

Cancer Answers

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Researching Alternative Health Methods

I think I can safely say that 100% of us want to experience the best health possible. Unfortunately, the converse is not true. There isn't any technique, treatment, vitamin, herb or essential oil that works for 100% of us. These insights, ideas and tips will help you research alternative health methods that meet your individual concerns and needs. Let me start by sharing a personal story with you.

When I was first diagnosed with breast cancer, the book "Cancer Battle Plan" by Ann Frahm had just been published. Ann Frahm claimed to have cured herself of breast cancer utilizing coffee enemas. I am not debating that fact because it could absolutely be true. Coffee enemas are indeed a powerful avenue for some people to overcome disease or regain their health. The point I want to make is this: Many of my acquaintances who knew that I tended to choose alternative, natural ways for medical problems, assumed that I would follow Ann's advice and plan to beat my own breast cancer. However, I was born with a large alpha-loop in my large intestine - which basically means that I have always had issues with my bowels. Why would I choose to treat my cancer with a method that depended on my bowels working optimally? What had changed since my cancer diagnosis that would make me think my bowels would begin working better than they ever had to help me use this cancer cure? Obviously, this form of alternative medicine cancer treatment was NOT for me.

You are an individual. What works for you, may not work for me or your best friend and vice versa. Remember that when you get advice from well-meaning friends or relatives. You know your body better than anyone else. If you have always struggled with a certain body system working optimally, do not adopt alternative methods whose results rest squarely on that system.

Seek out methods that you are comfortable with and know you can follow or adopt whole-heartedly. I can stomach most every green powder out there...except spirulina. I tried for a long time to drink spirulina powder because I knew it had great health benefits. I simply could not do it. What good does it do you to decide to follow a method that you are going to hate or not follow through with. Research - and consider adopting ONLY those exercise regimens, dietary restrictions, enemas, and other methods you will actually do.

Be thorough in your research. If you hear about an alternative method from someone who represents a particular product or company, read not only their information but do your own research. Being educated helps you make wise choices and it give you peace of mind because you understand some of the medical reasons behind why the method is valid.

Always check with your doctor prior to adopting any alternative method(s). They may not agree with what you are choosing to do, but they will be able to advise you if it would be a potentially dangerous or deadly choice.

The Wheres and Whats

Where should you begin doing your research? Of course, there is the internet. It can be very helpful at times, however do not put all your eggs in one basket. You should back up what you read on the internet with articles from well-respected, well-researched authors of magazine articles and books. Dr Patrick Quillan is one such author. Generally local health food grocers have magazines that you can pick up free at time of check-out. Also, some of these grocers offer free seminars on a variety of alternative method topics. Take advantage of them whenever possible. If you do not feel up to going out in public enlist a friend or relative to go for you to gather the information. Do listen to what others suggest to you using the previously mentioned measuring sticks for whether this method may be valid for you. What works? All of it! Just some for one person and others for another. God's generosity in giving us herbs and essential oils and foods that heal is unbelievable.

Here's a few books to check out:
Earl Mindell's Food as Medicine
Food Your Miracle Medicine
Quick Reference Guide for Essential Oils
Healing Oils of the Bible

If you look at all we have at our fingertips to re-gain and maintain health, it boggles the mind. ...don't be overwhelmed! Ask God for wisdom and insight into what alternative methods are best for you. I have another personal story of how my husband and I prayed during my cancer journey regarding a particular treatment. I will not share it here for sake of space...suffice to say, we were given insight when we asked.

Please let me pray with and for you. Email me at the address above.
...till next month. God Bless!