



Who's Driving Your Cancer Journey?

One of the worst things about being diagnosed with cancer is not knowing what direction to head in. Consulting your friends isn't much help. Unless they have been touched by cancer, people rarely know too much about it. Until we, or someone we love, is diagnosed with cancer we barely give it a second thought.

It can seem as if the only experts on cancer are doctors, who want us to subscribe to the medical regime they have in place, and do it now!

The medical model doesn't have the huge success rate we are led to believe, so ensure you research whatever treatment recommended.

Each case is individual, a personal journey, and what works for one person doesn't necessary work for another. We all have different DNA/genetic makeup, so it stands to reason we all heal in different ways.

Cancer exists in our bodies at all times, but at times our bodies don't process it as effectively as it used to. This can sometimes cause cells to mutate in our body and become tumours, even orthodox medicine cannot fully explain how and why this happens.

Cancer is non-discriminate and doesn't care if you are rich or poor, male or female, healthy or not. How do you explain someone who has lived healthy all their life receiving the same diagnosis as a person who has shown no regard for their body's needs?

I know the idea of cancer as a physiological, emotional and spiritual as well as a physical dis-ease sounds like new age hocus pocus and possibly a decade ago I may have agreed with you.

We are water-based life forms living in a petrochemical society, complete with additives, chemicals and preservatives in our diet. This is a recipe for disaster by any standard.

It has been statistically predicted that, by the year 2013, half of the world's population will have been touched by cancer, escalating to almost all of us by 2036. That's a scary thought and makes you ponder on how looking at our lifestyle, what we eat and the stressors we come into contact with is a form of preventative medicine.

Cancer is a multi-dimensional health disorder, a direct reflection on trauma, diet, the way we handle stress and the poor life choices we make, as well as the contact on a daily basis we have with petrochemicals and other additives, sprays and hormones in our food.

It is important for cancer 'travellers' (for it is a personal cancer journey we embark on) to delve into the reasons why cancer is rearing its ugly head in their life.

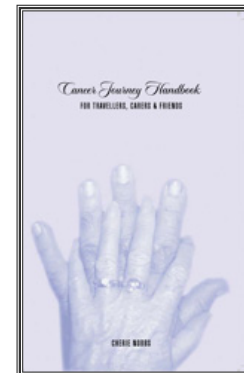
Equally important is the way we, as carers, friends and fellow travellers, support those going through a cancer journey.

When my husband, Butch was initially diagnosed, we couldn't find any books to prepare us for the psychological, physical and emotional side effects we faced.

Butch was diagnosed with male breast cancer in 2006 and subsequently passed away in 2008, after being gradually and inevitably diminished by the chemicals and radiation emissions he was subjected to.

I learnt a lot; both during his journey and afterwards that I wanted to share with others. If we had known then, what I know now, I firmly believe there would have been a more enduring and positive outcome to Butch's journey.

Cancer Journey Handbook for Travellers, Carers and Friends is exactly that, a handbook covering a variety of topics, e.g. how to relate to someone with cancer, what to look for in a health professional, practical information on what foods to eat/avoid, handling negativity, etc.



Each chapter is only short. I wrote it this way so it would be possible to keep it as a handbook (hence the name!) travellers, carers and friends could refer back to, as they went through a cancer journey.

By writing this book, I am encouraging you to take a conscious part in your cancer journey. Don't let others dictate what direction you must travel in or what treatment you should choose.

This is your journey; make sure you are in the driver's seat!

Love Light & Laughter

