

The Cancer Trap
And How You
Can Break Free

Jeff Bell

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by Jeff Bell



Author's Note: Conventional "Western" medicine seems to focus on specific diseases and to develop and rely on treatments aimed at dealing with those diseases, or at least suppressing their symptoms. In marked contrast, Traditional "Eastern" medicine explicitly and deliberately focuses on the whole individual.

It views what we in the West typically call "disease" as being merely a symptom that one or more aspects of the whole person are out of balance. Viewing health through this lens leads to the to determine what aspects are out of balance in the whole person and to restore them to balance. The logical expectation arising from this approach is that when these elements are restored to balance, the disease(s) will be resolved.



This makes sense if what Conventional "Western" medicine calls diseases are really the symptoms caused by the various ways in which the whole person may be out of balance.

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While I do employ some Conventional "Western" medical technology in my work, the core principles I have learned over the years to rely on are more congruent with those embodied by Traditional "Eastern" medicine.

What's In This Booklet:
Simply put, this booklet is my bet attempt yet to explain how I employ a set of core principles, (largely arising out of and extensions of Traditional "Eastern" medicine), to help people to understand, prevent and overcome cancer.



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The First Section, beginning on the next page, is devoted to a discussion of these core principles and how they apply to dealing with cancer. The section also includes a narrative of an actual example of a rather special client, and how she applied these principles to overcome an aggressive, life-threatening cancer. Although this narrative is dramatic, it is by no means atypical when these principles are effectively applied and followed.

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Appendix I – A Typical Cancer Measure Daily

Checklist: This section contains a typical example of the Daily Health Measure Checklist that the client featured in this article used to get well. This example is included to give you, the reader, a good, realistic idea of what is entailed in this approach. Please understand that this checklist is NOT intended to be used, as is by anyone else. As you will see in the course of reading the article, a core principle is that any set of health measures intended to get rid of cancer MUST be customized to fit the individual in order to have a reasonable chance for success.



Introduction

For the past 11 months, I have had the honor of working with a particular client.. A number of those concerned have expressed their amazement at her miraculous progress in recovering from a life-threatening cancer. Because so many people have asked what she has done, she is allowing me to share her story and her treatment plan, provided I preserve her anonymity. For purposes of this article, I have changed her name to Jane. No other facts or details have been altered in any way.

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In this limited space it is not possible for me to describe, in detail, the knowledge and experience it has taken me more than 3 decades to acquire.

I will certainly spend the balance of my life expanding and deepening this body of knowledge. However, I can provide the following summary, introducing and explaining what I believe to be the most important of the basic principles



My Focus On Cancer Recove
Helping people to prevent ca
recovering from it once they
focus of my research and my
first got interested in cancer
read the first major book abc
known as “B-17”). At the time
of conventional medicine and
becoming a physician.

But reading the book led
me to question much of
what I was being taught
by the conventional
medical training system.

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It became clear to me that the conventional system was not for me and I decided to leave the field.

Over the many years since, it has become more and more clear that it is crucial to question almost everything we have been told and have learned to accept as fact when it comes to cancer.

However, that prognosis only considered the average length of time she might expect to survive the cancer.



It did not factor in the high probability of dying much sooner as a result of the side-effects from the chemotherapy and radiation therapy he recommended.

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Including those factors brought the survival prognosis down to an average much nearer to 18 months! The specific form of chemotherapy routinely used for this form of cancer is a powerful cocktail of chemotherapy agents,

known as “RCHOP”. This is an acronym for the five major chemical agents that comprise it.



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Instead of jumping into the conventional treatment plan, after some digging on her part and a sober consideration of her options, Jane chose to try and get well by relying solely on holistic and alternative therapies. She asked me to put together a comprehensive treatment plan for her. As of the 04/20/2013 revision of this summary, Jane has been on the plan for just over ten months.

On April 8, 2013 Jane had a follow-up endoscopy to examine the original site of the cancer.



That is not surprising, since the plan works by zeroing in on the major ways in which her health, specifically her immune system, is being impaired and correcting the problems at the core level. A number of people have learned about how well this plan seems to be working and have asked Jane what she is doing. This article is a summary and is my attempt to answer that question for all who are interested.

Housekeeping: Before we dive into the heart of the matter we have one important piece of housekeeping to take care of. I want to make sure we have 100% clarity concerning the following:



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full responsibility for your health, and for your health care choices and decisions.

Back To Jane's Case:
Again, I want to emphasize that Jane is not out of the woods, yet. While she has made great progress towards being completely well, there is much more to be done, and much more time must elapse before I think we can start using the term "cured". Cancer is a tricky business. It is one thing to show cancer the door. It is another thing entirely to make sure it does not come back. And most of the time when cancer does





come back it is much more serious and far more difficult to get rid of. Each time it recurs, it is far harder to deal with. That said, so far Jane has progressed towards full recovery far more rapidly than we expected. And I think we have good and legitimate reasons to feel very optimistic. Before discussing the details of Jane's treatment, I need to lay out several basic principles so that the plan will make sense to you:

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Basic Principles: For most people, the hardest principle to grasp or even to consider, is that all too often the conventional medical approach to cancer is not the safest path.

Actually, that fact should be rather obvious as we see friends and loved ones become terribly ill, often from what are euphemistically called “side-effects” of the very treatment that is supposed to be saving their lives.



For those with deeper interest in this aspect of the “war on cancer” and where it has apparently gone astray,



revisited, by Dr.

Samuel S. Epstein, M.D.

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One other point I want to make before leaving this topic: I do not fault the oncologists and other related practitioners in the field.

Rather, I think the problems are systemic and stem from the top executive decision-makers who run our medical system.

In all the years I have spent doing this work, I have never met a single oncologist or related practitioner who did not seem to be doing the very best he or she could within the current system.





In fact, many have exhibited the characteristics of true heroes. That said, much of what I have learned about cancer over the years is at odds with the principles promoted, practiced and taught by conventional medicine. Fortunately, I am not in any way beholden to the prevailing politics or financial aspects of cancer. I am free to express what I believe to be true.

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If you are able to set aside whatever pre-existing ideas you may have about cancer, you may find the following to be highly valuable.

Another Common Cancer Belief To Question: Before we dive into the cancer principles, I want to point out one other common and often detrimental belief about conventional versus alternative cancer therapies.

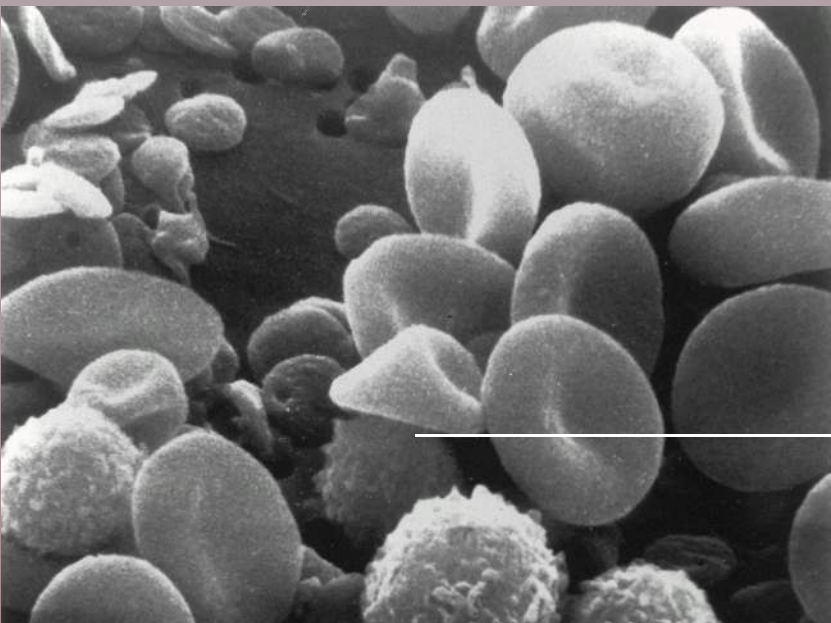


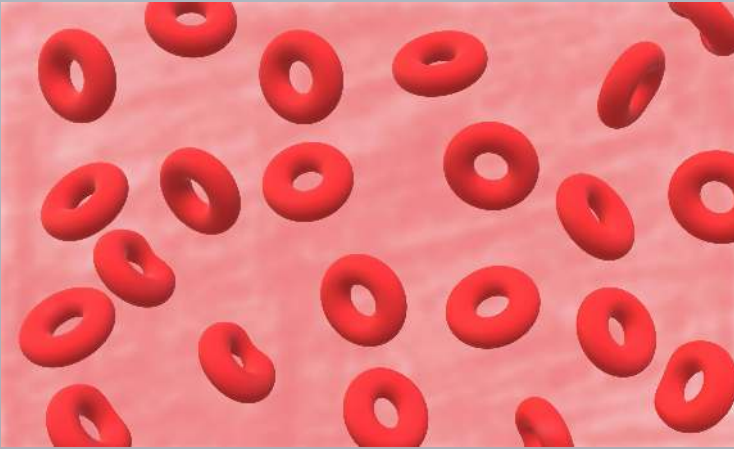
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The balance of this summary article is devoted to those principles that when used synergistically, most often seem to lead to better outcomes.

By the time you are done reading this summary, you will understand how a comprehensive alternative treatment plan can actually result in improved survivability.

You very well may not need to make the terrible choice between length of life and quality of life.

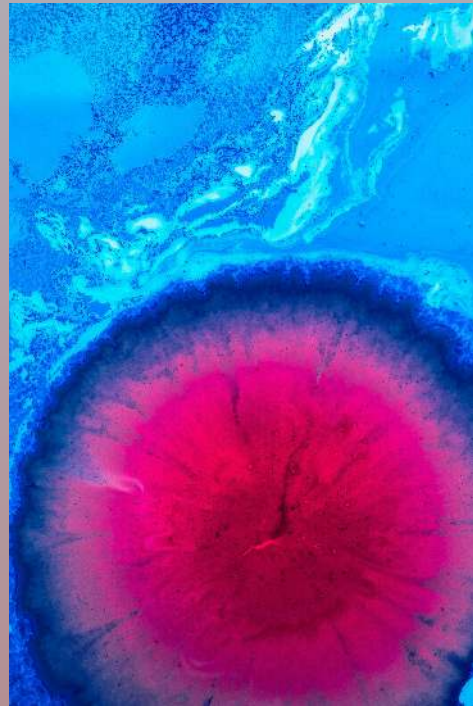




What Is The Origin Of Cancer? First we need to understand that most cells in the body have a limited life-span. There are a few specific types of cells that are intended to have very long life spans, but these are a few special cases.

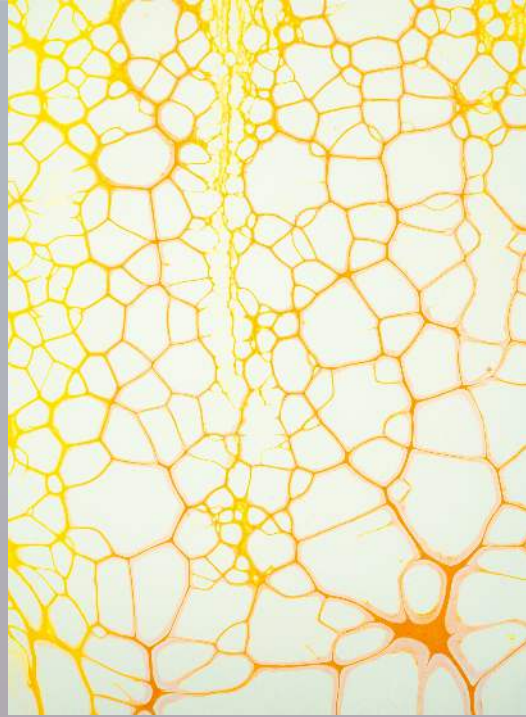
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Most cells are created, mature and perform their intended function for a period of time, begin to wear out, die, and are replaced. This is normal and is the way things are supposed to work. To make sure this happens with reliability and regularity, most cells in the body are pre- programmed to live for an appropriate life-span. This pre-programmed cell death is called "apoptosis".



Hormone imbalances also can cause cells to grow and replicate too quickly. This is another factor that can lead to an increase in the number of cancer cells in the body.

Reproductive tissues and organs are especially sensitive to this over-stimulation. However, almost all cells exhibit some sensitivity to hormones that increase their growth and replication rates.



All of these errant cells that grow, replicate and live beyond normal and healthy control are commonly known as cancer cells.

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APPENDIX II – PAGE: 1 – A TOP CANCER-PROOFING
MEASURE FOR YOU

A Top “Cancer-Proofing” Measure For You

By Jeff Bell June, 2011

www.MyHealthOptimizer.com

If you answered "Yes!" to any of the questions, you may find this article is just what you have been searching for.

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In "The Cancer Trap And How You Can Break Free," Jane's journey from conventional treatments to a fully holistic approach reveals the importance of personalized health measures in combating cancer. Through a meticulously crafted regimen tailored to her needs, she not only healed from her illness but also challenged the prevailing medical paradigms. This empowering guide offers insights into alternative therapies and encourages readers to take charge of their health for true healing.