forgiveness is about you! Forgiveness is about you CHOOSING to let the anger subside and truly letting it go for your OWN sake. I didn't say you had to be best friends with the person/situation that you choose to forgive, I am merely suggesting that you do what it take for you to release its negative hold on your life by FORGIVING and MOVING ON. In this manner, you free yourself from the negative emotions associated with whatever caused it in the first place.

Next we discussed at length Dr. Brownstein's 7 steps to prevent cancer. Here they are again in a CLIP and POST format. They are simple to follow and will no doubt make a difference in your overall health. Those steps are as follows;

7 Simple Steps to Prevent Cancer

- 1. Don't Smoke Cigarettes*
- 2. Maintain Adequate Iodine Levels*
- 3. Avoid Synthetic Chemicals*
- 4. Don't eat White Foods*
- 5. Watch out for Heavy Metals*
- 6. Avoid Radiation Exposure*
- 7. Supplement Your Immune System*

Next we discussed those alarming statistics. Again, take a look at these and help me make a difference in reducing these numbers for 2014.

In 2013, approximately 16,210 men and 46,500 women developed thyroid cancer.

In 2013, Over 22,240 women were diagnosed with ovarian cancer. Over 14,000 died.

In 2013, Over 61,000 women were diagnosed with uterine cancer. Over 12,000 died.

In 2013, Over 232,340 women were diagnosed with breast cancer, nearly 40,000 died.

In 2013, millions of people lost a loved one to cancer. In 2014, I joined them.

In 2013, I felt empathy for those who lost the battle. In 2014, I decided to do something.

Finally we discussed ways to improve your immune system by changing your eating habits. As usual, we abide by the theory, "let thy food be the medicine and thy medicine be thy food". We suggested more raw foods, more greens and proteins, with a lot less processed food and artificial sugars.

As we close this series, I give you my heartfelt gratitude for reading these articles. Thank you for trying to make a difference in your own live as well as others. If we help one person lessen the hold this horrific disease has on our society, then I feel it is was successful.

Finally, I dedicate this series to my dear friend Rita Lobdell, (who I know is in a better place) for inspiring me to take on this monster topic. I further dedicate this work it to all families who have encountered cancer, those who have won the battle and even more so, to those who have suffered and lost. Godspeed.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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