

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

June 25, 2014

Janie V.

Janie V. was born and raised in New Jersey. She has worked in a medical environment for over twenty-five years. After raising three children with her husband Frank of thirty years, it was her regular routine to get a medical checkup each year. In the eighth month of two thousand twelve, she had a mammogram done. The test results came back positive. She had developed breast cancer in her right breast. The doctor recommended that she get treatment and surgery. He also discouraged researching breast cancer on the internet. In other words, he was the final authority when it came to breast cancer.

Janie decided to try to follow the doctor's orders. She was treated with chemotherapy every 3 weeks for 5 treatments which also included a shot to force her bones to produce white blood cells. Just before her fifth chemo treatment the nurse drew blood and her white blood cell count was low. The chemo doctor decided to delay it for a week. The following week she had her fifth chemo treatment at a lower dosage. She felt as if her body was getting weaker and weaker. She didn't know how much more of this type of treatment her body could handle.

At about this time, a friend of Franks' (who is a student at the School of Natural Healing) was giving him information and praying that Janie would consider another form of treatment. He was giving them information, websites and periodicals. Frank gladly took this information, but stood with his wife, knowing that she had to make this important decision for herself. On the second month of two thousand thirteen, Janie started on the mucus less diet. She took several of Dr. Christopher's formulas and changed her eating habits drastically.

After about four months, she went back to her Surgeon for a follow up. Janie asked him when she should get her next mammogram. The doctor recommended that it be done after she was finished with her radiation. When she told him that she was not getting the radiation treatment he became livid. He began to belittle her telling her that if she didn't, she would have a fifty percent chance of getting the cancer back in two years. He also implied that a change of diet would have little to no effect on her cancer. He argued with her saying, "Don't you want to be around for your Grandchildren?" Needless to say Janie felt discouraged but was determined not to have the radiation treatment. The following day, Janie and Frank made a trip to visit her father in Georgia. As they headed out, they prayed to YaHuWeh to give them guidance with their situation. On their way to Georgia, they stopped at a hotel for the night. Before they began to settle in to rest, Frank turned on the T.V. While flipping through the channels, he stumbled upon a doctor who was speaking about how nutrition can help fight cancer. He called Janie over



and soon they were both watching the doctor explain how a plant based life style could help prevent cancer. They anxiously waited until the end of the program so they could get more information about this doctor. They found out his name was Dr. Fuhrman (author of Eat to Live) and he was located one hour away from their home in New Jersey! They agreed that this was an answer to their prayers.

After they had returned from Georgia, she made an appointment with Dr. Benson (Dr. Fuhrman's associate) and began to change the way she thought about nutrition. While she started to change her eating habits, Frank decided to join her and they were able to make drastic changes to their habits together. Together they viewed the documentary, "Fat, Sick, and Nearly Dead", and it began to educate them on natural foods and a natural lifestyle. She started to lose weight (over 30 pounds), feel great, and was alive with vigor. Her pant size went into a single digit. Janie was getting her energy back. She cut out most of the dairy and meat in her diet. The tingling in her fingers, which had been a side effect to the chemotherapy, started to go away.

After about two months, she went back to her doctors who had worked with her through the chemotherapy for another checkup. They encouraged her to get another mammogram. The test results showed that no cancer remained. It was gone. But even as she breathed a sigh of relief, the doctor informed her that they had found an abnormal calcium build up in her other breast. But she did not let this discourage her. In fact, she was even more determined to follow through and take care of her health.

At her doctor's appointment with Dr. Fuhrman's office, she met with his associate Dr. Benson. He shared a nutritional plan called the G- BOMBS. G-BOMBS stands for greens, berries, onions, mushrooms, beans and seeds. This nutritional punch would help to prevent the cancer from returning again.

Today Janie is a miracle testimony of what the Creator YaHuWeH wants all his children to have: Health, Wellness, Happiness, Peace and Knowledge of how to maintain it and to share it with others.

Are you excited? I am! Let's get healthy!