THE 12 STEP CANCER SURVIVOR PROGRAM

It's not always easy knowing where to start to put into place an alternative cancer treatment plan that you feel is right for you. There are so many options available and for the un-initiated it can be quite daunting. We have included on this website what we believe are the most successful treatment options and explain how they reverse cancer in relation to the 6 phases of cancer. Cancer is like a weed -- it has roots below, (which is what causes disease) and the weed above is the cancer itself. You know you can cut the top off the weed and it will grow back, because the roots have not been removed. There are many who have gone into remission after using a treatment and believe the cancer has gone away. In reality, the top of the weed has been cut off with the roots still intact, and to the hospital scans no cancer can be detected; yet later on the cancer returns. The 12 Step Cancer Survivor Program will guide you through the key elements you need to implement to reverse cancer and explains whether the treatment itself removes the root or simply cuts off the top of the weed.

STEP 1: HEALING THE ROOT PSYCHO-EMOTIONAL CAUSE OF CANCER

As explained in the 6 phases of cancer, cancer is caused by prolonged chronic psycho-emotional stress. This stress is caused by the suppression of toxic negative emotions (primarily anger, hate, resentment and/or grief), resulting from a psycho-emotional trauma, typically occurring 18-24 months prior to the cancer diagnosis. These toxic negative emotions cause stress hormone cortisol levels to skyrocket, which initially cause adrenaline levels to spike--but over months and years adrenaline levels are depleted, setting in motion a chain of events that causes cell mutation. And as long as the toxic negative emotions remain, the condition of prolonged chronic stress continues to fuel cancer in the body. The psycho-emotional trauma is actually the "trigger event" that has tipped the body's natural homeostasis out of balance--for the cancer personality has already a mountain of unhealed emotional pain reaching back to childhood. The clinical studies on this website prove beyond all measure that stress is the culprit in cancer. Thus finding a way to express and release the toxic negative emotions (of anger, hate, resentment and grief) that causes the internal chronic stress is the key to healing from cancer. But where is the evidence this will work?

There are many studies that show expressing and releasing anger and other toxic emotions extends survival significantly in cancer patients. Professor Alistair J Cunningham of the Ontario Cancer Institute conducted a ground-breaking 5 year study to evaluate the effects of psychological self-help work, principally the expression of negative emotions, on the survival
times of 22 medically incurable metastatic cancer patients. With an expected 1 year survival rate, the average mean survival time five years after the study was 2.29 years, with 6 of the 22 patients still alive after five years. Dr. Peggy Reynolds of the California Department of Health Services in association with the National Cancer Institute studied 847 women with breast cancer from 1985-1994 and found those who reported low levels of emotional expression (in particular expression of anger and grief) had a four-fold greater risk of dying from cancer than those who reported high levels of emotional expression. Dr. Janine Giese-Davis of the California Breast Cancer Research Program conducted a follow-up study of Dr. David Spiegel's 1989 study (of 50 women) and found the survival rate of women in his group therapy program who did not constrain anger was doubled (3.7 years), compared to the women in his group therapy program who did constrain their anger (1.8 years), with 6 of the 50 women who openly expressed their anger still living at 7 years post-entry study. Dr. Fawzy Fawzy of the Department of Psychiatry, UCLA School of Medicine found that psychological intervention (to express and release negative emotions) lowered distress and increased coping abilities in malignant melanoma cancer patients and significantly increased cancer survival. Six years after the study, 10 of 34 patients in the control group who had not been given psychological intervention had died, compared to only 3 of 34 patients given psychological intervention.

The participants on these studies (with mostly advanced stage cancer) were able to significantly increase survival by setting aside a small amount of time each day to express and release toxic negative emotions fuelling their cancer. And you can do the same... Puna Wai Ora Mind-Body Cancer Clinic's Emotional Release Therapy "Self Healing" Program will empower you to become your own self-healer and permanently remove (in the comfort of your own home) these toxic cancer-causing emotions. Developed by hypnosis-for-cancer specialist Glen Russell, Glen has achieved remarkable success with his Emotional Release Therapy program that includes regression therapy using hypnosis (to access the patient's subconscious mind to uncover suppressed negative emotions), gestalt role-play therapy (to guide the patient through the process of expressing and releasing suppressed negative emotions) and forgiveness therapy; with a number of patients with advanced stage or aggressive cancer having become cancer-free within weeks of his therapy program (including Dr. Cherie Santasiero of Sedona Holistic Medical Center). Glen has professionally recorded his Emotional Release Therapy Program on the Mind-Body Self Hypnosis Cancer CD that should be used daily for 3 months to uncover and release suppressed negative emotions. He encourages each patient to journal their emotions and undertake the 23 written tasks in the Cancer Healing Guide and to begin using the Lower Self (Cancer Healing) Meditation technique for 30 minutes daily for an additional 3 months (both of which are included with the CD). EFT (or the Emotional Freedom Technique) should be strongly considered for the cancer patient and is a simple, yet effective method for permanently removing negative emotions already identified at the conscious-level. For the more spiritually inclined, the Vipassana Meditation 10 day silent retreat program will enable you to tap into the subconscious and uncover toxic cancer-causing emotions and (at the above link) you will find a number of dedicated persons who have cured their cancer using nothing but this technique.

As suppressed toxic emotions is the primary "root" of cancer, it is a good idea to have a number of approaches you can use daily to remove toxic negative emotions. You will need to work through layers of emotional toxicity. Healing the more obvious negative emotions that caused cancer to appear will take up to 6 months of spending 30 minutes per day on this activity. However because emotions are akin to layers of an onion, with each layer needing time to heal, it is highly recommended you continue this inner self-healing process for life.
STEP 2: SYSTEMS CHANGE: REMOVING ALL STRESSFUL CONDITIONS

According to Lothar Hirneise, world-renowned cancer researcher, 100% of all late stage 'miracle' cancer survivors of the hundreds he interviewed had all made considerable "systems change". This means they had all either left a highly stressful job or finished work altogether, ended relationships that were highly stressful, toxic or depressing, relocated house from a place of stress to a peaceful environment etc, all for the purpose of removing all cancer-causing stress from their lives.

Lothar Hirneise: "One point, which I discovered with 100% of all survivors, is the energy work. I divide it into mental and spiritual energy work. What did I discover with cancer patients? Naturally, you begin meditating and reflecting about life, 'Why do I have cancer and what is the purpose of my life, why am I on this earth?', and so on and so forth. But I noticed something else. I call it SYSTEM CHANGE. We all live in Systems. In our marriage, in our house, in our job, etc. Many, many, many of these cancer patients made system jumps. They kicked their husband in the butt and threw him out. They quit their job, they moved, they not only moved their bed, they moved out of their apartment, they went to other countries. Does it mean that you have to do all of these things? I don't know. Quite honestly, I don't know. But I can tell you from my experience, it's just remarkable to what extent people changed their life before they were in a position to get well."

As Lothar Hirneise points out, it is unclear to what extent you need to change the "systems" in your life in order to get well. Certainly, if you keep ingesting poison by remaining in a poisonous environment, you will likely get sick. You may consider taking a break from a toxic relationship or workplace or taking steps to seriously address the problem within the toxic system itself, and certainly applying the techniques in step 1 will help you to cope better, both psychologically and emotionally, with existing toxic conditions. Use your discernment to choose the option you feel causes the least amount of internal stress. Start by writing a list of all the things in your life you feel are still causing you stress and rate the stress out of 10, 10 being the highest. Ask yourself, "Do I have the power and the opportunity to remove this stressful condition?" If you do... change it!

Stressful (toxic) conditions--especially those where there appears to be no escape--is also part of the "root" of cancer, and it is not surprising that "inescapable shock", where the individual feels there is no way out of the stressful condition, causes the onset of cancer more than any other single thing. (And this includes the stressful condition of being diagnosed with cancer.) Dr Ryke Geerd Hamer believes all metastases of cancer in the body is actually caused by chronic stress relating to the psycho-emotional trauma of being diagnosed with cancer and facing death. In a ground-breaking study, Madelon Visintainer, now Associate Professor at Yale University School of Medicine, found rats receiving mild in-escapable shock had a significantly higher rate of tumour progression: “Rats experienced inescapable, escapable, or no electric shock 1 day after being implanted with a Walker 256 tumor preparation. Only 27 percent of the rats receiving inescapable shock rejected the tumor, whereas 63 percent of the rats receiving escapable shock and 54 percent of the rats receiving no shock rejected the tumor. These results imply that lack of control over stressors reduces tumor rejection and decreases survival.”
STEP 3: ACTIVE RELAXING TO REDUCE STRESS HORMONE CORTISOL LEVELS AND RESTORE ADRENALINE

We employ "rigidity of the body" to cope with stressful conditions that enter our lives, in preparation for the fight-or-flight response we have inherited from our caveman forefathers. Intended for short bursts only (usually to escape being eaten by a sabre-tooth tiger), this "rigidity of the body" pumps out adrenaline to the max in preparation to save our life, either by fighting our way out of the danger or fleeing from the danger. The typical cancer personality has cancer precisely because they haven't learnt to switch off this fight-or-flight response. To begin switching off this fight-or-flight response—which will effectively save your life by allowing adrenaline to restore to normal levels—you must begin a program of active relaxation. "Ah!!" cries the cancer personality "I am so used to being in survival-mode and especially now that I have cancer, can't you see I can't relax!" This is the normal response, albeit the unhealthy response, that keeps the cancer personality on track to certain death. "But I wouldn't have found this site" argues the cancer personality, "had I not been in active doing mode and just sitting around relaxing." And this is where you must get smart and plan your day to have certain periods where you are researching, taking treatments, for some still working, doing inner healing work (on removing toxic negative emotions) and active relaxing.

Ideally you should spend 2 hours each day in active relaxation-mode, where your mind can also switch off, and your body and mind can enter the realm of 'wandering daisies'. Be still, and come back into your body, by learning to love being in your body again. For some this may be difficult due to the pain or discomfort of your illness, but you can always do something to bring stillness into the mind and the body. Here is what God's angels say: "We say that the body can always comeback [from cancer]; it is just a matter of extent. The body itself requires you to do one thing: Listen to its needs. And here is where the problem arises. Here is why we speak on this matter. To summarize the entire contents of this message in one sentence: you as a species have become devoid of your bodies, if we could say one thing to you is, "Get back into your bodies!" So, how do you do this? Where have you gone? The answer, in your language, is into your heads. We ask you to ascertain: Are you in this life? You can only do that by being, firstly, within your body - being in your life. You can't escape it until you leave it, unless you move into your mind, the head, and this is the first mechanism of death. It is a statement to your spirit that you wish to leave."

So how can you get back into your body? While this may sound like this simplest of steps of this program, it is in reality one of the most difficult, for it underscores the cancer personalities general inability to relax. In fact, there is a great fear of relaxing, underpinned by a belief that something bad or terrible will happen (such as being eaten by a sabre-tooth tiger!) if you let yourself just BE. To be or not to be? That is the question every individual with cancer must answer. One holds the key to life--the other the key to death. Here are some ways to actively relax and get back into your body: swimming (this is especially good, an excellent natural anti-depressant), walking on the beach, sitting amongst nature, bushwalking, yoga, tai chi, relaxation aromatherapy massage, holistic pulsing (gentle rhythmic rocking massage designed to have you come back into and connect with your body), watching funny videos, join a laughter therapy group, meditation, deep breathing exercises or listening to a guided relaxation.
STEP 4:
USING MEDITATION TO INCREASE MELATONIN LEVELS IN THE BODY

Steps 3 and 4 are part of the "root" of cancer, for the general inability to relax and remain "rigid" in mind and body not only depletes all-important adrenaline reserves, but means the cancer personality is unable to enter the deep sleep phase cycle between 1am and 3am where melatonin is largely produced. Melatonin is the primary hormone responsible for inhibiting cancer cell growth, produced in the pineal gland of the brain during deep sleep. Prolonged psycho-emotional stress means those who develop cancer have difficulty sleeping well and thus are unable to produce enough melatonin to inhibit the natural progression of cancer cell growth. As an alternative to deep sleep, melatonin can be produced during the state of meditation, and studies have shown a significant increase in melatonin levels in those who meditate compared to those who do not. In a study conducted by the School of Psychology, La Trobe University, Australia, researchers found: "Experienced meditators practising either TM-Sidhi or another internationally well known form of yoga showed significantly higher plasma melatonin levels in the period immediately following meditation compared with the same period at the same time on a control night. It is concluded that meditation, at least in the two forms studied here, can affect plasma melatonin levels." Consider meditating for a minimum of 30 minutes per day, as part of your 2 hours per day in active relaxation-mode. There are many different types of meditation and you may need to try out a few before you settle on one that feels right for you.

STEP 5:
BOOSTING / SUPPORTING THE IMMUNE SYSTEM TO STOP THE CANCER FUNGUS

There are a number of things that significantly weaken the immune system for the typical cancer personality, including high stress hormone cortisol levels, low melatonin levels (which is the primary hormone for regulating the immune system through production of interleukin-2), parasites, pathogenic microbes (viruses, bacteria, fungus), as well as chemotherapy and radiation. When the immune system is suppressed or weakened, the "cancer fungus" outlined in phase 3 of cancer thrives. In a review of patients conducted by the Ministry of Medical and Microbiological Industry USSR, researchers found immune-depressed cancer patients had a higher degree of fungal infection: "Lately the frequency of fungal infections in oncological patients considerably increased. The cause is a decreased immune status and in particular decreased immunity against fungal infections in oncological patients because of the oncological disease and aggressive treatment." On the other hand, a strong immune system protects against fungal infection. In a study conducted by the Department of Microbiology, Stritch School of Medicine, Loyola University of Chicago, researchers found IL-2 (interleukin 2) inhibited the growth of the common human fungus Candida albicans: "Previous reports have demonstrated natural killer cells (NK) to exert growth inhibitory effects against certain fungi, but not against Candida albicans. In this investigation, interleukin-2 (IL-2)-induced lymph node cells with phenotypic and functional characteristics of NK were shown to inhibit the growth of C. albicans."

A depressed immune system and the cancer fungus go hand-in-hand, with both forming part of the "weed" of cancer. It is therefore vitally important to protect and support the immune system during harsh treatments such as chemotherapy and radiation as well as in your recovery from cancer and during remission. We recommend you incorporate at least one protocol to boost and
support your immune system. **High Dose Vitamin C Therapy** can be used for this purpose and should wherever possible be used prior to chemotherapy and radiation. Consider the following: *Fever Therapy*, *Lemon Juice Therapy*, *DMG* and *Avemar*. Guided imagery has also been shown in studies to significantly boost the immune system and track 1 of the Mind-Body Self Hypnosis Cancer CD has been designed for this purpose. If you are undertaking chemotherapy / radiation therapy, consider Graviola capsules to prevent side-effects such as hair loss, nausea, joint pain and general malaise and energy loss.

**STEP 6:**
**REMOVING THE CANCER FUNGUS, WITHOUT WHICH CANCER COULD NOT EXIST**

Prolonged psycho-emotional stress suppresses the immune system. When the immune system is suppressed, somatids (tiny healthy organisms necessary for life that live in our body and our blood) - pleomorphise (change) from harmless [spore-like forms] to pathogenic viral-bacterial-yeast-like-fungus forms. Cancer cannot exist without these viral-bacterial-yeast-like-fungus that: a) migrate to the cell nucleus releasing "mycotoxins" which cause cell DNA damage and the mutation of normal cells into cancer cells, and b) ferments the glucose in cancer cells, providing a natural growth factor for cancer and tumor cells to metastasize in the body. It is recommended you include at least one of the following to remove the cancer-fungus from your body and include a daily protocol to keep it at bay for life: *Apple Cider Vinegar*, *Garlic*, *Baking Soda*, *Essiac Tea*, *Clarkia*, *Hyperthermia*. The Holy Spirit of God in a channelled reading: "This Awareness indicates that most of what is called cancer is in fact a fungus. This Awareness indicates it appears there are approximately seven different types of fungus which are diagnosed as cancer. This Awareness indicates that the use of vinegar as that which, (this particularly apple cider vinegar), has been effective in the treatment and the remission of many of these types of fungus. This Awareness indicates that there are many types of cancer, and many causes, and much of this is a psychological condition, caused by free radicals within the system that have an effect upon the metabolism, creating a dissolving of the immunity system to allow these fungi, and other elements to grow in a destructive manner within the tissue."

**STEP 7:**
**DETOXING THE BODY (INCLUDING THE LIVER AND THE COLON) OF HARMFUL TOXINS**

As with fungus, toxins form part of the "weed" of cancer. Toxins include "mycotoxins" or acidic waste products caused by: 1) the cancer-fungus, 2) a poor diet, 3) chemicals, alcohol, tobacco, 4) antibiotics, 5) chemo-therapy agents, 6) fermentation of stress hormones, 7) poor exercise regime causing build-up of lactic acid, and 8) dead microbes, parasites and cancer cells. These toxins build up primarily in the liver--the master immune system organ. When the liver is overloaded with these toxins, your immune system is weakened and you feel sicker, and cancer and viral-bacterial-yeast-like-fungus thrives. It is very important to have a plan to detox the liver (the master immune system organ), the colon (the intestinal immune system), as well as the gall bladder and kidneys, to prevent toxins building up within your body. When you are killing the cancer-fungus or cancer cells using an alternative or orthodox treatment, it is important to detox the body at the same time, as your liver cannot remove from the body all the dead microbes and cancer cells being killed in the process. We recommend you include one daily protocol for detoxing the liver and
colon. See: Liver-Colon Cleanse. Ozonated Water should be considered for it is a superb body detoxifier, but should NOT be used by those with lung cancer or lung conditions.

## STEP 8: INCREASING NIACIN TO RE-ACTIVATE THE KREBS’ CITRIC ACID CYCLE AND VITAMIN C TO PREVENT CELL DNA DAMAGE

As revealed in phases 4 and 5 of cancer, a depletion of adrenaline caused by prolonged psycho-emotional stress also results in a niacin (vitamin b3) deficiency and a depletion of vitamin c (ascorbic acid), both of which form part of the cancer “weed”. Niacin is a critical element needed by the body's cells to function in a healthy way. Without niacin, the Krebs' Citric Acid Cycle of the body’s cells is broken or impaired, and the cell reverts to glycolysis or the fermenting of glucose to obtain energy, causing cancer to develop. Ascorbic acid is essential for preventing cell DNA damage caused by “oxidative stress”, converting oxygen waste products 'superoxide' and 'hydrogen peroxide' into oxygen and water within the cell mitochondria during Oxidative Phosphorylation. The loss of ascorbic acid (vitamin c) thereby increases cell mitochondrial DNA damage and cell mutation.

Dr Abram Hoffer, the department head of psychiatry at a major hospital in Canada, started using niacin and high doses of ascorbic acid to treat psychiatric patients and found it also effected a cure for cancer. He subsequently found of 132 patients he treated (in his own private practice) with so-called 'incurable cancer', 101 patients who followed his program lived on average 16 times longer than the 31 patients who did not or could not follow his program. Dr Abram Hoffer and Linus Pauling presented the following study findings: "Mean survival time for the 31 patients who did not follow the regimen is 5.7 months. Of the others, who did follow the regimen, 20% were poor responders, with mean survival time 10 months, and 80% were good responders, with mean survival time 122 months for 32 patients with cancer of the breast, ovary, cervix, and uterus and 72 months for 47 patients with other kinds of cancer."

Dr Abram Hoffer recommended the following regime to his patients: "The first thing I try to do is to cut their fat way down. So, I put them all on a dairy free program. I reduce, but I don’t eliminate, meat and fish, and I ask them to increase their vegetables, especially raw, as much as they can. I think it's good, reasonable diet, which most people can follow without too much difficulty. Having spent some time with them going over what they ought to eat, I begin to talk about the nutrients. The first one, of course, is vitamin C. The dose is variable. I find that most patients can take 12 grams per day without much difficulty, that's the crystalline vitamin C sodium ascorbate or calcium ascorbate. They take one teaspoon three times per day. If they do not develop diarrhea, I ask them to increase it until this occurs and then to cut back below that level. I think in many cases it would be desirable to use intravenous vitamin C. I also add vitamin B-3, either niacin or niacinamide. I prescribe from 500 mg to 1500 mg per day. I also add a B (vitamin) complex preparation 50 or 100. I think vitamin E is an extremely important antioxidant and I use that as well, 800 to 1200 I. U. They also get 25,000 to 75,000 units of beta carotene. I sometimes use vitamin A. I like to use folic acid for lung cancer, and for cancer of the uterus. I use selenium, 200 mcg, three times per day. I use some zinc, especially for prostatic cancers and I do use calcium-magnesium."

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STEP 9:
RE-ALKALIZING THE BODY'S NATURAL ACID-ALKALINE PH BALANCE

Cancer cells can only survive in a low-pH acidic environment, and this is why those with cancer typically have a low pH of between 4.0 - 6.5pH. This low pH is caused by the lactic acid by-product of glucose fermentation and by viral-bacterial-yeast-like-fungus excreting "mycotoxins" within cells. As cancer cells find it difficult to survive in a high pH alkaline environment of 7.5 or greater, it is therefore essential to include a 3-step protocol to restore correct cell pH, which includes: 1) The introduction of alkaline-based foods into the diet, 2) the removal of lactic-acid forming psycho-emotional stress, and 3) the inclusion of dextrorotatory lactic acid (which is available in homeopathic form known as 'Pleo Sanuvis Drops 4X, 6X, 12X, 30X, 200X' and which is a key ingredient in the whey of cottage cheese found in the Johanna Budwig Cancer Diet.) Lactic acid in the body is a marker of disease only that forms part of the cancer "weed", and any attempt to re-alkalize the body's cell with nutrition and products such as Pleo Sanuvis without addressing the lactic-acid forming psycho-emotional stress condition, will often be met with failure. It would be like trying to put out a house fire with water, but at the same time you are lighting fires elsewhere in the house.

STEP 10:
REVERSING THE SUBCONSCIOUS DEATH WISH THAT SUPPRESSES IMMUNE SYSTEM FUNCTION

As revealed by the Holy Spirit of God in 3 separate channelled readings, cancer manifests in the body as a direct result of a subconscious wanting to "exit life", caused by the individual feeling overwhelmed by the pain of life and no longer having a strong desire or will to live. This desire to exit life [experienced at the subconscious level of the mind] sends subliminal messages to the immune system to shut down. God reveals this subconscious desire to exit life must be reversed in order to survive cancer. Following is a summary of this mechanism from the Holy Spirit of God: "This Awareness indicates that cancer as being a psychic disease brought on by a type of death-wish wherein entities wish to escape certain levels of involvement in life, is that which can be cured both through psychic healing [of the mind and the emotions], as well as through certain physical methods. This Awareness suggests that often this is a subconscious death-wish, being that which is of a feeling level on certain levels that are not purely rational. This Awareness indicates this often comes in feelings of being rejected or alienated from another, often through the loss of a loved one, whether this be through death, departure, or rejection. This Awareness indicates that the death-wish often approach entities some time after this loss, the average time being approximately three years for the cancer situation to begin having its effect. This Awareness suggests that wherein an entity does have cancer of any kind, that the first step toward healing is to check yourself to discover if you might have a subconscious death-wish, and in this checking, to move back to two, three, or four years in your life, examining experiences wherein you may have felt a loss, an alienation, or a rejection that caused you to feel like giving up as though the question were asked, "What is the use of living?" This Awareness indicates that this attitude becomes the triggering attitude that leads to the subconscious death-wish which helps to bring on diseases such as cancer."

It must be stressed in most cases the cancer personality has no conscious awareness of this death wish, that it is a feeling of a lack of will to live and an often unrecognized feeling of
depression rather than of a specific thought of suicide, which forms part of the "root" of cancer. It is these silent depressive feelings that translate into subliminal messages to the immune system to shut down, causing cancer and higher mortality rates. In a ground-breaking study conducted by the Institute of Mental Health, Tomsk Scientific Center, Russian Academy of Medical Sciences, researchers found: "significantly enhanced apoptosis (programmed cell death / cell suicide) was observed in the [immune system T cell, B cell and natural killer cell] lymphocytes of depressive patients." The Department of Psychology, University of British Columbia reviewed 25 independent studies to determine whether depression affected mortality rates in those with cancer. "Based on data from 25 independent studies, mortality rates were up to 25% higher in patients experiencing depressive symptoms, and up to 39% higher in patients diagnosed with major or minor depression." The National Institutes of Health (National Cancer Institute) conducted a landmark study involving 534 lung cancer patients to see whether pessimism affected mortality rates. "Patients who exhibited a non-pessimistic explanatory style survived approximately six months longer than patients classified as having a pessimistic style." A study of 578 women with early stage breast cancer conducted by the Royal Marsden Hospital NHS Trust was undertaken to see whether helplessness and depression affected mortality. "There was a significantly increased risk of death from all causes by 5 years in women with a high score on the HAD scale of depression. There was a significantly increased risk of relapse or death at 5 years in women with high scores on the helplessness and hopelessness category of the MAC scale compared with those with a low score in this category."

Overcoming depression, healing the pain of the past, and finding new purpose in life are the 3 keys to reversing the subconscious death wish. Swimming is one of the best tools for overcoming depression naturally, as well as burning lavender oil. The Mind-Body Self Hypnosis Cancer CD has been designed to help you reverse the subconscious death wish, by re-activating your immune system, healing the pain of the past, and guiding you through the process of exploring new purpose and motivation for life. And this includes re-building your spirituality, for without it, what life has anyone got? Be honest with yourself in this process, identifying any residual thoughts and feelings that echo "What is the use of living?" The Cancer Healing Guide (that accompanies the Mind-Body Self Hypnosis Cancer CD) has been designed specifically to guide you through this process of examining the subconscious death wish.

**STEP 11:**
**CONNECTING TO GOD / YOUR HIGHER SPIRITUAL SELF TO RE-ACTIVATE YOUR WILL TO LIVE**

Individuals who put their faith "in the things of this world" to fulfil them often experience depression, helplessness and hopelessness. However those who anchor themselves firmly in their Higher Self consciousness to sustain and fulfil them create a natural barrier and protection to this cancer "root". Those who have faith in God to heal them also have a much higher rate of survival according to many cancer studies. Prayer is a calling to God that you want to live, and this helps overcome the subconscious death wish mentioned above. At Puna Wai Ora, we regularly receive messages from God to guide us in the work we are doing. When we asked what is the best late stage alternative cancer treatment available, the first reply we received was prayer. The Angels spoke of the Lord's Prayer spoken out loud daily - preferably in Latin - was the most effective late stage cancer treatment. They indicated it was important to: 1. Ask God for forgiveness of any wrong-doings; 2. Ask God to fill them with white love and light, 3. Ask for the pain to be diminished in Jesus' name [or another spiritual being you pray to], 4. State "Please
bless me with white love and light in Jesus' name and let the healing begin", and 5. Thank God, Jesus and the Angels for their healing and your recovery. These are the words of God delivered by the angels: "God will decide if a miracle happens. They need to connect with themselves more that they are on the right path to awareness of spiritual realms and God. They must believe in God to get through, to have more faith and trust in God. Once they open up, they will be open up in more ways than one. Their pain will not be as intense, they will be comforted." To increase your awareness of spiritual realms and God, consider undertaking the 2-year self-study course by Jesus, Mother Mary and Maitreya. This course is specifically designed to heal negative emotions.

**STEP 12:**
**CHOOSING AN ALTERNATIVE CANCER TREATMENT THAT FEELS RIGHT FOR YOU**

It is important to choose at least one alternative cancer treatment specifically designed to target and eliminate cancer cells within the body that feels right for you. In most cases you should only need to choose one treatment in addition to the above 11 steps. We highly recommended your alternative cancer treatment include at least one dietary cancer treatment such as the Johanna Budwig Diet, the Gerson Therapy Diet, the Bill Henderson Diet Protocol (based on the Budwig diet) or the Brandt Grape Cure. Remember, always choose a diet you enjoy that fosters a will to live. To view a list of further treatment options, see: Alternative Cancer Treatments.

**CHECKLIST**

Use this checklist sheet to keep track of each step you have implemented successfully and then completed on the 12 Step Cancer Survivor Program.

Step 1: Healing the Root Psycho-Emotional Cause of Cancer

☐ (Implemented) ☐ (Completed)

Step 2: Systems Change (Removing All Stressful Conditions)

☐ (Implemented) ☐ (Completed)

Step 3: Active Relaxing (To Reduce Stress Hormone Cortisol Levels and Restore Adrenaline)

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 4: Using Meditation to Increase Melatonin Levels in the Body

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)
Step 5: Boosting / Supporting the Immune System (to Stop the Cancer Fungus)

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 6: Removing the Cancer Fungus (without which Cancer could Not Exist)

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 7: Detoxing the Body (Including the Liver and the Colon) of Harmful Toxins

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 8: Increasing Niacin (to Reactivate the Krebs Citric Acid Cycle) and Vitamin C (to Prevent Cell DNA Damage)

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 9: Re-alkalizing the Body’s Natural Acid-Alkaline pH Balance

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 10: Reversing the Subconscious Death Wish (that Suppresses Immune System Function)

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 11: Connecting to God / Your Higher Spiritual Self (to Re-activate Your Will to Live)

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

Step 12: Choosing an Alternative Cancer Treatment that Feels Right for You

☐ (Implemented) ☐ (Completed at least 3 months) ☐ (Completed at least 12 months)

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