



What I've Found Most Helpful

Dear friend,

First, I am sorry that you or your loved one has joined the cancer club. It's not what we choose, but here we are! God will use this for good, if we love Him and are called according to His purpose (Romans 8:28).

Here is a quick reference of things I have found the most helpful.

If I have one first piece of advice – **Slow down, research your options, and pray before you decide what course of treatment you will take.**

This advice affirmed my decision to not rush into making decisions that were being suggested for me. The medical team, and perhaps family and friends, might urge you to make fast, fear-based decisions.

The truth is cancer doesn't come overnight, and we do not have to make decisions overnight. While a cancer diagnosis can be scary, in most situations, taking some time to research, find out the options (including alternative and/or integrative), and make decisions through prayer and wisdom will bring a greater peace about your plan. Doing this can ultimately extend your life and bring greater quality of life.

We need to get in the driver's seat and make educated and God-directed decisions. I have come to understand each of us has to find our path and peace about the decisions we make.

QUESTIONS TO ASK YOUR ONCOLOGIST

Before making choices on treatments, learn what will bring about the best outcomes, what are the long-term side-effects, and things you can do alongside treatments to improve outcomes and reduce side-effects. Weigh the risk/reward ratio for yourself. Check out the articles I have on my www.adelehop.es.com/resources page.

For example, ask your oncologist:

- 1) How will chemotherapy (if suggested) improve my outcomes? (They should be able to pull data for someone your age and type of cancer for 5-, 10-, and 15-year life-expectancy rates. For my cancer and age, it was a 6-8% increase in life-expectancy, which was not enough for me because I planned on a full-on, long-term commitment to help my body heal from the inside out. Some chemo plans only increase life-expectancy by 2-3%.)
- 2) What is the purpose of radiation? (Radiation does NOT increase survival but can help prevent local recurrence and be used to quickly reduce the size of the tumor when causing pressure and pain.) What data can you provide on the expected outcomes of radiation? What short-term and long-term side effects can be expected?
- 3) Do you use cancer marker tests? Which ones? Are there options to reduce the dosage or number of treatments if my cancer marker numbers look good? (Ask about Signatera and the antigen test that is appropriate for your cancer.)

The second thing I would suggest is to cleanse and boost your body's immunity immediately. I thought I was "healthy" before diagnosis. Clearly, I was NOT or my body would not have hosted cancer. Toxins had built up,

vitamins, metals, minerals, hormones, and other levels were off, my gut was not healthy, and my metabolic and mitochondrial health was poor.

If you are choosing to do surgery, chemotherapy, or radiation, cleanse and build up your body BEFORE these procedures and treatments because these will further damage your body. You can get stronger to mitigate the damage, lessen treatment side effects, and also improve the outcomes.

The third thing I would suggest is to add a functional medicine MD or practitioner to your team to get to the root issues. Find effective natural and integrative solutions that traditional care does not offer.

BOOKS/PODCASTS/WEBSITES

Here is a list of resources that I have found to be very helpful during my research to understand how the body works, and what can help me heal:

- [Chris Beat Cancer](#) book, [Chris Beat Cancer](#) website and blog (great interviews with people who have healed naturally) and [Resources suggested by Chris Wark](#)
- [How to Starve Cancer](#) book by Jane McClelland
- [The Simplicity of Healing](#) book by Dr. Sandra Kennedy– a good faith builder at a time when fear and anxiety are near
- [The Metabolic Approach to Cancer](#) book by Dr. Nasha Winters and Jess Higgins Kelly
- and Metabolic Matters podcast by Dr. Nasha Winters
- [The Smart Woman's Guide to Breast Cancer](#) book and Keeping Abreast podcast by Dr. Jenn Simmons
- [The Moss Report website](#) and podcast with Dr. Ralph Moss
- [The Cancer Industry](#) and [Cancer](#) books by Mark Sloan
- [Empowered Against Cancer](#) and [Natural Strategies For Cancer Patients](#). These books are great for people who select chemo, surgery, and radiation to help reduce side effects and increase effectiveness. Find an oncologist willing to work with your desire to integrate other approaches. These books also have great information for anyone NOT doing chemo or radiation.
- [A Better Way to Treat Cancer](#) book and Integrative Cancer Solutions podcast with Dr. Michael Karlfeld
- [The Rain Barrel Effect](#) (free) book and The Cabral Concept podcast with Stephen Cabral
- [Healing Strong](#) website and I Am Healing Strong podcast
- [Jonathan Otto films](#)/documentaries and Health Secrets podcast
- The Doctor's Farmacy podcast with Mark Hyman, MD
- Functional Nutrition podcast with Dr. David Jockers
- MOJO Rising: How to Make Cancer Suck Less podcast with Julie Stevens
- PubMed, a clearing house of research studies: <https://pubmed.ncbi.nlm.nih.gov>

Tip: Use the search bar in your podcast app , YouTube, or PubMed and enter the names above or keywords that go with your diagnosis or area of interest. There is lots of good information!

Let me know if you want to borrow any of my books. I have more books and resources to recommend than listed, and I'm happy to share other things I've learned. Feel free to contact me!

God is our Healer! His Word says so many things about our health and healing. He wants to heal us!

With love,
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P.S. I am always eager to learn. If you have great resources to share with me, please do!

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