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Introduction: From the End to the Beginning

Note: About the Book and How to Read It

Chapter 1: My Story

This is the author's account of how she journeys with and finally transcends three cancer diagnoses in as many years. It chronicles the incapacitating impact of chemo and radiation; her discovery of the divine curative power within; and the unmistakable influence of how thought, emotion and mind can both contribute to and resolve disease.

Chapter 2: Forgiveness

Bridgette's Story

Diagnosed with Non-Hodgkin's Lymphoma and given less than a month to live by her doctor, Bridgett discovers the healing properties she needed to be cancer-free within a month.

Living Foods Institute

Brenda Cobb, founder, cures the early stages of breast and cervical cancer by eating living and raw foods, and by forgiving herself and others. She now offers comprehensive programs to help others.

Chapter 3: Mystery

Ginny's Story

First diagnosed with melanoma, the cancer metastasized to Ginny's brain, lymph, lung, spleen and stomach. Doctors had few options, but after committing to a year-long alternative program, Ginny's tumors disappear within a single year.

Cancer Treatment Centers of America

Naturopathic doctor Timothy Birdsall recites how the CTCA operates and integrates complementary medicine into their protocol and how it boosts their success rate.

Chapter 4: Authority

Ric's Story

A daredevil, deep-sea diver, Ric developed Mucinous Adenocarcinoma that metastasized throughout his entire body. Seventeen surgeries and five years of chemo failed him, but Ric finds alternative treatments and is now cancer-free.

Medical Arts Center, Bio-Res-Med

Dr. David Walker, founder, was diagnosed with colon cancer, but turned away from the very pharmaceutical drugs he helped create as a bio-physicist. Instead, he creates his own, natural remedy that cures him within six months. His "cocktail" is now available to everyone.

Chapter 5: Energy

Jeff's Story

This 37 year old athlete was diagnosed with multiple myeloma, a cancer of the blood and bone marrow. He endured months of

chemo and radiation and was finally confined to a wheelchair with three months to live. Instead, he learns healing techniques from a shaman, and six weeks later, he is cancer free.

Dr. Bruce Lipton – Epigenetics

The ground-breaking research of Dr. Bruce Lipton explains how Jeff's story is possible. According to Dr. Lipton, thoughts can control cells as explained through the science of epigenetics. His data proves how negative thinking can cause damage to cells while uplifting ones can be curative.

Chapter 6: Belief

Issa's Story

After prostate cancer metastasized into his organs and MDs were out of solutions, Issa found the Gerson Institute. With a firm conviction that the science behind the program is sound, and giving himself to a lifestyle committed to wellness, Issa is now cancer-free

Gerson Institute – Charlotte Gerson

Charlotte Gerson, daughter of the founder of the Gerson Institute, elucidates why their strict therapy of eating only specific foods, conducting regular enemas, and ingesting fresh squeezed juices and supplements works gently and effectively to successfully treat cancer.

Chapter 7: Meaning

Helen's Story

Given six months to live after a lymphoma diagnosis, Helen commits to a range of healing modalities. She concludes that the cancer was created by giving her power away. After devoting herself to the worthwhile meaning of her own life, decades later, she remains healthy.

Goshen Center for Cancer Care – Dr. Marcia Prenguber

One of many American cancer clinics that provide integrative medicine, Dr. Prenguber tells what patients can expect at the Goshen Center.

Dr. Barry Boyd - Changing the Cancer Culture

Scientifically based and backed by the latest studies, Dr. Boyd says that doctors perform “medical hexing” when they give a grim prognosis. This “nocebo” effect (opposite of placebo effect) strips people of power and meaning, and can actually prompt unnecessary death. He advocates and is poised to make major changes to curricula at Ivy League medical schools to include nutrition and lifestyle changes as the best possible cancer prevention.

Chapter 8: Intuition

Beth's Story

After learning about double lung cancer, 66-year old Beth refuses treatment decides, unequivocally, that she *will not have cancer and*

she will not die. With the help of an acupuncturists and energy healer, Sloan Kettering confirms that the tumors are gone.

Laura Aldan Kamm - Intuitive Healing

As an intuitive healer, Kamm articulates the emotional energy behind cancer and how rooting oneself in peace and trust rather than fear alters the electromagnetic field of cells giving them the best chance to heal.

Kent Tompkins - Spiritual Healing

Kent Tompkins believes cancer is a result of thought forms that have been compartmentalized in the body and block energy flow. By learning about the energy of wellness, people can experience immediate shifts affording rapid healing.

Chapter 9: Fortitude

Dianne's Story

Years of debilitating chemo didn't cure 39-year old Dianne's Hodgkins Disease and 12 cancerous lymph nodes. After more tumors show up, Dianne finally turns to rarely used treatments. She currently lives an active life as a cancer coach and author while continuing to live with cancer and ongoing therapy.

Naturopathic Specialists – Dr. David Rubin

A certified Naturopathic oncologist, Dr. Rubin advocates education and communication as key to empowering people to heal. He makes use of vitamin therapy, homeopathic remedies and acupuncture.

Dr. Abram Hoffer - Orthomolecular Therapy

This 92 year-old psychiatrist, and colleague of Dr. Linus Pauling, cured both schizophrenia and cancer with vitamin therapy. Dr. Hoffer campaigns for a model of patient care that treats the entire person and engenders hope during their journey with cancer.

Chapter 10: Faith

Susan's Story

Susan's life changes forever after metastasized breast cancer and tumors throughout her body prompted a prognosis of no more than five years to live. Susan underwent conventional treatment as far as it could take her, but believes her tumors are now mostly gone due to her deep faith, prayer and ongoing miracles.

Dr. Larry Dossey, Prayer, Miracles and Remote Healing

The inspirational work of Dr. Larry Dossey heralds the wonders of how prayer and remote healing can affect cells not only within the one who prays, but also in the bodies of total strangers. He translates the science behind this phenomena and his faith in the spiritual power of healing.

Dr. David Felten – Psychoneuroimmunology

Dr. David Felten pioneered the ability to trace the pathway between the brain and immune system, proving that stress adversely impacts the immune system. He also shares his personal

experience with, and insights into, how our medical system is largely propelled and controlled by the profit-motive of the pharmaceutical industry.

Chapter 11: Gratitude

Jackie's Story

Jackie's diagnosis of metastasized uterine cancer and the proclamation from her oncologist that she would die within months inspired a new way of living and eating. Now, more than four decades later, she practices alternative and self healing methods to remain cancer free and robust in her 70's.

Dr. Tullio Simoncini, Cancer as a Fungus

Italian-born oncologist, Dr. Tullio Simoncini, claims to have found both the cause and cure of cancer. Believing cancer is a fungus, Dr. Simoncini enjoys widespread success by treating tumors with sodium bicarbonate.

Dr. James Gordon, Center for Mind Body Medicine

Dr. James Gordon understands that healing cancer requires an integrative and spiritual approach. He founded the Comprehensive Cancer Care conference where people are trained to be cancer guides who assist patients by introducing them to as many healing components as possible.

Chapter 12: Trust

Patty's Story

Patty, who has no health insurance, paid out of pocket to treat her melanoma, but it later metastasized throughout her body. Doctors said she would die, but instead she worked with a Tibetan healer, among other things. Now cancer free, Patty admits it's hard to go from listening to doctors to the inner voice, but the latter is what saved her.

Hui Xian Chen, Qigong

Chinese-born Hui Xian Chen was so sick from the chemo meant to cure her breast cancer that she had to stop taking it and was told there was no hope. In a panic, she was introduced to an ancient healing art which healed the cancer within months. Chen went on to be a university professor and is a preeminent Qigong teacher.

Southwest Integrative Medicine - Dr. Robin Terranella

Dr. Terranella explains why he believes less in diet and more in natural immune support to maintain quality of life for patients undergoing conventional treatments.

Chapter 13: Dedication

Linda's Story

Linda's story includes her journey through rheumatoid arthritis, her seven-year-old son's lymphoma that doubled every 24 hours, and her own breast cancer. Choosing conventional treatment, Linda perceives the cancer was a creation of her divine self and dedicates herself to spiritual evolution that keeps her healthy today.

Dr. Jeremy Geffen

A spiritually-oriented oncologist, Dr. Geffen explains his unique perspective that supports conventional chemotherapy as the best possible treatment juxtaposed to a devout understanding of how and why we get cancer. Dr. Geffen urges people to examine the belief systems that may have caused disease, and the need to accept cancer as a multidimensional disease with spiritual significance since we are multidimensional and spiritual beings.

Conclusion
Appendix