

**Annie Vanhee**



**HEALING  
CANCER  
HOLISTICALLY**

**MY STORY**

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# Healing Cancer Holistically

A Woman's Story of Hope, Healing and Renewal

*Through the storm of cancer,  
I lived,  
I learned,  
I thrived.*

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The author is not a medical professional. The methods, dietary advice, supplements, herbs, or therapies described are personal choices and may vary in effectiveness. While these approaches supported the author’s recovery and can also contribute to the prevention of illness, readers are encouraged to always consult their own doctor or specialist before making any changes to their treatment, preventive care, or lifestyle.

The author cannot be held liable for any consequences of applying the information in this book. Its purpose is to share awareness, hope, and knowledge, but it offers no guarantee of a cure or prevention.

# Foreword

This remarkable book is a wellspring of inspiration, chronicling one woman's deeply personal journey of healing. *'Healing Cancer Holistically: A Woman's Story of Hope, Healing, and Renewal'* resonates profoundly with the principles of integrative medicine.

As a surgeon, I meet patients every day who grapple with the daunting and often terrifying reality of a cancer diagnosis. Surgery is a captivating field that offers immense possibilities for making a difference. Advances in prevention and screening now enable earlier tumor detection. Yet, when cancer cells spread throughout the body, treatment becomes a profoundly complex challenge.

From an early age, I was fascinated by the multifaceted nature of humanity. Medicine opened my eyes to the marvels of the human body, not only what we can see and touch, but also its intricate microscopic, biochemical, and electrophysiological processes. Over time, I've witnessed cancer surgeries become more and more precise and less invasive and immunotherapy and radiotherapy

unlock new possibilities, and survival rates steadily improve.

Rooted in the natural sciences, Western medicine is invaluable. Belgium stands among the global leaders, offering accessible, high-quality care. Still, we face significant challenges. Cancer is increasingly a chronic condition. Healing is critical, but preserving quality of life is just as vital, and life after cancer matters deeply. Treatment extends beyond protocols—we are more than our physical bodies.

A cancer diagnosis shakes us to our core, confronting us with uncertainty, fear, and vulnerability. In those moments, we crave support, warmth, and connection. A trusting relationship with doctors and caregivers is essential. Equally crucial is our own active engagement. Healing is not merely enduring treatment; it's an active pursuit of wholeness.

We are unique beings, a blend of body, mind, soul, and consciousness, driven by dreams, desires, and a profound need for connection. Loneliness diminishes us; loving relationships sustain us. Psychosomatic insights reveal how body and mind

continuously influence one another. Unresolved trauma and suppressed emotions shape our existence and actions. In sleep, we enter a dreamworld—a mental realm where we process and relive our experiences.

Today, we often lose touch with ourselves, nature, and the essence of life. Yet, our bodies are sustained by the elements: earth, water, air, and fire. Nutritious food, clean water, fresh air, and warmth are vital for balance. This holistic wisdom, rooted in centuries-old traditional healing practices, underscores the power of spiritual connection and trust in enhancing our capacity to heal.

We live in a materialistic society driven by economics, media, and technology, and healthcare is not immune to these forces. Artificial intelligence will undoubtedly bring benefits, provided it doesn't eclipse our freedom, humanity, or compassionate care. Depression, burnout, and mental disconnection are, sadly, widespread. We must rediscover energy through nature, silence, meditation, human connection, and inner strength.

Guided by this belief, in 2019, I joined 33 like-minded individuals to establish PLUS 4 Health

Care, a nonprofit organization. This led to the creation of the Integrative Medicine Department at AZ ZENO in Knokke, Belgium, known as “Pluszorg (Pluscare)”, in partnership with our support center, “Het Warm Nest (The Warm Nest)”. At Pluszorg, we integrate conventional treatments with preventive and complementary therapies, as described in this book, not as replacements, but as valuable enhancements to support recovery, well-being, and quality of life. Our team of therapists guides patients under medical supervision, always with a personal, warm, and holistic approach, aiming to help individuals reclaim their strength, release fear, and reconnect with their inner source.

The author’s personal testimony is a guiding light, offering courage, hope, and inspiration to many on their healing journey.

With heartfelt gratitude for your testimony,  
Dr. Bart Devos  
Chairman, PLUS 4 Health Care and Pluszorg AZ  
ZENO  
General Surgeon, AZ ZENO

## Lifetime risk of cancer

<i>Region/ Country</i>	<i>Risk</i>	<i>Source</i>
Australia & New Zealand	± 50%	GLOBOCAN 2020
United Kingdom	± 45%	Cancer Research UK
United States	± 39–40%	NCI SEER (National Cancer Institute)
Canada	± 40%	Canadian Cancer Society
Western Europe	± 38–40%	WHO / PubMed
Worldwide	± 20%	GLOBOCAN / WHO

# Prologue

Cancer is a word that evokes fear. It is a serious illness that can change a life in an instant. People fear the pain, the loss of time, and the confrontation with the fragility of the body. It forces us to reflect on life—and on its impermanence.

And yet, even in the midst of fear, there is hope. I know this from personal experience. When I was diagnosed with cancer, I too faced those same fears. But I found healing through an alternative approach that nourished but also my mind and soul. With the holistic methods described in this book, I was able to take ownership of my path and ultimately overcome the illness. My personal story, shared in the following pages, bears witness to the strength of this approach.

Those who face cancer show immense courage, and scientists continue their tireless work to understand and fight the disease. Alongside these efforts, there are other ways to offer support—treatments that care for the whole human being: body, mind, and soul. These approaches can

provide both strength and a sense of empowerment.

Cancer is a profound trial, but it also teaches us about resilience and love. This message is for everyone touched by cancer—for those who are afraid yet keep moving forward, and for those who are able to find hope along the way. Their stories remind us that healing is more than the restoration of the body; it is also about science, the soul, and the care we offer one another.

In this book, I share my personal journey along with the practical methods I used, so that they may support you or your loved ones.

This book is not only for those, like me, who have stood face to face with cancer. It is also for you—for anyone who is healthy and wishes to remain so.

# My Personal Story

It began as an ordinary morning, until my life unexpectedly turned in a direction I could never have foreseen. After taking a shower, I discovered a small, painless lump in my groin. At first, I paid little attention to it, assuming it was something harmless that would eventually disappear. Yet a persistent feeling of caution urged me to see my doctor. His calm reassurance that there was “no immediate cause for concern” put me at ease. He suggested a simple procedure to remove the lump.

The procedure was performed under local anesthesia by a gynecologist, who confidently described it as routine. The tissue was sent for further examination, and I went home relieved, believing the matter was behind me.

A week later, I returned for the follow-up appointment, unprepared for the gravity of what awaited me. The doctor’s demeanor had shifted—his expression somber, his voice deliberate. The lab results revealed that the lump might, in fact, be cancer.

From that moment on, nothing was the same. The word *cancer* carried a weight I had never imagined, pulling me into a whirlpool of fear, uncertainty, and countless questions. I was referred to an oncologist specializing in hematology, and suddenly my days were filled with hospital visits, medical jargon, and an overwhelming treatment plan.

The oncologist recommended an aggressive approach: thirteen sessions of chemotherapy. “You will lose your hair and your strength, and you will feel very ill,” he warned me, painting a stark picture of what lay ahead. With no other options, I chose to fight.

The treatments were every bit as harsh as predicted. After the very first session, I was overcome with nausea that lingered for weeks. Just as I began to regain a bit of strength, the next round would begin. Eventually, I lost all of my hair—not only on my head, but also the fine hairs on my arms, legs, and eyebrows. Even in the heat of summer, I wrapped myself in winter sweaters and hats. I was always cold, my body unable to warm itself.

My housemates were stunned by the diagnosis. They could not understand how someone who ate well, exercised regularly, and worked with such passion could be struck by this illness. And yet, I persevered. After the thirteenth session, the cancer went into remission. For a time, I believed I had reclaimed my life.

Five years later, the cancer returned—and with it, the fragile hope I had built collapsed. The thought of enduring chemotherapy again was unbearable. The memories of nausea, vomiting, weakness, and hair loss haunted me. I read about the potential side effects: inflamed mucous membranes, liver damage, immune suppression, bone marrow toxicity, anemia, and even the failure of red blood cell production.

In a moment of despair, I asked my oncologist about euthanasia. His shock was palpable. “But you endured it so well the first time,” he said, unable to grasp the depth of my suffering. After a tense silence, he suggested an experimental treatment. He assured me it was not traditional chemotherapy and that I would be spared the worst of the side effects. Desperate for an alternative, I agreed.

The treatment worked, and the cancer once again went into remission. It was only later that I learned it was still a form of chemotherapy—though a milder version. That revelation, combined with the knowledge that non-Hodgkin’s lymphoma often returns and that the side effects can sometimes outweigh the benefits, shook my trust in conventional medicine to its core.

At that point, I stood at a crossroads. I could no longer hand over my health entirely to doctors. My intuition urged me to take ownership of my own path. With both fear and determination, I chose to decline further treatments and to embrace a natural and holistic approach—one rooted in nutrition, herbs, and supplements. It was a leap into the unknown, filled with doubt yet also with a glimmer of hope. That choice marked the beginning of a profoundly transformative journey—a search for healing and self-awareness, guided by the wisdom of nature and the inner knowing of my own body.

This testimony tells that story. It shares the lessons I learned along the way and the practices that helped restore my health. Science also shows that a healthy lifestyle—good nutrition, exercise,

and stress management—can reduce the risk of cancer, though nothing is ever guaranteed. This book offers insights for living more consciously, not only to recover but also to prevent.

My story is not a blueprint for everyone, but I hope it may inspire others who face similar challenges to explore their own alternative path to healing—with courage, openness, and curiosity.

— Annie Vanhee

*“This book is the gift of my heart—to share the hope that carried me through cancer, and to inspire others to discover their own path to healing.”*

# Purpose of the Book

I wrote this book to share the raw, unfiltered truth of my experience—not only the physical toll that cancer and its treatments demanded, but also the emotional and psychological journey that forever changed my view on health, resilience, and self-empowerment.

The discovery that even a so-called “*experimental*” treatment was still a form of chemotherapy, combined with the realization that non-Hodgkin’s lymphoma often returns and that treatments can sometimes do more harm than good, shook my blind trust in conventional medicine. It led me to take charge of my own health, to listen to my intuition, and to explore alternative paths that respected the body’s natural healing capacity.

This journey was not without fear or doubt, but it was infused with hope, discovery, and a renewed sense of purpose. My story is not a ready-made solution, nor a rejection of medical science. It is a testimony to the power of exploring possibilities, asking questions, and daring to trust yourself—especially when life pushes you to the edge.

I wrote this book not only to offer hope and inspiration to others facing their own struggle with illness, but also to those who want to strengthen their health and reduce the risk of cancer. The same principles that supported my recovery—nutrition, herbs, lifestyle, and inner balance—can also serve as a foundation for prevention.

Through this testimony, I share the lessons I have learned, the practices that restored my health, and my deep belief that even in our darkest moments, a path toward healing and prevention awaits us to be discovered.

*"True healing blooms when we let go of fear, nurture body, mind, and spirit as one, guided by nature's wisdom."*

# Chapter-by-Chapter Summary

## *Chapter 1: Holistic and Natural Healing*

**Holistic healing became the cornerstone of my recovery**, revealing that true vitality arises from a living balance of body, mind, and soul—where symptoms often serve as messengers of deeper imbalance. My disillusionment with conventional treatments such as chemotherapy, combined with the sobering realization that non-Hodgkin’s lymphoma often returns, compelled me to reclaim responsibility for my own well-being by exploring alternative paths that honored the body’s natural capacity to heal.

Through emotional release in journaling, spiritual connection with nature, and the steadfast support of loved ones and peers, I discovered harmony and resilience. This holistic journey—enriched by mindfulness, yoga, and nurturing relationships—not only gave me tools to navigate illness, but also restored joy, inner strength, and a renewed sense of agency in my life.

## *Chapter 2: Plant-Based Nutrition*

After the recurrence of my cancer and my decision to forgo further chemotherapy, **I embraced a plant-based diet as the foundation of her natural healing process.** I worked with an orthomolecular therapist who, through blood tests, identified nutritional deficiencies and underlying inflammation. Based on these findings, a personalized nutrition plan was created—centered on organic vegetables, fruits, whole grains, legumes, nuts, seeds, and a modest inclusion of organic meat, bone broth, and vegetable soups.

Despite physical challenges and skepticism from those around me, I soon experienced improvements in energy, digestion, mental clarity, and overall vitality. The shift in nutrition gave me not only physical strength but also emotional resilience and a renewed sense of control. Preparing nourishing meals became both an act of self-care and a way of deepening my connection to life itself.

This plant-centered way of living, supported by professional guidance and inner conviction, grew into a cornerstone of my recovery.

## Chapter 3: Stress Management

**Stress management became a vital pillar of my healing journey**, as I turned to holistic practices to ease the emotional and physical toll of cancer. I came to understand that chronic stress not only weighs heavily on the mind, but also weakens the immune system and slows the body's natural ability to recover.

Practices such as acupuncture, aromatherapy, meditation, and yoga became sources of relief, calm, and renewal. Acupuncture helped ease pain, nausea, and tension; aromatherapy lifted my mood through the gentle influence of scent; meditation and mindfulness nurtured self-awareness and inner peace; and yoga—adapted to my physical limitations—remained a daily ritual of movement, self-care, and connection to my body.

Building this routine required patience, time, and compassion for myself, but it gradually restored both strength and vitality. In the end, I discovered that true healing arises when body, mind, and soul are brought into harmony—gently guided by the rhythms of nature.

## *Chapter 4: Herbs and Supplements*

**Herbs and supplements played a crucial role in my natural recovery process.** Under the guidance of a therapist and a certified herbalist, I carefully selected plant-based remedies to support my body and mind post-cancer. A combination of traditional knowledge, scientific evidence, and personal tailoring proved powerful. Herbs like ashwagandha, chamomile, lavender, turmeric, peppermint, and guduchi alleviated stress, inflammation, digestive issues, and sleep problems. Targeted supplements, including vitamin D3, algae-derived omega-3, and magnesium addressed deficiencies while supporting energy, cognitive function and immunity. This cautious, tailored approach, mindful of dosage, timing and interactions, transformed each herb and oil into an act of self-care and connection with nature. Daily rituals like brewing tea, inhaling fragrant oils, or tracking my responses in a journal provided physical support, a sense of agency, calm, and spiritual grounding, making herbs and supplements more than therapy—they became allies on my path to wholeness.

## *Chapter 5: Other Complementary Therapies*

Alongside conventional medical treatments, I **embraced a variety of complementary therapies** to gently support my recovery and nurture my overall well-being. Ozone therapy, administered in different forms, aided my body's natural detoxification, strengthened immunity, and eased inflammation. I turned to herbs—turmeric, milk thistle, ginger, and medicinal mushrooms—for their time-honored ability to clear toxins, reduce inflammation, and boost the immune system's resilience. Traditional remedies like bamboo salt and zeolite further assisted the cleansing process, honoring ancient wisdom in daily healing.

Core to my approach were orthomolecular supplements, like sulforaphane from broccoli, vitamin D3 paired with K2, AHCC, and omega-3 fatty acids. These targeted nutrients supported cancer-fighting mechanisms, bolstered liver function, and reinforced my body's defenses. While none of these therapies replaced conventional care, each—when chosen with thoughtful guidance from

my doctor—became a meaningful contribution to my healing process.

By weaving together complementary therapies and mindful self-care, I found that true recovery is possible when embracing body, mind, and spirit as one—guided by both science and the wisdom of nature’s rhythms.

## *Chapter 6: A Sample 7-Day Holistic Meal Plan*

This chapter offers a **sample 7-day plant-based meal plan** crafted for holistic wellness and gentle digestion. The plan centers around five to six small meals each day, placing vegetables soups, superfoods, and herbal teas at the heart of nourishment. Processed foods, bread, wheat, and corn are deliberately left out, honoring the body’s need for simplicity and natural balance.

There is a limited inclusion of organic meats and fish—just two to three times a week, in modest portions—to encourage a predominantly plant-based approach. Focus is given to nutritious, easily digested ingredients such as chia seeds, spirulina, turmeric, and ginger, which nourish and soothe.

The plan also provides practical guidance for preparation, storage, and mindful shopping, with an emphasis on selecting organic and local ingredients. Each meal is created as an act of self-care, supporting not only physical well-being but also a deeper sense of harmony with nature's wisdom.

## *Chapter 7: Books: Inspiring Reads*

This chapter offers a curated selection of **inspiring books** focused on hope, healing, and a holistic approach to cancer. I share titles that provide practical advice as well as emotional and spiritual support for the recovery process. Covering themes like nutrition, lifestyle, stress management, alternative therapies, and the power of the mind, each book is briefly described, highlighting its unique contribution to understanding and supporting healing. This reading list serves as a guide for those seeking to engage consciously and actively with their health and recovery.

*"Holistic healing is a harmonious balance of body, mind, and soul, where nature, nutrition, and conscious supplementation illuminate my path to resilience and joy."*

1.

# Holistic Healing

Holistic healing became the foundation of my healing journey, illuminating that true wellness is much more than the simple absence of disease—it is a living, dynamic symmetry of body, mind, and spirit, where each part deeply influences the others. Early in my path, I recognized that treating only the physical manifestations of cancer, whether through chemotherapy or surgery, was like tending just one branch of a vast tree while ignoring its roots.

I learned that symptoms are often messengers, signaling imbalances on nutritional, emotional, or spiritual levels. Embracing this broader view transformed the way I approached my own healing, leading me to explore life as an interconnected whole and to seek harmony on every plane.

When I discovered that even my so-called “experimental” breakthrough treatment amounted to another form of chemotherapy—and realized that non-Hodgkin lymphoma frequently returns, with treatments that can sometimes do more harm

than good—my blind faith in conventional medicine was shaken. This awakening prompted me to take personal ownership of my health, trust my inner wisdom, and seek alternative paths that honor the body's inherent capacity to heal.

Though this journey involved uncertainty and fear, it unfolded into a new landscape of hope, awakening, and discovery—inviting me to move forward with intention, courage, and faith in the holistic power of healing.

## *Emotional and Spiritual Layers*

For me, holistic health also meant giving attention to the emotional and spiritual dimensions of my experience. The diagnosis had left me with feelings of fear, anger, and a deep sense of alienation from my own body.

I began writing as a way to process these emotions—journal entries, letters to myself, or simple reflections on moments of gratitude, such as a kind word from a friend or a beautiful sunset. This practice helped me release pent-up feelings and find meaning in my journey.

I also began to seek spiritual connection, not through organized religion, but in moments of wonder in nature—for example, when I watched birds in my garden or felt the warmth of the sun on my skin.

These experiences nourished a sense of hope and purpose. They reminded me that healing is not only about the body, but also about the soul.

## *Community*

Community played an unexpected role in my holistic healing journey. Connecting with others who shared similar experiences—through support groups or casual conversations—reminded me I wasn't alone. These interactions provided emotional support and practical tips, like new mindfulness techniques or herbal remedies. My partner, initially shaken by my diagnosis, became an ally, joining me in cooking healthy meals or going for walks. Their involvement showed me that holistic healing extends beyond the individual to the relationships that sustain us.

This multifaceted approach—mindfulness, meditation, yoga, journaling, spiritual connection,

and community—created a sense of harmony I hadn't known before. It didn't erase the challenges of my illness, but it gave me tools to navigate them with resilience and grace. Holistic healing taught me that healing is personal and ongoing, requiring patience and self-compassion. By embracing practices that nurtured my whole self, I not only supported my physical recovery but also rediscovered a sense of joy and agency in my life.

*"My kitchen became my pharmacy, and whole foods became my path to renewal."*

## 2

# Plant-Based Nutrition

**Nutrition became the cornerstone of my healing journey—a sacred ally that gave my body the strength to repair and flourish.** When my cancer returned and I chose to step away from further chemotherapy, I turned wholeheartedly to food as medicine, guided by the belief that every bite could either harm or heal. A plant-based diet, abundant in fruits, vegetables, whole grains, legumes, nuts, and seeds, became the foundation on which I rebuilt my health. Science supports this wisdom: plant foods are infused with antioxidants, vitamins, minerals, and phytonutrients that calm inflammation, strengthen immunity, and restore mental clarity. Studies from the American Institute for Cancer Research affirm that diets rich in plants can lower the risk of chronic disease—including cancer, heart disease, and diabetes—by neutralizing free radicals and supporting the body’s innate ability to repair itself.

My deeper journey into plant-based nutrition began with a consultation with an orthomolecular

practitioner—a turning point that illuminated my path forward. Through blood analysis, we uncovered hidden deficiencies: low vitamin D, magnesium, and omega-3 fatty acids, along with markers of chronic inflammation. These revelations were a wake-up call, showing me how my body had been struggling long before my diagnosis. The practitioner reminded me that food could be both nourishment and medicine. Together, we designed a personalized plan aligned with my unique needs, my preferences, and the realities of a body still tender and depleted from chemotherapy.

Adopting this way of eating was not without challenges. Chemotherapy had dulled my taste buds, leaving behind a metallic film that made many foods unappealing. I also faced skepticism from loved ones who worried that a plant-based diet might leave me frail at such a critical time. Yet, as I gradually embraced more living, plant-powered foods, I began to feel subtle but profound shifts. My energy—once a distant memory—slowly returned. The fog that had clouded my mind began to lift. My digestion, so often unsettled, grew steady and reliable. These small but powerful transformations confirmed what my heart already

knew: food is not only sustenance, but a catalyst for healing, a daily prayer for wholeness.

## *My personalized food plan was both structured and flexible*

- **I chose to exclude bread and genetically modified foods**—especially corn and wheat—out of concern for pesticides and their potential to ignite inflammation in the body. Instead,
- **I centered my meals on an abundance of organic vegetables**, steamed or raw, for both lunch and dinner. I gravitated toward nutrient-dense choices—kale, spinach, broccoli, carrots, zucchini, cabbage, tomatoes, onions, watercress, turnips, horseradish, beetroot, sweet potatoes, and artichokes—foods that delivered essential vitamins A, C, and K, along with the fiber my gut needed to heal. Certain vegetables carried unique gifts: cabbage and onions, with their sulfur compounds that aid detoxification and ease inflammation; tomatoes, with lycopene, a potent antioxidant; and **asparagus**, revered for

compounds that may support cancer prevention and healing.

- **Mornings began with organic fruit**—bananas, berries of all kinds, pomegranates, raspberries, apricots, pineapple, and creamy avocados. Light and easy to digest, these fruits were rich in antioxidants, helping my body combat oxidative stress. Berries, especially, became my daily allies, brimming with flavonoids long associated with cancer protection.
- Although plants formed the heart of my diet, I included **moderate amounts of meat**, focusing on what I truly enjoyed—organic chicken, turkey, or fish. Choosing free-range and organic options helped reduce exposure to hormones and antibiotics, and I treated meat as a complement rather than the main event. Strangely enough, my practitioner even encouraged me to eat wild meats such as boar and deer, believing their vitality could help restore my own.
- **Bone broth**, made from horse or cow, was another traditional remedy I embraced at my practitioner’s suggestion. I often blended it into

soups, allowing its deep nourishment to rebuild strength and fortify my immune system.

- Twice a day, I prepared **vegetable soup** with finely chopped celery, leeks, and sweet potatoes—a gentle, detoxifying comfort that became a daily ritual of grounding and renewal.
- Hydration was just as essential. I drank generous amounts of **clean, filtered water**, often infused with lemon or cucumber, aiming for at least eight glasses a day to flush toxins and support kidney function.
- Because my appetite remained delicate, I favored **smaller, frequent meals**—five or six throughout the day—to sustain energy without overwhelming my system.
- **Superfoods** like chia, flax, and hemp seeds became staples, sprinkled over salads or whirled into smoothies, adding plant-based protein and omega-3s to my diet.

The shift wasn't only physical—it was profoundly emotional and spiritual. Preparing meals transformed into a ritual of self-care, a way to reclaim my agency after the helplessness of

chemotherapy. My kitchen became a sanctuary where I experimented with colorful recipes—blending vibrant smoothies, roasting vegetables with fragrant herbs, and simmering soups that filled the house with warmth and healing aromas. My partner often joined me, and together we turned meal prep into a shared practice, deepening our bond and softening the challenges of change.

The benefits touched every part of me. Within weeks, I felt a new vitality rising, as though my very cells were awakening. My skin, once pale and parched, began to regain a natural glow. More importantly, I felt empowered—aware that each bite I took was an act of choosing life, choosing healing.

This was never about perfection; there were days when fatigue left me with nothing more than a bowl of fruit or a simple soup. But the intention was always there. Guided by both professional advice and my own intuition, my plant-centered approach became a cornerstone of recovery—proving that food is not just sustenance, but a sacred ally in the journey back to health.

*"In the storm of cancer, I found peace by taming stress with breath, mindfulness, and trust in my body's strength."*

# 3

## Stress Management

**Stress management became a vital lifeline in my healing journey,** a sacred practice that helped me navigate both the emotional and physical weight of my cancer diagnosis. I came to understand that chronic stress doesn't just burden the mind—it disrupts the entire body. Elevated cortisol levels can weaken the immune system, fuel anxiety and depression, and even contribute to cancer progression. Studies, including those from the NHS, show how prolonged stress interferes with the body's natural ability to repair itself, underscoring that stress management is not a luxury but an essential part of recovery.

For me, this meant creating a holistic toolkit—practices that quieted my mind, strengthened my body, and nourished my spirit. Together, they became the foundation of resilience, allowing me to move through each day with greater calm, clarity, and inner strength.

- **Acupuncture, an ancient practice** rooted in Traditional Chinese Medicine, became a source of both physical and emotional relief on my healing path. At first, I was skeptical—unsure how something as simple as needles could possibly help. But after encouragement from a support group, I decided to give it a try. Each session, guided by a licensed practitioner, involved the careful placement of fine needles at specific points designed to restore balance to the body’s energy flow, or “qi.” The 30 minutes on the table became more than just treatment—they felt like a sacred pause. I left each session deeply relaxed, with less pain in my joints, a calmer mind, and a lightness I hadn’t known for months. Acupuncture also eased the persistent nausea that lingered after chemotherapy and noticeably improved my sleep. What touched me most was the practitioner’s holistic approach—asking not only about symptoms, but also about my diet, emotions, and daily life. It reinforced what I already believed: that body, mind, and spirit are inseparably connected, and true healing must embrace all three.

**Aromatherapy became another gentle yet powerful companion on my healing path**, harnessing the essence of plants to nurture both body and spirit. Essential oils—distilled from flowers, leaves, roots, or seeds—carry their own subtle intelligence, offering support in different ways. They can be inhaled, massaged into the skin, or diffused into the air to create a soothing atmosphere that invites balance and calm.

Each oil seemed to hold its own gift: lavender for deep relaxation and restful sleep, peppermint for invigoration and renewed energy, and countless others with their unique healing qualities. The simple act of breathing in these fragrances awakened an emotional response within me, shifting my mood, easing stress, and fostering tranquility.

Aromatherapy wove seamlessly into my broader healing practices, complementing meditation, acupuncture, and stress management. Just as food nourished my body, these plant essences nourished my spirit, reminding me that nature offers countless pathways back to harmony and wholeness.

- **Meditation deepened my healing journey,** complementing the benefits of stress management and acupuncture by offering a sacred space to reconnect with my inner self. Where acupuncture eased physical pain and restored balance to my energy, and stress management practices gave me tools to calm the body's stress response, meditation opened a doorway inward—helping me cultivate peace at the level of mind and spirit. I began with guided meditations, often listening to recordings that encouraged relaxation and self-compassion. One practice that resonated deeply was the body scan—a gentle ritual of bringing awareness to each part of my body, noticing tension or discomfort without trying to change it. This not only released physical tightness but also fostered a profound sense of gratitude for my body's resilience. Over time, meditation shifted my perspective in ways nothing else had. I no longer saw my illness as an enemy to fight, but as a teacher—guiding me toward deeper self-awareness, acceptance, and inner peace. Together, meditation, acupuncture, and stress management became like three pillars of the

same temple—mind, body, and spirit in harmony, each supporting the other in my path to healing.

- **Yoga was a natural pillar of my holistic approach**, a practice woven into the fabric of my life as both a teacher and student. Having taught yoga for most of my life, it felt only natural to return to it during my healing journey. Yoga, with its union of body, breath, and mind, had always been a source of balance for me—but after chemotherapy, I found myself stripped of the flexibility and strength I once took for granted.

Gentle postures like Child’s Pose, Cat-Cow, and simple seated stretches became my companions on even the weakest days. These movements released stiffness in my joints, encouraged healthy circulation, and gently lifted my mood. More importantly, yoga reminded me of the wisdom of listening inward—learning when to nudge myself forward and when to honor rest.

A short 10-minute morning practice evolved into a sacred ritual, setting a calm and positive tone for the day. Each breath, each posture, became a reminder that healing is not a race but a

process, one that unfolds with patience, compassion, and trust.

The benefits reached far beyond my body, touching my mind and spirit in ways I hadn't expected. Within just a few weeks, I felt a new vitality stirring inside me, as if my very cells were awakening. My skin, once pale and dry from treatment, began to carry a gentle glow. More importantly, I felt empowered—aware that every bite I took was a conscious choice to nourish and to heal.

This journey was never about perfection. There were days when fatigue pulled me toward simpler meals—a bowl of fruit, a quick soup—but what mattered was consistency and intention. Guided by both professional advice and my own intuition, my plant-based approach became a cornerstone of my recovery, proving that food could be a powerful ally in the fight for health.

Adopting my broader healing toolkit required patience and willingness to experiment. Some days, stress still overwhelmed me, and I found myself skipping meditation or struggling to stay mindful. But I learned to extend compassion toward myself, understanding that healing is never

a straight line. Over time, these practices became more than just strategies for managing stress—they became rituals of resilience, daily celebrations of life that allowed me to face each day with courage, grace, and calm.

*“Herbs and supplements became my allies,  
connecting body and mind with nature—bringing  
peace, strength, and a pathway to wholeness.”*

# 4

## Herbs and Supplements

**Herbs and supplements became a vital part of my natural healing journey, offering gentle yet powerful support for both body and mind as I worked to restore my health after cancer.** I felt drawn to nature's pharmacy, curious about how it might complement my plant-based diet and stress management practices. With guidance from my practitioner and a certified herbalist, I carefully integrated a small, intentional selection of herbs and supplements—chosen not only for their evidence-based benefits, but also for their alignment with my specific needs. This process taught me an important truth: natural remedies, though deeply rooted in tradition, require modern diligence—research, professional oversight, and above all, a commitment to listening to the body's wisdom.

The decision to include herbs and supplements came after a blood analysis revealed persistent inflammation and deficiencies in key nutrients,

even after embracing a plant-based diet. These imbalances, my practitioner explained, could undermine recovery by taxing the immune system and fueling fatigue. She recommended a few well-studied herbs and supplements to help correct these issues, describing them as allies on the path to healing. Around the same time, I attended a local workshop on herbal medicine, where I learned both the historical and scientific foundations of phytotherapy—the therapeutic use of plant compounds for healing. Research published in journals such as *Phytotherapy* confirmed what I was experiencing: that certain herbs can reduce inflammation, support stress resilience, enhance immune function, and aid detoxification. This knowledge gave me the confidence to move forward with clarity and trust.

Selecting the right remedies was a collaborative process. My practitioner and herbalist considered my medical history, current symptoms—fatigue, anxiety, digestive sensitivity—and lifestyle, ensuring that every choice was safe and supportive. I began with a short list, introducing each remedy gradually, one at a time, so I could observe how my body responded. This mindful

approach prevented overwhelm and allowed me to clearly see what truly made a difference.

Below, I share the key herbs and supplements I used, how I incorporated them, and the impact they had on my healing journey:

- **Ashwagandha:** This adaptogenic herb, long revered in Ayurvedic medicine, became a cornerstone of my stress management and energy support. Known scientifically as *Withania somnifera*, ashwagandha helps the body adapt to both physical and emotional stressors by modulating cortisol levels—a benefit supported by research published in *The Journal of Alternative and Complementary Medicine*. I took it in the form of a standardized capsule (500 mg daily, with breakfast). Within just two weeks, I began to notice subtle but meaningful changes: a gentle lift in my energy, along with a steady calm that eased the anxiety often triggered during recovery. Ashwagandha became like an anchor for me—grounding and stabilizing—offering resilience without the jittery edge that caffeine or other stimulants can bring.

- **Chamomile:** I turned to chamomile (*Matricaria chamomilla*) for its calming and digestive support, especially to ease insomnia and the gut sensitivity that lingered after chemotherapy. Research published in *Phytotherapy Research* highlights its gentle sedative properties, largely attributed to apigenin—a compound known to promote relaxation. Each evening, I prepared chamomile tea by steeping two teaspoons of dried flowers in hot water for about ten minutes, often adding a drop of honey for sweetness. This nightly ritual became more than just a beverage—it was a moment of quiet comfort that gently carried me into deeper, more restful sleep. Alongside better sleep, chamomile also helped reduce bloating and mild stomach discomfort, making meals easier to digest. Its gentle nature made it a reliable companion, even on my most fragile days.
- **Lavender:** Lavender (*Lavandula angustifolia*) became a gentle source of both emotional and sensory support, which I incorporated through aromatherapy and occasional tea. Research published in *The International Journal of*

*Psychiatry in Clinical Practice* shows that lavender essential oil can help reduce anxiety and improve mood—something I experienced firsthand.

Each night, I placed 5–6 drops of lavender oil in a diffuser by my bed, filling the room with a soft, soothing fragrance that complemented my meditation practice and prepared me for restful sleep. On especially stressful days, I brewed lavender tea by steeping one teaspoon of dried buds for about eight minutes. Its floral, slightly sweet flavor lifted my spirits and offered comfort in difficult moments.

Lavender became particularly meaningful during times of emotional strain—like waiting for test results—when its calming presence grounded me in peace and reminded me of the quiet beauty available in even the simplest rituals.

- **Turmeric:** Celebrated for its powerful anti-inflammatory properties, turmeric (*Curcuma longa*) became a daily staple in my healing routine to address the chronic inflammation revealed in my blood tests. Its active compound, curcumin, has been widely studied—including research published in the *Journal of Clinical*

*Immunology*—for its ability to reduce oxidative stress and strengthen immune health.

I incorporated turmeric in two ways: adding a teaspoon of organic turmeric powder to my vegetable soups or smoothies—always paired with a pinch of black pepper to improve absorption, since curcumin alone is poorly absorbed—and taking a 500 mg curcumin supplement with piperine twice daily, as recommended by my naturopath.

Over time, turmeric eased the joint pain that lingered after chemotherapy and gave me a profound sense of empowerment, as though I was actively working with my body to calm inflammation and support recovery.

- **Peppermint:** Peppermint (*Mentha piperita*) became an important ally for both digestion and mental clarity, helping me manage the nausea and brain fog that lingered after treatment. Research published in *Digestive Diseases and Sciences* highlights peppermint's ability to relax gastrointestinal muscles, easing digestive discomfort.  
I made peppermint tea by steeping a teaspoon of dried leaves in hot water for about five

minutes, usually after meals. This simple ritual soothed my stomach, reduced bloating, and made digestion more comfortable. For moments of mental fatigue, I turned to peppermint essential oil—placing a single drop on a tissue and inhaling its crisp, refreshing scent. Almost instantly, I felt more alert, as if a fog had lifted. Peppermint became a versatile companion in my recovery, offering gentle physical relief while also providing a refreshing boost of energy whenever my reserves felt low.

- **Dandelion:** Often dismissed as a common weed, dandelion (*Taraxacum officinale*) revealed itself to me as a powerful healer. Rich in vitamins, minerals, and antioxidants, it has long been used in traditional medicine to support liver detoxification and digestion. I was particularly drawn to its studied potential for anti-cancer effects. I drank dandelion root tea a few times each week, its earthy, slightly bitter taste reminding me that medicine is not always sweet but deeply grounding. Over time, I noticed less bloating and a lighter feeling in my digestion. What I loved most was how this humble plant—so often pulled from gardens as unwanted—

offered me strength and resilience, teaching me that healing can come from the most overlooked places.

- **Guduchi:** Known in Ayurveda as *Tinospora cordifolia*, Guduchi is celebrated for its immunomodulatory and anti-inflammatory qualities. My practitioner introduced it to me as a way to strengthen my immune defenses while also calming the chronic inflammation revealed in my bloodwork. Research shows Guduchi can promote apoptosis (the natural death of unhealthy cells), inhibit tumor growth, and reduce the risk of metastasis. I took it as a capsule extract, once daily, and found that it gently improved my energy and resilience over time. Guduchi felt like an herb that worked quietly in the background—strengthening, protecting, and restoring balance, much like a steady guardian on my path to recovery.
- **Garlic:** Garlic (*Allium sativum*) has been revered for centuries as both food and medicine, and I welcomed it into my healing plan for its anti-inflammatory and antioxidant power. Modern studies suggest garlic may help slow tumor growth and support the body during cancer

treatment. I incorporated it into my meals daily—raw when I could tolerate it, or lightly sautéed with vegetables and herbs. Beyond its medicinal value, garlic added warmth and flavor to my food, transforming simple dishes into nourishing, aromatic meals. I came to see it not just as a supplement, but as a reminder that healing doesn't have to be separate from pleasure—sometimes it's woven right into the joy of cooking and sharing a meal.

Beyond these core remedies, I explored a few targeted supplements to address specific deficiencies revealed in my bloodwork.:

- **Vitamin D3:** My tests showed critically low levels of vitamin D, which are linked to immune suppression and fatigue. Following my naturopath's advice, I began taking 2,000 IU daily with a fatty meal to improve absorption, as supported by guidelines in the *Journal of Clinical Endocrinology & Metabolism*. Within a month, my energy noticeably improved, and follow-up blood tests confirmed that my levels had stabilized.
- **Vitamin E:** As a fat-soluble antioxidant, vitamin E has been studied for its potential anti-cancer

properties, particularly its role in protecting cells from oxidative stress and supporting immune function. It became a simple but meaningful addition to my healing plan.

- **Omega-3 Fatty Acids:** My tests also showed low omega-3 levels, so I began taking a high-potency algae-based supplement (1,000 mg DHA/EPA daily). I chose algae instead of fish oil to avoid potential contaminants. Studies in *The American Journal of Clinical Nutrition* link omega-3s with reduced inflammation and improved cognitive function. Over time, I noticed sharper mental clarity and less joint stiffness, both of which helped me feel more capable and resilient.
- **Magnesium:** To support relaxation and sleep, I took 300 mg of magnesium each night, choosing a form recommended for its high bioavailability. It eased muscle cramps and deepened my rest, confirming research published in *Nutrients*. Better sleep became a quiet but powerful part of my healing process.
- **Astaxanthin:** This antioxidant, found naturally in algae, lobster, crayfish, crab, and salmon, has shown promising anti-cancer potential through

antioxidant, anti-inflammatory, pro-apoptotic, anti-proliferative, and anti-metastatic effects. I added it as a supplement, trusting both tradition and emerging research to guide me.

Integrating these remedies was a journey of patience, trial, and error. For instance, I initially struggled with stomach upset from turmeric until I adjusted the dosage. To stay informed, I read books such as *“The Modern Herbal Dispensatory”* and joined online forums where others shared their experiences with herbal medicine. I also kept a detailed journal, tracking how each remedy affected my energy, mood, and symptoms. This mindful record-keeping helped me fine-tune dosages and timing with greater clarity.

The impact was multifaceted. Physically, these remedies reduced inflammation, improved sleep, and eased digestive issues, giving my body the support it needed to heal. Emotionally, they fostered a sense of empowerment—each capsule or cup of tea was an intentional step toward wellness. Spiritually, working with plants and natural compounds deepened my connection to nature’s wisdom, reinforcing my faith in the body’s innate resilience. Simple rituals—like brewing

chamomile tea or inhaling lavender—became moments of mindfulness, blending practicality with a sense of sacred care.

I took care to source supplements from reputable brands, checking for third-party testing and organic certifications to ensure purity and safety. Over time, this open-minded, balanced approach made herbs and supplements not just an addition, but a cornerstone of my recovery—complementing nutrition, stress management, and spiritual practice while honoring the unique needs of my body.

*"Complementary therapies became my allies,  
weaving nature's healing touch into my cancer  
journey."*

# 5

## Other Complementary Therapies

Alongside nutrition, herbs, and supplements, I also embraced complementary therapies to improve my quality of life, reduce symptoms, and support recovery. Unlike *alternative* therapies, which replace conventional medicine, complementary therapies are used *alongside* medical care. They often focus on the whole person—body, mind, and spirit—drawing from both natural and traditional systems of healing.

### **Ozone therapy**

This therapy requires a more comprehensive explanation, as it was an important alternative medical treatment for me, in which ozone (O<sub>3</sub>)—a molecule consisting of three oxygen atoms—is used to support the body.

Ozone is a powerful oxidant and is administered in controlled doses to increase oxygen levels in the

body, stimulate the immune system, and reduce inflammation. It is used in naturopathy for various conditions, including chronic diseases, infections, and sometimes as a supportive therapy for cancer.

### **Forms of ozone therapy:**

- **Autohemotherapy:** Blood is drawn, mixed with ozone, and re-injected.
- **Ozone injections:** Targeted injections into joints or tissues for pain relief or inflammation.
- **Ozone insufflation:** Ozone is introduced into body cavities (e.g., rectum or vagina) via a catheter.
- **Ozonated water or oil:** Ozone is dissolved in water or oil for oral, topical, or local use.
- **Ozone sauna or bath:** Ozone is absorbed through the skin via steam or water.  
Intravenous ozone: Direct administration into the bloodstream (less common, riskier).
- **Intravenous ozone:** Direct administration into the bloodstream (less common and carries higher risks).

Ozone therapy is used in alternative medicine for detoxification and as a supportive treatment for cancer. Here are the main applications:

- **Neutralization of toxins:** Ozone, a strong oxidant, can neutralize free radicals, heavy metals, and other toxins, aiding in relieving the liver and kidneys. This is relevant for cancer patients, as chemotherapy and radiation can leave residual toxins.
- **Improved oxygen metabolism:** Ozone increases oxygen delivery to cells, promoting cellular metabolism and detoxification.
- **Immune modulation:** Ozone therapy stimulates the immune system by promoting cytokine and white blood cell production, which may help fight cancer cells. **Antioxidant balance:** Although ozone is an oxidant, it can paradoxically activate the body's antioxidant systems (e.g., glutathione), reducing oxidative stress, a factor in cancer progression.
- **Reduction of side effects:** Ozone therapy is used to alleviate chemotherapy side effects (e.g., fatigue and nausea) by improving oxygenation and cellular health.

## **Cancer and detox:**

Chemotherapy and radiation can leave residual toxins that burden the liver and kidneys. Certain herbs can support the breakdown of these toxins, strengthen the immune system to aid recovery, and reduce chronic inflammation linked to cancer progression. Additionally, herbs like ginger can alleviate chemotherapy-induced nausea.

Below is an overview of herbs and substances that may support detoxification and overall health during cancer treatment, based on their traditional uses and emerging research:

- **Turmeric:** contains curcumin, a potent antioxidant and anti-inflammatory compound. Curcumin is being studied for its potential to inhibit cancer cell growth and support liver detoxification.
- **Milk Thistle:** renowned for its liver-protective properties due to silymarin, which aids in detoxifying toxins and chemotherapy byproducts.
- **Green Tea:** rich in catechins (e.g., EGCG), which have antioxidant and potential anti-cancer

properties. It supports detox by stimulating enzymes that break down toxins.

- **Dandelion Root:** supports liver and kidney function, promoting toxin excretion through urine.
- **Medicinal Mushrooms** (e.g., Reishi, Turkey Tail): used in traditional medicine to boost the immune system, these mushrooms contain beta-glucans with potential anti-cancer properties.
- **Ginger:** promotes digestion, has anti-inflammatory effects, and may reduce nausea and other side effects of cancer treatments.
- **Bamboo Salt:** a traditional Korean product made by packing sea salt into bamboo stalks, sealing with red clay, and roasting multiple times (up to 9x) at high temperatures. This process creates an alkaline, mineral-rich salt that may aid detoxification by alkali-izing the body, supporting toxin elimination through the skin, and providing minerals and trace elements from bamboo and clay to strengthen the immune system.

- **Zeolite:** a natural volcanic mineral with a porous, honeycomb-like structure and negative charge, allowing it to bind and remove positively charged particles like heavy metals, toxins, and radioactive substances. Commonly used as a detox supplement in powder or capsule form or in baths.

**Note:** Always consult a healthcare professional before using herbs or supplements, especially during cancer treatment, as they may interact with medications or affect treatment outcomes. For example, high doses of antioxidants like those in green tea or turmeric could potentially interfere with certain chemotherapies.

## **Orthomolecular Supplements for Cancer Support:**

Below, I discuss orthomolecular supplements commonly recommended in the context of cancer, without mixing with previously mentioned agents.

- **Broccoli Supplements:** particularly those containing sulforaphane (an isothiocyanate from cruciferous vegetables like broccoli), activate the Nrf2 pathway, which stimulates

antioxidant enzymes like glutathione. This supports liver detoxification and protects cells from DNA damage, relevant for cancer prevention and support. Sulforaphane also has anti-inflammatory and potential anti-cancer properties. Stimulates phase II detoxification enzymes in the liver, aiding in the elimination of carcinogenic substances. May inhibit tumor growth by promoting apoptosis and reducing cell proliferation. Supports the immune system and reduces chemotherapy side effects.

Dosage: 10-100 mg sulforaphane daily (depending on the supplement). Choose supplements with stabilized sulforaphane (e.g., BroccoMax). Sulforaphane supplement drink:

Ingredients: 1 sulforaphane capsule (20 mg), 250 ml water, 1 tsp lemon juice. Preparation: Mix capsule contents with water and lemon juice, drink daily on an empty stomach.

Benefits: Supports liver detox and cell protection.

Precautions: High doses may cause stomach irritation. Consult a doctor, especially for thyroid issues, as cruciferous compounds may affect thyroid function.

- **Vitamin D3 (with K2):** Vitamin D3 regulates cell growth, supports the immune system, and may inhibit cancer cell proliferation. It is often combined with vitamin K2 to prevent calcium buildup in blood vessels.

Application in cancer: enhances immune response by activating T-cells. It may improve prognosis in cancers like breast, colon, and prostate cancer. It supports bone health, important during cancer treatments that cause bone loss.

*Dosage:* 2000-5000 IU daily (under supervision, based on blood levels).

*Application in recipe/use:* vitamin D3 drink:

Ingredients: 1 liposomal D3/K2 capsule (2000 IU), 200 ml almond milk, 1 tsp honey.

*Preparation:* Mix capsule contents with almond milk and honey, drink daily.

*Benefits:* it supports immune function and bone health.

*Precautions:* Overdosing can lead to hypercalcemia. Monitor blood levels and consult a doctor.

- **AHCC (Active Hexose Correlated Compound):** AHCC is an extract from medicinal

mushrooms (e.g., shiitake), stimulates the immune system by activating NK cells, T-cells, and macrophages. It is widely used in Japan as a supportive therapy for cancer.

AHCC enhances immune response against cancer cells. Reduces chemotherapy side effects, such as fatigue and infection susceptibility. Supports liver function, aiding detoxification.

*Dosage:* 1-3 g daily, often in capsules.

*Application in recipe/use:* AHCC

smoothie: Ingredients: 1 g AHCC powder, 200 ml water, 1 handful spinach, 1 apple.

*Preparation:* Blend all ingredients and drink daily.

*Benefits:* Supports immune function and is nutritious.

*Precautions:* AHCC is safe at recommended doses, but consult a doctor when using alongside immune-modulating drugs.

- **Omega-3 Fatty Acids (EPA/DHA):** Omega-3 fatty acids from fish oil or algae have anti-inflammatory properties, support cell membrane function, and may reduce cachexia (muscle loss) in cancer patients.

*Application in cancer:* omega 3 reduces chronic inflammation, which can promote cancer progression. It supports heart and liver health during chemotherapy. Omega 3 may enhance the effectiveness of some treatments.

*Dosage:* 1-2 g EPA/DHA daily.

*Application in recipe/use: Omega-3 salad:*

*Ingredients:* 1 omega-3 capsule (1000 mg), mixed greens, 1 tbsp olive oil, lemon juice.

*Preparation:* Mix capsule contents with salad, eat daily.

*Benefits:* omega 3 supports inflammation reduction and overall health..

*Precautions:* omega 3 may cause blood thinning; consult a doctor when using with blood thinners.

*"Meal planning became my ritual of healing,  
turning every bite of vibrant, whole foods into a  
step toward recovery."*

# 6

## A 7-Day Plant-Based Meal Plan for Holistic Wellness.

**This menu embraces a plant-based approach, built around organic ingredients chosen to support holistic wellness and gentle digestion.** It is structured around 5–6 small meals a day, includes nourishing vegetable soup twice daily, and weaves in superfoods and soothing herbal teas. Moderate amounts of clean, organic meats are included for balance, while bread, corn, wheat, and processed foods are avoided to minimize inflammation and support the body's natural healing process.

This seven-day menu follows a plant-based approach with organic ingredients, designed for holistic wellness and gentle digestion. Meals are structured around 5–6 smaller portions daily, with vegetable soup enjoyed twice a day, superfoods sprinkled throughout, herbal teas to support relaxation and digestion, and only moderate amounts of clean, organic meats. Bread, corn, wheat, and processed foods are avoided to reduce

inflammation and keep the body light and nourished.

## Monday

- **Meal 1 (7:30 AM):** Chia seed pudding (2 tbsp chia seeds, 1 cup almond milk, 1 tsp spirulina, topped with goji berries).
- **Meal 2 (10:00 AM):** Vegetable soup (zucchini, carrots, celery, kale, turmeric, ginger, blended).
- **Snack (12:30 PM):** Sliced cucumber and jicama with tahini dip.
- **Meal 3 (2:00 PM):** Quinoa bowl with roasted sweet potatoes, spinach, avocado, and pumpkin seeds.
- **Meal 4 (4:30 PM):** Vegetable soup (same as Meal 2).
- **Meal 5 (7:00 PM):** Grilled eggplant and zucchini with a small portion (2 oz) of organic grilled chicken, drizzled with olive oil and fresh herbs.
- **Herbal Tea:** Chamomile tea post-dinner for relaxation.

## Tuesday

- **Meal 1 (7:30 AM):** Smoothie (spinach, frozen berries, 1 tbsp hemp seeds, coconut water, 1 tsp maca powder).
- **Meal 2 (10:00 AM):** Vegetable soup (broccoli, cauliflower, leeks, parsley, blended with a dash of cumin).
- **Snack (12:30 PM):** Handful of walnuts and fresh figs.
- **Meal 3 (2:00 PM):** Buckwheat salad with cherry tomatoes, arugula, roasted beets, and a lemon-tahini dressing.
- **Meal 4 (4:30 PM):** Vegetable soup (same as Meal 2).
- **Meal 5 (7:00 PM):** Stuffed bell peppers with lentils, diced carrots, and fresh dill, served with steamed asparagus.
- **Herbal Tea:** Peppermint tea to aid digestion.

## Wednesday

- **Meal 1 (7:30 AM):** Coconut yogurt with fresh mango, 1 tbsp flaxseeds, and a sprinkle of cacao nibs.
- **Meal 2 (10:00 AM):** Vegetable soup (butternut squash, spinach, celery, ginger, blended).
- **Snack (12:30 PM):** Sliced apple with cashew butter and goji berries.
- **Meal 3 (2:00 PM):** Millet and roasted vegetable bowl (zucchini, mushrooms, kale) with a small portion (2 oz) of organic grilled turkey.
- **Meal 4 (4:30 PM):** Vegetable soup (same as Meal 2).
- **Meal 5 (7:00 PM):** Steamed green beans and cauliflower rice with a tahini-garlic sauce.
- **Herbal Tea:** Ginger tea for warmth and digestion.

## Thursday

- **Meal 1 (7:30 AM):** Smoothie bowl (kale, banana, blueberries, 1 tsp spirulina, topped with hemp seeds).
- **Meal 2 (10:00 AM):** Vegetable soup (carrots, fennel, kale, turmeric, blended).
- **Snack (12:30 PM):** Celery sticks with almond butter and chia seeds.
- **Meal 3 (2:00 PM):** Roasted Brussels sprouts and quinoa with a lemon-herb dressing.
- **Meal 4 (4:30 PM):** Vegetable soup (same as Meal 2).
- **Meal 5 (7:00 PM):** Grilled portobello mushrooms with a small portion (2 oz) of organic salmon, served with sautéed spinach.
- **Herbal Tea:** Dandelion root tea for liver support.

## Friday

- **Meal 1 (7:30 AM):** Chia pudding (1 cup coconut milk, 2 tbsp chia seeds, topped with pomegranate seeds and cacao nibs).
- **Meal 2 (10:00 AM):** Vegetable soup (zucchini, leeks, spinach, parsley, blended with a pinch of cumin).
- **Snack (12:30 PM):** Handful of almonds and fresh pear slices.
- **Meal 3 (2:00 PM):** Amaranth bowl with roasted carrots, kale, and a tahini-maple dressing.
- **Meal 4 (4:30 PM):** Vegetable soup (same as Meal 2).
- **Meal 5 (7:00 PM):** Baked sweet potato topped with mashed avocado, pumpkin seeds, and fresh cilantro.
- **Herbal Tea:** Chamomile tea for calming.

## Saturday

- **Meal 1 (7:30 AM):** Smoothie (collard greens, pineapple, 1 tbsp hemp seeds, coconut water, 1 tsp maca powder).
- **Meal 2 (10:00 AM):** Vegetable soup (butternut squash, celery, kale, ginger, blended).
- **Snack (12:30 PM):** Sliced jicama with guacamole and goji berries.
- **Meal 3 (2:00 PM):** Buckwheat noodle stir-fry with broccoli, bell peppers, and a ginger-tamari sauce.
- **Meal 4 (4:30 PM):** Vegetable soup (same as Meal 2).
- **Meal 5 (7:00 PM):** Grilled zucchini and eggplant with lentil patties (lentils, carrots, fresh herbs).
- **Herbal Tea:** Peppermint tea for digestion.

## Sunday

- **Meal 1 (7:30 AM):** Coconut yogurt with sliced kiwi, 1 tbsp flaxseeds, and goji berries.
- **Meal 2 (10:00 AM):** Vegetable soup (cauliflower, carrots, spinach, turmeric, blended).
- **Snack (12:30 PM):** Handful of walnuts and fresh peach slices.
- **Meal 3 (2:00 PM):** Quinoa and roasted vegetable bowl (beets, zucchini, arugula) with a lemon-tahini dressing.
- **Meal 4 (4:30 PM):** Vegetable soup (same as Meal 2).
- **Meal 5 (7:00 PM):** Stuffed acorn squash with lentils, kale, and pumpkin seeds, served with steamed green beans.
- **Herbal Tea:** Ginger tea for digestion and warmth.

## Additional Notes

- **Superfoods:** Chia seeds, hemp seeds, spirulina, goji berries, and flaxseeds are included for their omega-3s, antioxidants, and protein.
- **Soup Benefits:** Twice-daily vegetable soups are nutrient-rich, easy to digest, and anti-inflammatory, thanks to ingredients like turmeric and ginger.
- **Meat:** Limited to 2–3 small portions (2 oz each) per week, to keep the menu primarily plant-based while adding protein variety.
- **Herbal Teas:** Carefully chosen for their calming and digestive support—such as chamomile, peppermint, ginger, and dandelion root.
- **Shopping Tips:** Source organic produce and meats from local farmers' markets or trusted suppliers. Look for certifications to ensure quality.

*“Just as a balanced meal plan nourishes the body, books enrich the mind: each page is a step toward growth and healing.”*

# 7

## Recommended Books

In my search for healing and balance, I have found great strength and wisdom in the stories and insights of others.

Books can be a source of inspiration, knowledge, and comfort—especially when faced with a challenge like cancer. In this chapter, I share a carefully curated list of books that have helped me deepen my holistic approach to healing. These works offer not only practical guidance, but also hope and perspective for anyone seeking a deeper understanding of health, well-being, and recovery.

THE NUMBER ONE INTERNATIONAL BESTSELLER

UPDATED  
EDITION

based on the  
latest research



# anti cancer

a new way of life

Dr David Servan-Schreiber

'All of us have cancer cells in our bodies.  
But not all of us will develop cancer.'

**“Anticancer - A New Way of Life” by Dr. David Servan-Schreiber** is a compelling blend of personal experience and scientific insight, offering practical strategies to prevent and manage cancer.

Diagnosed with brain cancer, the physician-author explores how lifestyle changes can complement medical treatments. The book focuses on four pillars:

- **Nutrition:** Advocates an anti-inflammatory diet with whole foods like vegetables, fruits, and omega-3s, while limiting sugar and processed foods.  
**Exercise:** Highlights physical activity’s role in boosting immunity and reducing cancer risk.
- **Stress Management:** Recommends mindfulness, yoga, and meditation to counter stress’s impact on health. **Environment:** Urges minimizing exposure to toxins.

Backed by research, Anticancer empowers readers with actionable steps to create a cancer-resistant lifestyle. It’s an accessible, hopeful guide for patients, survivors, and those aiming to reduce risk, emphasizing holistic healing alongside conventional care.



THE COMPLETE GUIDE TO

# Alternative **CANCER** Treatments

**jb** Gangaram  
- Jinnah Books -

A Publication of Bottom Line Books and the Alternative Cancer Research Institute

**“The Complete Guide to Alternative Cancer Treatments”** by the **Alternative Cancer Research Institute** is a detailed resource compiling over 350 natural and alternative cancer treatments. It draws from extensive research into methods reportedly used by cancer survivors to achieve remission. The book aims to empower patients and caregivers by presenting non-toxic, holistic approaches to complement or replace conventional treatments like chemotherapy, radiation, and surgery.

The guide covers a wide range of therapies, including dietary changes, nutritional supplements, herbal remedies, detoxification, and mind-body practices. It emphasizes natural agents like flaxseed oil, cottage cheese diets, and herbs, alongside immune-boosting and detox strategies.

Organized for accessibility, it provides practical guidance on implementing these treatments, potential benefits, and risks, urging readers to consult healthcare providers to avoid interactions with standard treatments.

TY M. BOLLINGER

The  
**TRUTH**  
about  
**CANCER**

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WHAT YOU NEED TO KNOW

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ABOUT CANCER'S HISTORY,  
TREATMENT, AND PREVENTION

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***“The Truth About Cancer: What You Need to Know About Cancer’s History, Treatment, and Prevention”*** by **Ty M. Bollinger** is a controversial and impassioned exploration of alternative cancer therapies, rooted in the author’s personal tragedy of losing seven family members to cancer. Bollinger critiques the conventional cancer industry, arguing that pharmaceutical interests and regulatory bodies like the FDA prioritize profit over patient health, sidelining effective, non-toxic treatments. The book traces the history of medicine, from Hippocrates’ “do no harm” principle to modern practices, and highlights alternative therapies—such as nutrition, detoxification, sound and light therapy, and supplements—that Bollinger claims can prevent and treat cancer. It emphasizes lifestyle changes, like avoiding GMOs and toxins, and includes stories of survivors who used natural protocols. Praised by some for its empowering perspective and extensive research, with endorsements from figures like Dr. Leigh Erin Connealy, it has inspired readers globally, selling widely and complementing Bollinger’s documentary series.

*New York Times* Bestseller

Kelly A. Turner, Ph.D.

**RADICAL  
REMISSION**

**SURVIVING CANCER  
AGAINST ALL ODDS**

*The* **9**  
**Key Factors**

That Can Make a  
*Real Difference*

**"Radical Remission: Surviving Cancer Against All Odds" by Kelly A. Turner, PhD**, is an inspiring exploration of spontaneous cancer remission cases, based on the author's research into over 1,000 documented instances. Published in 2014, the book distills findings from Turner's doctoral dissertation and interviews with survivors and healers worldwide, identifying nine common factors among those who achieved remission against medical expectations.

Turner, a researcher and integrative oncology consultant, focuses on holistic practices rather than dismissing conventional treatments. The nine key factors include: radically changing diet (e.g., plant-based, low-sugar), taking control of health decisions, following intuition, using herbs and supplements, releasing suppressed emotions, increasing positive emotions, embracing social support, deepening spiritual connection, and having strong reasons for living.

70 YEARS OF SUCCESS!

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UPDATED

GERSON

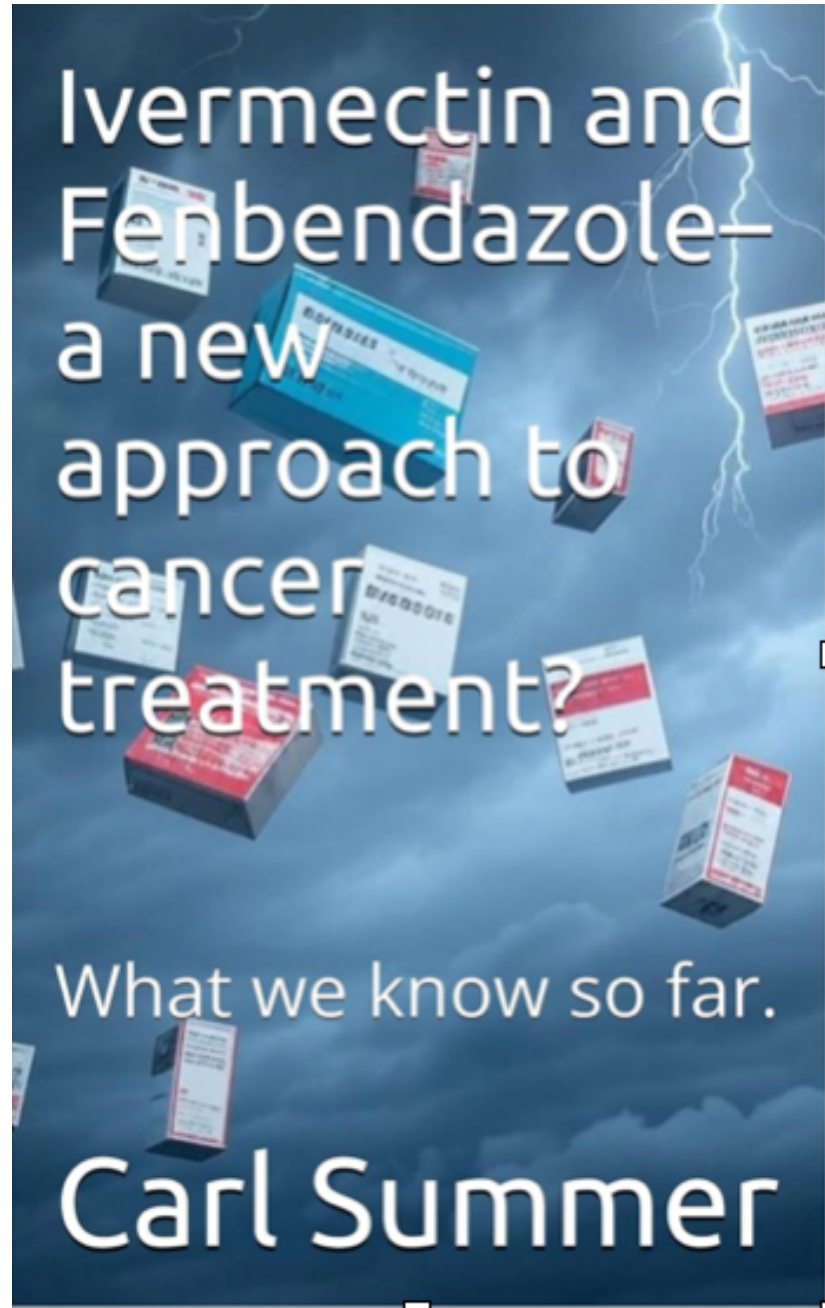
THERAPY®



The Proven  
Nutritional Program  
For Cancer and  
Other Illnesses

**“The Gerson Therapy: The Proven Nutritional Program to Fight Cancer and Other Illnesses”** by **Charlotte Gerson and Morton Walker** details a holistic, nutrition-based approach developed by Dr. Max Gerson to treat cancer and chronic diseases. Published in 2001, the book, written by Gerson’s daughter and a medical journalist, promotes a regimen focused on detoxifying the body and boosting immunity through diet and lifestyle changes. The therapy centers on three key components:

- Diet:** A strict organic, vegan diet emphasizing fresh, raw juices (up to 13 daily), fruits, vegetables, and specific supplements like potassium to restore nutrient balance and support healing.
  - Detoxification:** Frequent coffee enemas to cleanse the liver and remove toxins, which Gerson linked to disease progression.
  - Supplements:** Targeted nutrients to enhance metabolism and immune function, avoiding processed foods and animal products.
- It offers practical guidance, recipes, and clinic details, urging medical consultation.



# Ivermectin and Fenbendazole— a new approach to cancer treatment?

What we know so far.

Carl Summer

**“Ivermectin and Fenbendazole – A New Approach to Cancer Treatment?: What We Know So Far”** by **Dr. Carl Summer**, published in 2025, explores the emerging research on repurposing ivermectin and fenbendazole, anti-parasitic drugs, for cancer treatment. Aimed at patients, researchers, and clinicians, the book synthesizes preclinical studies, case reports, and anecdotal evidence to assess their potential anti-cancer properties.

The book traces the drugs’ origins—ivermectin, used for human parasitic infections like river blindness, and fenbendazole, a veterinary dewormer—and highlights their unexpected anti-cancer effects observed in lab studies. Ivermectin is noted for inhibiting cancer cell proliferation, metastasis, and angiogenesis, while fenbendazole disrupts glucose metabolism and microtubules in cancer cells.

While emphasizing promising preclinical results, such as reduced tumor growth in animal models, the book acknowledges the lack of robust human clinical trials.

DAVID WOLFE

# Superfoods



**THE FOOD AND MEDICINE OF THE FUTURE**

By the author of *The Superfood Life! Success System*

**“Superfoods: The Food and Medicine of the Future”** by David Wolfe, published in 2009, is a vibrant guide to nutrient-dense foods that promote health, vitality, and disease prevention. Wolfe, a raw food advocate and nutritionist, introduces “superfoods” as natural, unprocessed foods packed with vitamins, minerals, antioxidants, and other compounds that enhance physical and mental well-being.

The book focuses on specific superfoods, including goji berries, cacao, maca, spirulina, chia seeds, hemp seeds, and others. Each chapter details a superfood’s nutritional profile, health benefits (e.g., immune support, anti-aging, energy boost), historical uses, and practical ways to consume it, such as in smoothies, desserts, or raw recipes. Wolfe emphasizes their potential to combat chronic diseases, including cancer, by reducing inflammation and supporting detoxification.

*"Natural healing is not just about the body; it's about reclaiming your spirit and rewriting your own story."*

# Afterword and Inspiration

**When I first began to understand the deeper meaning of my illness, it felt as though a veil had been lifted.** Cancer—though it brought pain, nausea, and fear—revealed itself to me as more than a disease. It became a gift from the heavens, a wake-up call urging me to transform my life. I realized I could no longer view it as something to simply “cure,” but instead as a path of healing, a journey of learning, growth, and awakening.

Looking back, I saw that my illness was trying to tell me something profound. I grew up in a family where, as a young girl, I became the primary caregiver for my paralyzed mother. From early on, I carried immense responsibility, setting aside my own needs and emotions to protect her. I learned to be the “nice person”—always putting others first, always suppressing my feelings, determined not to be a burden. This pattern followed me into adulthood, shaping the way I lived and loved.

When cancer arrived, the physical agony of chemotherapy felt like my body screaming at me: *Wake up! Wake up!* Every wave of pain, every surge

of nausea became a message, urging me to pause, to reflect, to listen. Slowly, I began to see my illness as a teacher, guiding me toward acceptance, gratitude, and even joy. Each flare-up in my body became a new invitation to learn and grow.

This journey awakened in me a desire to share my insights with others—to help them navigate their own struggles. I realized that my childhood role of caring for my mother had shaped me into someone constantly seeking approval, trying to prove I was worthy of love. But cancer was a loud, unignorable message that I had strayed too far from my true self. For years, I had ignored my body's subtle whispers—until disease forced me to listen.

My cancer emerged during one of the most stressful times of my life, when I was caught in a toxic love triangle. I endured constant rejection and humiliation, clinging to the hope that if I was good enough, kind enough, patient enough, I would finally be loved. But my partner's harsh words only tore me down further. Friends gave me advice, but nothing resonated. It wasn't until my second relapse, while under the care of an oncologist, that I found the courage to finally choose myself. I

walked away from that destructive relationship and stepped fully onto my healing path.

That decision changed everything. My next relationship, with someone who valued and supported me, became an important part of my recovery—helping me rebuild my confidence and my faith in love. I knew in my heart that I would never allow cancer to return. I refused to be the submissive, people-pleasing “nice girl” anymore. And while that first relationship caused me immense pain, I am grateful for it. Its harsh lessons woke me up, pushing me to reclaim my life. Despite all the hardships, I never lost my joy or zest for living. In fact, those qualities have only deepened, fueling my creativity and guiding me closer to the happiness I had always dreamed of.

Now, I listen closely to my body and honor my boundaries. I still remember the day a doctor told me I had, at most, three years left to live—that my cancer was chronic and recurrent. As I walked out of his office, I knew deep in my soul that he was wrong. For too long I had been living in what I call a “second skin”—a personality adapted to please others, doubting my own feelings. My “first skin,” my true self, is authentic, honest, and unapologetic.

Embracing that truth has made me stronger, happier, and deeply grateful.

Today, I am surrounded by people who treat me with love and respect—including my partner, who mirrors my growth and helps me stay aligned with my true self. I have learned that we don't need dramatic wake-up calls like illness if we listen to the body's quiet signals each day. Fatigue, tension, unease—these are gentle invitations to pause, to reflect, before they grow louder.

I used to think my personality was who I was, but I now see it as clothing—shaped by family, culture, and upbringing. It is not false, but it is not the whole truth either. Beneath those layers lies the essence of who I truly am. Healing, for me, has been about peeling away those automatic patterns and rediscovering my authentic self.

Each day, I practice noticing my feelings without judgment. For example, when I agree to go out with a friend but secretly long for rest, I recognize the difference between a genuine “yes” and a suppressed “no.” Ignoring that inner “no” often shows up as headaches, back pain, or other physical symptoms. I've learned to ask myself: Do I

fear that saying no makes me weak? Do I believe I must always be the “good person” who never disappoints? Am I avoiding rejection or guilt?

Many people refuse to say no, believing strength means silence and sacrifice. But that mindset erodes our true power. The fear of not being “worthy” is one of the greatest barriers to compassion—for ourselves and for others. I’ve learned to let go of guilt and to be honest with myself.

My life is no longer about fixing what’s broken—it’s about tenderly uncovering my true self with love, courage, and self-worth. That journey has been the greatest gift of all, and I am grateful for every step along the way.

Stay open to change. Listen to your body. Support others on their path. Together, we can create a healthier, more connected world.

—Annie Vanhee

# Testimonials

*These are personal stories, not advice. Without medical treatment, you can run risks. Always talk to your doctor, because some alternatives may involve risks.*

## **Ghislain:**

Upon receiving the diagnosis of kidney cancer, I was initially overwhelmed by intense fear and worry. After a few days of meditation, I realized that lingering in that fear would hinder my healing. Instead of undergoing the proposed surgery, I chose to consult my higher self and rest my body with daily reiki sessions of two to three hours, which I maintained for almost three years. In addition, I used organic essential oils, flower and gemstone remedies, and herbs that counteract cell proliferation, which led to severe physical reactions such as fever and nausea, but without the side effects of conventional medical treatments.

I learned to be grateful for the lesson the disease brought me and to embrace my problem instead of rejecting it or leaving it entirely to medical science. This insight helped me address the underlying

cause of my illness. After years of extreme organic veganism – without meat, fish, eggs or other animal products – I realized that my body had become too sensitive to pollution, such as nano-plastics and unfiltered tap water, which I consider poison. I began to adjust my diet by eating fish, eggs and meat again, which helped to normalize my body.

Listening to my body and following my instincts about what to eat and what therapies to use was crucial. Filtered water, preferably with a high-quality filter, became a priority. I learned that there are no universal rules: what works for one person is not necessarily good for another. By coming into harmony with my body and mind, and through natural remedies and honest self-reflection, I found a holistic approach that helped me heal. Gratitude, acceptance of my life lessons and avoiding a victim mentality were essential. Everyone has a unique path to healing, where contact with the body, natural nutrition and finding the right support are crucial.

## Daisy

I'm 67 now, but let's go back in time: a year and a half ago, I was diagnosed with blood cancer. The doctor immediately said it was an aggressive form and that I needed chemo right away. I really didn't want to do that at all. But my daughters were so scared. Just the word "cancer" made them panic.

So the doctor suggested a kind of "light" version of chemo. No hair loss, no nausea, and you still kind of feel okay. I thought: okay then, if this is what I need, I'll do it. I had four treatments, and guess what? No side effects, and I was in remission. I was happy.

But then he told me I had to take chemo pills for maintenance for another two years. I tried those pills for two months, but it was awful. I was sick, weak, and it just didn't feel right. And then I did some research and read that sunlight was important for recovery. But those pills? They actually prevent you from being in the sun, because then you can get skin cancer or other cancers. So what now?! Are you supposedly getting better from something that might actually make you even sicker? It drove me crazy.

At one point, I thought: enough is enough. I told the doctor I wasn't going to take those pills anymore. I mean, I don't want to trade one cancer for another.

I was already super strict about what I ate—maybe that's why I went into remission so quickly, because I should have had six chemo treatments, not four. Then I started fenbendazole and later ivermectin. Plus a mountain of supplements and a completely different diet.

Holistic doctors, by the way, say there are more than 400 natural remedies for cancer. So I thought: let me do what I can with what I have. I bought a sauna blanket, a grounding sheet, and red light therapy. I'm just trying everything that seems logical to me and that I can afford. Not everything is possible, but that's okay. I truly believe our bodies can heal themselves. Today I haven't felt this good in 20 years.

The oncologist was actually pretty good, but I don't blindly trust Western medicine. He wanted to do another colonoscopy and a bone marrow test. But why? If it's already in my blood, it's everywhere, isn't it? Luckily, I had a naturopath who supported me. A truly wise woman. She said: don't make it worse

with those tests; they won't help. And I'm so grateful to her for that.

The funniest moment? When I was in remission and the doctor asked: "Are you taking anything special?" I said: "Fenbendazole." He looked at me strangely and asked: "Is that even for humans?" And I replied very dryly: "Yes, it is." I thought it was very funny.

During our first meeting, by the way, he told me I still had to get all my vaccinations. I said: "Forget it, just shoot me now." He should have known then that I prefer natural things.

Thanks if you're reading this: thank you for being here. So many people are taking this alternative path, and the stories are sometimes just incredibly inspiring. Even when doctors say, "There's nothing more that can be done."

There's so much information available. You really don't have to blindly trust what Western medicine tells you. Choose your own path.

## **Marianne**

My name is Marianne, and over thirteen years ago, I received the frightening diagnosis of aggressive breast cancer. As a nurse, I knew what chemotherapy and radiation therapy could do, and I wanted nothing to do with it. After my surgery, I chose natural healing. I embraced the Gerson Therapy, drinking raw fruit and vegetable juices every hour to detoxify my body. I also used B17 (*note author: could be risky-consult your doctor-see also the section on Laetrile*) therapy and other natural protocols that felt right for me. It wasn't easy, but I believed in giving my body what it needed to heal itself. Today, in 2025, I'm still here, cancer-free and stronger than ever. I share my story to inspire others, but I know it's my journey, not a prescription for everyone.

## **Jane**

I'm just someone who was faced with cancer and decided to take a different path. When I was diagnosed, I didn't want to undergo chemotherapy. Instead, I discovered the Gerson Institute's protocol and went all in. It involved a strict organic, plant-based diet, juicing all day long, and detox methods

to cleanse my system. I read about Dr. Max Gerson, who reportedly cured 46 out of 50 terminal cancer patients, and that gave me hope. It was a tough road, but I persevered, and I'm here to say it worked for me. I don't have any medical records to share, and I know it's not for everyone, but I'm now in remission and believe this approach saved my life.

## **Anita**

When I was 17, doctors told me I had lymphoma. They strongly urged chemotherapy, but I called it poison and refused. I wanted to try holistic remedies, things that felt less invasive to my body. Because I was a minor, my parents forced me to undergo chemo, and I hated every second of it. When I turned 18, a new mass was discovered in my lung, and I finally had the freedom to choose. I fully embraced alternative treatments, though I won't share the details because it's personal. I'm still fighting, still figuring out what works for me. It's been a struggle, not only with cancer, but also with a system that didn't respect my choices. I share this so others know they have a voice, even when the path isn't clear.

## **Belinda**

My name is Belinda, and when I was diagnosed with stage 2 Hodgkin's lymphoma, my world was turned upside down. The doctors prescribed four weeks of chemotherapy and radiation, but I was terrified of what that would do to my chances of ever having children. I said no and started researching. I found a raw, vegan diet that made sense for me, combined with a range of natural supplements. Fortunately, I found an oncologist who was willing to monitor me instead of pushing treatment. It was a leap of faith, but it paid off. I'm now in clinical remission and have three beautiful children. I know not everyone would choose this path, but for me, it was about listening to my body and trusting that I could heal naturally.

## **Anna**

I'm Anna, 42, and in 2024, I was diagnosed with stage 3 colon cancer. As a mother of two, I was terrified, but I decided to combine conventional and alternative treatments after consulting with my oncologist.

I underwent surgery to remove the tumor, followed by six months of chemotherapy. The chemo was

tough—fatigue set in, but medication helped. At the same time, I started a simple, organic, plant-based diet with daily fruit and vegetable juices, such as beets and ginger. I took turmeric supplements with my doctor's approval and did yoga to reduce stress. This gave me strength and a sense of control.

Combining the two wasn't easy. My doctor warned me about risky alternatives like Laetrile, which I avoided. Regular checkups ensured my supplements were safe alongside chemo.

In December 2024, scans showed I was in remission. I believe the chemo fought the cancer, while my diet and yoga helped me cope. Now, in 2025, I remain under control and live a healthy lifestyle.

My approach is personalized. Always talk to your doctor, as some alternatives can interfere with treatment.

I hope my story inspires you, but make choices with professional guidance.

## **Mark**

I'm Mark, 38, and in the summer of 2024, I was diagnosed with prostate cancer. As a single father, I panicked, but I wanted to do everything I could to

recover. After talking with my doctor, I decided to combine conventional treatments with alternative methods that would empower me.

My treatment began with surgery to remove the tumor. Doctors then recommended radiation therapy to control the cancer. I knew radiation therapy could be effective, but I was worried about the fatigue and potential side effects.

To support my body, I changed my lifestyle. I switched to a Mediterranean diet rich in vegetables, fish, and olive oil, as I'd read that it can reduce inflammation. I also started mindfulness meditation to manage my anxiety, and I took vitamin D3 supplements with my doctor's approval because my levels were low. These steps made me feel like I was actively contributing to my recovery. My blood levels were closely monitored to ensure my supplements wouldn't interfere with the radiation therapy. In early 2025, I heard my scans were clear – I was in remission. The radiation was working, but I believe my diet and meditation helped me stay stronger. I'm staying in control and maintaining my healthy habits.

## Lisa

I'm 45 years old, and in the fall of 2024, I was diagnosed with stage 2 lung cancer. As a teacher and mother, the shock was immense, but I quickly decided I would try everything to fight it. After talking with my oncologist, I opted for a combination of conventional and alternative treatments to improve my chances.

My treatment began with surgery to remove part of my lung. Doctors then recommended chemotherapy to prevent further spread. The nausea and fatigue from the treatments were intense, but medication kept it manageable.

To support my body, I started an anti-inflammatory diet rich in berries, leafy greens, and nuts, as I'd read that this could help my immune system. I added boswellia supplements for their potential anti-inflammatory effects, and I began to do breathing exercises and light tai chi to promote lung capacity and rest.

This combination required careful consideration. My doctor warned me about unsafe alternatives like high doses of vitamin C, which could interfere with my chemotherapy, so I avoided them. Regular checkups ensured my approach remained safe.

In July 2025, I received good news: my scans were clear, and I'm in remission. I believe chemo has tackled the cancer, while my diet and tai chi have helped me stay stronger. I'm staying in control and maintaining my healthy habits.

## **Sophie**

In 2023, I was diagnosed with lung cancer. I love nature and didn't want surgery or chemo. Instead, I chose a natural approach.

I started with a simple, organic diet: lots of fruits and vegetables, like carrots and kale. I drank fresh juice every day and took herbs like turmeric. I also did yoga and meditation to stay calm.

My doctor said it was risky. He told me that without chemo or surgery, the risk of cancer returning is high. I understood that, but this felt right for me. I did have regular scans to check my health.

In July 2024, my scans were clear. I'm happy and feel strong, but I know my story is special. Perhaps the early stage or my luck helped. I continue to eat healthily and get checked.

## **Jasper**

In 2024, I was diagnosed with colon cancer. Chemotherapy and surgery didn't feel right for me. I

wanted to help my body naturally, so I sought out a chiropractor and changed my lifestyle.

My chiropractor explained that chiropractic care could support my nervous system by correcting my spine. He made gentle adjustments to bring my body into balance. I also started a simple, organic diet with lots of vegetables, like spinach and carrots, and very little sugar. I drank vegetable juices daily and started walking and meditating to reduce stress.

My doctor warned me that without chemo, the cancer could progress. I understood the risk, but chose this path and had regular scans. In July 2025, I received the news that I was cancer-free. I feel good, but I know my story is special. Perhaps the early stage or my lifestyle changes helped?

## **Marie**

In the spring of 2024, I was diagnosed with pancreatic cancer, which came as a shock. It felt like the ground had disappeared beneath my feet. As a teacher and nature lover, I didn't want to surrender my body to chemotherapy or surgery. Instead, I chose a path that followed my heart: healing my body with food, lifestyle, and a few simple supplements.

I started an organic diet that nourished my soul. Every day, I filled my plate with colorful vegetables –broccoli, beets, spinach– and avoided sugar and processed foods. Preparing and drinking fresh vegetable juices became my morning ritual. After a blood test, my doctor discovered that my vitamin D and zinc levels were low, so I added these supplements, carefully chosen to support my immune system. I found peace in daily walks in the park, where the fresh air seemed to embrace my lungs, and in quiet moments of meditation, which soothed my anxieties.

My oncologist was honest with me: without conventional treatment, there was a chance the cancer would progress. His words stuck in my mind, but something inside me told me that this was my path. I had regular scans to monitor my health, a small concession.

April 2025, I received the news I barely dared to hope for. The cancer was gone. I felt a wave of gratitude, but also the realization that my story is exceptional.



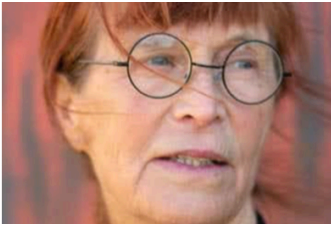
## About the Author

Cancer is a word that evokes fear. For those confronted with it, life changes in an instant. But cancer does not have to mean the end of hope, health, and quality of life. In this book, I share my personal story: how, after a severe diagnosis and demanding treatments, I chose to take my health back into my own hands – with nutrition, herbs, supplements, stress management, and spiritual growth as my allies.

This is not only a testimony of recovery, but also a practical guide for those who want to prevent

cancer. The same natural principles that support healing also strengthen vitality, balance, and resilience. You will discover how plant-based nutrition, conscious lifestyle choices, and ancient holistic wisdom not only aid in recovery but also reduce the risk of illness.

“Healing Cancer Holistically” is a book filled with inspiration, practical guidance, and hope – for anyone who wants to take their health into their own hands, whether you are recovering from cancer or seeking to avoid it.



**Cancer changes everything – but it doesn’t have to leave you powerless.**

When Annie Vanhee was diagnosed with *non-Hodgkin’s lymphoma*, she began an intense journey filled with fear, pain, and questions. After years of treatments, relapse, and doubt, she chose a different path: a holistic approach that unites body, mind, and soul.

In *Holistically Overcoming Cancer*, Annie openly shares her personal story *and* the practical methods that helped her regain strength, balance, and joy in life. From plant-based nutrition and herbal remedies to stress management and complementary therapies, this book offers insights and tools for anyone facing cancer or seeking to strengthen their health consciously.

This book is not a replacement for medical care, but a source of hope, inspiration, and self-empowerment. It invites you to reconnect with yourself, with nature, and with the inner strength that lies within each of us.

**For patients, loved ones, and anyone who wants to discover how holistic health can support healing and prevention.**