



How to Turn
A Serious Diagnosis Into
New Life and Dignity

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15 Main St. North
Montcerf-Lytton, Quebec J0W 1N0, Canada
Tel.: 1-866-445-9695; Fax: 1-877-787-0190
Email: vivere@bell.net.

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I have received a serious diagnosis... What to do? What not do?

THREE THINGS TO DO

1. Follow the treatment recommended by one's doctor;
2. Optimise one's vitality;
3. Optimise one's zest for life.

1. Follow the treatment recommended by one's doctor.

Making sure to always be accompanied to any and all medical appointment by a reliable person who will take notes for us, come well prepared with a list of written questions, and have explained to us: a) our **diagnosis**; b) our **prognosis** (chances of survival; estimation of time left to live); c) our **treatment options**, their **side effects** and the ways to reduce or prevent them; d) our **tests** and **test results**; e) **diet**: What to eat and what to avoid; f) **physical activity** : what type of activity to undertake, at what intensity level, at what frequency for how long; g) reference to a social worker and psychological consultant ; Arrive also with **printed lists** with the following information: a) prescriptions; b) medical history; c) actual conditions; d) actual symptoms.

Any prognosis is always "reserved" (uncertain). It is impossible to predict with certitude the course of an illness. If the doctor tells one that the median survival time for their type of diagnosis is of "x" duration, what he or she is telling them is that half of the people survive "between zero and x amount of time", and the other half, between x amount of time and an indefinite period of time". One can do much to extend this "*indefinite* period of time". Everyone is entitled to have **hope**. No statistic is fatally unshakeable. The following scientific truth justifies this statement:

In the development of an illness, lifestyle, morale, attitude and environment account for at least 85% with a no more than 15% depending on genetics.

The healthy, reasonable and realistic attitude to adopt is therefore as follows:

Hope for the best AND prepare for the worst.

One must also do **one's own research** concerning: a) our diagnosis; b) our treatment options; c) our condition; d) possible treatments for our symptoms; e) ways of reducing and even preventing the possible side effects of different treatments (via Internet and by consulting a certified naturopath, either in a health food store or in a private clinic). A naturopath will counsel us concerning our diet according to our condition, age, sex, medications, etc. He or she must not counsel us in any way concerning our medications, as this area of intervention falls under the jurisdiction of our physician. If our prescription drugs give us side effects that we consider intolerable, we must speak to our physician about it so as to have the prescription modified.

One must then decide with the physician on a course of treatment. The latter should be consulted concerning any parallel treatment considered (Eastern and/or natural/holistic) to prevent counter-indications.

Also, one must absolutely keep a **medical journal** from the very first consultations on, noting therein the following information: a) appointment details (date, time, name and title of the professional, institution, treatment, result, exam, prescription and desired effect of the latter, references); b) symptoms, side effects, other relevant experiences.

2. Optimising one's **vitality** means:

- a) Deconstructing fear;
- b) Optimising one's diet;
- c) Optimising one's physical activity;
- d) Adopting a means of relaxation;
- e) Optimising one's social relations.

a) **Deconstructing fear** means:

- i) Expressing it, being true, not to pretend that one is not afraid, to “appear” strong and to “please” others.
- ii) Breaking it down by identifying and expressing it:
 - Fear of death;
 - Fear of suffering;
 - Fear of isolation;
 - Fear of being a burden;
 - Fear of abandoning others;
 - Fear of unfinished business and projects.

iii) Concentrating on the **positive**:

Draw up a list of everything that is going well, all that is beautiful and good in one's life, and savour the latter, appreciate it; then, imagine all the ways that “things could be worse” and even tell oneself that the experience is “for the better” if one so decides (A tribulation always comes with its “lifeline”).

b) Optimising one's **NUTRITION** means:

- i) **Reducing any excess weight** over the relevant Body Mass Index (BMI) for one's sex, height and age (toxins love to hide in fatty tissues). See **Annex 1** to determine if one has any excess weight and if so, how to lose it.
- ii) Satisfying, without going over, one's daily nutritional needs, which, for an adult of 19 years or over, can be summarised as follows:

Macronutrients (foods which provide calories, i.e. energy)

Water

Each day, our bodies lose between 2 and 2.5 liters of water, which must absolutely be replaced. One must therefore drink eight cups of water each day so as to be adequately hydrated and detoxified. Tap water must be kept to a minimum as chlorine and fluoride are damageable to people's health. Sparkling mineral water is a good source of minerals. Bottled water, with reduced chlorine and fluoride, is good to drink. Green tea is also an excellent beverage, with high anti-inflammatory, antioxidant and immune-boosting properties.

Proteins: 0.8 g per kg of weight

Obtain **one third** of one's proteins from **animal sources** (fish and white meats, eggs, milk and cheese from **grass-fed**, and not grain-fed, animals) and **two thirds** of one's proteins from vegetable sources (sprouts: beans; peas; lentils). Animal products contain all the necessary essential fatty acids that make up complete proteins. Obtaining complete proteins without consuming animal products, while possible, is demanding in terms of careful planning of food associations.

Carbohydrates (sugars): between 225 and 325 g

Obtain one's carbs from fruits and vegetables rather than starchy foods (complex sugars), because starchy foods lead to excess weight and diabetes.

Obtain one's **fibers** (which are a form of sugar) from fruits and vegetables rather than cereal products. If one consumes bread, chose breads that are « multigrain », and "wholegrain", and that have been baked with leaven and not yeast.

Ingest as little refined sugar as possible (table sugar, etc.). Replace with Agave syrup or Stevia.

Lipids (fats) 15 g (and not 90 g like the average American now ingests).

Obtain one's **fats** mostly from **vegetable sources** (e.g. oilseeds - sunflower, peanuts, soy, sesame; walnut, almond, and from oleaginous fruit like coconut and hazelnut).

Ingest essential fatty acids (Omega 3 and Omega 6) in sufficient quantities and in the right ratio, that is between 2 and 3 parts of Omega 6 for 1 part of Omega 3. The current Omega 3- to Omega 6 intake ratio for North-Americans is up to 60 parts of Omega 6 for 1 part of Omega 3. This imbalance is at the origin of a fair number of serious and chronic illnesses. Therefore, take each day 2 tablespoons of the following salad dressing: half and half olive oil and canola oil;

Consume as little as possible **saturated fat** (red meat) and **trans fat** (margarine, Danish, commercial breakfast cereal, etc.)

Micronutrients

Vitamins: The thirteen essential vitamins (that are not manufactured by the body, i.e. vitamins A, D, E, K, B1, B2, B3, B5, B6, B8, B9, B12 and C can be obtained by eating at least 6 fruits and 6 vegetables each day, the least possibly transformed and as fresh and ripe as possible, certified organic as much as possible, if not, peeled.

Mineral salts (sources: nuts, eggs, seeds, etc.)

- Macro-elements: calcium, phosphor, magnesium;
 - Trace elements: iron, fluoride, manganese, iodine, selenium, zinc, molybdenum, chrome, copper
 - Electrolytes: sodium, potassium, chloride. Ingest as little as possible table salt (replace with potassium salts).
- Avoid **prepared foods** and **canned foods** as much as possible, as they are hyper-salty.

Obtain one's **calcium** from fruits and vegetables rather than from milk products, which, like cereals, **acidify** the body, which leads to a fair number of illnesses. The human body has a "ph" (hydrogen potential) balance that is naturally alkaline (basic) and not acidic, and must be maintained that way.

By consuming each week 3-4 portions of fish; 2-5 eggs; as little meat, white bread, white rice, potatoes, Danish, and deli meats as possible (trans fats, salt), our needs will be met.

Also, by eating each day three handfuls of the following mix, we ensure an adequate intake of important micro and macronutrients: Walnuts + almonds (non-blanched, unsalted) + raisins.

Golden rules of nutrition (general population)

Variety (rotation) is a must. Vegetables: Bulb: garlic, chives, shallots, onions, leeks; vegetable-fruit: tomato, eggplant; root: beets, carrots, ginger, turnip, parsnip, yam, parsley, radish; leafy: cabbage, Brussels sprout, lettuce, spinach, endives, mustard, watercress, herbs, wild herbs, tubers: manioc, potato; legumes: beans; dry beans (red, white, black, pinto, Azuki, Spanish, Lima, mungo, green beans; peas, green or dry; lentils (green, red, brown); fruit: citrus.. orange, clementine, lemon, grapefruit; red... strawberry, currant ; raspberry, with a core: cherry, apricot, prune; with seeds: apple, pear, grapes ; exotic: banana, mango, papaya, passion fruit, kiwi; aqueous: melon; with a shell (nuts): hazelnut, almond, pistachio, cashews, Brazil nuts, pecan, walnut; cereal ("grains") : corn, wheat (spelt – a kind of wheat), rice, barley, millet (sorghum), quinoa, buckwheat, rye, triticale; seeds: hemp, chia, pumpkin, sunflower, flax, wheat germ.

The best way to eat fruits and vegetables is as fresh, ripe and non-transformed as possible. Cooking brings out certain virtues in vegetables, as for tomatoes, for example. Cooking must be light and ideally using steam so as not to drain the nutrients.

If one does not like the taste of a certain food, this is a message that that food is not appropriate for that person.

One should ingest as little alcohol as possible (the virtues of red wine come from those of substances contained in the skin of red grapes). If one undergoes chemotherapy or radiotherapy treatments, alcohol must be avoided altogether.

Foods to seek out more particularly if one has cancer:

- Milks (non-dairy) : rice, almond, hemp, flaxseed, sunflower
- Juices: Aloe, carrot, pear, mango, papaya;
- Fruits: Papaya, banana, cantaloupe, watermelon, avocado, mango, pear apple (pink lady, gala, delicious);
- Celery water;
- Celery infusion;
- Vegetables, vegetable soup, salads, sautés;
- Fish, chicken;
- Stevia (instead of sugar) –a sweet plant reduced to a green powder;
- Legumes with carrots;
- Gluten-free pasta and rice bread;
- Almond butter;
- Fresh coriander (leaves);
- Twenty drops of “ConcenTrace” (trace elements)
- Herbs

Foods to avoid when one has cancer: milk products, sugar, coffee, chocolate, alcohol, citrus fruits, bread and pasta, tomato paste, spices, margarine, peanut butter, red meat, pork, deli meats, leeks, peppers.

c) Optimising one’s physical activity (check with physician)

The advantages of low-impact, cardio-vascular activity and **movement** are extraordinary for a series of reasons, especially when carried out **outdoors**, involving contact with **nature**, the **sun** and **light**, and in a **group** setting, including when one has a serious diagnosis. See the (US) National Cancer Institute fact sheet at www.cancer.gov/cancertopics/factsheet/preventin/physicalactivity.

One should also include in one’s daily regimen a short and simple session of light **stretching**.

The advantages of physical activity are the following:

1. Reduces fatty tissues, chief storage site of cancer-inducing toxins;
2. Deeply modifies one’s hormonal balance (reduces excess estrogen and testosterone that stimulate cancer growth);
3. Reduces blood sugar, and consequently, insulin and IGF secretion, the latter being large contributors to inflammation, and therefore tumour dissemination;
4. Acts directly on cytokines responsible for inflammation by reducing their level in the blood;
5. Directly impacts the immune system;
6. Protects against stress;
7. Is one of the most proven methods for the relief of fatigue linked to illness or its treatment;
8. Considerably reduces the risk of recurrence;
9. Reduces pain and improves mood through the release of painkilling hormones called “endorphins”;
10. Facilitates digestion, including intestinal movements, because of movement;
11. Facilitates metabolism and healing by increasing blood oxygen levels.

One must start **slowly** and the activity must be **regular** as well as **enjoyable**.

d) Adopting a means of **relaxation**

The advantages of daily sessions of **calm** and **tranquillity**, **silence** and **interiority** in solo are extraordinary to help **master one's emotions** and all the chemical elements they involve in one's body, as well as to acquire **peace** and **serenity**. One must simply **breathe deeply** and calmly feel oxygen regenerate and purify one's body.

One must also realize that **stress** is at the root of numerous illnesses, as the latter weakens the immune system through the adrenaline overdoses it entails. One must identify the sources of one's stress and correct them. The internal pressure that stress exacts on a person can come from various factors: a difficulty recognizing and respecting ones' limits (burn-out); conflicts between what the heart wants and what the mind will allow; diminished willpower over physiological impulses and instincts; repressed or ongoing negative emotions like anger, resentment, hatred (forgiveness required); low self-esteem; low self-assertion; insecurity. One must take an in-depth inventory of one's interior life and start changing the subconscious programming for one's emotional habits, reactions and behaviours, so as to heal the causes of one's stress and give back to one's immune system its vigour. Certain types of therapy allow people to regress back to the moment of conception onwards to make such healing come about. Many have freed themselves, in this way, from the need to smoke or drink.

e) Optimising **social relations**

One must not let a serious diagnosis, discomfort and fatigue become factors of isolation. One must "connect" to groups of people in similar situations ("peers") and socialise.

Therapeutic massages are also an excellent means to feel "in sync" with the world, while fostering **relaxation**, **circulation** and **detoxification**. Inversely, if one's personal relations are toxic, one must cut them off as quickly as possible.

Also, **laughter** and **humour** (internal massage, endorphins, etc.) as well as **smiling** do wonders as much for the initiator as they do for the receiver.

3. Optimise one's **zest for life**;

Joy of living is the result of:

- a) Doing what one loves;
- b) Feeling useful;
- c) Allowing oneself to be who one truly is;
- d) Freeing oneself from past trauma.

- a) Doing **what one loves**

At every instant, each activity one undertakes must bring them joy and elicit their passion. Otherwise, the activity must not be undertaken (unless it is for an altruistic motive that respects one's limits).

b) Feeling **useful**

One truly feels useful when one stimulates the “life-hope capital” in oneself and others. Whatever the difficulty, there is always hope, as life burgeons in adversity. One can be useful in this way through the simple fact of existing in this positive state, this state of love, which transforms the world more than any action or discourse.

c) Allowing oneself to **be who one truly is**

- Freeing oneself of the feeling of obligation to:

- i) Please others;
- ii) Perform (DO);
- iii) Possess (HAVE) ;
- iv) Project an image, to impress (APPEARANCES),
- v) Be perfect; Celebrate, rather, one’s humanity and the weaknesses, limits, imperfections and errors that give it all its CHARM;
- vi) Change who one is “to be like the others”, or “like so and so”, stop comparing oneself; Celebrate and welcome, rather, one’s uniqueness, one’s differences.

and access the freedom and power of BEING (acting according to one’s own and true feelings, ideas, desires, needs), and nothing else;

d) Freeing oneself from **past** trauma:

Reliving the experience(s) with all their emotional charge of powerlessness, then realizing that one has, in the present, a power that one did not have before, that the experience does not have to dominate all of one’s life.

A precious and powerful tool is a **daily journal** as well as **expressing** the experience(s) to a person one trusts.

CONCLUSION

For healing, or from another angle, for optimising one's health, the factors and each of the means presented in this booklet are extremely powerful, while at the same time, simple and accessible. The feeling of being linked positively and constructively to others; simplicity; nature; a positive attitude and honesty are key elements of true life. Many realize this only later in life, after having experimented how useless and damaging other more superficial, materialistic or self-centered ways of being are. Opening up to others, helping them and letting them help us, in a healthy interdependence, letting go of pride and individualism, renders one all their beauty, one's true appeal, all one's power and freedom to create, act, love and be happy. Optimal, preventive or proactive health is everybody's business.

Knowing that morale, attitude, lifestyle and environment are the most powerful health factors, we have the right and even the duty to take full ownership of our health and our life and truly be their manager. Here is to hope and those to spread it around.

Also, it is important that the medical world be made more aware of this magnificent reality: that morale is the very first health factor. It is in the interest of health care providers to be increasingly aware of their personal contribution to the well-being of the persons entrusted to their care, be it by their mood, kindness, warmth, or attention. It is in the interest of health care providers to be increasingly aware of the primacy of the will and desires of the patient in the determination of their well-being. Especially for those people who are the most helpless of all, that is those who are declared "inept" through a diagnosis handed down by a doctor. The probating process (legal confirmation of said ineptitude) can be long and the mandate can be challenged. In such cases, the poor person finds themselves in a kind of no-man's-land, and the proxy they chose for themselves is in a way dismissed, whether the legal challenge be justified or not (and the legal proceedings can easily spread out over years, a luxury that the person declared inept does not have). In case of a legal challenge of a mandate, the latter, even duly notarized, can be completely ignored by medical staff because of the challenge. So, the will of the person is ignored, which is a total aberration. Their morale degenerates and health care administrators must come to grasp how determining a health factor morale is (e. g. their will to come back home with the help of home care services).

There is a medical culture to change, to breathe life into. The system users are the best positioned to exact change, with the help of their support network.

Congratulations and best wishes to all. One can only grow and **become more fully human** through such intense trials and battles. True life is generated in adversity...

ANNEX 1

How to determine if one has excess weight:

Bod Mass Index (BMI)

Weight _____ kg divided by _____ (height _____ m x _____ m) = _____ kg*m⁻²

BMI Interpretation Table (WHO)

Less than 16.5 = malnutrition

16.5 to 18.5 = underweight

18.5 to 25 = normal

25 to 30 = overweight

30 to 35 = moderate obesity

35 to 40 = severe obesity

Over 40 = morbid or massive obesity

Example: a 90 year-old man = 59 kg div. (1.68 m x 1.68 m) = BMI of 20.92. This 20.92 figure being between 18.5 and 25, this man has, according to the above table, a “normal” BMI, and so does not have to lose any weight.

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Formula for the conversion of weight from pounds into kilograms:

_____ lb. x 0.45 = _____ kg

Formula for the conversion of height from inches into centimeters:

_____ in x 2.5 = _____ cm, divided by 100 = _____ m

Losing Weight

Even if one’s diet includes zero fat, the **organism will convert into fat any excess protein and sugars, and stock it as such**. Diets that are low in sugar carry significant health risks. It is true that cancer feeds off of sugar (the PET or TEP scanner, regularly used to detect cancer, only measures regions of the body that consume the most sugar). One must therefore limit one’s intake of refined sugar and white flour, which release insulin and IGF into the bloodstream, which in turn stimulate rapid (cancerous) cell growth and spike up inflammation.

ANNEX 2**WAYS TO REDUCE THE EFFECTS OF CHEMOTHERAPY OR RADIOTHERAPY**

Before chemotherapy, **blood stem cells** can be extracted and re-injected afterwards. They have the power to become white blood cells, blood platelets and red blood cells. .

The use of **antiemetics** before perfusion can prevent nausea and vomiting.

Refrigerating hats (changed every 20 minutes) during perfusion cause vasoconstriction, which limits the quantity of product reaching the scalp and reduces or even prevents hair loss.

A **catheter** can be implanted to preserve veins.

Mouthwashes can avoid mouth sores.

Constipation and diarrhea can be prevented thanks to certain **dietary indications**.

Natural approaches like acupuncture and auriculotherapy act efficiently against **nausea, certain types of pain, anxiety, fatigue, etc.**

BIBLIOGRAPHY

This guide suggests a programme for taking charge of one's health. Three key books served for its development. The first, entitled « *Anti-cancer* », was penned by eminent psychiatrist, Dr. David Servan-Schreiber, who himself was diagnosed with an inoperable brain cancer in 1992, and who has not only survived but thrived ever since, explaining in his book, which he published in 2007, how the day of his diagnosis was the day of his true birth. Dr. Servan-Schreiber explains the processes through which tumours form, grow and proliferate, and presents all of the foods that counter these processes the most efficiently, i.e. « anti-inflammatory » and « anti-angiogenesis » foods, as well as foods that strengthen the immune system.

The second key book that served for the development of this guide is entitled « *La meilleure façon de manger* » (“The Best Way to Eat”). Published in 2008 by a group of French scientific journalists that can be found on the Internet at www.lanutrition.fr, this book presents all the dietary and environmental causes accounting for the hike in cancer since the advent of modern agriculture and industrialisation. Its approach can be summed up as follows: fibers, sugars, fats and proteins must be obtained much more from vegetable sources than animal products; cereal and milk products must be reduced; complete proteins should be obtained from white meats and small and fatty fish. They teach how Omega 6 overdosing versus Omega 3 intake, as well as acidification of the body by animal foods, transformed foods and cereals, are at the origin of an imbalance which makes humans vulnerable to all kinds of illness.

Lastly, the third key book is entitled « *Aliments santé, aliments danger* » (“Health Foods, Danger Foods”). Published in 2005 by Reader's Digest, the latter enlightens concerning the different food categories and the different processes for their metabolism (assimilation).