

First Steps

1. **Print out the “I Will Have No Fear” prayer and scripture cards** found on the resource page at BelieveBig.org 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 gives the results of radical remissions—people who have defied a serious or even terminal cancer diagnosis with a complete reversal of the disease. The results of this ten 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.
 - *Defeat Cancer: 15 Doctors of Integrative & Naturopathic Medicine Tell You How* by Connie Strasheim; Richard Linchitz, MD; and Robert Rowen, MD. All aspects of treatment are covered. This book offers unique insights into healing, such as the pros and cons of different treatments and how to intelligently use chemotherapy. It discusses patient and practitioner challenges to healing, factors that affect healing, treatment outcomes and how to effectively combine multiple medical strategies to obtain the best results. It also offers helpful insights to the friends and families of those coping with cancer.
 - *Nature’s Cancer-Fighting Foods. Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Great Food and Easy Recipes* by Verne Varona. Backed by the testimony of prominent physicians and inspiring case histories, Verona explains what kind of nourishment works best to enhance immunity and restore vitality—without sacrificing enjoyment of food.
 - *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.
 - *Jesus Calling. Enjoying Peace in His Presence* by Sarah Young. A short daily devotional that will bless you with encouragement through your journey with cancer. It is written as if Jesus himself is speaking to you.
 - *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.



BELIEVE BIG

Face It. Fight It. Overcome It.

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 "Questions About Treatment" 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 an allopathic doctor of medicine (MD), osteopathic doctor of medicine (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 alternative and complementary therapies. To find a MD/DO/ND in your state that also has knowledge and training on the use of mistletoe visit:

<http://www.believebig.org/Mistletoe-Physicians.html>

Health centers that provide patients with individualized complementary oncology therapies, all at one location, for a two-week period:

Namaste Health Center

Durango, Colorado, 970-247-2043, www.namastehealthcenter.com

The Rudolf Steiner Health Center

Ann Arbor, Michigan, 734-663-4365, www.steinerhealth.org

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.** This is a free website service that allows you to keep family and friends up to date on your care and how they can best help. It is very quick, easy, and simple.
8. **Set up a Lotsa Helping Hands page.** This 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
9. **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, here I am seven years later completely 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.