

Natural Healing Quickstart Guide

10 simple things you can start
doing right now to supercharge
your body's natural ability to
prevent and heal cancer

by Nikki H Stokes, ChoosingDifferently.com

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Natural Healing Quickstart Guide

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This guide is for educational purposes only, and is designed to help you make informed decisions about your health.

It is not intended to replace medical advice and should be used to supplement rather than replace regular care by your doctor or health care professional.

Please consult your medical, health, or other professional before embarking on any health-care program or treatment.

If you believe that you have a serious medical condition, please seek the advice of a fully qualified health-care professional.

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The statements in this guide regarding the use of natural approaches for healing cancer have not been evaluated by the Food and Drug Administration, or any other local or international regulatory authority.

If you have any questions regarding the content of this guide, please contact me at nikki@choosingdifferently.com

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Healing powers, activate!

When it comes to activating your body's natural healing abilities, there's really only two things you need to do:

1. Remove harmful stuff (like toxins and stress)
2. Add helpful stuff (like nutrients and oxygen)

Sounds simple enough, doesn't it?

And when you do these two things, you maximise your body's ability to deal with the important stuff, like preventing and healing cancer.

All of the suggestions in the following pages do one (or both) of these things, to support your body's innate healing powers.

So go through the list, understand why they're important and try each one out. Keep in mind that the more of them you can do, the more powerful the impact will be, especially as their effects start to combine.

But at the same time, don't feel like you need to do everything all at once. Focus on things that feel easy, and doable every day, and only add in new things once you've got the existing ones under control and in a consistent rhythm, because that's what will create the biggest and fastest results.

Also remember that your job is not to "heal yourself" but to give your body everything it needs to do the job for you.

So let's get to it!

1. Breathe deeply

Why it matters

1. Cancer thrives in a low-oxygen environment.

By breathing deeply on a regular basis, you reduce the chances of creating the low-oxygen, acidic conditions that support the growth of cancer cells.

2. Breathing helps to clear out toxins

Breathing deeply gives the healthy cells in your body the oxygen they need to deal with toxins more effectively. It also helps to remove stale air from your lungs, stimulate your circulation, and get your lymphatic system cleaning out the gunk.

3. Breathing helps to reduce stress

Deep breathing helps to switch off the stress response (aka the “fight or flight” response), which can suppress the immune system when switched on and encourage the spread of cancer cells.

What to do

- ▶ Stop 3 or 4 times during the day, and take four deep, slow breaths
- ▶ Breathe in and out through your nose (if you are able to)
- ▶ Use your diaphragm, pulling air right into the bottom of your lungs
- ▶ Your belly button should move out as you breathe in, and move in gently as you breathe out



Remember to breathe

2. Drink water

Why it matters

1. Helps your body to remove toxins

By drinking lots of water on a daily basis, you help your body flush out the toxins that enter your body through your food, the air and your environment. Drinking water supports your kidneys, and helps to get your bowels working regularly, both of which help to remove waste products from your body.

2. Keeps your cells functioning well

Your body is made up of around 60% water, and your cells depend on water for their survival. By drinking plenty of water, you give your healthy cells the raw materials they need to function at their best, including using it in metabolic processes, to transport nutrients into cells and to remove toxins and waste products from cells.

What to do

- ▶ Drink plenty of water every day, at least 8 cups a day
- ▶ Make sure you only drink filtered water, to avoid any toxins you might get from unfiltered tap water
- ▶ Keep a drink bottle or jug nearby so it's easy to keep drinking



Drink lots of water

3. Get moving

Why it matters

1. Gets blood flowing and oxygen moving

By moving your body, you increase blood circulation, and both oxygen and nutrient delivery to your cells, as well as waste and toxin removal.

2. Supports your lymphatic system

Your lymphatic system removes toxins and wastes, and helps fight infection, but it lacks a pump, so it needs you to move your muscles in order to keep the lymph fluids flowing.

3. Helps keep you regular

Exercise is essential for regular bowel movements, which help your body to clean out waste products.

4. Sweating removes toxins

Your body excretes toxins in your sweat, so getting sweaty gives your body one more way to clean out the gunk.

What to do

- ▶ Walk for 30 minutes, 6 times a week, or 60 minutes, 3 times a week
- ▶ You can do any kind of regular exercise that you enjoy
- ▶ Any amount of movement is better than none
- ▶ Check with your healthcare provider in case you need to modify your exercises



Start exercising regularly

4. Start juicing

Why it matters

1. Floods your body with nutrients

Plants contain some of the most amazing nutrients, and juicing allows you to flood your body with huge amounts of these vital substances that support your body's anti-cancer and anti-inflammatory systems.

2. Stimulates detoxification

Drinking fresh juices stimulates your organs to work more effectively and begin releasing a larger volume of toxins and waste products.

3. Gives your digestive system a rest

If you're struggling to eat from nausea or fatigue, juicing gives you a way to access the goodness of large amounts of plant-based foods, without placing too much strain on your digestive system.

What to do

- ▶ Juice celery, carrots, beetroot, cucumber, cabbage, spinach or your favourite veggies with some green apple to sweeten (if required)
- ▶ Use organically grown produce to avoid extra doses of toxins
- ▶ Use a cold-pressed juicer if possible, but any juice is better than none
- ▶ Drink the juice immediately, and away from meals to maximise nutrient absorption
- ▶ Start gradually to minimise detoxification side-effects



Drink vegetable juices

5. Go organic

Why it matters

1. Reduces your toxin load

The most important reason to start eating organic food is to reduce the toxin load on your body. The fewer pesticides and herbicides that your body has to process, the more resources it has available to deal with healing.

2. Increased nutrients

Studies have shown that food grown organically contains higher amounts of many nutrients, including Vitamin C, magnesium, minerals and phytonutrients, all of which support your body's natural healing abilities.

What to do

- ▶ Start eating as much organic food as you can manage
- ▶ If you can't find or afford to eat fully organic, focus on the produce with the highest contamination levels, such as leafy greens and fruits (check the latest "Dirty Dozen and Clean Fifteen" list)
- ▶ Don't let limited access to organic food stop you from eating fresh fruits and veggies. The nutrients you get from whole, fresh foods are much more important than any pesticides or herbicides
- ▶ To reduce the amount of chemicals you get from conventional produce, wash, scrub and peel them



Eat organic produce

6. Ditch the sugar

Why it matters

1. Cancer loves sugar

Cancer cells thrive on refined sugar, and use it 10 times faster than healthy cells. Their modified metabolism is one of the reasons they can grow so uncontrollably, and glucose directly feeds this process.

2. Sugar suppresses the immune system

Your immune system is a critical line of defence against cancerous cells, and even just a teaspoon or two of the white stuff can slow your immune system response by half, and it takes several hours to fully recover each time you indulge.

What to do

- ▶ Reduce the amount of all sugars in your diet as much as you can, but especially refined sugars
- ▶ Avoid artificial sweeteners, which come with their own health risks
- ▶ Use natural sweeteners like stevia, agave, coconut nectar, honey and maple syrup, but use them sparingly and alongside high-fiber foods to regulate absorption
- ▶ Eat as much fresh fruit as you like, but stay away from fruit juices and dried fruits
- ▶ Read food labels for hidden sugars
- ▶ Train your tastebuds to get used to less-sweet-tasting foods



Stop eating sugar

7. Get some sun

Why it matters

1. Vitamin D protects against cancer

Vitamin D is produced naturally when your skin is exposed to sunlight, and protects against cancer in multiple ways, including encouraging the death of pre-cancerous cells and reducing the spread of cancer cells.

2. Vitamin D strengthens the immune system

A strong immune system is important in your body's defence against cancer, and Vitamin D plays a critical role in your immune system, regulating more than 10% of your body's genes and ensuring that your immune system is "armed and ready" to respond to all threats.

3. Sunlight boosts your mood

Even just 20 minutes of direct sunlight can brighten your mood, helping you to tackle your health issues with more optimism and determination.

What to do

- ▶ Spend 15 to 30 minutes a day in the sunshine during summer, with your face, arms and hands exposed
- ▶ During winter, as much as 45 minutes a day may be required
- ▶ The exact time needed will depend on your latitude and skin colour
- ▶ If you can't get enough sun exposure, you may want to consider taking a Vitamin D supplement



Spend some time in the sun

8. Get enough sleep

Why it matters

1. Lack of sleep increases inflammation

Cancer cells thrive on inflammation, hijacking the body's natural defence system to grow even more blood vessels to feed their insatiable demand for nutrients, especially glucose. Inflammation can also increase free radicals that further damage cancer cell's DNA and help them to spread to other tissues.

2. Your immune system needs sleep

Not getting enough sleep suppresses your immune system. Normally, your immune system produces protective substances called cytokines while you sleep, but when you're sleep deprived, your body can't produce as many. Additionally, levels of other anti-inflammatory cells and antibodies decrease when you're short on sleep.

What to do

- ▶ Make sure you're getting 7 to 8 hours of quality sleep every night
- ▶ If you're having trouble getting enough sleep, try going to bed at the same time every day, keep your devices out of your bedroom, and avoid sleep-disrupting foods (e.g. alcohol, caffeine and chocolate) for several hours before bedtime
- ▶ Learn relaxation techniques, such as progressive muscle relaxation, and make sure you're getting enough exercise throughout the day



Get a good night's sleep

9. Start meditating

Why it matters

1. Meditation lowers stress levels

Stress and anxiety raise cortisol levels, which creates inflammation and the ideal conditions for cancer to thrive. Reducing stress also helps you feel more capable when dealing with health issues, and improves your quality of life in general.

2. Meditation eases symptoms

Regular meditation can also ease the many symptoms of cancer, including pain, fatigue, nausea and sleeplessness.

3. Meditation helps you stay present

Meditation helps you become more aware of what's happening right now, which makes things easier to deal with, helps you find things to appreciate, and gives you more control over your reactions.

What to do

- ▶ Sit or lie quietly for a few minutes and focus on your breath
- ▶ Don't make any effort, just breathe naturally and notice your body
- ▶ When your mind wanders, bring your focus back
- ▶ Increase the time to 5, 10 or even 15 minutes when you feel ready
- ▶ Use guided meditations, incense, candles or technology if required



Learn to meditate

10. Choose your attitude

Why it matters

1. Negative emotions create stress

Negative thoughts create negative emotion which lead to stress and anxiety. These create inflammation, which in turn creates the ideal conditions for cancer cells to thrive.

2. Helplessness feeds cancer

Feeling helpless or despondent promotes the growth and spread of cancer, and reduces long-term survival rates.

3. Unhealed emotional trauma can make you sick

Suppressing toxic emotions, especially anger, can increase the risk of a number of diseases, including cancer, because of the chronic stress these feelings create in your body.

What to do

- ▶ Take an active role in your healing journey, and decide to get well
- ▶ Learn ways to refocus your negative thoughts as soon as they arise, using awareness, affirmations, NLP, journal writing and appreciation
- ▶ Find ways to release old, trapped emotions, like EFT, massage, the Sedona Method or Emotion Code
- ▶ Reconnect with old friends, or join a support group



Change your emotions

10 things you can do right now

- ☑ Breathe deeply (do 3-4 times a day)
- ☑ Drink a glass of water (aim for 8+ glasses a day)
- ☑ Go for a 30 minute walk
- ☑ Drink a fresh vegetable juice
- ☑ Eat some organic food
- ☑ Skip the sweet treats
- ☑ Spend 15-30 minutes in the sun
- ☑ Get 7-8 hours of quality sleep
- ☑ Meditate for at least 5 minutes
- ☑ Find something to think about that makes you feel good

"One must not forget that recovery is brought about not by the physician, but by the sick man himself. He heals himself, by his own power, exactly as he walks by means of his own power, or eats, or thinks, breathes or sleeps."

- Georg Groddeck

Let the healing begin!

Well done for making it to the end of this guide.

You now have ten simple things that you can start doing right now, to kick your body's natural healing abilities into high gear.

Start wherever you are, with whatever you can do, and know that anything you can manage will make a difference.

I recommend that you print out the list on the previous page, and put it somewhere that you'll see often, to remind you to keep doing whatever you can to support your body as it heals, every single day.

When you're ready to do even more to support your body's natural healing abilities, please visit my website for even more tips and resources.

And may you have a magnificent day!

Nikki H Stokes, The Truth Fairy
ChoosingDifferently.com

About me

I believe...

- ▶ That the human body has an incredible built-in ability to heal
- ▶ That all we need to heal any disease, including cancer, is to give our body exactly what it needs, and then stand back and let it work its magic
- ▶ That the only reason we develop these kinds of illnesses is because we're bombarding our body with stuff it simply doesn't know how to handle - processed foods, synthetic chemicals, stressful lifestyles and more
- ▶ That although the medical professionals think they're looking after our best interests, our health care system doesn't allow them to find and use all of the solutions that actually work
- ▶ That educating yourself is the most powerful step you can take to begin to heal
- ▶ That your future is in your hands and that you are capable of doing whatever it takes



Hi, I'm Nikki

And I want to help you fix this, by sharing all of the tools, experience and knowledge that I've acquired over the years, so you can take control of your healing journey and heal your cancer naturally.

You can find out more about me and get in touch here:

Website <https://choosingdifferently.com/about/>

Facebook <https://www.facebook.com/ChoosingDifferently/>

Further reading

If you want to learn even more about your body's amazing ability to heal, here's some of my favourite places to visit around the web:

- ▶ <https://draxe.com/>
- ▶ <https://thetruthaboutcancer.com/>
- ▶ <http://www.chrisbeatcancer.com/>
- ▶ <http://kriscarr.com/>
- ▶ <https://www.cancertutor.com/>
- ▶ <http://www.mercola.com/>
- ▶ <https://gerson.org/>

And some of my favourite books on the subject:

- ▶ The Truth About Cancer by Ty M Bollinger
- ▶ Anti-Cancer by David Servan-Schrieber
- ▶ Beating Cancer with Nutrition by Patrick Quillin
- ▶ Radical Remission by Kelly A Turner
- ▶ The Gerson Therapy by Charlotte Gerson and Morton Walker
- ▶ Medical Medium by Anthony William

I wish you all the best on your healing journey.

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