



*"My own personal experience on September 11, 2006,
was to be an awakening of something bigger than myself . . ."*

XII

MY CHEMOTHERAPY RIDE...part 1

Ever been to chemo-land? Probably not, unless you decided there was no other choice and it was absolutely what you needed to do! Well, I did – and I went! It was an experience I will never forget, and when I woke up from the surgery and felt the shock of truth about my having had cancer in my body, I went into a kind of denial state. “Who, me?” And then, “Why me?” It didn’t seem possible, but the matter-of-fact way my surgeon presented the information, I had to accept it – and then think “now what?” So after I was released from the hospital the second time, an appointment was made with the oncologist recommended by my surgeon, and a treatment plan was laid out for me. As stated in the previous chapter, that initial meeting was very scary; I listened and decided that I needed to go through the chemotherapy treatment, but I wanted to use supplements to support my body as well as I could. Since the first oncologist was not in favor of this, I met with another oncologist who did agree that I could follow the program using supplements, as long as he had a list of what I was taking in my file. My first treatment would be on October 23, 2006.

To begin, I would need a “port” for the IV to run into my body. I met with a doctor to discuss this, and he decided it was too risky because of my being on the blood-thinner, Lovenox. So the next option was a picc-line in my left upper arm. This was done at



XIV

JOURNEY INTO WELLNESS...part 1

I am in total awe of the ability of the body to heal. I have read, studied, listened to people, and kept myself open to any information about health that came to me over the months following my “dumping chemo”. What I have learned is priceless to me and I want to share the information with you. Some of it will resonate with you, some will not...but I would not be diligent if I didn’t lay it all out there, without imposing my own judgment on whether or not it was of value. We are all like snowflakes, each very unique. You **must** be your own advocate for your health. If you hear about a new product, do the research yourself. Don’t depend on your doctor to tell you – he’s much too busy and mostly depends on the pharmaceutical reps to fill him in on the details of side effects, etc. Listen to your body – tune in. It knows what you need. Do you have to think about breathing? – or think about making your kidneys do their thing? Of course not. Trust your Inner Physician and cultivate an intuitive relationship with your own body.

Now then, in February (2007), before I actually quit the chemo, I decided to take some positive steps in the alternative realm to “offset” the effects of the chemotherapy. I began by investigating the hyperbaric chamber. A friend told me about it and also about a foot bath that pulled toxins out of your body. She referred me to a doctor who offered these treatments, so I made an appointment with this doctor, and after quite a