

One Musician's Journey to Emotional and Physical Well-being

Presented by

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I. Changes in Nutrition

a. Avoiding Inflammatory / Acidic Foods

- Gluten and dairy (any GMO foods - wheat, corn, soy)
- Red meat, smoked meats, processed foods and oils (fried foods)
- "Scavenger" meats (shellfish, pork)
- Sugar and foods that turn to sugar (bread, rice, pastries, pasta, crackers, potatoes)
- Coffee and soda

b. Choosing Healthier Options

- Mostly organic vegetables and fruits
- Herbal teas, green juices, sprouted nuts and seeds
- Organic eggs, chicken, and wild-caught fish
- Coconut oil / avocado oil for cooking; extra-virgin olive oil for salad dressings

c. Staying Hydrated

- Drinking 50% of body weight of water in ounces / day
- Using water filter systems at home and when traveling

II. Dealing with Environmental Toxins

a. Limiting Exposure to Toxins

- Limit exposure to electro-magnetic frequencies (EMF)
- Avoid toxic chemicals in skin care and cleaning supplies
- Indoor air quality

b. Detoxifying Strategies

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| • Water with citrus | • Oil pulling |
| • Juice cleanses | • Castor oil packs |
| • Massage (lymphatic and therapeutic) | • Sweating (exercise and saunas) |
| • Aromatherapy | • Rebounding (lymphatic drainage) |
| • Coffee / garlic enemas | • Dry brushing |
| • Liver / gallbladder flushes | • Epsom salt, baking soda magnetic clay baths |
| • Fasting | |

III. Addressing Unhealthy Stress and Negative Emotions

a. Positive Affirmations

b. Forgiveness and Letting go of the Past

c. Minimizing Stress

Resources for Functional, Integrative and Alternative Treatment Options

- Bollinger, Ty. *Cancer – Step Outside the Box*. Infinity 510 Squared Partners, 2006.
- Bollinger, Ty M. *The Truth About Cancer: What You Need to Know About Cancer’s History, Treatment, and Prevention*. Hay House Inc., 2018.
- Calbom, Cherie. *The Complete Cancer Cleanse: A Proven Program to Detoxify and Renew Body, Mind, and Spirit*. Thomas Nelson Publishing, 2006.
- Connealy, Leigh Erin. *The Cancer Revolution: A Groundbreaking Program to Reverse and Prevent Cancer*. DaCapo Lifelong Books, 2018.
- Desaulniers, Veronique. *Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer*. TCK Publishing.com, 2014.
- Gonzalez, Nicholas J. *Nutrition and the Autonomic Nervous System*. New Spring Press, 2017.
- Henderson, Bill and Carols M. Garcia, MD. *Cancer-Free: Your Guide to Gentle, Non-toxic Healing*. Booklocker.com Publishing, 2014.
- Hrbacek, Jenny. *Cancer-Free: Are You Sure?* New Voice Publications, 2015.
- Wark, Chris and Micah Wark. *Beat Cancer Kitchen: Deliciously Simple Plant-Based Anticancer Recipes*. Hay House, Inc., 2023.
- Wark, Chris. *Chris Beat Cancer: A Comprehensive Plan for Healing Naturally*. Hay House, Inc., 2021.
- Williams, Jason R. *The Immunotherapy Revolution: The Best New Hope For Saving Cancer Patients’ Lives*. Independently Published, 2019.

Resources for Emotional and Spiritual Healing

- Black, Paula and Dale Black. *Life, Cancer and God: Healing Your Body, Soul and Spirit*. Black Eagle Publishing, 2014.
- Colbert, Don. *The New Bible Cure for Cancer*. Siloam Publishers, 2010.
- DeSilva, Dawna and Teresa Liebscher. *Sozo: Saved, Healed, Delivered: A Journey into Freedom with the Father, Son, and Holy Spirit*. Destiny Image Publishers, 2016.
- Hagin, Kenneth E. *Health Food Devotions: A Daily Guide to Spiritual Nourishment for the Soul*. Faith Library Publications, 2007.
- Leaf, Caroline. *Switch On Your Brain: The Key to Peak Happiness, Thinking and Health*. Baker Books, 2015.
- Lipton, Bruce. *Biology of Belief 10th Anniversary Edition: Unleashing the Power of Consciousness, Matter, and Miracles*. Hay House Inc., 2016.
- Loyd, Alexander. *The Healing Code: 6 Minutes to Heal the Source of Your Health, Success, or Relationship Issue*. Balance Publishers, 2013.

Nelson, Bradley. *The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love and Happiness*. St. Martins Essentials Publishing, 2019.

Truman, Karol. *Feelings Buried Alive Never Die*. Olympus Distributing, 1995.

Womack, Andrew. *God Wants You Well: What the Bible Really Says About Walking in Divine Healing*. Harrison House Publishers, 2009.

Wright, Henry W. *A More Excellent Way: A Teaching on the Spiritual Roots of Disease*. Anchor Distributors, 2000.

Online Resources for Functional, Integrative, and Alternative Therapies

Breast Cancer Conqueror

<https://breastcancerconqueror.com/>

Breathing Exercises

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

The Budwig Center

<https://budwigcenter.com/>

Center for New Medicine and Cancer Center for Healing

<https://www.cfnmedicine.com/>

Chris Beat Cancer

<https://www.chrisbeatcancer.com/>

Chronic Diseases and Inflammation

<https://health.clevelandclinic.org/seed-oils-are-they-actually-toxic/>

<https://www.healthline.com/nutrition/are-vegetable-and-seed-oils-bad#oxidation>

<https://www.cdc.gov/chronicdisease/about/index.htm#:~:text=Chronic%20diseases%20such%20as%20heart,in%20annual%20health%20care%20costs.>

Emotional Freedom Technique (Tapping)

<https://www.tappingsolutionfoundation.org>

<https://eft.mercola.com>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9840127/>

Research Genetics Cancer Center

<https://rgcc-international.com/>

The Truth About Cancer

<https://thetruthaboutcancer.com/>

Utopia Wellness

<http://utopiawellness.com>

Williams Cancer Institute

<https://williamscancerinstitute.com/>

Resources for Products

Air Doctor Room Purifier

<https://airdoctorpro.com>

Berkey Water Filter

<https://www.berkeyfilters.com>

Earthing

<https://www.earthing.com>

Essential Oils (organic)

<https://www.auracacia.com/essential-oils/organics>

<https://www.planttherapy.com/collections/organic>

<https://www.rockymountainoils.com/collections/organic-essential-oils>

<https://vibrantblueoils.com>

The Environmental Working Group (EWG)

<https://www.ewg.org/foodnews/dirty-dozen.php>

<https://www.ewg.org/foodnews/clean-fifteen.php>

The EWG Skin Deep

<https://www.ewg.org/skindeep/>

Grayl Bottle Filter

<https://grayl.com>

Portable Saunas

<https://durasagehealth.com/products/dif-5000-copper>

Sauna Blankets

<https://heathealer.com/products/infrared-sauna-blanket>

Skin and Hair Care Products

<http://www.cocoonapothecary.com>

<https://www.carinaorganics.com>

<http://www.rejuvaminerals.com/store/>

<https://acquarella.com>

21-Day Brain Detox Challenge

<https://drleaf.com/pages/brain-detox-challenge>

“Consider it pure joy, whenever you face trials of many kinds, because you know the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

James 1:2-4, NIV

“May you prosper in all things and be in good health, just as your soul prospers.”

3 John 1:2, NASB