

Helping to heal my sister's cancer



by Norma Hope
Certified Colon Hydrotherapist

My sister, Judy, was just diagnosed with cancer - one week before her 56th birthday.

I felt such deep sadness when she told me. That "C" word ignites unbelievable grief and fear. My first thoughts were: "I don't want my sister to die. She's only 55." I felt fiercely protective, a sense of profound compassion and a huge feeling of unfairness. I wanted to save her with all my might.

Judy's partner died 18 months ago from cancer after struggling with it for more than six years. He followed medical advice, doing chemotherapy and radiation numerous times. The treatment was devastating to his immune system so he didn't ever fully recover.

He did start juicing and eating healthier but not consistently as his energy levels were depleted and by then it was too late. He was raised on meat and potatoes, like most of us, and thought he was eating healthy because the Canada Food Guide says so. But those of us who are educated in food nutrition know that certain foods heal and others cause harm.

I love my sister, Judy, very much. I respect her decisions about her own health. I have to practically tape my mouth shut sometimes though to stop myself from giving advice because this isn't happening to me - it's happening to her. She needed a sounding board, especially that first week as she sorted out her options. She needed to be heard not preached at.

Judy's commitment to beating this, even on the day she was diagnosed, was amazing and brilliant. She went to the grocery store and bought every fresh vegetable and fruit she could find. She didn't go into fear and eat tons of comfort food to numb herself. However, I can't say I did so well when I heard the news. I went out and had French Fries and gravy (and if you knew me, you'd know that was serious - I haven't eaten THAT for over a decade). Then

I felt horrible immediately after and the next day. My body didn't appreciate the ironic comfort I was trying to give it. Fear or sadness makes you eat crazy, and do disconnected things which, if continuous, can give disease the upper hand.

Then I got quite righteously angry. Each one of us has cancer cells in our body. It is whether those cancer cells get 'fed' or not that is the key element. Every minute of every day your immune system, if strong, defeats and destroys diseased or mutated cells (cancer cells) without your awareness. Cancer doesn't just mysteriously appear one day. It typically takes up to 12 years of cancer cells mutating and multiplying, deadly, quietly, before a medical test can actually tell if you have cancer.

All the females in my family always had problems with constipation. I remember raving to all my sisters 12 years



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ago about what colon hydrotherapy did for my health. It profoundly changed my life. My sisters Shirley and Faye did it, but Judy always said: "No way". Her exact words were: "No-one is sticking anything up there ever."

Finally the results were in on Judy's MRI, CT scans and Petscan. It is "an aggressive type of cancer in the tissue" not an actual tumor that can be picked out or removed. Initially, they thought uterus and lymph also. The word 'aggressive' caused sheer panic for me so I can't imagine what Judy's fear level was. The feeling was: "Let's hurry and DO something or she'll die," yet I tried desperately to hang onto the fact that this didn't just appear, so there is time to change it.

Judy called 10 days after that first diagnosis and said: "All the research I've done points to cleansing and detoxifying the body first, so let's do it." I was excited to be able to do this for her as this has been my passion for the past 13 years. I knew I could help build her immunity as strong as possible through cleansing the body of toxic waste that overloads the immune system, colon and lymph. She's decided to do the chemo and radiation but we had a small window prior to her starting that so she flew from Ontario to Edmonton the next day.

There would be no cheese this trip or solid food for that matter. We spent five days doing Colon Hydrotherapy daily, Lymph and Sciatic Release, Sound Therapy for relaxation and letting go, plus other cleansing, detoxification and balancing therapies at my cleanse and detox clinic.

We juiced a lot, laughed, slept together, bitched about 'starving,' drank only alkaline ionized water, talked about alkaline foods versus acidic foods, poured over recipe and raw food books and opened a door to some emotional self parenting stuff. She felt light and really good when she left, stronger for the medical treatment that lies ahead.

The time went by too fast. I didn't hug her enough and we didn't cry together. It took me 35 years to learn its okay to cry so I understand where Judy is at. Crying wasn't allowed in our family. Long held emotions do contribute to disease.

Eating and living healthy is not about deprivation. It's way easier to achieve after you cleanse because you feel so good - cravings are gone, energy is huge and your body is more alkaline when you 'lighten the load' - so you actually want to eat healthy. And it opens your emotional door providing a new awareness of who you really are in there, underneath all your parent's stuff.

All disease, especially cancer, thrives in an acid environment. Cancer cells die in an alkaline environment so it just makes sense to juice and eat foods that are alkaline or neutral, not acidic. Anytime there is a disease of any kind, the body is extremely acidic. Our food intake on a regular basis should be 80% alkaline and 20% acid, yet for most it is completely reversed if not worse, which feeds the otherwise dormant cancer cells.

All animal flesh protein (beef, chicken, fish, seafood, pork) and all dairy (yogurt, cheese, milk) is 100% acidic. All fruit is acidic. The fruits that are okay are apples, berries and kiwi. All vegetables are alkaline or neutral, as are grains. Eating sprouts, especially sunflower, is the best alkaline protein you

can get. It is live and takes maybe five minutes per day of your time.

Here is a huge protein myth. You don't need any type of animal protein to get your protein requirements. Humans need only 5% protein from the calories they consume in a day. The following vegetables are alkaline, have high protein percentages and NO fat like meat: spinach 49%, asparagus 38%, cucumbers 25%, tomatoes 20% and potatoes 11%. As a comparison beef has 24% protein and a ton of fat that your liver has to somehow cleanse from your blood or it piles in your blood vessels and the waste in your colon. If you ate nothing but potatoes you wouldn't have any protein deficiency at all.

My protein food drink for the week: 1½ cups of organic sesame seeds or almonds, 5 cups alkaline ionized water, ¼ tsp. organic vanilla and 1-2 tbsp. of organic agave. Mix in a blender, store in your fridge and drink daily.

I know what the cure for cancer is and every other disease - your very own immune system. Get alkaline and start by cleansing so the gradual switch will be easier on your body. Cleansing your body is the number one way to avoid disease. It's as simple as that.

Norma is a Certified Colon Hydrotherapist, Lymph Drainage Therapist, Certified Natural Health Practitioner of Micro Current Therapy and more. Call 780-477-1100, www.lifesynergyinc.com

Note: This information is for educational purposes only. It is intended to supplement your current health program and not to replace the care of a doctor. For diagnosis or treatment of any disease please consult a licensed physician.

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