

**GUIDE &
WORKBOOK**

CANCER THRIVER



FIVE ESSENTIAL STEPS TO TAKE AFTER A CANCER DIAGNOSIS



ELI HANS & JOSEPH BENNETT

Cancer Thriver:
Five Essential Steps
To Take
After a Cancer
Diagnosis



GUIDE & WORKBOOK



by

Eli Hans & Joseph Bennett



Cancer Thriver - Five Essential Steps To Take After a Cancer Diagnosis Guide & Workbook

by Eli Hans and Joseph Bennett

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contact: eli@healcancer.com

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Dedication



This guide is dedicated to all the brave souls dealing with cancer and their caregivers, willing to embrace hope, love and healing throughout their cancer journey.

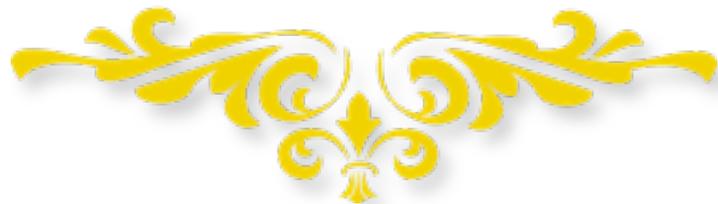




Table of Contents

Dedication	4
Preface	6
Introduction	7
Cancer is a multi-factorial result	10
Step One - Become Proactive in Your Healing Journey	12
Discover Your Why	14
Action Steps	15
Step Two - Create a Thriver Mindset	16
How to Control Your Non-Productive Thoughts.....	17
Action Steps	19
Step Three - Adopt an Anti-Cancer Diet	20
The Anti-Cancer Diet Plan	21
Action Steps	29
Step Four - Create Your Super Hero Team & Support System	30
Action Steps.....	35
Step Five - Create a Balanced Treatment Plan & Trust Yourself	36
Action Steps	40
Final Words	41
Appendix A - Diet Basics, Sample Recipes	42
Menu Plan	45
Shopping List	47
Appendix B - Special Message for Caregivers.....	48
Thank You	50
About the Authors	51





Preface



Hi, I'm Eli. Thank you for downloading this guide and workbook.

My goal, along with Joseph, is to help you navigate through your cancer journey with as much ease as possible, always focusing on producing your best possible outcome, which means: not only surviving, but thriving!

If you've been recently diagnosed with cancer - or are the caregiver of someone who has - I know EXACTLY where you're at right now, because I've been there: the shock, fear, confusion. All sorts of conflicting emotions all happening at once.

I know you're scared, worried and unsure about what to do. Learning about your cancer diagnosis is initially terrifying and overwhelming. And... it doesn't have to stay that way for very long.

THE GOOD NEWS

Are there good news? Yes! There's A LOT you can do to get through this experience feeling grounded, in charge and empowered so you can make the right decisions for yourself. And that translates into finding your way back to optimum health.

Do your best to take things one day at a time, one moment at a time.

My intention is that this guide and workbook will get you on the right path from the start so that you, too, will become a cancer thriver, being as healthy as possible and loving your life at all levels.

So, stay positive and let's explore a few things together, OK?

This guide is designed to be **a workbook** to encourage you to start taking action in a positive direction. You can print the action steps pages or fill them out directly on your computer.





Introduction

It's important to realize that in the cancer world, there's a lot of emphasis on the negative. It's just the nature of our culture. Negative news, negative statistics. All of that generates fear.

Fear is NOT a good place to be when you're making important decisions about your life and well-being. Being in a state of fear and anxiety makes you vulnerable by becoming reactive to scary tactics; you're more apt to make impulsive decisions, it stresses your adrenal glands and creates havoc with your immune system.

So, it's crucial to deal with the thoughts that are making you fearful, find a way to become grounded, and make smart decisions from a place of knowledge, calm and inner peace.

Let's start with something positive. Here's a REAL FACT that might be helpful:

MILLIONS of people have survived cancer.

That's right. Millions!

As of January 2019, it's estimated that there are **16.9 million cancer survivors** in the United States. And, that number is projected to increase to 21.7 million by 2029. (1)

And, that's only in the U.S. There are millions more all over the world! Your job is to focus on THAT. Know deep within you that YOU will be one of them. Not on scary statistics or whatever you're imagining is going to happen to you.

If you read statistics that scare you because the 5-year survival rate for whatever you're dealing with looks grim, you have a choice: focus on the numbers of those who survive OR on the percentage of those who don't.

Which will YOU focus on?

Hopefully, you said the survivors. And, if you're not there yet, do your best to shift your focus. ATTITUDE and MINDSET are everything! [We can help you](#) get there, if you need support.

Here's another cool statistic:

Though the incidence of cancer is increasing, the mortality rate from cancer in the U.S. has declined steadily over the past twenty-five years, according to annual statistics reporting from the American Cancer Society. As of 2016, the cancer mortality rate for men and women combined had fallen 27% from its peak in 1991. (2)



It's important to realize that statistics are just numbers. If you choose to read them, you need to apply a certain level of detachment. If they make you anxious, don't read them! You're in control of your experience.

A good question to ask is: Why did the survivors survive? Were they just lucky? Or did they do something specific that improved their odds? The charts you'll read don't tell you those details.

I choose to believe survivors do more than just blindly follow a specific protocol, without making other changes in their lives.

I believe that survivors make meaningful adjustments to their mindset, their attitude, and their lifestyle - through adopting a healthier diet, learning better ways to deal with stress, incorporating nutritional supplements, connecting to their joy and sense of purpose, as well as various integrative or alternative therapies and other factors I'll address in this healing guide.

I credit my success as a cancer thriver so far - as of this writing just past my 5-year anniversary - not being a thing of chance or luck, but a **very intentional result of absolute dedication and commitment** to everything that I put in place with this positive outcome in mind from the very start.

You have to KNOW, at a deep level, that YOU will be on the side of the survivors, because you're going to do all sorts of cool things that will enhance the quality

of your life, and as a result, get you back on track to heal and thrive. Yes?

When I was diagnosed with a rare and aggressive form of lymphoma in 2014, the survival rates I discovered online were very grim. (And several years later my oncologist shared with me that she thought I had about a 10% chance of surviving.)

Gulp. Not good.

However, though initially scared, I forced myself to believe that I was going to be on the side of the survivors. AND, that "surviving" wasn't going to be good enough. I really wanted to THRIVE after it was all said and done. Somehow be healthier, stronger, more fulfilled than before.

And guess what? That's exactly what has come to pass.



So, choose, right now, to become a Cancer Thriver, no matter what. Yes or yes?!

CANCER THRIVER



If you need some motivation, visit our [Cancer Thriver online store](#) and get yourself a t-shirt or sweat shirt or mug to remind you daily of your personal goal.

Visualizing and setting yourself up for success from the start is a powerful tool.

I've learned so much through this experience, which I lovingly call my Cancer Adventure. I've made a lot of adjustments in my life and focused, with single-minded-laser-vision, on thriving.

In the process of healing, I became aware of a deep passion within me to help others heal and improve their lives.

Luckily, this is a passion I share with my husband and business partner, Joseph Bennett. Together we created [SublimeGuys.com](#), focusing on life and business coaching and motivational personal growth workshops.

Though it's been wonderful to help so many people improve essential aspects

of their life and business, we both feel a calling to specifically offer support to people going through the most challenging phase of their life: a cancer diagnosis. And, the ensuing overwhelm and challenge of navigating through their cancer journey.

That's why together we created [HealCancerNow.com](#).

Using our combined skill-set as life coaches and workshop leaders, holistic cancer coach certification, and many other skills we've both developed through our shared cancer experience, we're committed to doing what we can to help cancer patients - and their caregivers and loved ones - in the best way possible.

Our mission is to help people with cancer minimize fear and overwhelm, discover their personal roadmap to wellness, and become cancer thrivers!

That's why you're reading this guide.

I hope it motivates you and gets you started on the right path to heal not only cancer, but anything in your life that needs to return to a state of balance.

If there's ANYTHING we can do to help you maneuver through your cancer journey and find your way back to optimal health, in all ways, it would be our honor.

Know that we're here to support you. Thanks for being brave.

Love, *Eli and Joseph*





Cancer is a multi-factorial result

Before we get started, it's important to understand what cancer is.

Most of us humans have cancer cells in our body that at one point were normal but, for various reasons, begin to mutate and start dividing rapidly.

Our immune system, when working properly, identifies and gets rid of them, all completely unbeknownst to us as part of the miracle that is our incredible healing machine we call our body.

Various factors that might be at play in causing this mutation which creates out-of-control cell division might be: an overload of toxicity from environmental influences, a stressed and depleted nervous system, a diet deficient in nutrition, perhaps a severe emotional trauma, and other factors that contribute to an underpowered immune system, in combination with genetic factors, to a lesser degree.

There are likely several contributing factors that played a role in creating this imbalance, which showed up as what we call "cancer" in your body.

We're all different. Your cancer diagnosis is unlike anyone else's. So, your goal is to explore what those factors might be for you and then find ways to bring yourself back to a state of balance.

A personalized approach to regaining your health is essential.

Cancer isn't something someone just happens to "get." More than likely, by the time you were diagnosed, this symptom or imbalance had been brewing under the radar for many months. Possibly even years.

A great thing to know - and this brought me a lot of hope when I first learned about it - is that the rapidly evolving field of **epigenetics** is discovering that genes, and their expression - meaning the signals they send to thousands of mechanisms in your body - aren't just running on automatic. They can actually be turned on and off through dietary and lifestyle choices.

That means there are things that we can do to alter how genes behave and affect us! Isn't that incredible?

And, that includes those rapidly dividing cells we call cancer.

"You can be born with certain genes that are linked to chronic disease, but other factors—nutrition and exercise foremost— affect whether or not you get that disease. These external factors are controllable." Dr. Shakha Gillin (3)





That means we're not doomed to have cancer because of genetic or hereditary influences. And, if we DO experience cancer, there are things we can do that are within our control that may alter and reverse that reality.

I find that fact to be not only beyond amazing, but also comforting and filled with hope.

There are more than 200 types of cancer (a collection of related diseases) at various stages of development. The factors that contributed to that result in your body may be very different than other people's.

When you identify what those factors might be, then you can do your best to neutralize them, and hopefully turn the situation around. There is no one-size-fits-all treatment for everyone.

If you approach this process from an integrative and holistic perspective (conventional treatments if and when appropriate, as well as complementary and alternative options addressing physical, emotional, environmental, and spiritual factors) while remaining proactive, positive and expecting success, you'll increase your chances in a BIG way of becoming a cancer thriver.



Let's explore FIVE essential steps you can take NOW to get on the right track from the start.





STEP ONE

Become Proactive in Your Healing Journey

The **FIRST** thing to focus on right now is to **become proactive in your healing journey**.

What does that mean?

That means taking the bull by the horns, getting involved, doing your research to know what you're dealing with, and discovering different options, versus simply allowing others to tell you what to do and follow them blindly (and that includes anything we might have to share with you.)

YOU, as the person experiencing this healing crisis, are in charge of your health.

The ultimate decisions are yours; not your doctor, nor your spouse, nor anyone else. The sooner you empower yourself, and **the more you believe that your choices are right for you**, the more it will help you recover.

I know that can be a challenge when you're not feeling well and you've got so much going on inside your head – too many well-meaning opinions from family and friends, conflicting information on the Internet – and so many mixed emotions, hopelessness and despair.

I'm assuming that you have found a wonderful oncologist that not only has a great reputation with dealing with your particular type of cancer, but is also someone you feel comfortable with. Yes?

If not, I encourage you to interview one or two more until you find the person you're super comfortable with.

(See STEP 4 in this Guide - Create Your Awesome Team & Support System.)

Special Note for Caregivers:

We know you have a lot on your plate. Suddenly you're dealing with all the complexities that emerge from this situation.

Please do your best to remain calm, find your center, and support your loved one's healing process. All while doing your best to take care of YOU as well.

*Joseph and I can **ABSOLUTELY guide you** and share effective tools and coping skills to accomplish this effectively. (See Appendix B)*





You need to feel comfortable asking tough questions and have your oncologist listen to you, be open to your concerns and make you feel supported.

Realize that your oncologist, as wonderful and professional as he or she may be, is biased by their training, utilizing conventional treatments: mainly surgery, chemotherapy and radiation. And those might be exactly what you need. There may also be adjunct treatments like immunotherapy, targeted therapies, and hormone replacement therapy, depending on your particular case.

It's important to note that, though they are experts in their field and have many resources available, they can't possibly have all the answers. Nobody does.

And, they certainly don't have the time to address all of your concerns. There may be some solutions outside their scope that might be helpful to you as well.

That's why, from my perspective, it's so crucial to have **an integrative team** of healthcare professionals from various fields to help you address several angles.

It's up to YOU to fill in the blanks, to discover what else you might need: support with nutrition and possibly supplements, ways to address emotional and spiritual issues, mental health concerns, alternative therapies and other expert healing practitioners that can bring a lot to the table.

I'm getting a little ahead of myself, because **putting together your integrative team of experts** is one of the steps we'll be covering in just a moment.

For now, what I really want to get across to you is this:



*YOU are the one that makes
the ultimate decisions.*

*You'll gain a lot of ground
by becoming proactive in the process.*



DISCOVER YOUR WHY

A great way to stay motivated even when the going gets tough, is to get in touch with your *Why*. Your big reason to want to find your way back to optimum health, sharing your life, experiencing beauty and love, living a fulfilling life.

You may find it easy to identify it or - like me - it can be a bit of a challenge. It could be your kids or grandkids, or your spouse that you adore, or a career that you've been dreaming of.

Whatever it is for you, make sure you **connect deeply to your *Why***. It'll get you far when things become challenging.

Getting in touch with my *Why* was more difficult than I thought. Though I have the most wonderful spouse in the world, a wonderful, loving family, and a very good life, for some reason those things weren't quite "it."

After exploring this for a while, what finally emerged, to my surprise, was an image of floating in crystal clear, turquoise water, surrounded by coral and beautiful, colorful fish all around me. I wanted to snorkel in the warm waters of the Caribbean!

Why? Who knows! That was the image that motivated me. Whenever things got tough (and they did) I would just escape in my mind to the warm, crystal turquoise Caribbean waters surrounded by colorful fish.

After I was declared to be in 100% remission about a year later, guess what I did once I was well enough to travel? Yep! And here's a photo to prove it!





STEP ONE: ACTION STEPS

1. Write a few ways in which you could be proactive in this process *ie.* get a second opinion, research various integrative clinic options, consult with a nutritionist, hire a cancer coach:

2. Explore your WHY. Why is it important for you to regain your health and become a cancer thriver? Discover a truly compelling reason that will motivate you to commit to your healing process. Write whatever comes to mind, without judgement, in a stream of consciousness way. Then identify, of all the things you wrote, which one really does it for you.





STEP TWO

Create a Thriver Mindset

As you can tell by now, we believe that our thoughts have an enormous effect on just about everything in our life.

Our belief system and thinking patterns form a significant part of creating our present experience.

If someone believes life is challenging, they'll unconsciously find ways to prove themselves right, and things will always tend to be difficult.

Likewise, people with a more positive outlook on life tend to have a very different attitude and experience.

When it comes to cancer, this is a really important aspect of healing. There's a strong current of negative thinking and everything we read and see supports that.

We have to do our best to stay on the positive, optimistic side of the scale.

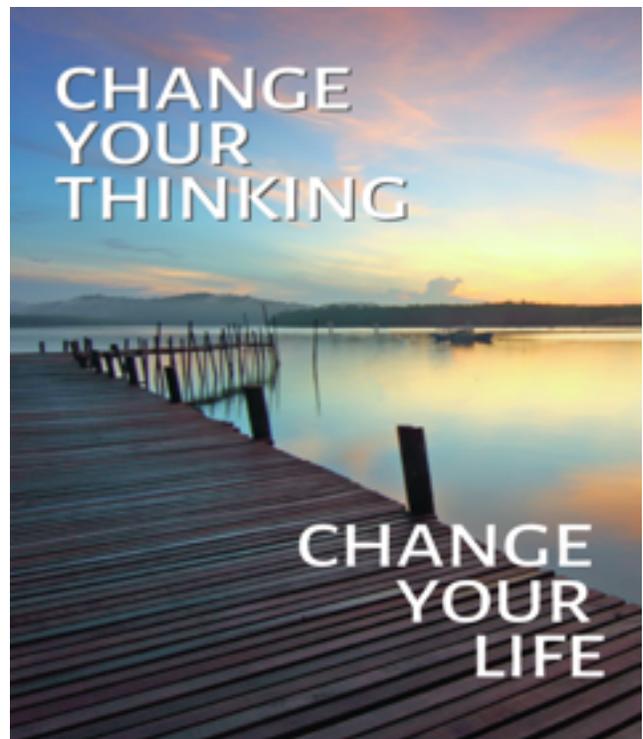
If you believe that cancer will kill you, it'll be very difficult for you to see any other outcomes.

There's a difference between thinking: "This cancer's going to kill me," and "right now I'm simply living with cancer."

Yes, I hear you say, but the statistics I read say that... blah, blah, blah.

I understand. You have to remember... they're just numbers. What you TELL YOURSELF throughout this experience is much more powerful.

C A N C E R
THRIVER



The ONLY thing you have ANY control over is the stuff happening within those three or four inches above your eyebrows. (For some of us, those few inches keep getting bigger every year!)

It may not seem like you can control your thinking, but you can. Matter of fact, it's the only thing you CAN control.

HOW TO CONTROL YOUR NON-PRODUCTIVE THOUGHTS

Some of the more than sixty thousand thoughts we have per day are productive, meaning they help us create positive emotions and lead us to taking action in the right direction.

Yet, thousands of thoughts are not only repetitive, they're actually non-productive and tend to lead us down a rabbit hole.

So, what can we do to get rid of those toxic, scary, non-productive thoughts?

Unfortunately, we can't just get rid of them. They need to be REPLACED.

Here's how to do that:

1. First, you need to **be aware of what your non-productive thoughts are**. So, be mindful of what you're thinking. You may want to write in a journal to *slow down your thinking process*.
2. Once you become aware of the actual thought that's making the rounds, ask yourself: How does this thought make me feel? Is this thought supportive of a positive outcome? Or does it make me feel anxious and scared?

Is it spinning out of control? If so, that's a non-productive thought.

You need to replace that toxic thought with another **supportive and productive one**. How?

3. **Find the ANTIDOTE**. When someone is stung by a scorpion they need an antidote to neutralize the poison, right? When you have toxic thoughts, you need to neutralize them, too. So...

Discover an opposite thought that neutralizes it and makes you feel stronger:

Example:

Scary thought: "Statistics say I have a 25% chance of survival. This is going to kill me."

Antidote: Those people aren't me. Of course I'm going to be on the side of survivors, because I'm doing whatever it takes, and I'm a cancer thriver! I can do this!

Get it? Attitude is EVERYTHING.





Yes, there'll be times when you get down, and feel scared. It's normal. So, don't beat yourself up about that.

Just recover, and bring yourself back to your Eternal Optimist self and KNOW, deep within you, that **this is temporary**, and that you are at this very moment healing and getting yourself back to optimal health.

The fact that you downloaded this guide and are reading it is a GREAT sign! You've got what it takes.

Millions of people live with cancer as a manageable disease. Millions more are completely cured.

Stay positive, peaceful, calm. You can find your way, one step at a time.

I know it's absolutely possible for you to shift your mindset, turn this experience around, and come out better, stronger and deeply healed as result. You can reverse this and in the process get your life back!

How do I know that?

Because I've done it! So have millions of other people. And so will YOU.

We are experts in this area. [We can help you](#) learn to shift your thinking to stay optimistic and improve your odds of creating a super positive outcome (and you can use these techniques to improve ANY other area of your life!)





STEP TWO: ACTION STEPS

1. Identify ONE scary, non-productive thought regarding your cancer diagnosis.
Write it down:

2. How does that thought make you feel? How does it feel in your body when you have that thought?

3. Who would you be, how would you feel if you didn't have that thought?

4. Find the ANTIDOTE that neutralizes that scary thought. State a new thought that feels really good in your body when you think and say it out loud.





STEP THREE

Adopt an Anti-Cancer Diet



I truly believe that diet is a powerful tool for self-healing. And fine-tuning the way we eat is a major contributor to making our full recovery. I know that was true for me, and it continues to be a primary pillar in helping me become healthier and stronger than ever!

For many years before my diagnosis, I ate what I considered to be a "pretty healthy" diet. Yet, on closer inspection, there were still important shifts that needed to take place.

It's so easy to say "this one time won't matter" or "everything in moderation." Yet, all those little slips do end up adding up to making not the best choices, which can create an internal environment that is conducive to pathogens taking hold.

We need to create an internal terrain where cancer cannot exist. Even if your diet is not the best - or if you know it's really not good at all - you can always start making adjustments and substitutions to get back on track.

Making changes to the way we eat can be gradual, although some changes are more important than others. Regarding your nutrition, if this is a matter of prevention, I'd say you can transition slowly into an anti-cancer diet.

However, if you've been recently diagnosed and you're dealing with active cancer, this is a good time to dive wholeheartedly into a new adventure of flavors, aromas, textures and new experiences, with all you got.



Changing my diet was a super empowering thing to do. I love cooking, though I had neglected that part of my life because I was so focused on my career. Who had time to cook, right?

Well, that time is so valuable! We must ALL make time in our lives to nourish ourselves properly, and not only with food! With love, and fun, and friendship and activities that feed our soul.

Despite any other treatments you might consider, I truly encourage you to deal with cancer in your kitchen! Without going into great detail here, these are the most basic, yet important dietary changes you might want to incorporate right away.

THE ANTI-CANCER DIET PLAN

It's not only about **what to eat to promote health** and boost your immune system - with foods rich in anti-cancer nutrients - it's also about letting go of foods that are contributing to your imbalance and may even promote cancer growth.

So, what should you focus on?

A diet high in **whole, fresh plant foods** has all the phytonutrients to interfere with cancer process at every level.

We want to focus on **minimally processed foods, mainly organic, colorful vegetables and fruits.**

Also **whole grains** such as buckwheat, millet, brown rice, quinoa, oats and amaranth. **Legumes and lentils** are great sources of protein. **Nuts and seeds**, and some **sea veggies**, too.

There are thousands of evidence-backed studies worldwide documenting not only the role of diet in cancer prevention, but in cancer survival. Eating well is a beautiful gift of life you're giving yourself.

EAT THE RAINBOW!



Make sure you have dark green, red, orange, purple, yellow veggies on your plate!

Before you sit down to eat, take a look at your meal. Too beige? Or salad looking too green? Add grated carrot, purple cabbage or beets, and sliced red pepper or diced tomato on top. Done!

If you're new to this way of eating, you might feel unsure on how to prepare meals that taste great, that look appetizing and are good for you. It absolutely does NOT have to be rabbit food! There are so many ways to prepare incredible meals that are tasty, beautiful and really good for you!

How can you make a variety of **delicious and nutritious healthy anti-cancer dishes** that satiate you and keep you interested and excited?

When you feel ready, please visit **Appendix A** at the end of this guide for:

- dietary anti-cancer guidelines
- a few yummy recipes
- a sample anti-cancer menu for a day
- and a **shopping list** you can print and take with you on a shopping expedition.

If you'd like more inspiration, visit our website HealCancerNow.com, look through some of the recipes on the blog, and [download](#) Eli's **FREE 9 Delectable Recipes to Heal Form the Inside Out** guide. That's a great place to start.

One of my specialties is **cooking practical, delicious and nutritious anti-cancer meals**. If you need support in this arena I'll be very happy to guide you and your caregivers.



Our optimum health starts in the kitchen.
And you can have FUN in the process, too!





WHICH FOODS ARE BEST TO AVOID WHEN DEALING WITH CANCER?

If you're dealing with active cancer (and I'm assuming you or a loved one are, otherwise you wouldn't be reading this guide) these are the foods to immediately stop consuming.

Before we even go there, remember this: attitude is everything, OK?

Please do your best to frame this as a whole new way of honoring and loving yourself, versus some form of punishment or deprivation. This is a CHOICE you're making as a powerful

act of self love. You're not a victim. You are CHOOSING to eat this way because you want to regain your health, right?

That mindset shift is very powerful.

And, if you're a CAREGIVER, you might consider eating this way as well, not only to support your loved one dealing with cancer, but also as a powerful way to prevent cancer in the first place.

So, the first thing to release from your diet is.... drum roll please!



Processed sugar.



You probably already knew that, right? "But why, oh why? Say it ain't so!" I hear you cry, kicking and screaming.

Well, my dear, to put it bluntly, processed sugar wreaks havoc in your system and promotes cancer in many ways.

It's not that sugar only feeds cancer. Sugar (glucose) feeds all of our cells. We need glucose to survive; the type that is found naturally in whole veggies and fruits. Not the white, fake, processed stuff. Cancer cells happen to use glucose as one of their main fuel sources, so it's best to minimize our sugar intake.

DOES THAT MEAN AVOID ALL SUGAR, YOU ASK?

There are various answers to that question. Some folks say only processed sugar, and that other products like maple syrup, molasses, honey and other natural sugars are fine.

The decision I made for myself when I had active cancer was: yes, all sugar. Except some fruits. I wanted to minimize all possible contributing factors.

If you have active cancer, you may want to consider that as well. Sorry kiddo. I know it's a tough one. At this point, I told myself, why take a chance? It's not forever, it's a temporary decision. Once you're well you can incorporate some of those natural sugars once in a while.

For now, please avoid all processed sugar, including maple syrup, coconut sugar, agave, and especially artificial sweeteners, many of which are carcinogenic (gulp!).

So, how can you sweeten foods?

Your taste buds will adjust, and soon carrots, cooked onions, squashes, yams and even berries will taste super sweet. Try drinking carrot juice to satisfy sweet cravings.

If you want to add sweetener to tea or other foods, my favorite is: stevia. It's 100% natural and it comes in many forms. SweetLeaf brand has Stevia drops with various flavors (I love [Vanilla Creme.](#)) Give that a try and see how you like it.



WHAT ABOUT FRUIT?

So glad you asked that 64 thousand dollar question, because it also brings about various opinions. Some experts say there are so many beneficial phytonutrients in fruit, along with fiber that slows down the absorption of fructose, that it's worth having. Others say, it's best to minimize fruit intake.

My take on the fruit issue while I was dealing with active cancer was this: best to be cautious.

I decided to enjoy having some fruit, but I focused on low glycemic fruits like **blue and blackberries, strawberries, and maybe a green apple from time to time**. Once I stabilized, I started adding more fruits like red apples, pears, peaches, cherries.

I steered away from sweet fruits like mangos, ripe bananas, papaya, watermelon for quite a while, until I felt that I was in a good place. Even now, I do my best to minimize those super sweet fruits.



FRUIT JUICES:

Eating fruit and consuming fruit juices is very different. Fruit juice lacks the fiber of a whole fruit, and concentrates way too much fructose in a small portion. If you eat an apple, you'd probably just eat one. A glass of apple juice would have the concentration of maybe four apples, without the fiber. So, if you choose to have fruit, eat the whole fruit. You can add some in blended smoothies, just avoid having pure fruit juice.

GRAPEFRUIT and CHEMO:

Grapefruit is unusual as it has the potential to interact with many common drugs, from chemotherapy to medicines used to treat heart disease. So, it's best to avoid grapefruit and grapefruit juice until chemotherapy is completed.





PROCESSED FOODS

There is no nutritional value in processed stuff. Flour, rice, bread, pasta all turn into simple carbohydrates, which are sugar.

Processed foods are an invention of the industrialized revolution so that products will last longer on the shelves. They're laden with preservatives, vegetable oils and chemicals. So, if it comes in a box, package or can, do your best to avoid them if you can.

Let me be clear. In order to make this process practical, there are some exceptions to the above. Sometimes, you have to find easy ways to make a meal. So, do your best to make healthier substitutions, if needed.

For example: try to find foods like beans in BPA-free cans, or try chickpea pasta instead of white pasta if you're craving it. Please read ingredients and if you can't pronounce them, then say:

"I choose not to have that right now. I love myself and I want to heal."

Here's one of our blog posts you may want to read: [Five Great Tips to Start Eating Healthier Than Ever Before](#). It has a list of ways that you can start making substitutions for healthier foods.

ANIMAL AND DAIRY PRODUCTS



High animal protein diets promote cancer (4). It would be best to minimize them as much as possible. Especially conventional meats, poultry, eggs and dairy.

There are so many reasons, including the over-use of antibiotics and growth hormones.

Also grain fed animals produce omega-6 fats, which promote inflammation. Inflammation is the cause of many chronic diseases, including cancer.

If you really find it difficult to avoid eating animal protein, please do so in moderation (once, maybe twice per week) and do your best to find organic, grass-fed (with omega-3 fats, which are anti-inflammatory) and in small portions, as a side dish.

Occasionally organic eggs are OK, especially if they have omega-3's.



If you're dealing with an active cancer, **it's best to eliminate all animal products**, except for maybe wild caught salmon and fatty fish like mackerel, herring, trout & sardines, once or twice per week, because of their desirable omega-3 fat content.

(Special note: It's best to avoid meat and eggs if dealing with prostate or ovarian cancer.)

PROCESSED MEATS

Yep. That means bacon, kids. The one food that many vegetarians have a hard time giving up. It's just so good!

However, the World Health Organization has classified **processed meats** – including ham, salami, bacon and hotdogs – as a **Group 1 carcinogen**, which means that there is strong evidence that processed meats cause cancer.(5)

So, yes, though we're so used to it, especially at breakfast, just remind yourself of your "Why." Your family, your kids, your commitment to thriving and regaining your health. You'll learn to love all kinds of other foods.

DAIRY

One of the most powerful cancer promoters is, unfortunately, dairy protein. Casein, a protein in cow's milk, is a possible carcinogen. (6) It's especially concentrated in cheese.

Some research I've investigated talks about the casein molecules in goat milk being different, however. So, when I'm really craving cheese, now that I'm cancer free, especially, I have small amounts of goat cheese, periodically.

For now, if you're dealing with active cancer, please avoid cow cheese, milk & cream.

SPECIAL NOTE:

You don't need to give up "milk" altogether. Experiment with making your own **almond milk or coconut milk**. It's easy, fun to make, and delicious! (Check out my home-made "Elixir of the Goddess" [almond milk recipe](#).)





PROCESSED VEGETABLE OILS

Most processed oils are toxic to our system. Vegetable oils like corn, peanut, sunflower, safflower and soybean oils contain excessive amounts of omega-6 fatty acids which, as we just saw above, promote inflammation.

Studies show that decreasing amount of omega-6's and increasing omega-3's to regain proper balance between the two interferes with the growth of tumors. (7) That's why there's been so much press about Omega 3's in recent years.

Some health proponents suggest giving up ALL processed oils is a good idea, since, they are, in fact processed.

WHICH ARE SOME HEALTHY FATS?

The fact is our body needs fat to survive. Fat, along with protein and carbohydrates, provides energy to the body in the form of calories. It's best to consume healthy fats like those found in vegetables, nuts, seeds and fish, **ie. whole avocados, olives, nuts, almond butter, chia and flax seeds.**

If dealing with cancer, it's a good idea to keep fat consumption on the low side, and include the healthy fats mentioned above. When preparing meals I use oils sparingly and include: olive, avocado, coconut, and flax oils.

If you're concerned about losing too much weight, experiment with adding avocado, almond butter, chia and flax seeds into smoothies.



SPECIAL NOTE: There's an increased focus on exploring how certain cancers use lipids (fats) as their main source of energy, instead of glucose. So, it's important to investigate if the cancer you're dealing with might be one of them (ie. acute myeloid leukemia, prostate cancer and melanoma).

If so, you may want to consult with a qualified naturopathic oncologist or a clinical nutritionist to address this issue.





STEP THREE: ACTION STEPS

Depending on the type of diet you've had, some of these changes may seem a bit challenging. Do your best to treat all of this as a game! Please don't get too serious about it or beat yourself up. That's all part of the past, right? Have fun, laugh, and keep it light and easy. That will help you speed through the process. Little by little you'll adjust and get to LOVE these foods, because your health will improve and you'll feel wonderful.

1. You might want to look through your pantry and see.... Hmm, which of these things am I willing to let go of right now? White, processed foods in boxes with ingredients you can't pronounce. Sugary items, fried chips, etc. Letting go of those items is a great and positive move forward towards regaining your health.

2. Take an exploratory trip to a health foods store with an attitude of adventure. Load up on yummy organic veggies and fruits in all rainbow colors.

(See **Appendix A** for a shopping list and some great recipe ideas).



3. When you feel up to it, put some music on and have FUN preparing something delicious that's good for you. A simple stir-fry, or a rainbow salad and salmon...

Health truly starts in the kitchen. Get excited! It's gonna be good!





STEP FOUR

Create your Super Hero Team and Support System

It's so essential to have the best possible team on your side. This is the most important phase of your life so far, and you want to be supported not only by the most competent professionals, but also those that you can easily relate to.

There are **integrative cancer clinics** that offer not only conventional treatments and approaches, but also give you access to their nutritionists, massage therapists, acupuncturists, etc. Some might also offer more alternative treatment options such as high-dose Vitamin C infusions, as well as other substances, detox strategies, and therapies, if and when appropriate to your situation.

If you don't have access to them, you can **put together your own amazing team of Super Heroes**, which is what I did.

I interviewed three oncologists. I was looking for not only a top expert with my type of cancer (Non-Hodgkin Lymphoma) but also for that special intangible quality I knew was important to me: humanity.

This would be an intimate and extremely valuable relationship, and I wanted to make sure I felt completely comfortable with my key player. I wanted:

- a recognized expert in my type of cancer
- someone who listened
- someone I could negotiate with
- and someone who would have my absolute best interest at heart, no matter what.

I'm often surprised to hear that clients often deal with oncologists and other medical folks that don't listen to them, or that impose their views in an authoritative way that somehow diminishes them.

Please don't let that happen to you. Your oncologist HAS to be someone you like and trust and connect with in a very human way.





It was amazing that each of my initial oncologists had a slightly different conventional approach in mind, with some overlap. I ultimately decided to go with the person that I felt was not only the most experienced, but especially, who was the most personable.

I was right. I adore her, I owe her my life. And... we not only became good friends, we also became dance partners for a fundraising event benefitting the Leukemia & Lymphoma Society! (I'll tell you that story some day...)

Also, in order to achieve some balance with the conventional, allopathic medical model, I hired a super-knowledgable **naturopathic oncologist**. Yes, they exist.

He supported my medical decisions and treatments from another perspective. He requested all kinds of different blood work, paying attention to various cancer markers, and suggested dozens of supplements (which had been well-researched and documented) to help me achieve an internal place of balance.

Yes, it was a pain in the you-know-where to take so many dozens of supplement capsules every day. But, you know what? They did the trick!

You gotta be willing to do whatever it takes!





If you don't have one of these practitioners available near you, don't let that deter you. Find someone who's willing to work with you remotely (over the phone), which is what I did.

If you need support with referrals near you, that's one of the areas we might work on together, if you choose.

Part of the mindset of success we talked about earlier is: Don't let ANYTHING get in the way of your success. As one of my mentors, Marie Forleo, says: **Everything is Figureoutable.**

You can search for a functional medical doctor, or a clinical nutritionist specializing in cancer near you, if you prefer.

I also hired a **Chinese Medicine doctor** to help me deal with the side-effects of some of the treatments. Herbs and acupuncture did wonders for my recovery after chemo treatments, especially dealing with exhaustion and nausea.

Massage therapy helped me de-stress, and my sister and brother-in-law, who are **Reiki practitioners** were indispensable! They came over almost every night during treatment to help me "get back in my body" and feel integrated again.



After chemo treatments were over, I decided to go to a **retreat center to Detox** for a week. I wanted every remaining toxic particle out of my body as soon as possible.

So, as you see, there are lots of things you can do to combine several modalities to improve your odds of creating a super positive outcome.





KEEP THINGS SIMPLE

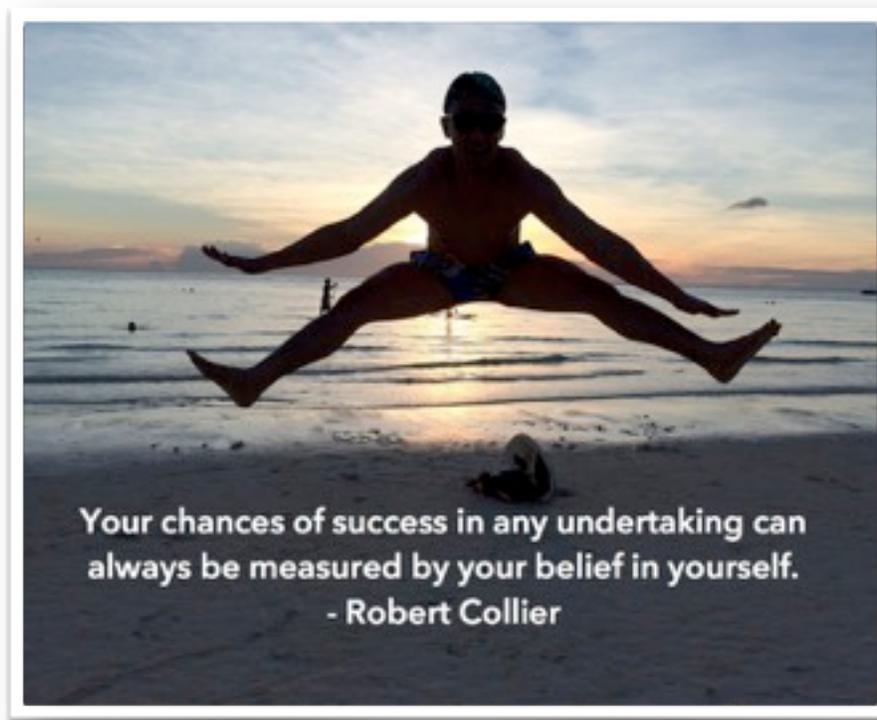
I know this may all seem a bit overwhelming right now, because it may all be new. Believe me, once you get the hang of it, it'll become your "new normal" and you'll learn to love and appreciate it.

For now, do your best to keep things simple. One step at a time.

If you need **someone on your team** that has perspective and direct experience, to guide you through this process, bring you hope and strength, and help make things easier and more bearable... please know that we're here for you!

I can work with you directly to figure out all of the above, step by step. Joseph can help to support your caregivers so that they're able to take care of not only you, but themselves as well.

And we can both work with all of you (including family members) to help you all get on the same page regarding your choice of treatment, helping with diet and cooking, and anything else that may be required since, ultimately, YOUR OPTIMUM HEALTH is what truly matters.



SPEAKING OF TEAM...

It's crucial that you surround yourself with a loving support group of family and loved ones. This cancer adventure is a tough thing to go through on your own.

Yes, this might mean asking for help. That's difficult for many of us.

You know what? YOU matter! And THIS is the time for you to ask for what you need, to set boundaries around those needs. It's perfectly fine to be self-focused right now.

Actually, you need to be in order to get through this phase of your life.

SET YOUR BOUNDARIES in a loving way.

Though the people around you love you, they may not understand or know the best way to help you. They have their own fears and anxieties and will want to tell you what they think you should do.

Ask clearly for what you need. A suggestion might be "Thanks for giving me your point of view. Would you mind doing it in writing? I'll look at it and consider it when I feel up to it. Right now I just want to enjoy your company."

Ask for what you need when people ask "Is there anything I can do?"

Say, yes, could you please help me out with doing the laundry? Or, mind cooking me some healthy meals? Or could you help me pick up some of this mess? Or I need help organizing my meds and supplements.

Whatever. Get it? This is YOUR TIME.

And if someone doesn't respect that, then it's OK to ask them to please not visit you, until they're able to understand what you need. It's not mean. It's loving.

Yes? You with me?

This is YOUR life. You matter.

This was a particularly difficult challenge for me. And, yet, I learned to really value this process. I'll be happy to support you to really OWN this part of you and make it work in the most positive way possible.





STEP FOUR: ACTION STEPS

1. Make a list of possible members of your team that you feel might be helpful. Besides your oncologist (one you feel very comfortable with) who else might be super valuable? (Naturopathic or integrative oncologist, nutritionist, psychologist, spiritual counselor, Chinese medicine doctor, acupuncture, massage, Reiki, cancer wellness coach, etc.)

2. Of those people, choose two for now that you'd like to research. Ask a friend or caregiver to do some investigating of folks nearby. And if not nearby, find someone who'd be willing to work with you remotely. Who did you find?

Name: _____ Contact: _____

Name: _____ Contact: _____

3. Contact them and set up an appointment to meet either in person or on the phone, to see if they're right for you.

4. From your circle of friends and family, who do you feel really offers you loving support?

If no one in your current circle, where might you be able to elicit some support?

5. Set up an informal meeting and let them know you'll be needing their help. That it might be hard for you to ask for help. And then tell them what you need.

YOU CAN DO THIS! YOU'RE WONDERFUL AND YOU DESERVE IT.





STEP FIVE

Create a Balanced Treatment Plan and Trust Yourself

I mentioned this before, but it bears repeating. This is YOUR life. Only YOU can make the right decisions for yourself.

How can you make decisions with so much at stake? With so many differing opinions and options?

Your oncologist will have a very strong opinion about how to proceed. They may want to insist that you start immediately with chemo, surgery or radiation. And, depending on your situation, that may be the most prudent thing to do.

However, remember that the cancer in your body didn't just happen overnight. It's likely been building for a long time. So, you may have some time to explore options and make the decisions that truly feel right to you.

Basically you can:

1. Do purely conventional treatments (chemo, radiation, surgery.)
2. Do purely alternative, natural therapies (diet, supplements, meditation, exercise, forgiveness work, various natural protocols.)
3. A combo of both, creating your own integrative approach (which might include a whole array of options you're probably not aware of right now.)

So, it's essential to get informed first. You may want to elicit some help to do basic research about your options: pros and cons of conventional and complementary treatments, alternative viewpoints, etc.

You can't make an informed decision without knowing what your options are, right? You'll want to make the best possible decision that you feel will create your best possible outcome, which of course would be: LIVING.

But, how do you decide with so much at stake?





It's important for you (and/or your support team) to do some basic research, and look at viable options.

This process can be daunting and overwhelming, but it doesn't need to be.

This is the perfect place where Joseph and I can guide you and your team. It will save you tremendous amount of time, money, energy and angst.

Once you become aware of your options, then you'll feel more empowered to make the right decision for YOU.

INTUITION IS YOU FRIEND



A KEY to making this process easier and less anxiety-provoking for you, is to be able to access the wisdom of your intuition. Even if it's been a while since you felt a strong connection to that aspect of you, you can relearn to establish that rapport.

After all, nobody knows you better or loves you more than that deep aspect of you that knows what's best for you.

Sometimes, we can get overwhelmed with information. That's all inside our head. It's tough to make "rational" decisions from a place of confusion.

Listening to your heart and your gut is essential.

After weighing the treatment options your oncologist suggests, doing your research to explore how viable and efficacious they may be, and exploring opinions from others on your team... it's time to be silent for a while.



Create some quiet time, maybe in nature someplace. Go for a walk in the woods, or on the beach. Sit someplace quiet. Take some breaths in and out...

Then ask yourself... which is the best path for me?

Then, listen. Not to your mind (which feels like monkey chatter, anxious and confusing) but to your heart and to your gut (which feels calm and peaceful.)

Which option FEELS right for you? What words did someone speak or info that you read that FELT right to you? Which direction brings you the most peace of mind?

Try not to argue with yourself (or anyone else.) Ask yourself: what does my body need? Which of these options would help me come back to balance?

Then TRUST yourself. And continue to LISTEN. Honor your inner wisdom.

Only you can choose the right path for yourself.

And you know what? You can always change your mind if something else feels better down the road.





If you've lost touch with that connection with yourself, it's very important to get it back. Out of my own need to get clarity about my treatment plan, I developed a powerful process to connect with what I called "My Future Healed Self" that worked beautifully for me, and I'm happy to share it with you, if you'd like.

It was quite powerful and it absolutely helped me make all the right decisions. It was LIFE CHANGING.

And, I've continued to use the process to this day whenever I'm faced with a difficult decision.

For now, your focus is to learn to TRUST YOUR INNER VOICE. That, in and of itself, might be the best lesson you may learn from this entire ordeal.

As I mentioned at the beginning, I believe that cancer is a multi-factorial result that creates an imbalance we call cancer. I did my best to address every possible angle and, based on results, everything I did turned out to be right for me.

Only YOU know what's right for you.

It would be my honor, and Joseph's as well, to support and guide you to find YOUR answers, many of which you may find in quite unexpected places.





STEP FIVE: ACTION STEPS

1. Identify which of these statements feel more true for you:

a. I believe in the medical world and trust in conventional medicine. I'm good with doing chemotherapy, radiation or surgery. Whatever my doctor says, that's what I want to do.

b. I don't fully trust conventional doctors very much. I'm an alternative health person and believe that nutrition and other natural means will help me heal completely. I'm willing to work on an emotional, spiritual, mental, psychological level to heal myself.

c. I really feel that a combination of both of those approaches is right for me. I'll take the best that conventional medicine can offer me, and I'm also open to discovering what integrative approaches I might be able to include. I'm pretty much willing to do whatever works to keep me healthy.

2. Based on your answer above, what actions can you take to start moving forward? (ie. research modalities that have been used for your type of cancer, and how effective they've been proven to be, etc.)

3. After you've gathered the information necessary, take some time to be silent. Ask yourself: which of these methods will work for me best? Write about it in your journal. See if you're able to get clarity which path feels right to you.

Remember, you can always change your mind and make adjustments.





Final Words

This cancer journey you're on can be scary and complicated. It can be filled with dread and confusion. And, it can also be a powerful and beautiful process to heal not only cancer, but every other area of your life that needs healing.

You are in control of your thoughts, even though at times it may not feel that way. And, you are at choice at every step of the process.

Your attitude and approach is paramount in creating a positive outcome. There's so much to be grateful for, even in the midst of this experience. And, if you're able to see it, and connect to it, you'll go far.

We're here for you, your loved ones and caregivers to help you maneuver through this challenging time.

It would be our honor to get to know you and do our best to help you become not just a survivor, but truly a cancer thriver, where you become stronger and healthier than ever, and your life is even more fulfilling, more loving and filled with peace of mind.

With love and affection,

Eli and Joseph



APPENDIX A

Anti-cancer diet basics, sample recipes, menu plan and shopping list.

According to the World Health Organization 75-80% of all cancers are diet related. There are over 4500 studies documenting not only the role of diet in cancer prevention but it cancer survival, concluding that a low-fat diet based on fresh fruits and vegetables is key.

Despite any other treatments you might consider, we need to deal with cancer in the kitchen. So, I'm glad you're reading this section. It's a great start!

In this guide, I've already mentioned some basics. Here is some additional information for you to look through when you're ready to dive in with a little more depth.

Until you start getting the hang of what to cook for yourself, if you get stuck and don't know what to make these are some old standbys:

Large colorful salad

or

Veggie stir-fry.



You can mix in leftover brown rice, quinoa or any other grain and legumes or beans to either of those two choices.

Add some baked or broiled salmon to either choice above for dinner.





Next day, mix left-over rice, some stir-fry veggies diced small, some beans (from a BPA-free can) and one egg*. Smoosh it all together, and make veggie patties! Lightly pan fry them with a bit of coconut oil. Yum!



* If you're not eating eggs... mix 1 tbsp. ground flax seeds and 3 tbsp. water. Mix well, let sit a few minutes till it becomes gel-like. Ta-da! Faux egg!

SPECIAL NOTE: Though raw natural foods are highly nutritious, there are times when our digestive systems simply can't handle them (during chemo treatments, for example.) So, don't push it. Listen to your body. If you're not digesting well, then simply lightly cook or steam your veggies.

Or, juice your veggies. Or blend with some fruit in smoothies. The idea is to overdose on nutrition right now.

So get it in you any way that benefits you and tastes good!

You'll get used to this, and even start craving it. I promise.





Here's an easy SALAD DRESSING RECIPE you can easily make and keep in your fridge:

Place in a glass jar:

1/4 c. olive or flax oil
1/4 c. apple cider vinegar
1 Tbsp. [Braggs](#)
or [coconut aminos](#) (like soy sauce)
juice of 1 lemon or lime
dash of garlic powder
dash of ginger powder

If you want to get fancy,
add 1 tsp. Dijon mustard
or 1 tsp. roasted sesame seeds.

Just shake it up, and you're done.

Double or triple the recipe so you
don't have to make it all the time.
(If the oil congeals in the fridge,
place warm water in a bowl,
place jar in it. It'll be good in
one minute.)

If you want variety, place the mix
above in your [Nutribullet](#), add
1/2 a tomato, or red pepper.

Add a small bunch of cilantro
or parsley.

Blend. All done!





MENU PLAN

WHAT TO EAT EACH DAY

This guide isn't the place to give you all the details. But here's a sample menu to give you an idea of what you could eat for one day to get you started:

BREAKFAST

Oatmeal cooked with oats, leftover brown rice, half water/half almond or coconut milk. Add fresh blueberries, raspberries and strawberries. You could sprinkle shredded coconut and diced almonds on top if you wish.

(Check out these other [healthy breakfasts](#).)



MID-MORNING

Smoothie - Almond milk ([home-made recipe here](#) if you're feeling adventurous) frozen organic berries, a dollop of almond butter, 1-2 leaves kale (you won't taste it, I swear), vanilla pea protein powder (love this [MRM brand](#)) a few drops of SweetLeaf [Vanilla Creme](#) stevia, tablespoon of Chia seeds. Dash of cinnamon and turmeric.

LUNCH

Big stir-fry with a variety of colorful veggies. Remember Judy Garland singing "Over the Rainbow."

Mix in left-over brown rice, quinoa, buckwheat or millet. Maybe sliced almonds or hemp hearts. Or a slice of good quality, artesian bread on the side.





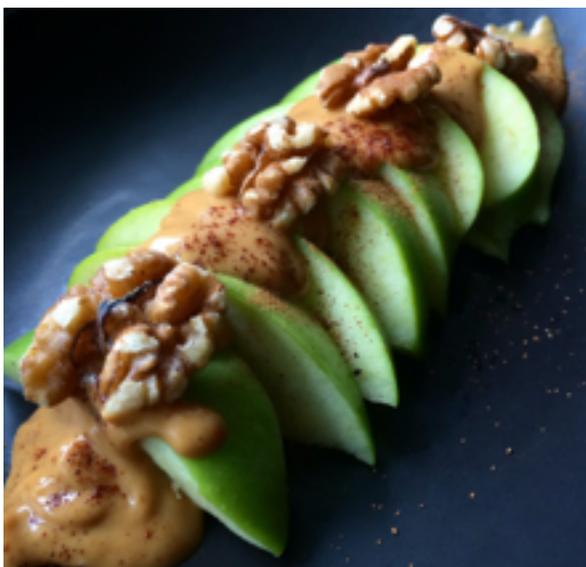
AFTERNOON SNACK

Take a mini-vacation to Mexico! Cut up carrots, jicama and cucumber, squeeze lemon, a dash of salt and chili powder.

DINNER

Grilled salmon (wild caught, not farmed) steamed asparagus with sesame seeds, and a BIG colorful salad.

Delish!



SNACK

Watching TV and needing a little somethin'-somethin'?

Try sliced green apple with almond butter. Sprinkle a dash of cinnamon, and a few chopped walnuts.





SHOPPING LIST

You may want to print this sheet and take it with you on a shopping expedition. Have fun with this! Try to listen to what your body's telling you. Try a new veggie you haven't tried before. Stay open and treat this like a new adventure, okay?

You don't need to get everything all at once. Just try a couple of each category and experiment. I recommend you get organic produce as much as possible. Yes. It's worth it.

-VEGGIES - (Think the RAINBOW)

DARK GREEN: kale, spinach, bok choy, Swiss chard, collard greens

GREEN: lettuce, celery, cucumber, asparagus, Brussel sprouts, green cabbage and broccoli (the last three, in the cabbage family, are some of the most potent anti-cancer foods.)

PURPLE: beets, red leaf lettuce, purple cabbage and red (purple) onion

RED: red bell pepper, tomatoes, radish

ORANGE: carrots, yams, butternut squash, bell peppers

YELLOW: zucchini, non-GMO corn, summer squash

Include some scallions, and herbs like cilantro, parsley, basil and parsley.

-FRUITS-

Lots of organic **strawberries**, **blueberries**, blackberries. Some **green apples** and green pears, for now.

As you get stronger you can start including red apples, peaches, cherries, papaya, etc. For now, because of the sugar content, try to limit tropical fruits like mangos, sweet pineapple, bananas.

Grains - Short grain brown rice, buckwheat, millet, quinoa, amaranth, teff.

Legumes and beans - Lentils, black, pinto, garbanzo beans (to make hummus). Try to find non-BPA lined cans or product in glass jars. Amy's and **Eden brands** are leading the way with BPA-free cans.

Nuts and seeds - almonds, walnuts, cashews, flax, chia, hemp hearts.





APPENDIX B

Special Message for Caregivers

There's no other way to express this than to say: Bless you!

The work you're about to do is paramount in creating the best possible outcome for your loved one with cancer.

It's a big deal, for sure. It's not easy seeing someone you love suffer with pain, undergoing difficult treatments, and being scared for their life.

We know you're scared too and very worried for your loved one as well. It's only natural.



However your role in this process, though challenging and overwhelming, can also be a great source of love and grounding and comfort.

It's essential that you do the best job you can to support your loved one, yet ALWAYS taking care of yourself and your needs as well.



YOU will also be needing some support.

You'll likely become the leader of a team of people you can enlist to delegate necessary tasks. So, it's important for you to remember that YOU matter

as well, and you have to take care of yourself and not burn yourself out.

If someone asks you what they can do, tell them. Ask for support with laundry, with cooking, with research, with keeping your loved one company while you go to the gym or out for a walk in nature to take some time for yourself.





Balance is key.

And, it's also really essential that you understand that, ultimately, the final decision about treatment, and just about everything related, lies with your loved one. This is their body and their life.

And though you love them and their decisions likely will affect you, it still is their decision to make. This can be challenging to accept, sometimes. Especially if you have differing ideas about how to proceed.

The BEST possible scenario is that you both agree on the treatment protocol he or she chooses. You're certainly welcome to offer options you've discovered to expand their possibilities and make sure they understand what they are. And... they, ultimately, will make their choice.

In the event that you don't agree with their decisions, things can, and often do, become complicated. It can be challenging to support someone in their process and possibly see them become sicker while not doing what you think they should do. And, it may surprise you that their choice may work out beautifully as well.

This caregiving experience will require you to access new aspects of yourself where you'll need to truly LISTEN, to be PATIENT, and be as supportive as possible.

How to do all that and STILL take care of YOU?

[We can help you](#) with tools to deal with overwhelm, coping skills and support to make YOUR process more bearable, while you're being an awesome caregiver to your loved one.

Please know we're here for you, to help you through a challenging time so you can show up for your loved one in the best way possible, while taking care of you during the process.

Thank you for being brave!

Much love and appreciation,

Eli and Joseph





Thank you

We want to thank you for reading this far! We put a lot of love and care into this guide and workbook, and even if we may not know each other in person quite yet, we wrote it for YOU!

Our sincere hope is that this guide motivates you to take charge of your health, to see that there are many things you can do to improve your outcome, and that you're not doomed. You can enhance the quality of your life, your relationships, your sense of fulfillment, connection and love, regardless of these temporary circumstances.

We invite you to visit our website HealCancerNow.com and explore our coaching pages to learn ways in which we can support you. Also read and share our blog posts, try out some healthy recipes, enjoy looking through some resources designed to save you precious time searching the internet: supplements, books, helpful websites and organizations, etc. All of which are designed to SERVE YOU and inspire you.

If you need support, please consider working with us as compassionate, caring and experienced coaches to make this experience easier and more bearable.

Feel free to share this eGuide with your loved ones. Having people in your life get on the same page is essential to creating a strong and loving support system.

Thank you!

Much love and gratitude,

Eli and Joseph





About the Authors

Eli Hans and Joseph Bennett are life and business coaches, motivational workshop leaders and speakers. Yet, since Eli's cancer adventure, which began in September 2014, they knew that sharing what they learned through that challenging experience would become an essential aspect of their coaching focus.

As [cancer wellness coaches](#), they're able to put into practice all the skills they've harnessed through the years to help others navigate through these turbulent waters with more ease and hope, improving their odds of creating the most successful outcome possible: optimum health and a deeply fulfilling quality of life.



This pair of multi-passionate entrepreneurs has co-founded several successful businesses including [SublimeGuys.com](#), their life and business coaching practice, [HealCancer Now.com](#), specializing in cancer wellness coaching, and [Sublime Design Interiors, LLC](#), a successful interior design firm since 2002. They enjoy many creative endeavors that include co-producing theatrical productions, sold-out performances with their improv troupe [The Improv People](#), and have developed art workshops, community outreach programs, personal growth classes and motivational seminars.

Eli, a Renaissance man, is a writer, actor, designer, gifted chef, certified holistic cancer coach and a certified facilitator of [The Passion Test](#). He's passionately committed to inspiring others to make more life-affirming choices. Eli's been involved in holistic healing for over thirty years, having studied macrobiotic philosophy and cooking principles at the Kushi Institute and directly with Herman and Cornelia Aihara in the early 1990's. He has degrees in Art, Design and Television & Film Production.

Joseph is an [artist](#), actor, certified [hypnotherapist](#) and spiritual counselor specializing in working with individuals with creative blocks, limiting beliefs and those living with fear, indecision and worry. He has founded [community outreach](#) programs that have enriched the lives of thousands of people. Joseph worked as a psychiatric social worker for over a decade, and holds degrees in Human Services, Education and a MBA.

Together they've created [San Miguel Retreats](#) in magical San Miguel de Allende, Mexico - a wonderful place to learn, rest, heal, thrive and become inspired!



