

Dear Martie,

I am one of those cancer survivors who did it without going through with the surgery or anything else medical. I was very sick, weak, pain in abdomen and was taken in by my brother and his wife. Diagnosis was a tumor the size of an orange in my abdomen but they were not sure if that was the cause of all my weakness, etc. They just found it in the exams. I was scheduled for surgery within a few days.

Before the date however, I canceled surgery. They told me not to wait 6 months or I WOULD have the surgery and then it would be an emergency. I also had had lesions of basil cell carcinoma removed from my face and had a lesion to be removed at the time. I was too sick to worry about it when I ended up in the emergency room with pain in my abdomen and started the round of medical doctors.

I saw one medical doctor on TV, Dr. Loraine Day, talking about her recovery from advanced breast cancer. With my family's blessing I did delay the surgery for 3 months while I implemented the Ann Wigmore (which Dr. Day used) program 100%. I do mean 100%. It included stopping desserts, coffee and . . . well I won't go into the whole program. Almost all of my food was raw out of the produce department—absolutely nothing packaged or processed, and I juiced and drank, every single day, TWO QUARTS of carrot juice and one quart of green juice!!!! Without fail.

I also ate a bowl of fresh fruit most mornings for breakfast, and I had a cup of orange juice every morning for Vitamin C. The rest of the day it was vegetables, seeds, and a very few nuts because Dr. Day claims that cancer patients do not do well with much protein. Once you are well, then that is different. I was sick!

It was tough. Not only leaving off the bad stuff but eating only the good stuff in the form that God sent it. I did eat a baked potato or rice for supper with my salad. That was it. I could also have two slices of whole wheat bread but had to be completely without chemicals, etc., from the health food store or made myself. Otherwise, nothing else cooked.

At the time I started this I could barely get to the bathroom. But as soon as I could I went out and shuffled my way half a block and back for exercise and I got sunshine every day for natural Vitamin D.

By the second month I experienced a big change in how I felt, both emotionally and physically. I knew it was working. By the fourth month I was able to return to my home. At about 4 and a half months the scab on the lesion on my face disappeared. I thought "oh dear I have knocked that thing off." I went to the bathroom but could not see anything. I splashed astringent on (a sure revelation of even a tiny sore of beginning cancer). Nothing. The cancer was gone. I have never had to have another lesion removed and it has been almost 10 years!

I stayed on this program, drinking that much juice every day, for three years. I didn't know that once you are well you don't have to drink all that juice and I had not checked on the tumor and remembered the doctor's warning. After three years I went to see if the tumor was staying the same or was doing what the Med doctor said, growing and would someday be a problem. Diagnosis? Tumor was gone. I was in perfect health.

I am 71 years old today and no longer have high cholesterol, blood pressure, acid reflux or arthritis. I am on no prescriptions because I don't need any. I do still stay with the raw diet most of the time and I drink perhaps a couple glasses of juice a day. I do other things. I sprout seeds for my salads and ferment some things (wheat sprouts, cabbage) but I quit doing all the juice when I found out I could--and that my program had been 100% successful, just as I had put 100% effort into it. But I did it for three years and every malady I had cleared up.

I love your program. Thank you so much for the service you do and for having people like Dr. Appleton and others on the program. You're wonderful!

Arlean

Copyright. All rights to this document reserved by Arlean Kelley.