

SQUARE ONE
Healing Cancer
Coaching Program

GUIDE BOOK

Chris Wark

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SQUARE ONE Healing Cancer Coaching Program.

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SQUARE ONE

Daily Schedule

This is a simple daily routine for you to follow. Every component has value. Healing is a daily process, so it's important that every day you are doing as much as you can to promote health and healing in your body.

Changing your routine may seem overwhelming at first, but you can do this. Don't obsess about perfectionism. Just take action: **Inspired Imperfect Action**. You will figure it out as you go. Some days will be "perfect," and some days won't... and that's okay!

Cancer isn't going to explode in your body because you forgot to take one of your supplements, or you missed a coffee enema, or you didn't exercise one day. Just do as much as you can, every day.

Don't make excuses, just find a way to make it work for you. Yes, you will need to rearrange your schedule. Just plan ahead and be efficient. For example, make all your juice in the morning, or two days' worth at a time. Make your meals ahead of time, if needed. Go to bed earlier, so you can get up earlier. Be a problem solver.

Don't let the little things get in the way of the big things.

Instead of telling yourself, “I can’t do this.” Ask yourself, “How *can* I do this?”

And ask for help! People around you who care about you will help you, if you ask them.

Commit to it all the way.

100% is easy. 99% is hard.

DAILY SCHEDULE

Wake Up. Try to wake up naturally, if possible. If you need help waking up, a sunrise alarm clock will wake you up gently – unlike a radio or buzzer.

“Green Light” Morning Drink. Upon rising, drink this quickly and get on with your day. Find the recipe for this in the Recipe Guide (page 11). This should also get your bowels moving.

**After your bowel movement is a good time to do a coffee enema.*

Take “Empty Stomach” Supplements, such as:

- Essiac Tea
- Beta-glucans (morning only)
- Pancreatic Enzymes (3x per day, between meals)
- Bosmeric-SR Curcumin/Boswellia

Exercise #1. (10-20 minutes) Rebound, walk, jog, bike, etc. to move your lymph system, sweat, and oxygenate your blood and body. Breathe deeply while doing this and get as much sunshine on your body as possible. Listen to music that brings you joy and sing along!

Shower. A shower filter to remove chlorine is recommended. I use the Berkey Shower Filter.

Devotional. Journal. Prayer. Affirmations. (30 minutes)

Juice. (30-60 minutes) Make your juice for the day – minimum 40oz of juice per day. See my juice recipes for variety (pages 12-13). Store in airtight mason jars or recycled glass bottles. Consume 8oz every hour or so, throughout the day, between meals and with meals. Adding a scoop of greens powder to your juices will boost the nutritional value.

Breakfast Options:

- No food, just juices and teas every hour
- Organic oatmeal
- Fresh, juicy fruit (oranges, grapefruit, pineapple, papaya, mango, grapes, melons, etc.)
- Fruit smoothie

**Eat one or more cloves of raw or black garlic and apricot kernels before breakfast.*

***Take “with meal” supplements (black seed oil, vitamin D, etc.).*

Morning Snack. Fruit, like a green apple or a grapefruit.

Exercise #2. (10-20 minutes) Rebound or walk, before or after lunch.

**Do a coffee enema before lunch, if you aren't at work.*

Lunch. Giant Salad or Green Smoothie (blended salad). Find recipes in the Recipe Guide (pages 18-19).

**Eat one or more cloves of raw or black garlic and apricot kernels before lunch.*

***Take “with meal” supplements.*

Afternoon Snack Options:

- Fruit smoothie (this can also take the place of a meal)
- Handful of apricot kernels, almonds, walnuts, pecans, Brazil nuts, etc.
- Fresh fruit is always a great snack

Exercise #3. (10-20 minutes) Rebound or walk, before or after dinner.

Dinner. Giant Salad or Green Smoothie. Drink juice or Jason Winters tea with your meal.

**Eat one or more cloves of raw or black garlic and apricot kernels before dinner.*

***Take “with meal” supplements.*

Optional Cooked Vegetable Sides: (If you need more calories.)

- Starchy: rice (red, black, or brown), quinoa, black lentils, yams, sweet potatoes, purple potatoes, beans (black, red, etc.), peas (yellow, split, chickpeas, etc.), squash, beets, turnips, etc.
- Non-starchy: asparagus, Brussels sprouts, mustard/collard greens, green beans, mushrooms, etc.

**Any vegetable you want to eat is fine. Baking, boiling, and steaming is best. Avoid frying with oils. Water frying is ideal.*

Herbs and Spices: (Flavor with as many as possible.)

- Turmeric, curry powder, garlic, cayenne, oregano, Bragg Sprinkle, coriander, mustard, horseradish, wasabi, lemon/lime juice, apple cider vinegar, fresh salsa.
- Cinnamon, allspice, nutmeg, and cloves are especially delicious on yams and sweet potatoes.

**Try not to use salt, or use as little as possible. (Sea salt or Himalayan salt only.) After two weeks, salt cravings diminish.*

Exercise #4. (10-20 minutes) Light exercise (walk or rebound), after dinner or before bed.

Finish Remaining Juice.

Bob Beck Protocol. (1-2 hours)

www.chrisbeatcancer.com/bobbeck

Drink Essiac Tea. Two hours after dinner, drink Essiac tea on an empty stomach before bed.

Devotional. Journal. Prayer. Affirmations. Before going to bed, write down three things you are grateful for.

Coffee Enema. Do a coffee enema before bed.

**Take "empty stomach" supplements.*

Sleep. Go to sleep in a cool room, in total darkness, with a sound machine. A sleep mask and earplugs may be helpful.

You can do this!
-Philippians 4:13

SQUARE ONE

Recipe Guide

These recipes are designed to give you maximum anti-cancer nutrition at every meal. Keep it simple and eat the same thing every day. Organic produce is best.

Morning

“Green Light” Morning Drink

Drink this first thing in the morning and take “empty stomach” supplements like Beta-glucans, pancreatic enzymes, and Bosmeric-SR Curmin/Boswellia.

- Green tea, hibiscus tea, or Jason Winters tea (or all three) steeped in 20oz of purified water overnight (can also be hot brewed, then cooled down)
- 1 scoop of organic greens powder
- ¼ - 1 tsp of moringa powder
- ¼ - ½ tsp of amla powder
- 1 - 2 tsp of Bragg apple cider vinegar (strong taste, start with 1 tsp)
- A squeeze of lemon or lime

Fresh Fruit and Vegetable Juices

Patients on the Gerson Therapy drink 104oz of fresh juice every day (13, 8oz juices). They also drink four different juice blends each day: orange juice with breakfast, carrot juice, carrot apple juice, and green juice.

This is a lot more work. I kept it simple and made one big batch of juice first thing in the morning for the entire day, and I would stick with one juice formula per day. I drank 64oz of juice (8, 8oz juices) every day for several years.

You should drink juice throughout the day – every hour or so.

NOTE: Ginger is very strong. It's a very potent anti-cancer food, but it can also overpower you. Go easy on the ginger, at first, because if you've got too much ginger in your juice, you're not going to be able to drink it. Turmeric is also strong, but not as strong as ginger.

NOTE: A blender is not a juicer. A blender blends everything together. A juicer separates the juice from the pulp. Blending is great too. I cover juicers in "Module 3: The Anti-Cancer Diet, Part 1." The minimum effective anti-cancer dose of carrot juice appears to be 40oz per day. So, 5lbs of carrots should yield about 40oz of juice. If you aren't getting anywhere near that, you need a better juicer.

The SQUARE ONE Juice Formula

- 5 carrots
- 1 - 2 stalks of celery
- ½ of a beet root
- 1 - 2 beet greens
- 1 knuckle of ginger root
- 1 - 2 knuckles of turmeric root (or as much as you can stand)
- ¼ - ½ of a lemon or lime unpeeled
- 1 green Granny Smith apple, with skin and seeds
- 1 clove of garlic

A knuckle is the length from your fingertip to your first knuckle.

Make the batch, as described, to determine how many ounces of juice your juicer yields. Then multiply ingredients to get the desired amount of juice you want to make each day.

Amp up the juice even further with:

- 1 scoop of greens powder per serving (I often did this)
- ¼ - ½ tsp of amla powder
- ¼ - 1 tsp of moringa powder
- 2 - 6 ounces of aloe vera gel

Gerson Carrot Apple Juice

This recipe is equal parts carrot and apple juice

- 3 large carrots
- 1 apple (green or tart apples are the best)

Gerson Green Juice

- ¼ - ½ head of red, green, or Romaine lettuce (no iceberg)
- 2 - 3 leaves of escarole
- 2 - 3 leaves of beet greens
- 5 - 6 leaves of watercress
- 2 - 3 leaves of red cabbage
- ¼ of a green bell pepper
- 1 - 3 leaves of Swiss chard
- 1 Granny Smith apple (Gerson would core the apples. I don't core them. I like to eat the seeds for B17. That's your choice.)

Breuss Juice

Dr. Rudolph Breuss put his cancer patients on a 42-day juice fast. Learn more about his protocol in his book, *The Breuss Cancer Cure*. Here is his formula:

- 1 beet
- 1 carrot
- 1 celery stalk
- ½ of a potato
- 1 radish

Green Lemonade

- 4 Granny Smith apples
- 1 lemon

Breakfast

The first 90 days of my protocol was 100% raw (with juicing) until lunch, most days. If you are overweight, the 100% raw diet will get you to your ideal weight faster. If you need to maintain or gain weight, oatmeal is an ideal breakfast. Patients on the Gerson Therapy eat oatmeal for breakfast every morning.

Supercharged Oatmeal

Oats are a gluten-free grain, and many people with wheat/gluten sensitivities can eat oats without any problems whatsoever. If gluten is a serious concern for you, your best bet is Bob's Red Mill Gluten-Free Oats, which are grown and processed in certified gluten-free farms and facilities.

TYPES OF OATS

Oat groats are the whole oat. Steel cut oats are oat groats chopped up with a steel blade. Rolled oats are steamed, rolled, and lightly toasted – essentially pre-cooked. Quick oats are rolled oats that have been cut into smaller bits, so they cook even faster.

Organic rolled and quick oats are just as healthy as steel cut oats, plus they're super cheap and quick to prepare. They currently cost me about \$1.70/lb in the bulk section at Whole Foods, and cook in 5 minutes.

My Supercharged Oatmeal recipe will give you protein, carbohydrates, healthy fats, fiber, loads of antioxidants, and anti-cancer compounds – plus vitamins and minerals like magnesium, potassium, iron, and B6.

INGREDIENTS

- ¼ - 1 cup of dry oats (depending on your appetite)
- 1 - 2 tbsp of ground flax seeds
- 1 - 2 tbsp of Blackstrap molasses
- ½ tsp of Bragg nutritional yeast
- Spices: cinnamon, allspice, clove, nutmeg, turmeric
- Fruit (fresh or dried): blueberries, raspberries, cranberries, barberries, apricots, black currants, figs, etc. (add as much as you want, to make it taste good)

Other acceptable sweeteners: date sugar, raw honey, royal jelly, and maple syrup. But if you're using fruit and molasses, you shouldn't need them.

If you need more calories, you can add:

- 1 - 3 tbsp of hemp hearts
- 1 - 2 tbsp of chia seeds
- 1 - 2 tbsp of almond butter

COOKING DIRECTIONS

For traditional hot oatmeal, boil purified water on the stove in a glass or ceramic kettle, then pour it over the oatmeal until it's fully saturated. It'll be ready to eat in 5 minutes. If it's too thick, add more water.

You can put all the ingredients in a bowl and cook them together. Or if you want to preserve some of the "rawness" of this meal, you can stir in the rest of the ingredients once the oatmeal is fully cooked and ready to eat.

Another option is to soak any form of oats (whole oat groats, steel cut oats, quick oats) and the other ingredients in purified water overnight. In the morning, you can eat it cold or warm it up on the stove, to knock the chill off.

Ingredient Info:

OATMEAL

A ½ of a cup has 150 calories, 5 grams of protein, and 4 grams of fiber. Oats have the highest soluble fiber content of any grain and contain an immune-boosting polysaccharide known as Beta-glucan, which is also found in barley, mushrooms, and nutritional yeast.

NOTE: A ½ of a cup of dry oats is considered to be 1 serving, but if you don't eat a lot, a ¼ of a cup may be sufficient. If you are trying to gain weight, or have a huge appetite like me, use 1 full cup of dry oatmeal – which will give you 300 calories, 10 grams of protein, and 8 grams of fiber – before you add the rest of the ingredients.

HEMP HEARTS

These are raw shelled hemp seeds. And 3 tbsp contain 170 calories, 10 grams of protein, 3 grams of fiber, omega 3 and 6 fatty acids – plus 45% of your magnesium and phosphorus, 110% of your manganese, 20% of your iron and zinc, 8% of your B6 and folate, and 2% of your calcium.

DATE SUGAR

Date sugar is simply dried, ground-up dates. That's it. And it has the highest antioxidant content of any sweetener.

ORGANIC BLACKSTRAP MOLASSES

Blackstrap molasses is the second highest antioxidant sweetener. Plus, 1 tbsp contains 20% of your daily potassium, 15% of your iron, 10% of your calcium, 10% of your B6, and 8% of your magnesium.

BERRIES

Berries have the highest concentration of antioxidants and anti-cancer compounds of any fruit. Blueberries, blackberries, raspberries, strawberries, cranberries, raisins, black currants, goji – get some berries on there!

OTHER EXCELLENT FRUIT

Figs, apricots, and prunes.

SPICES

Cinnamon, allspice, cloves, and turmeric are all very high in antioxidants and anti-cancer compounds. You can also add cardamom, saffron, and nutmeg. Spice it up as much as you can stand, but start with very small amounts of each, tasting as you go. If you over-spice it, it's going to taste super funky.

The addition of berries and spices gives you more antioxidants in one bowl of oatmeal than most people eating a Western diet get in an entire week!

Snack or Breakfast

The Anti-Cancer Fruit Smoothie

- 2 - 4 cups of organic mixed berries: blueberries, blackberries, raspberries, and strawberries (I buy them frozen)
- 1 - 2 handfuls of leafy greens: spinach, kale, Swiss chard, etc.
- A handful of almonds or walnuts (or both)
- 8 ounces of Stockton aloe vera gel
- 1 tbsp of turmeric powder
- Sweeten with dates and/or a banana

Put all ingredients in a blender, add purified water, and blend until smooth. If it's too thick, add a bit more water.

You can also use the juice and meat of a fresh young Thai coconut, but they are seasonal and hard to get in many areas.

Other anti-cancer fruit: soursop/paw paw/graviola/guanabana (all the same thing), pineapple, and papaya are rich in anti-cancer compounds and enzymes. If you use papaya, add as much of the papaya seeds to the smoothie as you can stand. Blend in a little at a time (they're spicy). I get tropical fruit at a local international market, it's much cheaper there. Also, it won't be organic, but that's okay because you aren't eating the skin. Avoid Hawaiian papaya; it's likely GMO. Pomegranates are wonderful, too.

EXTRA CALORIES AND/OR NUTRITION

Add flax, chia, hemp hearts, cauliflower, cannellini beans, greens powder, nutritional yeast, amla, noni, acai, mango-steen, etc.

NOTE: If you're getting hungry between meals...eat bigger meals! Snacking on nuts and fresh fruit (apples, oranges, bananas, grapes) is fine, too.

Lunch & Dinner

The Giant Cancer-Fighting Salad

This salad is loaded with the most potent anti-cancer vegetables and spices. The more of these ingredients you use, the better.

- Dark leafy greens: kale, spinach, Swiss chard, arugula
- 1 cup of broccoli sprouts (4 cups of sprouts per day, max)
- Cauliflower
- Purple cabbage
- A slice of red, yellow, or green onion
- Red, yellow, or green peppers
- Mushrooms: white button, bella, cremini, shiitake, etc.
- Raw sunflower seeds
- Raw or roasted unsalted almonds or walnuts
- Sprouted beans (garbanzo beans, mung beans, etc.)
- Sprouted black/green lentils
- Organic sauerkraut or kimchi

Feel free to add any other veggies you like: radishes, artichokes, squash, zucchini, etc. For extra calories, add avocado and/or hemp hearts.

NOTE: Sprouted nuts, seeds, beans, and lentils are more nutritious, but don't get obsessive about it. I eat non-sprouted beans and nuts all the time.

NOTE: I ate raw mushrooms everyday on my salad, but they may be safer eaten cooked to neutralize agaritine.

Salad Dressing

- ½ - 1 tbsp of Bragg organic extra virgin olive oil
- ½ - 1 tbsp of Barlean's cold-pressed flax oil
- Bragg organic apple cider vinegar or lemon juice (or both), drizzled to taste

Salad Spices

Shake on these anti-cancer spices:

- Oregano
- Garlic powder
- Turmeric or curry powder
- Cayenne pepper (very spicy, go easy the first time)
- Black pepper
- Bragg sprinkle
- Horseradish powder (1 tsp powdered or prepared)

Green Smoothie/Blended Salad

This is a good alternative if you need to take the salad to go, are on a liquid diet, or you're just tired of all the chewing. Blending also significantly increases your absorption of the nutrients in the salad. Some patients prefer to only consume the salad in blended form.

Put all the Giant Cancer-Fighting Salad veggies listed into a blender, with several cups of water. Blend vegetables together first, without dressing or spices.

If it's too thick, add more water, enough to make it easy to drink. Then blend in the dressing ingredients and spices a little at a time, to taste.

It's going to taste like cold, bland soup. Don't expect it to be delicious. This is medicinal food. Just get it in your body.

Additional Cooked Starches

If you need more calories, add cooked starches to dinner.

Yams, sweet potato, purple potato, brown/black/red rice, quinoa, lentils, and any peas or beans that you like. Season them with the anti-cancer spices you use on the salad. A little Celtic sea salt or Himalayan salt is okay, too.

Hippocrates Soup

This soup formula originated with Hippocrates – the father of medicine – and is given to patients every day on the Gerson protocol.

INGREDIENTS

- 1 medium celery knob OR 3 - 4 stalks of celery
- 1 medium parsley root (if available)
- As much garlic as you can stand
- 2 small leeks (if not available, replace with 2 medium onions)
- 1½ pounds of tomatoes (or more)
- 2 medium onions
- 1 pound of potatoes
- A little parsley

DIRECTIONS

1. Wash and scrub veggies (don't peel).
2. Cut into cubes.
3. Simmer for 2 hours.
4. Put the cooked veggies through a food mill (this removes the vegetable bulk from the soup, making it easier to digest).
5. Vary the amount of water used for cooking, according to taste and desired consistency.
6. Keep covered in fridge no longer than 2 days.

A less strict version of this soup would be to leave the veggies in it and add whatever other spices you like. Gerson forbids salt, but I think a little bit of sea salt or Himalayan salt is okay.

SQUARE ONE

Supplement Guide

There are thousands of supplements out there and it can be overwhelming trying to figure out what to take. I've kept this list as short as possible with what I believe are essential supplements to provide nutritional support, immune support, eliminate parasites and pathogens, promote detoxification, and directly target cancer cells.

Supplementation can get expensive. Back in 2004, I was spending \$600-1200 per month, just on supplements. If money is tight, I recommend setting up a CrowdRise fundraising page, as they have the lowest fees (www.crowdrise.com). Many cancer patients are raising money for food, supplements, and treatment this way. Share your story and ask for help, and you will get it!

If you can afford it, take as many of these supplements as possible for at least three months, then check your progress. If you have limited funds, I put an asterisk (*) next to the supplements that I think are most important.

If you cannot afford or get access to any supplements, don't be discouraged. It's okay. Just do everything you *can* do. Get your mind right, follow the anti-cancer diet, exercise, and eliminate the stress in your life. Those are the most important things!

SUPPLEMENT DISCLAIMER AND WARNING

Some foods, supplements, and herbs may cause adverse reactions when taken at high doses, or if combined with prescription medication, or if certain health conditions exist.

Consult your doctor and research thoroughly. I encourage self-experimentation, but remember, you do so at your own risk.

The most common reaction to supplements is nausea or diarrhea. This usually means you're taking too many at once. If you experience this, try spacing them out more, taking smaller doses more often, or taking them with meals.

The following supplements are all available in the United States, and most can be found on Amazon (unless noted). Some of these brands are not available in other countries. If you can't find the specific brand I recommend, research the brands available and rotate between the ones that seem best.

FOOD SUPPLEMENTS

***Aloe Vera Gel**

Drink 8-24 ounces per day.

Drink straight or mix into juice or smoothies.

I recommend Stockton Aloe 1. Due to machine processing, other brands may contain some of the outer leaf, resulting in diarrhea at large doses.

Get it at www.aloe1.com.

***Amla / Amalaki** (Dried organic powder)

Consume ¼ - 1 tsp at a time (1 tsp = 3 grams).

Amla is the highest antioxidant food on earth!

Maximum effective dose and daily intake limit is not known.

Too much might cause diarrhea.

Can be mixed into water, juices, or smoothies

Get organic amla on Amazon.

***Apricot Kernels**

Eat 1-2 per 10lbs of body weight, per day.

A 150lb person can eat 15-30 per day, but I know cancer patients who have eaten much more (3-4 per 10lbs of body-weight, per day) without adverse effects. Just work your way up.

Eat handfuls of apricot kernels throughout the day or with meals. Can be blended into smoothies. If you feel sick to your stomach or get a stomach ache, you may have eaten too many. Back it off a bit, or try taking them with meals.

Apricot Power sells them ground in capsule form, as well as B17 capsules.

Get it at www.apricotpower.com or www.apricotsfromgod.info.

***Moringa** (Dried organic powder)

Add ¼ - 1 tsp to water, juices, or smoothies.

Can be taken multiple times per day.

Get organic moringa powder on Amazon.

Organic Greens Powders

Add 1 scoop to water, juices, or smoothies to increase nutrition. There are many good brands available now. I like to rotate between these brands:

- Perfect Food at www.gardenoflife.com
- pHresh Greens at www.phreshproducts.com
(use code “chris” for 20% off)
- Boku Superfood at www.bokusuperfood.com
(use code “BOKU155” for 15% off)

NUTRACEUTICAL SUPPLEMENTS***Beta-Glucan**

Take 1, 500mg capsule per 50lbs of bodyweight, per day.

A 150lb person would take 3. A 200lb person would take 4.

That is considered to be the maximum effective dose.

Take it first thing in the morning, 30 minutes before eating.

Get it at www.betterwayhealth.com.

Black Seed Oil from Black Cumin seeds (Nigella Sativa)

Roby Mitchell, MD recommends 2 tbsp, 2x per day, plus 2 tbsp of ground black cumin seed.

You may want to start with 1 tsp, 2x per day.

Can also be mixed with honey to help with the taste.

Get it at www.drfit.com.

Colloidal Silver

Drink 2-4 ounces, 3x per day.

Can aid in mitigating detox symptoms and preventing secondhand infections.

Natural Path Silver Wings is the brand I recommend.

Get it at www.npswsilver.com.

****Curcumin** (The Most Important of All!)

Sanjevani Bosmeric-SR contains C3 curcumin, boswellia, ginger, and black pepper.

Clinical trials have found that doses of standard curcumin as high as 12g per day were safe in humans.

Get Bosmeric-SR at www.betterwayhealth.com.

NOTE: If you can't get Bosmeric-SR, or for mega-dosing up to 12 grams per day, look for a curcumin supplement that uses one of these forms of curcumin: C3 Complex, Longvida, or BCM-95 – preferably also with bioperine from black pepper.

***Vitamin D3** (The #1 Anti-Cancer Vitamin)

Start with 5,000-10,000 IU per day.

The minimum anti-cancer vitamin D3 blood level is over 60 ng/ml, though 80-100 ng/ml may be optimal.

Look for D3 in liquid, spray, or gelcap form.

Some brands I like:

- Better Way Health D3 (capsules)
- Thorne Research D or D+K2 (liquid drops)
- PuraThrive Liposomal D3 (spray)

***Frankincense** (Boswellia)

500mg, 3x per day.

Look for brands containing either of these forms of frankincense:

- BosPure
- Boswellin

NOTE: Bosmeric-SR contains Boswellin frankincense

Mushroom Supplements

- Garden of Life RM-10 (I took 3, 3x per day in 2004)
- Host Defense MyCommunity
- Mushroom Wisdom Maitake D-Fraction

Gut Health (for SIBO, IBS, etc.)

- Biotics Research ADP (anti-fungus/yeast/bacteria)
- Biotics Research FC-Cidal (anti-fungus/yeast/bacteria)
- Metagenics Ultraflora

NOTE: Probiotics are essential to take after surgery, after taking antibiotics, or if undergoing chemo or abdominal radiation.

Quercetin

Russell Blaylock, MD recommends 1000mg, 3x per day.

- Source Naturals
- Jarrow Formulas
- Thorne Research
- Megafood

***Enzymes**

Standard Dose: 3 capsules, 3x per day.

Take first thing in the morning, between meals, and before bed on an empty stomach.

“Enzyme therapy” as administered by the late Dr. William Donald Kelley; Nicholas Gonzalez, MD; and Linda Isaacs, MD involves cancer patients taking an advanced therapeutic dose, which is up to 45g per day, or approximately 30 pills, 3x per day.

www.dr-gonzalez.com/history_of_treatment.htm

Two highly reputable brands are:

- Nutricology Pancreas (used by Dr. Gonzalez and Dr. Isaacs)
- Wobenzym (used in clinics around the world for many decades)

TEAS

***Dandelion Root Tea**

Drink 2 or more cups of tea per day.

Dandelion root tea has been proven to shrink cancerous tumors in animals and is now being tested in human clinical trials for blood-related cancers. Learn more about the Dandelion Root Project at www.uwindsor.ca/dandelionrootproject.

Dandelion root can be harvested out of your yard, or anywhere you see it growing. Dig up the root, chop or grind it finely, put ½ - 1 tsp in a tea bag, steep in boiling water for 20 minutes, and drink it. If you harvest large amounts, make sure you dry it out (dehydrate it) before storing.

You can order bulk dandelion root or root powder from www.mountainroseherbs.com or www.starwest-botanicals.com.

The most potent form is dandelion root extract in powdered form, which can be stirred into tea and consumed whole. It is currently being investigated in the clinical trial mentioned above to determine the maximum non-toxic daily human dose.

Get it at www.kalyx.com and www.nutricargo.com.

***Essiac Tea**

Add 1 fluid ounce diluted to 2 ounces of hot water per day.

Drink on an empty stomach 2 hours after eating, preferably before bed.

Can be consumed 2x per day, in the morning as well.

- Rene Caisse's Four Herb formula (sheep sorrel, burdock root, slippery elm bark, Turkey rhubarb root)
- Flora Flor-Essence Eight Herb Formula (includes red clover, blessed thistle, kelp, watercress)

There are many testimonials touting the effectiveness of both. www.healthfreedom.info/cancer%20essiac.htm.

It's most economical to buy the individual Essiac herbs and brew your own. Follow the directions given by Mali Klein in her YouTube videos, "Making Essiac Tea with Mali Klein."

Buy ingredients at www.essiac-tea.org and www.renecaissetea.com.

If you're short on time, buy it pre-made.

The Starwest website (www.starwest-botanicals.com) sells the four herb formula.

***Jason Winters Tea**

Unlimited dosage. Jason Winters drank 1 gallon of tea per day.

- Formula #1: red clover, chaparral, oolong tea leaf, herbalene spice blend (original version, this is the one I drink)
- Formula #2: red clover, Indian sage leaf, oolong tea leaf, herbalene spice blend

The herbs are also available in a supplement called Tribalene.

Get it on Amazon or at www.sirjasonwinters.com.

Other Teas

Organic green, white tea, and hibiscus tea are wonderful.

Always add lemon. Avoid black tea.

DETOX PROGRAMS

***Coffee Enema Kit**

Coffee enemas are used to stimulate liver detoxification and for pain relief in cancer clinics all over the world.

Get a coffee enema kit on Amazon.

***Dr. Hulda Clark's Parasite Cleanse**

This is an 18-day cleanse with Black Walnut hulls, wormwood (artemisia), and cloves.

You can find the dosage schedule at <http://www.drclark.net/cleanses/beginners/herbal-parasite-cleanse/parasite-chart-for-adults>.

***Dr. Richard Schulze's Incurables Program**

This is a 30-day intensive detoxification program that I did in 2004. It is compatible with SQUARE ONE.

Learn more at www.herbdoc.com.

HMD Heavy Metal Detox

This is a 90-day supplement detox protocol.

Learn more at www.detoxmetals.com.

Mercury Detoxification

Dr. Christopher Shade is one of the foremost experts on mercury detoxification.

Learn more at www.quicksilverscientific.com.

SQUARE ONE

Healthy Home Guide

Reduce your toxic load by replacing the harsh chemical cleaning products and personal care products in your home with these safe, non-toxic, environmentally-friendly brands.

KITCHEN

Countertop Spray

ECOS Parsley Plus All-Purpose Cleaner, Common Good All Purpose Cleaner

Dish Soap

Mrs. Meyer's Clean Day Dish Soap, Sun & Earth Liquid Dishwashing, Dr. Bronner's Pure-Castile Soap

Dishwasher Soap

Biokleen Dish Liquid, Seventh Generation Dishwasher Gel Soap

Drain Opener

Drainbo All-Natural Drain Cleaner

Oven Cleaner

Bon Ami Powder Cleanser

BATHROOM

Floor Soap

ECOS Floor Cleaner

Laundry

My Green Fills, Seventh Generation Laundry Detergent, Bio-kleen Laundry Liquid, Mrs. Meyer's Laundry Detergent, Dr. Bronner's Sal Suds

Mirror Spray

ECOS Lavender Window Cleaner

Scrubs & Scouring Powders

Bon Ami Powder Cleanser, ECOS Creamy Cleanser

Sink & Surface Spray

ECOS Parsley Plus All-Purpose Cleaner, ECOS Shower Cleaner

Toilet Cleaner

Ecover Toilet Cleaner, Bon Ami Powder Cleanser

GENERAL PURPOSE

All Purpose Cleaner

Dr. Bronner's Sal Suds, ECOS Parsley Plus All-Purpose Cleaner, Common Good & Co. All Purpose Cleaner

Carpet Cleaner

ECOS Everyday Stain + Odor Remover

Floor Cleaner

Common Good & Co. Floor Cleaner

Glass Cleaner

ECOS Lavender Window Cleaner

Wood Cleaner

Seventh Generation Wood Cleaner

PERSONAL CARE**Body Wash**

Annmarié Skin Care Rosemary Peppermint Body Wash, Dr. Bronner's Pure-Castile Soap

Bug Repellent

Real Purity Herbal Insect & Bug Repellent

Condoms

Sir Richard's Condoms

Contact Lens Cleaner

Clear Conscience Multi-Purpose Solution

Deodorant

Be Green Bath and Body, Purelygreat, Qet Botanicals, Crystal Essence, EO Organic Lavender, Every Man Jack, Primal Pit Paste

Hair Care

100% Pure, Just Naturals Shampoo & Conditioner, Beautycounter

Hair Color

Hennaplus Long Lasting Colour

Hair Removal

Parissa Organic Wax

Hand Soap

Dr. Bronner's Pure-Castile Soap, Mrs. Meyer's Clean Day

Makeup

Annmarie Skincare, Beautycounter, 100% Pure, W3ll People, Mineral Fusion, Rejuva Minerals, Maia's Mineral Galaxy

Nail Polish

Mineral Fusion

Oral Care

Kiss My Face Organics, JASON, Dr. Bronner's All-One Toothpaste, Auromere, Young Living Thieves Blend Toothpaste and Mouthwash, Dr. Brite

Pads & Panty Liners

Natracare, Seventh Generation

Perfumes

Mountain Rose Herbs Aromatherapy Sprays, Tata Harper Love Potion

Shaving Cream/Gel

Soap for Goodness Sake, Dr. Bronner's Shave Soap, Annmarie Skincare Aloe Herb Cleanser (*I use this one to shave my face*)

Skin Care

Annmarie Skincare, Beautycounter, Just the Goods, Silk Therapeutics

Sunscreen

ATTITUDE, Kiss My Face Organics Face and Body, Beautycounter Protect All Over Sunscreen, Aubrey Organics Natural Sunscreen, Annmarie Sun Love, MyChelle Sun Shield Coconut

Tampons

Natracare, Honest Company, DivaCup, Lunette Menstrual Cup

BABY CARE

Body & Hair Care

Beautycounter, ATTITUDE Baby, Baja Baby, Babytime!

Diapers

Bambo Nature, Seventh Generation, Honest Company, Cloth Diapers

Diaper Cream

ATTITUDE Little Ones, Babytime!, Be Green, Lowen's

Sunscreen

ATTITUDE Little Ones, Kiss My Face Organics Kids SPF 30

SQUARE ONE

Testing & Monitoring Guide

RGCC Onconomics Plus Test (Greece Test)

This test measures the effectiveness of chemo drugs, targeted therapies, and natural substances against the circulating tumor cells in your blood. It tests your CTC's against approximately 98 drugs and 45 natural compounds to see what it responds to. It also tests 72 tumor-related genes.

This test will help you identify which conventional therapies and/or alternative therapies and nutraceuticals may work best for you, before you undergo treatment. Results in 7-10 days.

Learn more at www.RGCC-group.com.

CT Scan

CT scans can spot lesions and tumors, but cannot verify whether or not they are cancerous. Typically used to detect new tumors or lesions, or monitor changes in tumor/lesion size. The radiation doses received from CT scans can be 70-200 times higher than conventional X-rays. The radiation used in CT scans can cause DNA damage, which can lead to cancer. Future cancer risk increases with each scan. For example, a chest X-ray is 0.1 mSv and a chest CT is 7 mSv. That's 70 times higher.

PET Scan

PET scans are often used in combination with CT scans to identify cancer metastasis with a radioactive glucose tracer, such as fluorodeoxyglucose (18F-FDG). Cancerous lesions or tumors will “light up” on a PET scan. For a PET-CT scan, radiation exposure is estimated to be 25 mSv for a 155lb person. That is over 250 times higher than a chest X-ray, which is 0.1 mSv.

This chart compares the radiation levels of different scans:
www.radiologyInfo.org/en/info.cfm?pg=safety-xray.

MRI (Magnetic Resonance Imaging)

The MRI uses magnetic fields and radio waves to take pictures inside the body. Like CT scans, MRI’s can spot lesions and tumors, and are used to measure changes in size, but cannot verify whether or not a tumor/lesion is cancerous. If available, the MRI is a safer alternative to CT and PET scans because it does not use ionizing radiation or radioactive dye.

Blood Cancer Marker Tests

These are tests that your doctor can order.

CEA: Broad spectrum tumor marker. Normal is <3.0 ng/mL.

CA 125: Ovarian cancer marker. Normal is 1.9-16.3 U/mL.

CA 15-3: Breast cancer marker. Normal is 7.5-53.0 U/mL.

CA 19-9: Colorectal/pancreatic cancer marker. Normal is <36 U/mL.

PSA: Prostate cancer marker. Normal is <4.0 ng/mL.

ONCOblot Test

A single blood test that detects 25+ different types of cancer by measuring a protein that is shed by malignant cancerous cells called ENOX2. Can be ordered by your physician (if they use it) or over the phone through Cancer Center for Healing.

Learn more at www.ONCOblotlabs.com.

Navarro Urine Test

This \$55 test measures the amount of cancer marker HCG in the urine. A test result under 50 indicates that cancer in the body is unlikely. Many patients use this test to monitor their progress monthly. Approximately 70% accurate – may not detect certain cancers. Order yourself. Results take about 3 weeks.

Learn more at www.navarromedicalclinic.com.

American Metabolic Laboratories - CA Profile Test

This combination of 7 tests is more accurate than HCG alone, but also more expensive. Approximately 87-97% accurate.

The CA Profile test includes:

HCG urine test

HCG blood test

CEA: a broad-spectrum tumor marker

PHI: elevation may indicate cancer, virus, heart, liver, or muscle disease

GGTP: elevation may indicate liver/pancreas/heart/lung/kidney disease

TSH (thyroid-stimulating hormone): hypothyroid may be precursor to cancer

DHEA-S (anti-stress/Immunity hormone): typically low in cancer patients

Learn more at www.americanmetaboliclaboratories.net.

MammaPrint

A 70-gene test for early-stage breast cancer patients (0-3 positive nodes) that calculates the risk of a recurrence and whether or not a patient will “benefit” from chemotherapy. In the MINDACT phase 3 clinical trial, the MammaPrint test reduced chemotherapy prescriptions by 46% among more than 3,300 patients in the trial. This test is covered by Medicare and most insurance companies. Proven to be accurate in a phase 3 clinical trial.

Learn more at www.agendia.com.

ColoPrint

An 18-gene test for Stage 2 colon cancer patients that calculates the risk of recurrence (low or high). A Low Risk result means that the patient has an 8% risk of relapse within 3 years, and an 11% risk of relapse within 5 years without adjuvant systemic therapy. A High Risk result means that a patient has a 20% risk of relapse within 3 years, and a 22% risk of relapse within 5 years without adjuvant systemic therapy.

Learn more at www.agendia.com.

Colon Cancer Screening

The guidelines are changing. In Canada – they're ahead of the US on this – the screening guidelines are a fecal occult blood test every 2 years starting at age 50, or a flexible sigmoidoscopy every 10 years...not a colonoscopy. Colonoscopies have higher risk of complications and are no longer recommended for patients with no symptoms of disease.

Cologuard

The Cologuard fecal occult blood test is a stool sample kit you do at home. The test detects blood in your stool which can be caused by cancer, Crohn's disease, colitis, ulcers, polyps, and diverticulitis. I suggest everyone get this test every five years starting in your thirties, or earlier if you're having digestive issues. Covered by Medicare. Ask your doctor about it.

Learn more at www.cologuardtest.com.

SQUARE ONE

20 Questions for Your Oncologist

This section includes the list of questions, followed by the 20 Questions audio guide.

NOTE: You don't have to ask all of the questions. Copy the questions that you want to use onto a notepad or tablet to take to your doctor's appointment. Ask for permission to record the conversation with your doctor on your phone for future reference.

THE QUESTIONS

Diagnosis Questions

What is my diagnosis?

- What kind of cancer do I have?

Is this a fast-growing or slow-growing cancer?

- How long has it been growing in my body?

What do you think caused my cancer?

- Do you think my diet, pollution, or stress had anything to do with it?

- Was it genetic?

Treatment Questions

What treatment do you recommend?

What are the drugs you are going to use for treatment?

- Are there any other drugs that I might have to take?
- Can I get a list of all the drugs that will be involved in my treatment?

What are the short-term side effects of these drugs?

What are the long-term side effects of these drugs?

Do any of these drugs have life-threatening side effects?

How old are the drugs you recommend?

- How long have they been around?

Is this treatment curative or palliative?

If curative:

If the treatment you recommend doesn't cure my cancer, then what?

What is the recurrence rate after this treatment?

- Where does that statistic come from?

If palliative:

What's the point of chemo or radiation if it's not going to cure me?

How would drugs that make me sick give me a better quality of life?

- How much time do you think I have to live if I do this treatment?
- How much time do you think I have to live if I do nothing?

What is the 5-year disease-free survival rate for my specific diagnosis with this treatment protocol?

What is the 5-year disease-free survival rate for my specific cancer if I do nothing?

How much does chemotherapy contribute to 5-year survival for my cancer?

- What about 10-year survival?

Are there any studies comparing this treatment protocol to patients who did nothing?

What if the treatment doesn't work?

- Can I get a refund?

May I have copies of the Material Safety Data Sheets on all the drugs I'll be taking? I would like to take them home with me today to review them.

Have you ever taken any of these chemotherapy drugs to understand what they are like?

Would you do this treatment if you had the same diagnosis as me?

- Or would you just try to make the most of the time you have left?

- What would you do if you were me?

Are you married? Do you have children?

- If your husband/wife had this cancer would you give them this treatment?

- What if it was your child? Would you give them this treatment?

Is it true that chemotherapy drugs can make cancer more aggressive?

Does chemotherapy kill cancer stem cells?

I read that many chemotherapy drugs are carcinogenic.

- Can this treatment cause more cancers in the body?

Do cancer cells eventually become resistant to chemotherapy?
- What do we do when that happens?

What other treatment options are available besides what we've discussed?

Diet Questions

What do you recommend I eat while doing chemotherapy?

Is it okay if I have burgers, milkshakes, ice cream, and pizza?

What's the best anti-cancer diet?

Are there any foods that I should avoid?

I was thinking about adopting a plant-based diet, eating lots of raw fruits and vegetables, and juicing. Is that okay?

Testing Questions

I would like to get the RGCC Onconomics Plus test to see which drugs my cancer will respond to before starting anything.
- Can you order that for me?

Will you be ordering genetic testing to make sure the drugs won't be severely toxic to me?

For example, a DPD enzyme deficiency makes 5-FU severely toxic and deadly: www.know-the-risk-of-5fu-chemotherapy.com.

Reference Questions

How many patients do you treat per year?

How many patients have you permanently cured of my disease?

I'm really nervous about this and would like to speak to 5 of your patients with the same cancer as me that are cancer-free after 5 years. Is that possible?

Do you have any patients with my kind of cancer that are in remission after 10 years?

- Can I speak to some of them?
- Would you be willing to call and ask them personally if they would talk to me?

Money Questions

What is the total cost of the treatment you are recommending?

How much of that is your profit?

- I'm just curious to know how much money you are making off me as a patient...I read somewhere that private practice oncologists buy chemotherapy drugs at wholesale and bill patients or their insurance company at a marked up price.
- Is that true?

Is it true that you make a profit on the chemotherapy drugs you prescribe?

And that some have higher profit margins than others?

Final Questions

If I decide to undergo treatment, will I be able to call you if I have questions after hours?

I would like to take some time to change my life, would that be possible?

- How much time do I have to do this?

How much time do I have to think about all this and make my decision?

Is it possible for the body to heal itself of cancer?

If I decide not to do treatment, in order to enjoy the time I have left, will you support me with periodic blood tests and scans?

Can I get a copy of my medical records before I leave today?

20 Questions for Your Oncologist [Audio Guide Transcript]

The reason I created this is because I have talked to hundreds of cancer patients. I was a cancer patient myself in 2003 and 2004, and I've talked to hundreds of cancer patients over the years. One of the biggest problems they have is that they just don't know the right questions to ask their oncologist. There are so many critical questions and so much important information that you need to make an informed decision when you're going into cancer treatment, or when you're trying to decide which avenues to take with cancer treatment.

Frankly, doctors are busy. They're just not telling patients everything they really need to know. They're glossing over a lot of important stuff.

I created this to serve a need in the cancer community, because patients have no idea what they're getting into, and they don't know the right questions to ask.

If you ask the right questions, you will get some very interesting answers that will profoundly affect the decisions that you make going forward. If you ask the wrong questions, or don't ask enough questions, then you could make the wrong decisions. Let's get started.

I titled this "20 Questions for Your Oncologist" because it had a nice ring to it. But, in reality, it's more like 50 questions. You may not use all 50 questions, but you're going to use a lot of them, for sure. Pick and choose the ones that are most appropriate. Don't skip over these. Use them because they will help you if you put them to use.

What's my diagnosis?

You need to find that out. It's pretty important. **What kind of cancer do I have?** By the way, it's a good idea to get a second and a third opinion to make sure that your diagnosis is correct. Don't just trust one doctor's opinion on your diagnosis. The only thing worse than being treated for cancer is being treated for cancer when you don't even have cancer.

**Is this a fast-growing cancer or a slow-growing cancer?
How long has this been growing in my body?**

This is important because if it's a slow-growing cancer, you may have a lot more time than you realize. This will deflate and appease the sense of urgency that maybe your doctor (or whoever) may be trying to impose on you – to do something immediately. If you have a slow-growing cancer that's been growing in your body for 5 or 10 years (or maybe longer), guess what? You probably have more time. You need to know how much time you really have in the sense of, "Is this fast-growing or slow-growing?"

What do you think caused my cancer?

This is really a good question to ask your doctor because it's always interesting to hear what doctors say when they're asked this question. The follow-up to it is...

Do you think an unhealthy diet, or pollution, or stress have anything to do with this?

You'll be surprised how many doctors say, "No, it's not your diet. No, stress doesn't have anything to do with it. No, you're just unlucky."

Luck is not a factor in cancer development. Luck is not a factor in health. It's not a scientific principle at all, and has no place in this discussion.

Let me give you a little background here because the US

has very different cancer rates than many other parts of the world. For example, Mexico, Nicaragua, Guatemala, Honduras, and Haiti have half the overall cancer rates of the US. They're doing something differently down there.

There are 34 African nations with a third of the overall cancer rates of the United States. Nigeria has a fifth of the overall cancer rates of the United States.

If you look at the Middle East; Iraq, Iran, Kuwait, Pakistan, Afghanistan, Tajikistan, Bangladesh, Thailand, Indonesia, the United Arab Emirates, Saudi Arabia, Yemen, Oman, India, Nepal, Bhutan, Uzbekistan, Sri Lanka, and Maldives, they also have a third of the overall cancer rates of the United States.

Colon cancer rates in Sub-Saharan Africa are 50 times lower than they are in the United States. These countries eat a very different diet and live different lifestyles than the people in Western nations – industrialized nations like the United States, Canada, Europe, and Australia. We have a lot of scientific evidence that our diet and lifestyle, environmental pollution, and stress are major factors. I'll get to those things.

It's now estimated that 70% of premature deaths in the United States are attributed to three factors: poor nutrition, lack of physical activity, and tobacco use. The number one cause of cancer is smoking tobacco.

The number two cause of cancer – from the National Institutes of Health and the NCI (National Cancer Institute) – is obesity.

Obesity is caused by your diet and lifestyle. If you eat a lot of high-calorie junk food, man-made food, processed food, sugary drinks, and tons of meat and dairy, you are contributing to weight gain, becoming overweight, and eventually obesity. If you have a lack of physical activity, then you are also contributing to weight gain. You're not burning enough calories every day. You're eating more calories than your body is us-

ing for energy. It will store those calories as fat. That nutrition and lack of physical activity contribute to obesity, which is the number two cause of cancer.

It should be noted that before death comes years of suffering from disease and disability from the leading causes of death. Cardiovascular disease is the number one leading cause of death – that’s heart attacks and strokes. Cancer is the second leading cause. The medical industry knows it. The scientific community knows it. For some reason, oncologists don’t think it matters. They don’t think it’s a factor.

But don’t go in there and try to give your doctor a lecture. Just keep it to yourself. Feel free to google and research and verify what I’m telling you. The point is not to go and try to lecture your doctor and prove them wrong and show them a statistic or whatever. The point is to see what they know and what they tell you.

If they start talking about diet, lifestyle, and stress, and they’re passionate about the fact that they are a cause of cancer...then you know you’ve got someone that is in tune and really cares about prevention and getting to the root causes. If you have a doctor that just blows all that off and says, “We don’t know what caused it. It’s probably genetics or you’re just unlucky.” Then that’s a doctor you might think twice about working with.

Some other causes of cancer include environmental pollution and chemical pesticides that are being sprayed on our food. There are 80,000 chemicals used in our environment and world today that are registered with the EPA in cosmetics, prescription drugs, household cleaners, lawn care, and agriculture. These chemicals are in nearly every product you buy. They’re in your makeup. They’re in plastics. They’re in paints, stains, varnishes, and fabric dyes. There are flame retardants used in your mattress, in the non-stick coating on your cookware, and in food additives. Only about 7% of these chemicals have full safety test data available. About 43% of them have no safety testing data at all. We’re living in

a culture where 2000-3000 new chemicals are patented and registered every year.

Lung cancer is the number one cause of cancer death. Of course, cigarette smoking contributes to lung cancer. Radon gas causes 16% of lung cancers. That's more than 1 out of every 10 lung cancers attributed to radon gas. You should test your house for radon gas. Working the night shift is another contributor. We have all these known causes, but I don't want to go on and on about all the known causes because I'll cover that in the SQUARE ONE series. You need to go to the appointment with your doctors armed with a little bit of background and perspective. That's the point of what I'm doing right now for you.

What treatment do you recommend?

What do you think I need to do, Doc?

How are we going to treat this?

Very simple. They're going to outline it, "Okay, we think you need surgery and chemotherapy and you need radiation." You want to take really good notes. Take a notepad; write down everything that we're talking about here. It's very important that you record this conversation because you want to go back and reference it.

In most states, you don't need the doctor's permission to record your conversation. If you want to ask for their permission, go ahead and just say, "This is just a whirlwind crazy time for me. Do you mind if I record this so I don't forget anything?" The doctors are going to say, "Yeah, sure. It's fine," or whatever. They're going to recommend some treatments, and then you want to really drill into the specifics of the treatment.

What are the drugs you're going to treat me with?

They're going to list out a number of drugs.

Are there any other drugs that I might have to take during the course of treatment?

This is important because they may not list the full list of drugs you may have to take because if you have side effects and problems from taking, let's just say 5-FU, there are other drugs they're going to prescribe to you for some of the side effects of 5-FU. It's a good idea to go ahead and ask what other drugs might be involved.

You want a complete list of the drugs that you're going to start with and the drugs you may have to take. For each drug, write down the drug names as they tell them to you.

What are the short-term side effects?

They will tell you.

What are the long-term side effects?

Let them tell you. Go down the list for each drug and let them tell you the side effects, short-term and long-term. See how much they tell you.

Do any of these drugs have life-threatening side effects?

This is important for obvious reasons. What you need to know is that chemotherapy drugs cause brain damage, heart damage, liver damage, lung damage, and immune system damage. Chemo drugs can also cause hearing loss, kidney damage, bladder damage, intestinal damage, internal bleeding, and peripheral neuropathy (that's where you lose the feeling in your fingertips and toes – sometimes temporarily, sometimes permanently). Additionally, chemo drugs can cause new cancers to form in the body.

That's your background information. If they're not talking about all these potential problems, they're leaving out some serious information. They are misleading you if all they're telling you is, "Well, you're going to be nauseous. You're go-

ing to lose your appetite. You're going to lose your hair. You're just going to be sick, and you're going to feel bad. Food is not going to taste very good..."

If that's all they're telling you, then they're leaving out the important stuff. They're telling you all the little, small side effects that everybody knows about. They're not telling you the major head-to-toe damage that chemo drugs are going to cause in your body.

In 2015, a report came out that said nearly 1 in 5 (or 20%) of new cancer cases are secondary cancers. That means cancer patients are developing new types of cancer in different parts of their body caused by treatment – either caused by chemo drugs or radiation treatments. Since 1970, the amount of secondary cancers has increased by 300%. Secondary cancers can come quickly within the first few months or few years of treatment, or they can come decades later. It's important that you know that. Your doctor should acknowledge that when you talk about this.

How old are the drugs you're recommending?

You would think that the older the drug, the better, because it's been well-tested. That's the way the oncologists try to brag on these drugs, "We've been using these drugs for decades, blah blah blah." The truth is, the top 10 most prescribed standard chemo drugs are between 20-60 years old.

Methotrexate was developed in the 1950's, so was Fluorouracil (that's 5-FU) and Cyclophosphamide. Doxorubicin was developed in the 1960's. Cisplatin, 1978. Gemcitabine, in the 1980's. Etoposide, 1983. Chlorambucil, 1984 (maybe earlier). Docetaxel and Paclitaxel in 1992.

Does that give you a whole lot of confidence in what they're doing? That they're using drugs that are 20, 30, 40, 50, 60 years old? The cancer industry is constantly bragging about new, life-saving treatments. Yet, they're still using drugs that are many decades old.

Is this treatment palliative or curative?

Curative is an obvious definition. It's intended to cure you. Palliative care has one of two objectives. Basically, they're either trying to extend your life or improve your quality of life. Those are the two explanations for palliative care. Extend your life might only mean a few extra weeks or a few extra months. Those are extra weeks and months of being sick and poisoned with chemo, typically.

"Improving your quality of life." Well, we know that's not the case. Your quality of life is not going to be better being sick and poisoned with chemotherapy. The amazing thing about this question, and the reasoning behind this question, is that there was a recent study where they found that two-thirds of cancer patients in this survey did not know whether or not they were getting curative or palliative treatments.

Two-thirds of them didn't know. They thought they were getting curative treatment. Their doctors knew there was no way this treatment was going to cure them. You need to know the difference and make sure you ask that question.

See the study here: www.chrisbeatcancer.com/are-cancer-patients-hopes-for-chemo-too-high.

If they say it's curative, you want to ask them...

What's the recurrence rate after this treatment?

They're going to give you a statistic. Then you ask them...

Where does that statistic come from?

If they say, "Well, this is palliative," then your best question is...

What's the point?**What's the point in doing this if it's not going to cure me?**

They're going to answer, "Well, we think it could extend your life or improve your quality of life."

From there, you can make a decision as to whether you think that's true. I can tell you, from personal experience and many people I've talked to, the friends and loved ones of cancer patients that I've talked with – many, many, many people – they would say that those treatments did not improve their quality of life. Whether they extended their life or not, it's very hard to measure that...almost impossible.

I've heard many stories from cancer patient's families who were told, "With this treatment, you should live another year," and they died in six months, or whatever. It didn't extend their life. They were sick and miserable the whole time. It may have hastened their death.

How much time do you think I have to live if I do this treatment?

You may not want to know. You really need to know yourself before you ask this question because you don't want your doctors to put a hex on you and say, "Well, you've got six months to live." Then, you just can't get that figure out of your mind, and you start to believe it.

That can be very depressing. You may not want to know how much time they think you have to live. Remember, no person can put an expiration date on your life. It's only their opinion.

If you're comfortable knowing, then ask them, "How much time do you think I have to live if I do this treatment?" They're going to give you some answer.

How much time do you think I have to live if I do nothing?

They're going to give you another answer. They might say, "Well, if you do this treatment, you'll live...you should maybe hopefully live another year." Let's just use that as an example. If you don't do treatment, you may only live 6 months or 9 months.

They're going to give you some answer. Usually, it's always going to be, "You're going to live less time if you don't do treatment." We know that's not the case.

What is the 5-year disease-free survival rate for my specific diagnosis with your treatment protocol?

This is really important that you word it that way. Not 5-year survival; 5-year survival just means cancer patients are alive. They could be on life support. They could be knock-knock-knocking on heaven's door, about to die, but because their heart is beating at the 5-year mark, they're a "successful 5-year survivor."

That's not what you're interested in. You want to know 5-year disease-free survival for your specific diagnosis with their treatment protocol. When I went and saw the doctor, he actually lied to me – just flat-out lied. He said my 5-year survival would be about a 60% chance I would live 5 years. I was Stage 3C colon cancer as a young adult. It was actually about 28% at best. He quoted a very inflated statistic. I'm assuming it's because he wanted to give me hope or whatever, but even 60% wasn't good enough for me.

What is the 5-year disease-free survival rate for my specific cancer if I do nothing?

"What's the 5-year survival if I do the treatment? What's the 5-year survival if I do nothing?" The truth is they don't like collecting data on patients who do nothing. In fact, there are very few studies on cancer patients who don't do some treatment. Patients who don't do treatment typically don't come back. They don't follow those people. He probably will not have an answer to that question. You'll find out. The cancer industry likes to track patients that are doing some treatment. They don't follow-up with patients like me who did nothing. No one has followed-up with me about that.

How much does chemotherapy contribute to 5-year survival for my type of cancer?

I'm going to give you a link to a study that came out in 2004, in the *Journal of Clinical Oncology*, that compared 22 different cancers. The analysis of the study saw what chemotherapy contributed and how much it contributed to 5-year survival. The overall average was 2.1%. You may have seen that statistic bandied around the internet. Again, that's lumping all cancers together, which isn't fair. The truth is, for some of those cancers, chemotherapy contributed 0% to 5-year survival. That means it didn't matter; it didn't help. For others, it did better. For example, for some lymphomas, childhood leukemia, and testicular cancer, the 10-year survival is up around 90% with chemotherapy treatments.

Those are the cancers that chemotherapy has made the most progress with and is the most effective for. You need to look at your specific cancer – hopefully it's included in the study – and see how much chemotherapy contributed. I don't recommend you bring up this study, again. You're just going to argue with someone that's not interested, and they don't think you know anything or that you're capable of learning anything. They think they're the experts. Typically, you don't have the open door to teach them anything.

www.chrisbeatcancer.com/how-effective-is-chemotherapy

You might think, "Well, that study is 13 years old." May I remind you, the 10 most popular cancer drugs they're using are between 20 and 60 years old. I would say that study is still relevant because they are still using almost all the same drugs.

What about 10-year survival?

How much does chemotherapy contribute to 10-year survival for my cancer?

Do you have a statistic for that?

They probably do. You want to know what it is because it may be very different. Oncologists typically just like to tell you the good news. They want to give you as much hope as possible. They don't want to tell you the scary truth. The scary truth

is really what you need to know because you make a better decision when you're faced with scary truth versus optimistic lies. They may say something like, "Well, 5-year survival is around 80% for your type of cancer."

What about 10-year disease-free survival?

You need to know, project out a little further in time with this.

Are there any studies comparing this treatment protocol to patients who did nothing?

I touched on this earlier, but just go ahead and ask the question. "Are there any studies comparing this to patients who did nothing?" There aren't. Your doctor is not going to have the study. If he does, I'd be shocked. It's very unlikely he will know of a study. If he does, ask to see it. If your doctor mentions a study or any study in the course of this conversation, "Yeah, well, there's a study... blah blah blah." Great.

Do you have it?

Can I see it?

Can I read it?

It's not inappropriate to ask for a copy of the study and the information that they are referencing. Again, this is life or death decision stuff.

I hope you ask this next question. I certainly would have loved to ask this, if I had thought of it, with my oncologist.

What if the treatment doesn't work?

Can I get a refund?

Your oncologist will probably laugh. Of course the answer is no. It'll be interesting to see what else they say. By the way, when you ask these questions, ask the question and then be quiet. Let them talk for as long as they're going to talk until they run out of things to say. Don't make it easy on them.

This is a really tough situation.

You need to be tough on your doctor because this person is holding your life in their hands. They better be serious about your treatment. They better know their stuff. They better be honest with you.

May I have copies of the Material Safety Data Sheets on all the drugs I'll be taking? I'd like to take them home with me today, if possible.

The Material Safety Data Sheet is the insert. It's the drug insert that the pharmaceutical company has to provide with the drug to doctors. It lists all of the known side effects and damages to your body, and contraindications with other drugs, and things like that. You have every right to get copies of these. You should ask for them and make sure you don't leave until you get copies of the Material Safety Data Sheets on these drugs. By the way, you can google these too.

This is the tough series of questions...

Have you ever taken any of these drugs to understand what they're like?

Have you ever taken any of these?

Just kind of act like a dummy. Don't come in there trying to act like a smarty. You're coming in with tons of questions, which is awesome, but don't try to act like a super smart person. Just be like, "Have you ever taken any of these drugs just to see what they're like?" Just be quiet and let them answer. Of course they're going to say no.

Would you do this treatment if you had the same diagnosis as me?

Followed by silence. You can follow it up with...

Would you just try to make the most of the time you have left?

Would you do this treatment or would you just try to enjoy the rest of your life?

What would you do if you were me?

Phrase those or arrange them any way you feel appropriate. You get the gist of what we're doing here.

It's good to find out if your physician is married and/or has children. If you're small talking at this point, you can even say,

Are you married?

Do you have any children?

Yes, yes.

If your husband/wife had the cancer I have, would you give him/her this treatment?

Watch their eyes and their body language. If they change positions, cross their arms, start to fidget, look away, blink nervously, or if they talk to you with their eyes closed, they may be lying. They're obviously very uncomfortable with that question. Then, you ask them the question again.

What if it was your child?

Would you give him/her this treatment?

Just wait; let them answer. Don't say anything else. Don't break the tension. It's very important. The tension will reveal things in the conversation. If you make it easy on them, it won't. You see what we're doing here. We ask them, "What would you do if you were me? What if it was your wife? What if it was your child?" All three.

Is it true that chemotherapy drugs can make cancer more aggressive?

The truth is yes. It absolutely can, and often does. That's the

truth. They should acknowledge that. Yes, that can happen. Let them talk. Be prepared. They're either going to be honest about this, or they're going to try to blow it off, deflect, and change the subject.

www.chrisbeatcancer.com/chemotherapy-backfire-boost-cancer-growth-study

Does chemotherapy kill cancer stem cells?

A lot of times it doesn't. That's one of the big problems with chemotherapy. Chemotherapy will shrink a tumor, and it will kill a lot of cells in the tumor, but it doesn't kill the stem cells. The stem cells are the ones that survive and cause the tumor to start growing again after chemo is finished, or they cause new tumors to start growing in different parts of your body. He should say, "Chemotherapy does not always kill cancer stem cells," or he may say, "No. It doesn't." He may say, "Yes." If he says yes, and that's all he says, then he's only telling you half the truth.

I read that chemotherapy drugs are carcinogenic. Can this treatment cause more cancers in my body?

The truth of this is yes. Many chemotherapy drugs are carcinogenic. They are known carcinogens and listed by the US National Toxicology Board as known carcinogens. Your doctor should say, "Yes. It could cause more cancers in the body." Again, they may try to downplay it and say, "But only in a few cases, a very small percentage..." What if you are that percentage?

Statistics coming out of the pharmaceutical industry are highly suspect because we know that there's a huge profit incentive. They really want to downplay anything that is negative and would dissuade people from taking those drugs. The drug reps are giving information to the oncologists that paint the drug in the best light possible. They're giving them statistics that they feed back to you, which also support the drug company's ultimate goal, which is to get you to say "yes" to chemo.

You have to keep that in mind the whole time. It's not that your doctor is a bad person. Although, we've seen a few doctors that were falsely diagnosing cancer patients with cancer in order to treat them with chemo, and made huge amounts of money. We've seen that in recent years. If you don't know who I'm talking about, one of them is Dr. Farid Fata. He was in Detroit. Google his name. Terrible person.

Most oncologists are not terrible people. They're getting most of their information about the drugs they are prescribing directly from the drug manufacturers. They're repeating to you what the drug manufacturers are telling them. That's not good.

Do cancer cells eventually become resistant to chemotherapy?

The answer is yeah, a lot of cancer cells – cancer stem cells – become resistant. This is why oncologists have to switch-up drugs. They have to change chemo drugs because drug number one worked for a period of time and it shrunk the tumor a certain percentage.

That's all. Shrunk it by 50% or 60%, but that's all. It wouldn't shrink it anymore. Then they have to change drugs. Or it shrunk the tumor 100%, and then the tumor comes back. They try the drug again. It didn't work at all the second time. Then they have to switch drugs. They should be honest with you and explain this to you.

What other options are available besides standard treatment?

What other options do I have Doc?

What if I don't want to do chemo?

See what they say. When I asked my doctor this, I asked him, **Are there any alternative therapies available?** This was in January 2004. He became very arrogant, condescending, and really just used fear to intimidate me, and said, "If you don't do chemotherapy, you're insane."

Be prepared. By the time you get this far in the conversation, your doctor may be very irritated with you because you've just asked them more questions than any cancer patient has ever asked them in the history of their career. They can thank me for that. Seriously, if they've been nice the whole time, they might change their tune when you start asking them about alternative therapies.

The next series of questions are diet-related...

What do you recommend I eat while I'm doing chemotherapy?

See what they say. A lot of doctors tell their patients to go and eat whatever they want. "Just make sure you get enough calories, drink Ensure, and eat ice cream, drink milkshakes, whatever, whatever."

If you want to get more specific and have a little more fun with this, then ask them about specific junk foods. See what they say.

"Can I have ice cream?"

"Yeah, you can have ice cream."

"Can I have pizza?"

"Yep."

"Is it okay if I still drink Coke?"

"Yeah, sure."

"Are there any fast-food places where I shouldn't eat?"

You can really go on and on with this. Frankly, the more you do, the better the recording you're going to have – to share with other people – because most people don't believe that doctors would tell cancer patients it's okay to eat ice cream, and donuts, and fast-food, and junk food...but they are. They're telling patients this constantly. If you have one that says, "Don't eat that stuff," that's actually a wonderful person – a great doctor who actually may be researching, and reading, and trying to learn about nutrition, and is very open to those things.

**What's the best anti-cancer diet?
What is the best diet for a cancer patient?**

Right here, you're going to find out if this person has any regard for nutrition or not.

Are there any foods that I should avoid?

I know this question seem a little bit repetitive and a little bit redundant, but when you ask the same question in three different ways, you'll draw out a much more complete answer. I recommend you do this. Don't just ask one. Ask all three.

I was thinking about maybe converting to a plant-based diet, eating a lot of raw foods and vegetables and juicing. Is that okay?

See what they say. They may tell you you can't do it. That's what my doctor told me. He said, "No, you can't do a raw diet. It'll fight the chemo." That's what he said.

It's important that I explain why he said that. He said it because there's a very old idea about the neutropenic diet for cancer patients. Basically, the neutropenic diet is a diet of all cooked food. They are afraid that cancer patients might eat a raw apple or vegetable that has some bacteria on it. That bacteria will cause a problem in their body because their immune system has been suppressed, destroyed, etc. by chemo. Seems like a valid concern, but there has been some recent research that has disproved that. The neutropenic diet is not necessarily required. It's not necessarily mandatory for cancer patients. That's an old idea that's not relevant now.

www.nutritionfacts.org/video/is-a-neutropenic-diet-necessary-for-cancer-patients

The next series of questions are related to testing. There are some very, very powerful and informative tests you can have done as a cancer patient that can help you make good decisions.

Do you use the RGCC Onconomics Plus Test?

It's also known as the Greece Test and the Chemosensitivity Test. **Is that something you will be ordering for me before we start treatment?** (Note: The test was formerly called the OncoStat test.) Typically, they're going to say no. This test is done in Greece, and the company is RGCC Genlabs. It's a comprehensive blood test. What they do is they take your blood and they test it against a bunch of different chemotherapy drugs. They test it against a bunch of natural substances like vitamin C and laetrile and things like that. There's also genetic testing involved. I think it should be mandatory for every cancer patient before they start treatment, because you need to know if these drugs you've going to work on your cancer. You can find out before they poison your body with them.

www.RGCC-group.com

Is there any genetic testing that you do to make sure that I don't have a problem with these drugs, that my body can detoxify these drugs?

What I'm getting at here is the chemotherapy drug 5-FU is severely toxic for people that have a specific enzyme deficiency. It's called the DPD enzyme deficiency. If those people take 5-FU, it can kill them in a matter of weeks. It's severely toxic. They have a problem detoxifying their body. It just builds up in their body and overloads them – the toxicity – and can kill them. It can be deadly. Google “know the risk of 5-FU chemotherapy” and a website will pop up. This was a man whose wife had that DPD enzyme deficiency. They didn't know it and 5-FU killed her.

(For breast cancer patients, the MammaPrint genetic test helps predict the risk of recurrence after surgery.)

If you really want to dig into all the different types of testing – whether it's early detection testing, chemosensitivity testing, all kinds of cancer detection and progress tests – there is a really fantastic reference guide. It's called *Cancer Free!*

Are You Sure? by Jenny Hrbacek. She's an RN. She gave me a copy of her book at a conference, just slipped it into my hand. When I got home, I took a look at it and I was really impressed. She did a ton of research. It's just a great reference guide on all the different tests that are available to you as a cancer patient. You don't need them all. As you read through her book, each chapter outlines the different tests, what they do, and how they might be helpful to you based on your situation. Find a copy of that book. It's on Amazon.

The next series of questions are related to references...

**Hey Doc, how many patients do you treat per year?
How many do you see per day?**

Just find out. He may say, "I treat a thousand patients a year..." By the way, you're setting up for this next question. You want to ask this one first,

How many patients have you cured of my disease?

He may have just been bragging about how many patients he treats, and now you're saying, "How many of them have you cured?" You can follow this up with...

I'm just really nervous about this. I'd like to get references. Can I speak to 5 patients with the same cancer as me that you've cured that are cancer-free after 5 years? Is that possible?

This is not an unreasonable request. If they balk at it, and say, "Well, I can't give out my patient's information..."

Then you say, "**Would you be willing to call and ask them if they would be willing to talk to me?**" Because I know if I was a patient, if I was 5 years out and I was cancer free, and you had helped me get well, I would be happy to talk to anybody and sing your praises. I'm sure your patients would probably be willing to talk to me."

Would you mind asking them?

“Do you have any that have been in remission for over 10 years?” That’s even better. I would really love to speak to them if you have any. I mean, 5 years is okay, but if you have any that are 10 years out, that would be ideal.”

Ask for references. If you get your house painted or get some plumbing done or your roof put on, if you’re smart, you’re going to get some references before these people start tearing up your house. You should get some references on this doctor. By the way, it needs to be successful patient references, not some other doctor or some other patient saying, “He’s wonderful. She’s wonderful. I love my doctor so much,” and they still have cancer. What does that even mean? You can have the nicest doctor in the world, but if they don’t cure you, why would you want to work with them?

When you’re dealing with a life and death disease, you need someone that’s getting results. That means curing patients.

The next series of questions talk about money. Talk about money. Be bold. These are tough. Some of you will not ask these questions because you’re too timid. That’s okay, it’s okay. I know some of you will. I’m really excited for those of you out there that have the chutzpah to ask these questions.

What is the total cost of the treatment you’re recommending?

How much is this going to cost?

They may say, “Well, it depends on your insurance,” as a deflection. Say, “I know my insurance will cover some of it. I’ll have to pay for some of it. **But what’s the total cost going to be, regardless of how much I have to pay or the insurance pays?**” They should have a pretty good idea. If they act like they have no idea, I think they’re being deceptive. They’re not being forthcoming with you. They know. They know how much they’re billing for what they do.

If you get an answer like, “Well, this treatment will probably cost \$100,000, or \$300,000, or a million dollars,” whatever they say, then ask...

How much of that is your profit? I’m just curious to know. I’m just curious to know how much money you’re making off me as a patient.

Just say it and be quiet. Let the tension take over.

I read somewhere that private practice oncologists buy chemo drugs at wholesale and bill patients or the insurance company at a marked-up price, and they make a profit on that. Is that true?

It is true. It’s true. If you’re dealing with a private practice oncologist, it’s estimated that up to 60% of their income comes from the profit on chemo drugs, which is a lot. If 60% of their income is coming from chemo, guess what? They’re going to want you to do chemo. That’s what’s paying the house note, the private school tuition, the car notes, the lake house mortgage, all that good stuff. They need you to do chemo. That’s how they make most of their money. If they work for a big group or a hospital, or if you’re in Canada or Europe and you have nationalized health care, it may not be the case. They may just be salary or be compensated per patient, or something different. But hey, it’s good to ask. Then, you follow-up with...

Is it true that you make a profit on the chemotherapy drugs you prescribe?

Do you make a profit on the chemo drugs, and do some of the drugs have a higher profit margin than others?

Does that fluctuate month to month?

Do the drug companies run specials?

All of that is true. They do. “Do you make a profit on the chemotherapy drugs?” Like I explained, if they’re private practice oncologists, typically. Chemotherapy drugs do have different profit margins. The profit margins vary. Drug companies run promotions to get some drugs prescribed more than others.

These final questions are tough questions you should ask your oncologist.

I've got lots to think about. This is a lot to process. Thank you for your time, for taking the time to answer all my questions. If I decide to undergo treatment, can I call you after hours with questions?

Will you give me your cellphone number?

Just ask them if they will.

I would like to take some time to change my life.

Would that be possible?

How much time do I have to do this before I start treatment?

I just need to change a lot of things in my life before I start. How much time do I have to think about all this and make my decision?

What you may be surprised to find out is they may be saying, "Look, you need to start treatment this week, or next week." But when you ask that question, in that way, they may say, "Well, we could push it back a month, or 2 months, or 3 months, or 6 months."

It'll help you a lot. It'll help your state of mind to have their permission. If you have their permission to take some time, then you won't feel like you're going against your doctor's orders.

Is it possible for the body to heal cancer?

Can the body heal this?

My body created it, can my body heal it?

I know it isn't healing it at the moment, but is it possible?

It is possible. In the medical industry, they call it spontaneous remission. It's a well-documented phenomenon. There is a collection of something like a thousand cases of spontaneous remission compiled in the Spontaneous Remission Project. You can google this. The reason they call it spontaneous remission is because they don't like to admit that the body healed it.

They don't like the word healing. When someone has cancer, and then they come back and the cancer is gone, and the doctors didn't treat them, they don't know what to call it. They don't want to call it healing, so they came up with the term "spontaneous remission." It's well-documented. It's a common phenomenon. My friend Dr. Kelly Turner wrote a book about this. It's called *Radical Remission*, which is a wonderful book. I think you should read that.

It'll be very interesting to see what your doctor says when you ask him that question. Don't lecture them on spontaneous remission and all this stuff. Don't turn this into you trying to prove your doctor wrong, or argue, or lecture. The main goal of all these questions is not to argue. You don't want to argue. All you want to do is play the reporter. Ask tough questions – tough, uncomfortable questions – and see what they say. It's to see if they're being honest with you or not. That is the goal of this.

"If I decide not to do this, if I decide not to do treatment and I just want to enjoy my time left on earth with my family... I feel good right now. I just want to feel good as long as possible. If I start chemo next week, I might feel terrible. I really don't think I'm ready to do that just yet."

**If I decide against chemo, will you still support me?
Can I still come in and get blood tests and some scans
along the way and just monitor things?**

That's really important. If they turn into a jerk about this, then you need a new oncologist. Find someone else. By the way, with the new oncologist, you don't have to go through all these questions with them. You just go and meet them and say, "Hey, I have cancer. Here's what I'm doing. I need somebody just to monitor my blood work and do my scans. Will you do that for me?"

Can I get a copy of my medical records? I'd like to get copies of my medical records before I leave today.

Also, the Materials Safety Data Sheets.

Can I get all that before I leave?

That's it. That's what you need to do. You need to walk out the door with that stuff. You go home and listen to the recording, and play it for your family and friends, and talk about it, and think about it, and pray about it.

At the end of this series of questions, like I said at the beginning, you will have more information than you can imagine. I believe this series of questions will solidify in your mind if you're working with the right person or not, and solidify in your mind the best course of action to take. Maybe not all the specifics of the best course of action, but it should solidify in your mind whether or not conventional cancer treatment is right for you.

Again, that's what I want to help you decide. I look forward to your feedback.

20 Questions for Your Oncologist

Appendix

US Cancer Death Rate Since 1975

Take a close look at the graph on the following page from The American Cancer Society's 2015 annual report.

What you will see is a peak and then a sharp drop in cancer mortality (the death rate) for men, starting in the 1990's.

The improvement in the male death rate is largely due to the disproportionate reduction of cigarette smoking and smoking-related lung cancer incidence and death among American men, compared to American women. Simply put, there are a lot more male smokers than female, and a lot of men have quit smoking. As a result, the lung cancer death rate for men has dropped dramatically – which has also pulled down the overall cancer death rate for men. This reduction had very little to do with “life-saving treatments.”

What you will also see in this chart is that the incidence of cancer in women is steadily climbing. Also, the overall cancer death rate has barely improved for women since 1975. The black arrow represents no improvement.

Hundreds of billions of dollars have been spent on cancer research and treatments in the last 40 years, and women are still dying of cancer at nearly the same rate. How much faith do you have in the cancer industry now?

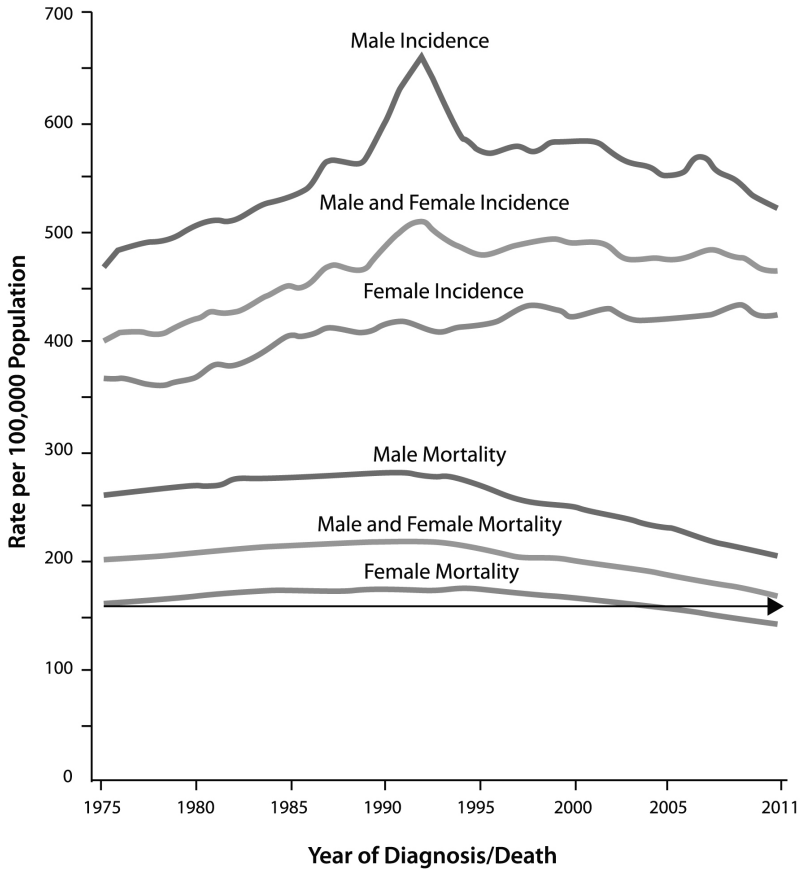


FIGURE 2. Trends in Cancer Incidence and Death Rates by Sex, United States, 1975 to 2011.

Rates are age adjusted to the 2000 US standard population. Incidence rates are adjusted for delays in reporting.

You can read the full American Cancer Society report here:
www.onlinelibrary.wiley.com/doi/10.3322/caac.21254/epdf

SQUARE ONE

Cancer Clinic Rolodex

The right practitioner can be a valuable member of your healing team. But do not expect them to “cure” you without you doing any work yourself.

In this chapter, you will find a list of doctors, clinics, health centers, and people who may be able to help you. Some of them I know personally and some I know only by reputation.

It's important that the person you choose to work with not only has helped patients heal cancer, but is also a good personality match.

I'm often asked which one is “best.” I can't answer that. There are multiple factors to consider. The best one for me may not be the best one for you.

If you're seriously thinking about going to an in-patient clinic for a multi-week stay...please don't think a clinic is going to cure you in 3 weeks. That almost never happens.

A 3-week stay at a clinic is basically a medical vacation. The rest, relaxation, nutrition, and advanced treatments can give you a jumpstart in the healing process. Patients often have significant measurable improvements in tumor markers, tumor size, pain, energy levels, etc.

But the real work must happen at home. It took years for cancer to develop in your body and it could take a few years to completely heal it. Give yourself time and be dedicated to the process.

Don't go to a clinic to escape your life.

Many patients who do well at clinics regress once they return home because their home-life is a stressful disaster. You must radically change your life and solve your problems at home first. I created the SQUARE ONE program to help you do that. Don't skip "Module 6: How to Eliminate Stress & Heal Your Heart."

Once you've radically changed all aspects of your life for the better, if you still want to go to an in-patient clinic, my suggestion is to contact several, find out as much as you can about them, pray about it, ask God for guidance, and wait for confirmation. If things aren't falling into place, you may not need to go to a clinic, or the right one for you may not be listed in this rolodex. That's okay.

This list will be continually updated in the SQUARE ONE online membership site: www.squareone.chrisbeatcancer.com/login.

UNITED STATES
(organized geographically)

George Wong, MD - NYC
www.georgeycwong.com

Linda Isaacs, MD - NYC
30-year partner of the late Nicholas Gonzalez, MD
www.drLindaI.com

Arnold's Way - Lansdale, PA
Arnold Kauffman
100% raw vegan cafe and nutritional counseling
www.arnoldsway.com

Center for Advanced Medicine - Cornelius, NC
Rashid Buttar, DO
www.drbuttar.com

Living Foods Institute - Atlanta, GA
Founded by Brenda Cobb (natural cancer survivor)
www.livingfoodsinstitute.com

JAS Medical & Wellness Center - Marietta, GA
Dr. Scott Perlman, DC
www.drscottperlman.com

Dr. Morse's Herbal Health Club - Port Charlotte, FL
Robert Morse, ND
www.drMorsesHerbalHealthClub.com

Osa's Garden - Florence, AL
Health food store, herbal compounding, and nutritional counseling
www.osasgarden.com

Integrative Wellness - Germantown, TN
John Smothers, CTN, MH
www.integrativewellness.org

Roby Mitchell, MD - Amarillo, TX

Holistic cancer survivor
806-570-0838

Namaste Health Center - Durango, CO

Michelle Hemingway, MD
www.namastehealthcenter.com

An Oasis of Healing - Mesa, AZ

www.anoasisofhealing.com

Forsythe Cancer Care Center - Reno, NV

James Forsythe, MD
www.drforsthe.com

**Sanjevani Integrative Medicine Health & Lifestyle Center
- Albuquerque, NM**

Sunil Pai, MD
www.sanjevani.net

**Nutritional Oncology Research Institute
- Westlake Village, CA**

Mark Simon
www.noriprotocol.com

Cancer Center For Healing - Irvine, CA

Leigh Erin Connealy, MD
www.cancercenterforhealing.com

Whitaker Wellness Institute - Newport Beach, CA

Julian Whitaker, MD
www.whitakerwellness.com

Dr. Nalini Chilkov, OMD - Santa Monica, CA

www.nalinichilkov.com

CANADA

Doc of Detox - West Kelowna, British Columbia

Dr. Darrell Wolfe, Ac, PhD, DNM

www.docofdetox.com

Dr. Howard Fisher

Phone and Skype consulting

416-565-1205 (Canada)

702-347-3209 (US)

MEXICO

Northern Baja Gerson Center - Rosarito, Mexico

Gerson Therapy+

www.gersontreatment.com

CHIPSA - Tijuana, Mexico

Gerson Therapy+

www.chipsahospital.org

Hoxsey Biomedical Center - Tijuana, Mexico

www.hoxseybiomedical.com

Hope4Cancer - Tijuana and Cancun, Mexico

www.hope4cancer.com

Sanoviv Medical Institute - Baja California, Mexico

www.sanoviv.com

CMN Hospital - Sonora, Mexico

www.centromedicodelnoroeste.com

SWITZERLAND

Paracelsus Clinica Al Ronc - Castaneda, Switzerland

www.alronc.com

SQUARE ONE

Excerpts from My Prayer Journal

Dear friend,

Here are excerpts from my Prayer Journal, from 2003-2004. Below each journal entry, you will find references to the scriptures that I was confessing and praying over my situation.

These are private entries that I never intended anyone to see. The first time my wife saw them was in January 2016, when she helped me transcribe them for this program.

I decided to share these with you because I want you to see where my heart was, and how I prayed during the most difficult time in my life. Something I learned to do is to take scripture and apply it to my situation, to stand on it and believe it.

Faith is simply believing that God's promises are true. That He loves you. That He will supply all of your needs. That His desire is to rescue you and to heal you. My faith was certainly tested, but I chose to believe. I prayed the Word, I confessed the Word, and I believed the Word. I trusted the Lord with all my heart to lead me and heal me. I chose faith over fear and doubt, daily. My hope is that you will do the same.

The SQUARE ONE online portal has a digital version of my Prayer Journal that includes scans of my handwritten journal entries, if you'd like to see those.

January 9, 2004

The Lord is my healer and my deliverer. He gives His angels charge over me.

He restores my body and soul. He heals all my wounds and afflictions.

He delivered me from all attacks of the enemy. No weapon formed against me shall prosper.

He gives me the victory through Jesus Christ.

I trust You with my life, Lord. You have given me all that I have. I am so thankful to You for blessing me with my bride Micah, my business, my music, my family, my friends, my identity.

You have taught me to rely on You completely and to cherish my wife, Micah.

Nothing is impossible for You!

I know the plans You have for me... Plans to prosper me, to give me a hope and a future.

Plans to multiply my seed and give me an inheritance, offspring, a family, strong spirit-filled children.

Thank you, Jesus!

Scripture References

“Praise the Lord, my soul, and forget not all His benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.” (Psalm 103: 2-4)

“For He will give his angels charge concerning you. To guard

you in all your ways.” (Psalm 91:11)

“No weapon formed against me shall prosper.” (Isaiah 54:17)

“But thanks be to God, who gives us the victory through our Lord Jesus Christ.” (1 Corinthians 15:57)

“Jesus looked at them and said, ‘With man this is impossible, but not with God; all things are possible with God.’” (Mark 10:27)

“‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” (Jeremiah 29:11)

January 14, 2004 - 9:10 PM

“The fear of the Lord is a fountain of Life that one may avoid the snares of death.” (Proverbs 14:27)

“A wise man considers his steps. The naive believes everything.” (Proverbs 14:15)

“The crown of the wise is their riches.” (Proverbs 14:24)

“I am afraid but I put my trust in You my God whose word I praise. In You I will put my trust. I will not be afraid. My God is for me. You have delivered my soul from death.” (Psalms 56:3-4, 9)

Glory to Your name Jesus! Today the CT scan showed no tumor in my body. You are my healer. I trust You completely, God.

Dr. Weir told me I was insane today for not wanting to do chemo. Am I? I am a fool for You Jesus, and You use the foolish things of the world to confound the wise. I know that much.

Thank you for Your peace. You are the Prince. Your peace

surpasses all my understanding and lack of understanding.

Will I ever know “Why me?” and “Why now?” I cannot fathom what You are orchestrating my future to be. “Without a test there is no testimony” (Aunt Kathy). I like that. It’s amazing to see how much of my life You have orchestrated to this point.

You promised to never leave or forsake me, and though I forsook You, You kept Your promise. You are a faithful God. You won’t leave me alone. Don’t leave me alone.

Father, give Micah peace. Put her mind at rest. Show her how to trust You, and how to hear Your voice. Comfort her in this time of distressing uncertainty.

I stand on the Rock, Jesus, my foundation, the Truth. The wind and the rain are here, and I remain unshaken, in You. I dwell in the shadow of the Most High. The Most High.

No one is above You, God. You hold all knowledge. You saw this coming. You prepared me for this moment. The enemy is trying to kill me, destroy me, and steal from me. But You are my refuge. A tower of strength, (I will stay) in the shelter of Your wings.

Confirm Your Word to me, Lord. Strengthen me when I am weak. I Believe Your report, O God. I am free. I am forgiven. I am Healed. I am Your Beloved.

I am completely broken, soft-hearted in Your presence, desperately needing Your Guidance, Direction, Confidence, Wisdom, and Courage. Deliver me from foolish thinking, God. Save me from ignorant mistakes. Protect my mind from the lies of the world and the enemy.

Show me how to advance Your Kingdom now, in my generation. I want to be radical for you Jesus. Give me songs to sing that destroy Your enemies, songs that break hearts. Songs that exalt You, Jesus. In my life Lord, Be Glorified.

Scripture References

“But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.” (1 Corinthians 1:27)

“For to us a child is born, to us a son is given, and the government will be on his shoulders. And He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” (Isaiah 9:6)

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:7)

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.” (Deuteronomy 31:6)

“I will ask the Father, and He will give you another Helper [a Comforter], that He may be with you forever...” (John 14:16)

“The Lord is my rock and my fortress and my deliverer.” (2 Samuel 22:3)

“Jesus said to him, ‘I am the way, and the truth, and the life; no one comes to the Father but through Me.’” (John 14:6)

“The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.” (Matthew 7:25)

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.” (Psalm 91:1)

“Jesus said, ‘The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.’” (John 10:10)

“The Lord is my rock, my fortress, and my deliverer; my God

is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.” (Psalm 18:2)

“I long to dwell in Your tent forever and take refuge in the shelter of Your wings.” (Psalm 61:4)

“But He was pierced for our transgressions He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds, we are healed.” (Isaiah 53:5)

“Sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord, praise His name; proclaim His salvation day after day. Declare his glory among the nations, His marvelous deeds among all peoples...” (Psalm 96:1-3)

January 27, 2004 - 8:03 AM

Jesus, You are my healer. A touch from You is all I need. I believe I have received it and do not doubt. You are the same yesterday, today, and forever.

I deny myself, take up the cross, and follow You. I must lose my life for Your sake. I am not ashamed of You and Your words.

Lord, manifest the healing You promised in my body so that my mind can rest.

Your joy is my strength. I have no need to worry because I give my anxiety to You.

I trust You with my family, my business, my future, and my salvation.

You promised never to leave nor forsake me.

Nothing is impossible for You, for all authority in Heaven and earth is Yours. You command the wind, the rain, the tide, the

earth's rotation, the planets, and the stars. You are everything.

Thank You for calling me, for including me in Your purpose, for calling me a son. Thank you for the abundant life You gave me.

I love You, Jesus.

Scripture References

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.” (James 1:6)

“Jesus Christ is the same yesterday and today and forever.” (Hebrews 13:8)

“Then he said to them all, ‘Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me.’” (Luke 9:23)

“Whoever finds their life will lose it, and whoever loses their life for My sake will find it.” (Matthew 10:39)

“Jesus said, ‘For whoever is ashamed of Me and My words, the Son of Man will be ashamed of him when He comes in His glory, and the glory of the Father and of the holy angels.’” (Luke 9:26)

“...do not grieve, for the joy of the Lord is your strength.” (Nehemiah 8:10)

“Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.” (1 Peter 5: 6-7)

“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’” (Hebrews 13:5)

“Jesus looked at them and said, ‘With man this is impossible, but with God all things are possible.’” (Matthew 19:26)

“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to Me.’” (Matthew 28:18)

“See what great love the Father has lavished on us, that we should be called children of God!” (1 John 3:1)

“Jesus said, ‘The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.’” (John 10:10)

February 10, 2004

Meditations of trials and healing from the book of James

Consider it all joy when you encounter various trials. The testing of my faith will produce endurance which will result in perfection and completeness, lacking nothing. Ask in faith without doubting.

Let the brother of humble circumstance glory in his high position. God gives grace to the humble. He will exalt me.

Blessed are those who endured. The Lord is full of compassion and mercy.

Suffering? Then pray.

Sick? Call of the elders of the church to pray, anointing you with oil.

The prayer offered in faith will restore the one who is sick, and the Lord will raise me up.

Confess your sins to one another and pray, so that you may be healed. The fervent prayer of the righteous avails much.

Thank You, that You are true to Your Word, God.

You are faithful, just, and merciful.

Your ears hear the cries of the righteous. You deliver them from all afflictions.

I thank You for healing my body completely, God. I know that by Your stripes, Jesus, I am healed.

I know that if I ask it shall be given to me, in the name of Jesus, and in accordance with Your will. I have confidence because I have been obedient to Your Word.

I know You are the same yesterday, today, and forever.

Jesus, Your desire is to heal the sick. I believe and receive the healing without any doubt.

I resist you, Satan. You are the father of lies, doubt, and fear.

I am healed in the name of, and by the power and blood of, Jesus.

Chemotherapy is for sick people. I am not sick anymore.

Thank You, Jesus!

Scripture References

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” (James 1:2-3)

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.” (James 1:6)

“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.” (James 1:12)

“Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” (James 5:14-16)

“The righteous cry out, and the Lord hears them; He delivers them from all their troubles.” (Psalms 34:17)

“Jesus Christ is the same yesterday and today and forever.” (Hebrews 13:8)

“Jesus said, ‘And I will do whatever you ask in my name, so that the Father may be glorified in the Son.’” (John 14:13)

March 3, 2004

Thank You, Lord, that You bore my sin and sickness on the cross, and that by Your stripes I am healed! Satan has no authority over me or my body.

Your blessing is perfect health. You have given me everything pertaining to life and godliness, which includes total healing.

I am not under the curse of the Law but under grace. I am dead to sin and alive in Christ.

My body is a temple of the Holy Spirit.

I am amazed at how tiny and insignificant I seem when com-

pared the vastness of the earth and all creation. But You loved me so much, You endured the cross for me so that I could walk in newness of life as a new creation.

I am hidden in Christ and can stand before the Father, Holy and Blameless.

I am the righteousness of God, not by my works, but by the redemptive work of Christ. He has reconciled and restored my relationship with the Father, which is what I was created for.

All authority over Satan's kingdom has been given to me, in the name of Jesus. I am son of God and co-heir with Christ.

The word of God never returns to Him without finishing the task it was spoken to accomplish. It is sharper than a two-edged sword, piercing soul and spirit and cutting to the bone. I will meditate on Your Word day and night.

I am forgiven and healed.

Thanks and Praise to You Jesus!

Scripture References

“But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.” (Isaiah 53:5)

“He himself bore our sins’ in His body on the cross, so that we might die to sins and live for righteousness; ‘by His wounds you have been healed.’” (1 Peter 2:24)

“His divine power has given us everything we need for a godly life through our knowledge of Him who called us by His own glory and goodness.” (2 Peter 1:3)

“For sin shall no longer be your master, because you are not under the law, but under grace.” (Romans 6:14)

“In the same way, count yourselves dead to sin but alive to God in Christ Jesus.” (Romans 6:11)

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” (1 Corinthians 6:19-20)

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” (2 Corinthians 5:17)

“Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.” (Colossians 3:2-3)

“Christ redeemed us from the curse of the law by becoming a curse for us – for it is written, ‘Cursed is everyone who is hanged on a tree.’” (Galatians 3:13)

“For you died, and your life is now hidden with Christ in God.” (Colossians 3:3)

“God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God.” (2 Corinthians 5:21)

“All this is from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation.” (2 Corinthians 5:18)

“Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in His sufferings in order that we may also share in His glory.” (Romans 8:17)

“So will My word be, which goes forth from My mouth; It will not return to Me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it.” (Isaiah 55:11)

“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12)

“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; But his delight is in the law of the Lord, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.” (Psalm 1:1-3)

April 21, 2004

This is the day the Lord has made. He has ordained it for His glory and the continuation of His purpose.

His kingdom continues to advance. His will is being done on earth as it is in heaven, in my life, and in this world.

Lord, I surrender to You. I die to myself today. You are my source of life, strength, peace, joy, success, inspiration, fruitfulness. I rely on You, and trust You completely.

You are merciful to me for sparing my life and healing me. Thank you Jesus for healing my body totally.

Everything I have comes from You, Lord, and it all belongs to You.

Give me opportunities to witness more and share my testimony. Give me wisdom, discernment, and revelation. Speak through me.

I will abide in You, Jesus. Let the words of my mouth and the meditation of my heart be pleasing and acceptable in Your sight.

Scripture References

“This is the day the Lord has made; We will rejoice and be glad in it.” (Psalm 118:24)

“...Your kingdom come, Your will be done, on earth as it is in heaven.” (Matthew 6:10)

“The earth is the Lord’s, and everything in it, the world, and all who live in it.” (Psalm 24:1)

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” (James 1:5)

“Jesus said, ‘If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.’” (John 15:7)

“May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.” (Psalm 19:14)

May 8, 2004

I am not afraid of any affliction of this life or this present time because I have the promise of God for Healing. I trust in Jesus Christ alone.

My health comes from the Lord, not from my own doing or from doctors.

I trust in the Lord with all my heart and lean not on my own understanding. I acknowledge Him in everything, for He will make my path straight.

This is a test so that everyone who knows me will see the power of God in my life to heal me. This is a testimony to the

kindness of God, who promised to supply all my needs.

I do not doubt, and I do not make judgements based on what I see in the natural. I choose to believe the Word of the Lord, above all else.

By His stripes I am healed.

This test has effectively stripped away all that was in the way of total devotion to Christ.

Scripture References

“Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him, and He will make your paths straight.” (Proverbs 3:5-6)

“And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus...” (Philippians 4:19)

“So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.” (2 Corinthians 4:18)

“But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.” (Isaiah 53:5)

“He Himself bore our sins in His body on the cross, so that we might die to sins and live for righteousness; by His wounds you have been healed.” (1 Peter 2:24)

July 21, 2004 - 1:30 PM

When I am weak, He is strong. I will wait upon the Lord to renew my strength. I will mount up with wings as an eagle. I will run and not be wary. I will walk and not faint.

My God will work this for my good. He disciplines me because He loves me.

No weapon formed against me shall prosper.

I am the Lord's beloved.

I cast all my cares, worries, pain, anger, hurt, fear, doubt, pride, control, and abilities at the Lord's feet. I thank You, Lord, that You bear all my burdens. Your yoke is easy, and Your burden is light.

Show me what I am holding on to so that I can let it go and give it to You.

I trust in You with all my heart and not in my understanding.

I will believe Your report despite how I feel in my body. Your report says I am free and healed.

You give me the victory through Christ. Your Word is life to my body. I live on everything that comes from Your mouth.

Scripture References

"Those who wait upon the Lord will renew their strength. They will mount up on wings like eagles; they will run and not grow weary, they will walk and not faint." (Isaiah 40:28-31)

"The Lord disciplines those whom He loves, as a father disciplines the son in whom he delights." (Proverbs 3:12)

"No weapon that is formed against You will prosper..." (Isaiah 54:17)

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (Matthew 11:28-30)

“Blessed be the Lord, who daily bears our burden, The God who is our salvation.” (Psalm 68:19)

“Trust in the Lord with all your heart And do not lean on your own understanding.” (Proverbs 3:5)

“Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the Lord.” (Deuteronomy 8:3)

July 26, 2004 - 11:15 AM

Lord Jesus, I am completely dependent on You.

Every breath, every beat of my heart, every step I take, I thank You for.

You give me life and sustain me in my times of weakness.

You are my only hope for the future.

Everything I have comes from You.

You are my source for joy, health, wealth, children, success, protection, and inspiration.

I give all glory to You for my accomplishments because I am blessed by God. That is the testimony of my life: Blessed by God in all that I do.

I trust You with my life and full recovery from any affliction. You will finish the work that You started in me.

I give You all my burdens today: fear, doubt, worry, anger, resentment, envy...I lay them all at Your feet and only believe Your Word to heal me.

Scripture References

“Praise the Lord. Give thanks to the Lord, for He is good; His love endures forever.” (Psalm 106:1)

“For I know the plans that I have for you,’ declares the Lord, ‘plans for welfare and not for calamity to give you a future and a hope.’” (Jeremiah 29:11)

“Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.” (Ephesians 3:21)

“He who began a good work in you will carry it on to completion until the day of Christ Jesus.” (Philippians 1:6)

“Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken.” (Psalm 55:22)

September 12, 2004 - 10:00 PM

My God shall supply all my needs.

I cast all my cares upon You, Jesus. I lay them at Your feet.

Thank You that by Your stripes I am healed, healthy, and well.

I trust You with all my heart to finish the healing that You started. Restore my blood and intestines.

God, You are my source and my strength. Everything I have comes from You.

When I am weak, You are strong. You have given me everything pertaining to life and godliness. I lack no good thing. Thank You for my beautiful wife and daughter.

Jesus, I give You glory for who You are and for what You have

done for me.

Thank You for delivering me from a life with no purpose. Thank You for disciplining me when I have gone astray, showing me that You love me.

Give me opportunities to be a light for You in every place You put me.

Forgive me for doubting and taking my eyes off of You.

Jesus, You are my only hope for the future.

Scripture References

“And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.” (Philippians 4:19)

“Cast all your anxiety on Him because He cares for you.” (1 Peter 5:7)

“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.” (Psalm 100:4)

“His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.” (2 Peter 1:3)

“The lions may grow weak and hungry, but those who seek the Lord lack no good thing.” (Psalm 34:10)

“If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask Him!” (Matthew 7:11)

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.” (James 1:6)

“Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” (Hebrews 12:1-2)

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