

# FIRST STEPS

## 1. PRINT OUT THE “I WILL HAVE NO FEAR” PRAYER AND SCRIPTURE CARDS

They can be found on the [resource page](#) and post around your home. “In countless studies, researchers have shown that fear keeps the body stuck in fight or flight mode, which means the body cannot switch over to rest and repair mode. Fear literally shuts down the immune system” (Dr. Kelly Turner). Focus on the capability of God instead of the challenge of cancer. Nothing is impossible with Him!

## 2. MUST READ BOOKS

### • [Radical Remission. The Nine Key Factors That Can Make a Real Difference](#)

by Dr. Kelly Turner, Ph.D. This is a MUST read! As a researcher, lecturer, and counselor in integrative oncology, Dr. Turner who specializes in integrative oncology, gives the results of Radical Remission—people who have defied a serious or even terminal cancer diagnosis with a complete reversal of the disease. The results of this 10 year study, include astounding insights of the nine key factors that Dr. Turner found among nearly every Radical Remission survivor she has studied and an explanation of how the reader can put these practices to work in his or her own life.

### • [Radical Hope: 10 Key Healing Factors from Exceptional Survivors of Cancer & Other Diseases](#) by Kelly Turner, Ph.D.

Each chapter shares a survivor’s in-depth story and their use of one of the ten key Radical Remission healing factors. Turner provides updated scientific research and new tips for each factor, and unveils a tenth key factor for integration into your healing approach. Male and female, young and old, these survivors recognize that by taking ownership of their approach to healing, they are giving themselves the best chance for a longer and healthier life, with the ultimate goal of achieving remission.

### • [The Metabolic Approach to Cancer: Integrating Deep Nutrition, the Ketogenic Diet, and Nontoxic Bio-Individualized Therapies](#) by Dr. Nasha Winters ND FABNO and Jess Higgins Kelley, MNT

Since the beginning of the twentieth century, cancer rates have increased exponentially—now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. The Metabolic Approach to Cancer is the book we have been waiting for—it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person’s “terrain” (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the [terrain ten elements](#)—including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar balance—is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription.

### • [How to Starve Cancer: Without Starving Yourself](#) by Jane McLelland

After being given a terminal diagnosis with only a few weeks to live, Jane threw herself into research. Already medically knowledgeable as a Chartered Physiotherapist, Jane dug up research, some decades old, in her quest to survive. Rather than aiming to cure cancer, which in many cases is unachievable, Jane’s approach was to stop it growing. Remarkably her approach not only stopped it growing, it disappeared altogether. There are now clinics following her protocol, achieving remarkable successes. This book is a game-changing new dawn in the treatment of cancer.

### • [Fully Alive: Learning to Flourish—Mind, Body & Spirit](#) by Susie Larson

In this eye-opening book, Susie Larson shows how intertwined our emotional, spiritual, and physical health are. Spiritual difficulties can have physical consequences, and physical illnesses can have emotional and even spiritual ramifications. So in order for true healing to occur, it must happen holistically—mind, body, and spirit.



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- **[50 Days of Hope: Daily Inspiration for Your Journey Through Cancer](#)** by Lynn Eib

As a longtime cancer survivor, Lynn Eib knows firsthand how that feels, and as a patient advocate helping thousands facing cancer, she also knows what gives people hope. In 50 Days of Hope, Lynn shares amazing true stories of those who have been in your shoes and discovered that when God and cancer meet, hope is never far away.

- **[One Word](#)** by Jimmy Page, Jon Gordon, and Dan Britton

The simplicity of choosing one word for the year makes it a catalyst for life-change. Clutter and complexity lead to procrastination and paralysis, while simplicity and focus lead to success and clarity. One word will impact the six dimensions of your life - mental, physical, emotional, relational, spiritual, and financial.

**3. SET UP APPOINTMENTS WITH AT LEAST THREE DIFFERENT ONCOLOGISTS**

**FOR YOUR TYPE OF CANCER** Your selection of an oncologist is important because they will be involved in your care for many years. Print "[Key Questions to Ask Oncologists](#)" for each appointment to select an oncologist. This form can be found on the resource page of our website under Articles & Forms.

**4. CREATE A NOTEBOOK TO STAY ORGANIZED** Use this notebook to keep lab results, notes on treatment, and interviews with doctors in one place. In addition to a notebook or instead of a notebook, you may choose to use your phone to record meetings with your oncologist so you can focus on what is shared instead of trying to write down everything during the visit.

**5. HAVE A WHOLE APPROACH TO YOUR WELLNESS** Find a allopathic doctor of medicine (MD), osteopathic doctor (DO), or a naturopathic doctor of medicine (ND) near you who can work with you and your immune system to change your internal environment to fight the cancer. They will be able to guide you in considering the best diet and supplementation that will prevent chronic inflammation, stimulate your body's natural defense system, promote a healthy digestive and immune system, effectively remove free radicals and toxins from your system and recommend the best integrative therapies. To find a MD/DO/ND in your state contact one of our patient advocates at: [BelieveBig.org/patient-advocate](http://BelieveBig.org/patient-advocate)

**6. BE YOUR OWN ADVOCATE** Conventional physicians want to help and care for you, but their knowledge of nutritional therapy and complementary therapies is limited. Sadly, less than one third of medical schools in the United States teach nutrition in their programs. We have a standard of care (chemotherapy, radiation, surgery) that conventional physicians must follow and prescribe. It is vital that you ask the right questions, be your own advocate, research, and bathe the whole process in prayer before deciding on a protocol for your care.

**7. SET UP A CARINGBRIDGE SITE** It is a FREE website service that allows you to keep family and friends up to date on your care and how they can best pray for you. It is very quick, easy and simple.

**8. SET UP A LOTSA HELPING HANDS PAGE** It is a FREE, private website where friends, family and colleagues can help coordinate meals, rides and much more. For more information visit: [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

**9. DOWNLOAD DR. WINTERS FREE GUIDE "FIRST 5 STEPS AFTER A CANCER DIAGNOSIS"** at [www.drnasha.com/free-guide](http://www.drnasha.com/free-guide)

**10. YOU ARE NOT A STATISTIC!** Statistics help us make the right decisions about treatment, but these numbers do NOT determine our outcome. On paper, the statistical prognosis of my stage IV cancer meant I had a less than 8% survival rate, and yet, years later I continue to be cancer free! You cannot let the numbers and statistics discourage you. Focus on healing and believing we serve a great God who can do the impossible.

