

Just been diagnosed with Cancer ?

Life-changing

Who do you ask for advice ?

The moment you learn that you have cancer will change your life
You then need to make a decision about where to go for treatment

- You can walk through the door of a surgeon or oncologist
- You can walk through the door of an alternative or complementary health professional

The door that you choose will have a major effect in what happens to you and your family over the next few months or years, so how do you make that decision ?

The decision may be simple if you believe that doctors are "gods" who know everything about health.

If you - reluctantly - accept that diet and lifestyle may have played a part, then how do you change what you have been doing all your life ?

Who do you ask for advice, if most doctors know so little about diet and lifestyle ?

Get support – fast

You are not alone, so find some support from others like you

Search for the many people who can give you support at: <https://yestolife.org.uk/search> (type: people)

Find their many online seminars and chat shows at: <https://yestolife.org.uk/events/>

Penny Brohn provides group and one-to-one counselling sessions at: <https://www.pennybrohn.org.uk/>

Xandria Williams provides one-to-one support for diet and lifestyle at: <https://xandriawilliams.co.uk/>

Learn More – fast

Read at least 1 of these books

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| Cancer as a Metabolic Disease | Professor Thomas Seyfried |
| Metabolic Approach To Cancer | Dr Nasha Winters and Jane Kelley |
| Say No To Cancer | Patrick Holford |
| The Rainbow Diet | Chris Woollams |
| Eat To Beat Cancer | Dr Rosy Daniel and Jane Sen |
| The Cancer Fighting Diet | Dr Johannes Coy and Maren Franz |
| Natural Strategies for Cancer Patients | Dr Russell L Blaylock |
| Cancer Concerns | Xandria Williams |
| The Topic of Cancer | Jessica Richards |

2 Key Questions to ask every doctor:

1. **Can you explain what has caused my cancer ?**
2. **What advice can you give me about helping my body to repair itself ?”**

To help you and your doctor to answer these difficult questions, read the book:

Cancer as a Metabolic Disease, by Professor Thomas Seyfried

Or watch his talks on YouTube:

2015 Overview: Professor Thomas Seyfried: Cancer: A Metabolic Disease With Metabolic Solutions

https://www.youtube.com/watch?v=SEE-oU8_NSU

2023 Update: Metabolic Therapy for Cancer Patients

https://www.youtube.com/watch?v=5uyXao8x3_s

Since the COVID-19 Virus and Vaccines, there may be totally new causes of cancer

Search the website of the Frontline COVID-19 Critical Care Alliance (FLCCC)

<https://covid19criticalcare.com/>

Vitamins, Minerals & Supplements

Do take professional advice about whether you should take any supplements

- Some supplements may help reduce your amount of chemotherapy or radiotherapy
<https://pubmed.ncbi.nlm.nih.gov/31280187/>
- Some may help improve both your health and your mood
- You can find qualified Nutritional Therapists at: www.bant.org.uk

Vitamin C

When you are well you only need 100mg/day, but when you are stressed you may need 1gram per hour

Dr F R Klenner said: Vitamin C *should* be given to the patient while the doctors ponder the diagnosis
<http://www.doctoryourself.com/VC.NZ.Sept.2010.pdf>

Some doctors propose massive doses of Vitamin C, in powder, capsule, liquid or even IV infusions
Typical treatment for cancer may involve 15 IV infusions of 25-75grams of Vitamin C over 30 days

General advice from Dr Andrew Saul: <http://www.doctoryourself.com/advice.html>

Learn more about Vitamin C at: <http://www.doctoryourself.com/index.html>

Riordan IV Protocol for Adjunctive Cancer Care: <http://www.doctoryourself.com/RiordanIVC.pdf>

Vitamin D

Your native Immune System needs at least 125nmol/L of Vitamin D to function properly.

Maybe boost your Vitamin D blood levels to be between 125-200nmol/L for the next 3-12 months

<https://pubmed.ncbi.nlm.nih.gov/27120467/>

<https://www.nature.com/articles/s41590-021-01080-3>

<https://vitamindwiki.com/Overview+Breast+Cancer+and+Vitamin+D>

https://www.grassrootshealth.net/?post_projects=breast-cancer-prevention

<http://vitaminduk.com/just-been-diagnosed-with-cancer/>

Omega-3

Omega-3 Fatty Acids Are Effective at Inhibiting Growth of Cancer

Consider taking a double dose of Omega-3 **natural** fish oils for the next 3-6 months

<https://doi.org/10.1093/jn/132.11.3508S>

<https://www.foxchase.org/news/2013-04-09-omega-3-fatty-acids-breast-cancer>

Learn more about Omega-3 here: <https://alwayssomega3s.com/>

and here: <https://www.grassrootshealth.net/>

and here: <https://www.greenvits.eu/blogs/b/omega-3-sources-of-information>

Sleep

You need 8-10 hours a night of deep sleep to give your body time to repair itself

Go to bed at 10:00pm and plan to sleep until at least 6:00am

If necessary take a natural sleeping aid such as Natrasleep or Nytol, or take Melatonin.

Melatonin is only available in UK under prescription as Circadin, so ask your doctor if it is appropriate for you.

Try and avoid other prescription sleeping drugs such as Benzodiazepine or antidepressants or SSRIs.

Melatonin is available over the counter in USA. Maybe start with 5 milligrams about 1 hour before you go to bed and reduce the dose by half each 1 week until you find the dose that is just enough.

This might be as little as 0.1 milligram !