



Cancer...

You Can Heal Yourself!

.....and never have to live in fear of a relapse

A 'new age' in healing from cancer is upon us.....

It does not require radical surgery, chemotherapy or radiation!
Instead, this refreshing 'new' approach reveals the little-known truths about cancer, enabling you to dissolve your fear of it, while empowering you to heal yourself from all types and all stages of cancer!

Dr Janey Little (BVSc, MRCVS)



Sharing a powerful and transformational approach to cancer!

Cancer... You Can Heal Yourself

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Cancer...
You Can Heal
Yourself!

.....and never have to live in fear of a relapse

In memory of.....

My dear mother Peggy
who made this book necessary.
Thank you for your undying love
and for believing in me!

Disclaimer

Prior to making any decisions about treatment, anyone who has cancer or suspects he or she may have cancer, should consult with a qualified physician. A conscientious effort has been made to only present information that is accurate and truthful. The author assumes no responsibility for inaccuracies in the source materials, nor does she assume responsibility for how this material is used.

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Table of Contents

Introduction: There is Real Hope!	1
Chapter 1: The Fear of Cancer is Killing Us!	11
Chapter 2: Taking the Mystery Out of Cancer	19
Chapter 3: It's not about the Tumour!	29
Chapter 4: Our 'Inner Doctor'	35
Chapter 5: Getting Over the Quick-Fix Mentality	39
Chapter 6: The Crucial Role of Microbes in Cancer	51
Chapter 7: Spontaneous Healing from Cancer	61
Chapter 8: The 'Big 3' ~ Do They Work?	67
Chapter 9: Why is My Doctor Not Telling Me This?	83
Chapter 10: Some Truths about Cancer Statistics	89
Chapter 11: Pharmaceutical Fallacies	95
Chapter 12: Bad genes didn't Cause Your Cancer	107
Chapter 13: To 'Win the 'War' we must stop fighting!	115
Chapter 14: An Opportunity for a Life Enriched!	121
Further Reading	127

Introduction:

There is Real Hope!

There is no such thing as incurable! I know that now.

However, when it comes to the ‘dis-ease’ of cancer we still find it littered with words such as terminal, inoperable, incurable, 3 months-to-live, 6 months-to-live.....

However, if you (or a loved one) have cancer and you have been unfortunate enough to be handed one of these soul-destroying labels, let me open your mind to this truth..... these are only labels handed down by an approach that doesn’t have answers for you. It does *not* mean however that there are not other approaches existing right now that *do* offer real answers!

While different approaches outside of the status quo and the conventional treatment of surgery, chemotherapy and radiation have remained largely inaccessible for most thus far; we live in an exciting time with respect to the healing from cancer for those who are ready to embrace different wisdoms and understandings in their quest to recover completely and permanently from cancer.

When we look at the Laws of Nature, we learn that where there is a process that creates ‘dis-ease’ (implying that the body is ‘ill at ease’) there must always be a process that exists too, for reversing it. It applies to all dis-eases and it applies to cancer!

Therefore, if someone tells you that you are ‘incurable’, realize that you are ‘incurable’ only by definition of their understanding and thus their approach to cancer..... nothing more!

This book will introduce you to a new understanding of cancer that aligns with the wisdom of how nature operates, and therefore as creatures of nature, how we in turn should respond to it. When we understand this, and respond to cancer in a manner that works with nature rather than against it, we learn that cancer can in fact become *easy to heal!*

Now the question on your lips may well be; “if this is true, then why is it not common knowledge and why is my doctor not sharing this with me?” That of course would be a most pertinent question and the answers will become apparent during the course of this book.

But first, allow me to introduce you to George.....

George had an advanced and aggressive form of pancreatic cancer (one of conventional medicine’s most feared forms of cancer). George was sent home from the hospital and told to ‘get his affairs in order’. He was given less than 2 weeks to live.

However George had a cousin who had heard of a potent natural remedy for healing cancer and with seemingly nothing to lose, she began giving this remedy to George every hour around the clock. After a few days, George began to sit up in bed. After a week, he got out of bed to make his own breakfast.

That was 10 years ago. Now George enjoys playing football with his grandchildren.

Or how about Mary.....

Mary was diagnosed with breast cancer. She underwent a mastectomy followed by an arduous course of chemotherapy. However 2 years later she began to experience excruciating pains. An MRI confirmed that she had cancer in her liver, her bones and her brain. In fact Mary was in such an advanced state of weakness at one stage that it was believed that she would be dead within 24 hours. However her devoted husband who never left her side had heard of a natural remedy somewhat belatedly, but nonetheless began applying this product to Mary. Mary never died that night. It did take her 8 months to regain her full strength, but Mary now lives a full and happy life and shares her story with other cancer sufferers to show them that they too can recover from cancer.

These are real people with real stories. They are not ‘one-off miracles’ but rather examples of two people amidst thousands more like them who have recovered completely and permanently from cancer in spite of being diagnosed as ‘terminal’.

When my mother was struggling with cancer 16 years ago I thought I knew a fair bit about cancer. After all I had studied for six and a half years and I had a Veterinary Science degree. I had also worked in numerous veterinary hospitals around the UK and South Africa where I had performed countless surgeries and had implemented many ‘cutting-edge’ chemotherapy protocols. I thought I knew a lot about cancer and that working together with my mother’s doctor we would know enough to pull her through.....I was wrong!

My mother was the heart and soul of my early years and unfortunately it often takes a major personal event such as this was in my life, to begin questioning the previously unquestionable. Never before had I considered that there may well be other wisdoms beyond the strong bias of my conventional medical education that could provide answers to this great ‘mystery’ that cancer appeared to be.

I took a 3 year break from my career and during this time I travelled widely and studied everything I could lay my hands on with respect to the subject of cancer. In fact this would be the first time that I would open myself to exploring wisdoms beyond the conventional approach to cancer. Looking back now, in spite of my conventional medical education and the many years of experience I’d had in treating cancer, this is when my understanding of the real truth of cancer and how to respond to it, would actually begin.

I was fortunate to connect with people around the world who were treating cancer using different approaches and was astonished at the success that some of them were achieving. They were having success with people that in my conventional medical world were considered ‘no hoppers’.

Modern medicine has often scoffed at the real-life stories such as those I have mentioned, dismissing them as ‘unexplained miracles’. However, these successes in cancer healing I would come to learn of were anything but ‘lucky’ or random, but rather consistent successes achieved with all types, and all stages of cancer, when the appropriate approach in line with the ‘truth of cancer’ was adopted.

Initially, my journey into the ‘mystery of cancer’ began as simple scientific curiosity born out of the need to get the answers I had never been able to give my mother. In time however, I began to unearth more truths about cancer. Truths that my peers and I had certainly never been taught at veterinary or medical school, and which I knew were not being shared with the people who needed to hear it most – the millions of cancer patients and their families. It was then that I began to feel compelled to share this information.

In short, I was to learn that **we are not waiting for a cure for cancer.....we know how to heal cancer now, and we’ve known it for a long time!**

The trend in rising cancer statistics is frightening when you do not possess a true understanding of cancer.

Consider this.....

If we go back for a moment to the year 1900, we learn that the chance that you or I would have had of getting cancer at that point in history was 1 in 8000.

If we then fast forward over a decade to the year 2014, we find that the chance that you or I now have of getting cancer (statistically speaking) is approaching 1 in 2!

Quite alarming isn't it?

It is little wonder then that we've all known friends, family or colleagues that either have cancer, or have succumbed to it. In fact cancer has overtaken cardiovascular disease in many parts of the world as the leading cause of death.

And what about when we do get cancer? Are the 'wonders of modern medicine' achieving progressively increasing success rates? Well sadly..... no!

Consider for a moment what you would expect the success rate of chemotherapy to be, considering that it is one of the 'Big 3' standard treatments used in the conventional treatment of cancer. The answer given to this question is very frequently in the region of 20-30%.

While a success rate in this region would still not be something to shout from the rooftops, the true 'success' rate sadly isn't anywhere near this.

The true success rate of chemotherapy, as published in the 'Journal of Clinical Oncology' (Dec 2004) is2.1% in the US and a slightly better 2.3% in Australia.

It is a startling statistic that the Cancer Industry would no doubt prefer you didn't know!

And this is before taking into consideration the frequently appalling side-effects that are endured by those convinced that chemotherapy offers them their best chance of survival.

Back in 1971 President Richard Nixon invited the press to Washington, and on the lawns of The White House he announced to the world that America was declaring ‘War against Cancer’. The rest of the world was soon to follow suit. Well based on the above-mentioned statistics, we would have to say that we are losing this ‘war’ quite spectacularly!

Albert Einstein has been attributed with the following somewhat funny, yet rather sobering quote:

“The definition of insanity is doing the same thing over and over, while expecting different results”.

In view of the statistics already mentioned, if we are to continue doggedly on the same path which has led to these dismal statistics, then we too are guilty of ‘insanity’ according to Einstein’s definition of it.

Perhaps it is time to consider different wisdoms with respect to cancer; wisdoms outside of the status quo that are already delivering excellent results in cancer treatment?

Cancer is considered by the public at large, as well as by the doctors and oncologists who treat it, as being a formidable

disease and a killer-disease. My experience with cancer and my understanding of it now, has convinced me otherwise.

Cancer is formidable only because in failing to understand what cancer truly is, we fail to approach it in the appropriate manner, and so the results frequently disappoint. In contrast, when we change our understanding of cancer to the greater truth of what it is, and choose an approach to align with this truth.....everything changes!

Some of the explanations and understandings you will learn here you will not find readily elsewhere, particularly in conventional explanations of how to approach cancer. However, the results that follow this understanding and approach to cancer, speak for themselves.

It works because it is the truth of cancer and it respects and aligns with the wisdom of nature and our bodies!

By the end of this book you will know more than most people today about the truth of cancer (and that includes doctors and oncologists) and it follows that you will know more than most about how to approach true healing from cancer. We have become so accustomed to expecting answers to come from latest cutting-edge technologies that we often fail to see the simple answers that already exist.

I have kept this book short and to the point so that you don't waste valuable time in finding those answers you seek for

yourself or for your loved ones. It is also without medical jargon or lengthy scientific explanations - neither are necessary to heal from cancer!

Please note that this book was not designed to offer an A-Z of all the steps an individual needs to address in healing. That aspect is covered in great detail in the ‘7 Step Natural Cancer Program’ and other life-changing Programs which are designed for anyone wishing to heal from cancer using a natural and non-toxic approach, as well as for all those determined to do everything possible to prevent cancer while attaining vibrant health.

This book has been written instead to share the truths of cancer and therein establish the crucial foundation necessary to attain true health. As you will learn, it is only with this important shift in the understanding of cancer and the mindset that accompanies it, that the power of any healing program is truly unleashed.

In summary; if you are ready to embrace a paradigm shift in your understanding of the truth of cancer and therefore how to respond to it, you will in doing so empower yourself to prevent cancer and heal from it.....and that includes all types and all stages of cancer.

Of that I am certain!

Please note that details of the '*7 Step Natural Cancer Program*' and other Programs can be accessed at the following website:
www.drjaney.com

Chapter 1:

The Fear of Cancer is killing us!

The simple uttering of the word ‘*Cancer*’ is enough to strike fear into the hearts of many a brave man and woman out there. In fact, it was only after having personally interviewed countless people from different countries, industries and walks-of-life that I was to become aware of the true extent of the fear and trepidation that exists for most people when it comes to contemplating the disease of cancer.

In short, I found that the fear of cancer in our western society is not only pervasive, but considerable and often paralyzing in its effect.

I used to fear cancer that way too.....that was before I understood cancer the way I do now, and before I was to witness the incredible success that is achieved with the treatment of cancer when you change your understanding.....and thus your approach to cancer.

Now, when I meet someone with cancer, one of the crucial first steps we work on is dissolving the fear of cancer.

This is fundamental to healing!

The rising statistics that are responsible for us seeing cancer everywhere today, coupled with the disappointing success rates

in treatment, have led to cancer being referred to as a ‘killer disease’ and the ‘modern plague’.

To make matters worse, cancer appears on the surface to be so random and indiscriminate. We see cancer in babies, and we see it in adults of all ages. We also see it in people of all colours. Both the rich and the poor get cancer. We see it in those that clearly live in an unhealthy manner, but perplexingly we also see it in those who appear to be living very healthily. No one seems to be spared and it is this apparent unpredictability of cancer that understandably heightens our fear of it.

However, as you will soon learn, ***nature is never random or chaotic, and neither is cancer. There is always a reason, and that is good news for us!***

Consider this all-too-common scenario for the average newly diagnosed cancer patient.....

You are sitting feeling somewhat helpless in your doctor’s consulting room, as he hands you the grim diagnosis ‘*you have cancer!*’ Your doctor, who is as afraid of this disease as you are – after all he has seen so many of his patients die from it – suggests that you waste no time at all in having the affected body part or organ cut out, and that you then begin on a course of grueling chemotherapy and/or radiation immediately thereafter. You may even be told that you have *x* months to live. You feel dizzy; your world quite literally turned upside down in a heartbeat!

The thought of having to undergo surgery within days, not to mention being subjected to the all-too-well-known side-effects of chemotherapy soon after, is a blow to even the most dauntless of individuals. And of course, for those who have become convinced of cancer's reputation of being a killer disease, it is inevitable that thoughts and fears of your life being cruelly cut short begin to emerge. In short, we become paralysed with fear!

Unfortunately however, fear when healing from cancer can be our greatest enemy.....

Firstly and quite crucially, fear should *never* be the dictating emotion from which we make important health decisions that could quite literally determine our future survival! While it is understandable to be in a state of shock when first diagnosed with cancer, we need to remind ourselves at this critical time that cancer has taken at the very least months, but usually years, or even decades to develop. We therefore do not need to, and should not, make a decision in that moment!

While it is often necessary to make bold and sweeping changes to facilitate our healing from cancer, it is important too that we resist the temptation to make hasty decisions that are made from a place of fear and which may not turn out to be the right ones for us.

While your doctor will probably be suggesting that you schedule soon for surgery and or chemotherapy, and he or she will be doing this almost certainly with your interests in mind, it is vital to remember that these are the options being offered based on a conventional understanding of cancer. ***It is not the only valid option available, and it may not be the best one for you!***

It is *your* body and *your* health at stake and you should not feel obliged to submit to the treatment options recommended, nor the often immense pressures placed on you to do so at the time of diagnosis.

Instead, ensure that any decisions made about your future cancer treatment are made wisely after you have considered your options and when you are in a place of strength, and not fear. Your decision could quite literally dictate your entire journey with cancer, not to mention your success, or not, in overcoming it!

Although the author endorses an approach that aligns with the wisdom of the body, and therefore one that promotes ‘true healing’, she equally respects anyone who chooses to follow the ‘Big 3’ option providing it is the approach that resonates best with them *after* they have done their homework and taken the time to understand the different approaches.

In addition to the vast impact that fear can have on determining the path of cancer treatment we choose to take, fear can also have an ongoing and not insignificant effect on our health in numerous other ways.

On a physiological level when we experience fear it causes release of the hormone cortisol from our adrenal glands. In the short-term this secretion of cortisol is beneficial, and potentially life-saving as part of the ‘fight-and-flight’ syndrome which is triggered when we are faced with a threatening experience such as facing a lion or an intruder.

In the case of cancer patients however, the fear experienced is not usually temporary, but instead it is frequently experienced every waking hour; often day after day, and week after week.

When cortisol is released on an ongoing basis such as this, it has a significantly detrimental effect on us because it suppresses our greatest ally in healing - our immune system!

Added to this, the body's own natural anti-cancer chemicals such as Interferon and Interleukin 2 are also suppressed by our fear. These natural 'drugs' produced by our bodies to protect us, are inhibited at precisely the time we need them most!

Many cancer patients understand the necessity of eating well as part of the plan in healing, however all the benefits of many of the best foods can be nullified by the constant fear that so often accompanies the knowledge of having cancer.

Have you ever experienced a dry mouth when you were nervous? This happens because the fear you were experiencing served to inhibit the secretion of your digestive juices that are normally released from your salivary glands.

The same happens with all the digestive juices from your stomach, intestinal tract and pancreas. This may be beneficial in an isolated situation of fight-and-flight (you don't want to be desperate for a burger while you're fighting a lion!), but it is *not* advantageous to the healing from cancer if your digestion, and therefore your nutrition, is diminished on an ongoing basis due to your fear.

And if the physiological disadvantages of fear were not enough, added to this is the crucial aspect of *psychosomatics* in the role of your health. Quite simply, what your mind is thinking cannot be separated from your physical body!

Therefore, when you believe that you have a killer disease, or when you are told that you have ‘6 months to live’ for example, the all-consuming fear and the expectation that these labels create, can set the stage for creating that reality!

It is easy to assume that it was simply the cancer that was responsible for the patient ultimately dying. However, repeatedly I witness how it is *not* the patient with the most advanced cancer that succumbs most swiftly, but the patient who gives in too readily to the ‘death sentence’ they assume on themselves. In fact, some of the most heart-warming cases I have seen in healing from cancer have had little to do with the aggressiveness or stage of cancer, but everything to do with a positive mind and a strong belief in their own healing ability!

The role that our mind plays in helping us heal (or not) is gaining ground in many areas of science and medicine. When the powerful and increasingly indisputable role that the mind plays in healing is actively incorporated into the healing program, we frequently see the body being able to overcome disease that defies explanations in conventional medicine! Unfortunately, the role of the mind is still rarely given the recognition it deserves in our modern approach to cancer.

In every-day life, people are becoming increasingly more aware that when we spend considerable time focusing on anything in life – whether good or bad - that the power of these focused

thoughts when we persist with them, can manifest as reality. The same is true of our thoughts in health and disease!

So quite simply, our persistent thoughts and fears of cancer and the perceived threat to our life can help to sow the seeds of our own demise!

It is a conundrum.....we are surrounded by evidence that cancer is something to be feared, and yet it is precisely this overwhelming fear that is contributing to cancer being a formidable disease! Just when you need your body on your side more than ever to help you in healing from cancer, it becomes incapacitated by your fear!

It follows therefore that ***one of the crucial aspects of overcoming cancer is learning how to dissolve the fear of it because crucially if the fear of cancer persists, the chance of a full and permanent healing is considerably diminished!***

So how do we dissolve the fear when it can seem so ever-present and overwhelming? How do we eliminate the fear of cancer when all of the evidence around us has taught us to fear it?

There is only one way.....and that is through gaining a basic understanding of cancer that will serve to empower you, rather than scare you. This new understanding will also serve to make you comprehend why cancer is in fact curable and crucially that it is within your control to do that! You can then follow that by taking full and appropriate actions in line with that new understanding.

The ‘understanding’ I refer to does not imply learning complicated scientific theories of medicine. Instead it refers to gaining a new ‘*perception*’ of what cancer truly is, why it develops, and hence how to respond to it. This is something we can all achieve.

In fact, you will learn that ***our perception of cancer is everything - it dictates our treatment approach, the experience of having cancer, and most crucially..... our success in overcoming it!***

This book will leave you with an understanding of the truth of cancer that will change your perception of it. This will serve to empower you (or your loved ones), in healing from cancer and in doing so, it will also serve to melt away your fear of cancer.

You only fear that which you do not understand and which you believe you have no control over.....neither is true for cancer!

"The work of the doctor will, in the future, be ever more that of an educator, and ever less that of a man who treats ailments."
Lord Horder MD

Chapter 2:

Taking the Mystery Out of Cancer

Have you ever received one of those viral emails that asks you to pray for a cure for cancer and then to send it on to 6 of your friends so that they can do the same? I have, and I never send it on; the reason being that it only serves to propagate the myth that we are waiting for a cure for cancer and that cancer is a mystery that still needs to be solved. Nothing could be more untrue!

Cancer is not a mystery and we are not waiting for a cure!
I have seen the evidence of this repeatedly with my own eyes.

Sadly however, the dangling of the proverbial carrot continues with respect to the elusive ‘cure for cancer’ that lies ‘just around the corner’. Unfortunately, it does us a great deal of harm because it leads many to assume that cancer is not curable now. This steals hope and belief from those who do have cancer now, and it often prevents them from seeking the answers that are already out there.

So let’s begin in stripping away the ‘mystery’ from cancer and start on our journey into understanding cancer in a way that will serve to empower us in healing from it.



Sharing a powerful and transformational approach to cancer!

Cancer... You Can Heal Yourself

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