Top Mistakes That Cancer Patients Make

Having cancer or any disease can be frightening and exhausting. But, education helps to reduce some of that fear. Unfortunately, too many people end up succumbing to their illness mostly due to the toxic chemicals of chemotherapy and radiation.

Here are some of the bigger mistakes that people with cancer tend to make:

Please Note: If you have been diagnosed with cancer, please don't beat yourself up! It's not your fault that you may have made some of these mistakes. It may seem like the world around you that has let you down. But, now you can do something about it.

Not Doing Anything After Initial Diagnosis: Finding out you have cancer is a big shock and can be emotional, stressful and parallelizing. However, you must go through the grief cycle and begin doing some research to figure out what to do next. If you delay, you'll end up making mistakes that you can't undo or correct later.

Opting for Chemotherapy Right Away: This is probably the biggest mistake that people with cancer make. Unfortunately, some doctors use fear tactics to convince many cancer patients that they need to get chemotherapy right away. Even though the doctors know that chemotherapy only works for 3 major cancers and has less than a 3% success rate!

The prospects of total recovery with natural methods are reduced considerably by mainstream oncology’s harsh chemotherapy/radiation that do harm and damage to your immune system. Even though there have been miraculous cancer reversals with those whose immune systems have been compromised by “conventional” therapies, why take the gamble with a drug therapy that has a 2.1% success rate?

Unfortunately, when diagnosed with any type of cancer, patients are sometimes pressured into starting treatments immediately or face imminent death. The
types of cancer that are most rapidly threatening, such as pancreatic cancer, are beyond repair within mainstream medicine anyway. So why rush? Other types of cancer are not as imminently lethal. You have time to research what’s best for you. Start with an alternative cancer website such as ours at mistybluecancercare.org or the Cancer Tutor website if you’re clueless or confused about what’s out there.

**Lack of Knowledge:** People tend to rely on their doctors for all of their knowledge about cancer and their treatment options. Instead educate yourself about your cancer and the various treatment options that are available. We realize this is difficult and takes time while you're being pressured by your doctors to act now. If you feel rushed or you don't know how to research, then, find a naturopathic doctor in your area or use the Internet and/or Facebook to find someone in a cancer support group to answer your questions or give you some direction.

**Relying on Just Chemotherapy:** This is probably the second biggest mistake that people with cancer make. Many people with cancer go through the chemotherapy (and/or radiation and surgery) and after they've been given a clean bill of health, some patients believe that they don't have to do anything else!

Unfortunately, that usually leads to a relapse and the cancer eventually returns stronger than ever in more than 62% of cases. Either the same type of cancer returns or a new type of cancer is diagnosed.

If the same type of cancer returns, that usually means that the doctors didn't kill all of the cancer cells the first time; or, in some cases, the chemotherapy or radiation may have created a secondary cancer. Combining this with not making any dietary or lifestyle changes can set the stage for a relapse.

**Wrong Diet or Not Making Any Major Diet Changes:** This is the first and most important step to healing from cancer. Most oncologists will tell you that diet doesn’t matter because they were not trained in nutrition in medical school. However, diet definitely matters! Improper diet is what led to cancer in the first place. If you continue to eat sugar laden and processed foods when you have cancer, your chances of recovery will be slim to none. Sugar makes cancer
proliferate at exponential levels, so if you think you can continue eating the same junk you ate prior to your diagnosis and heal, you are sadly mistaken.

Your diet must be overhauled completely and immediately. And, once you are healed, you must stick with your diet. If you go back to eating the same way you ate prior to cancer, the cancer will eventually come back.

**Not Detoxing Sufficiently or Not Removing Any Toxins:** Cancer carries a lot of toxic effects throughout the body that need to be removed through proper detoxification. These toxins overload and cause damage to the liver, kidneys and lymphatic system. This damage (especially to the liver) is further acerbated if you have opted for chemotherapy and radiation. Why? Because you are adding more toxins to your already toxic body.

No matter if you are using a traditional approach or alternative healing, detoxification is imperative to proper healing. You need to remove the toxins from the body in order of the colon, candida, parasites, kidney, and liver to heal properly. Some people have refused to detox their body and still expect to be healed completely. Leaving the toxins in your body can lead to many other diseases and cancers down the road.

Consequently, you must shift to an organic plant-based diet with raw juicing and stop eating all of the processed foods to start the detox process. Since the destroyed cancer cells create toxicity and burden the liver, you may need to add other detox methods. For example, the Gerson treatment protocol uses coffee enemas to detox the liver and so does Dr. Nicholas Gonzalez, who studied Dr. William Kelley’s successful 1970s protocol and refined it for today’s use.

**Mixing/Changing Healing Protocols:** Many with cancer will try anything to get well, naturally so. However, many alternative health protocols may be incompatible with one another. So, it is important to do the research to make sure that the alternative protocols you are using are compatible with one another.

Also, some people with cancer will change treatment protocols very rapidly if they
notice they aren’t working immediately. Sometimes it takes a while to heal and you need to be patient and give the protocol time to work.

**Selecting Doctor/Hospital:** Sometimes people fail to do the research to find the best doctor and hospital in their area for their specific form of cancer. Hospital ratings are available to the public. Just google on "hospital ratings" or go to a website such as Health Insight.

**Assuming No Medical Mistakes:** Please don’t assume that doctors and hospitals are infallible and don’t make mistakes. Have your partner keep good records of all your testing and doctor conversations -- use your smartphone to cut down on the note-taking. Always ask for a second opinion, especially for a major surgery or new drug treatment protocol.

And, when you visit your doctor, come prepared -- don't just show up and expect your doctor to do everything. Do your research ahead of time. Bring your own notes and questions -- carry a notepad or use a tablet or your smartphone. If you show more interest, maybe your doctor will also.

*Note:* Did you know that doctor/hospital mistake account for at least 110,000 deaths each year in the U/S.? That's the Number 3 Killer behind heart disease and cancer!

**Assuming Natural Alternative Treatment Is Safe and Works:** Just because it's a natural treatment strategy doesn't mean that it's safe and that it will work. Just like conventional medicine, alternative medicine has their problems with competency, integrity and honesty.

Do your homework before you select a specific alternative treatment protocol. Talk to the experts in that field. Find a reputable naturopathic doctor or holistic healthcare practitioner in your area. Talk to cancer patients using that protocol. Make sure that you're not taking a supplement that may conflict with the protocol.

**Not Having a System Treatment Strategy:** Even if you're relying on conventional
medicine and chemotherapy, you should still have a complete system/cellular treatment strategy that addresses the two key aspects of your cancer: the cancer cells and your normal cells.

Even if you're using chemotherapy to address the cancer cells, you still need a strategy to address your normal cells, e.g. a cancer diet/nutritional program.

Similarly, if you're using an alternative treatment strategy, you must have a strategy to address the cancer cells (e.g. Budwig Protocol, DMSO Protocol); and, you must have a strategy to address your normal cells, e.g. a cancer diet/nutritional program.

**Solely Relying on Doctors & Drugs:** Many people with cancer (or any disease for that matter) rely on their doctors and their drugs to solve their health problems. Drugs cannot cure your cancer! The best that they can do is to slow down the cancer’s progress. Recent studies now show that chemotherapy only kills the weak cancer cells and make the remaining cancer cells more resistant and even stronger. At the same time, the chemotherapy weakens your immune system, the one part of your body that is designed to fight the cancer!

Any given drug has a single mechanism of action; that is, it acts in a one particular way to prevent disease. However, **cancer is never a disease with a single cause.** A tumor may be the result of disrupted hormone balance, glucose/insulin balance, cortisol rhythm or immunity, to name a few. Whatever drug you’re taking only provides a measure of prevention against one contributing factor. Your best cancer prevention plan is one that includes measures against multiple contributing factors, most of which are not effectively treated with drugs.

In addition, since most cancer cells produce lactic acid, this will lead to unbelievable pain and severe weight loss due to your body wasting away. Most doctors prescribe pain medication instead of explaining (before this happens) how to reduce an eventually stop the lactic acid cycle (a.k.a. cachexia cycle).

**FYI:** Lactic acid is produced as a byproduct of the cancer cells' fermentation and energy production process.
Taking any additional drugs only further weakens your liver. In fact, any drug you take, even if it's an OTC drug, will still add to your toxic load. In addition, some people in the end stages of cancer begin taking the pain killers that doctors prescribe. These toxic drugs add to the toxins within the body and can stop the liver from doing its job of removing toxins. These toxic drugs end up being the catalyst that leads to a quicker death. Try a safer method of relieving the pain from cancer. Did you know that coffee enemas help to rid the body of pain and remove the toxins from the liver?

**Ceasing Physical Activity:** Cancer will sap your energy or limit certain physical activities, but it’s vitally important to keep moving. Regular physical activity improves your overall health, stamina, and mood. Plus, it helps to get more oxygen into your cells. Remember: Cancer hates oxygen.

**Letting Stress Get Out of Control:** You can’t always avoid stress in your daily life. But, you can control how you respond to it. Proven stress-busters include yoga, meditation, exercise, positive thinking, and time with family and friends. Support groups and counseling may help, as well.

Anger can become an issue especially when you find out that your doctors haven't been honest with you. But, don't waste your energy on being angry with them. Instead, use that anger to educate and drive yourself to make the necessary changes to improve your health.

Join a local cancer support group and also join one or two online support groups. Once you realize that you're not alone, you'll feel some relief. And, when you hear some of the stories and testimonials, you'll realize that there is real hope. And, once you have benefited from the knowledge that you acquire, you'll be able to turn around and help others with cancer. And, there's nothing more therapeutic than being able to help someone else with cancer.

**Denial and Stubbornness:** Some people with cancer live in denial of their disease and refuse to take action. Or, they sit back and wait on God to heal them. But, God only helps those who help themselves. Some people with cancer are too
stubborn to change their diet and lifestyle -- until it's too late. Others are addicted to their comfort foods and refuse to give them up, not realizing that their bodies are biochemically addicted to the chemicals in the food!

Some people with cancer will make some minor changes like eat a salad or a bowl of vegetables, but, they still eat the toxic foods that caused the cancer in the first place! Or, they don't believe that food is part of the problem that caused their cancer despite all of the evidence.

**Ignoring the Mental, Emotional, and Spiritual Aspects of Healing:** There is nothing worse for your inner spirit than having a negative attitude or being full of anger and resentment. Even if you're not a spiritual person, you surely must realize that you must begin thinking positively and taking positive actions to improve your health.

Now, if you are a spiritual person, that doesn't mean you should do nothing and just sit around and pray. I'm sure you've heard the phrase: "God helps those who help themselves." And, if you believe in God, wouldn't you think that He/She designed his food to heal us from disease?

Journalists and patients investigating alternative cancer clinics in Mexico are usually amazed at their friendly relaxed atmospheres. The attitude is uplifting instead of intimidating or stressful. It’s important to have that level of courage instead of fearfulness or a gotta fight this or I’ll die mentality. Believe it or not, light heartened humor is helpful.

Make sure that you work on clearing out the negative talk-track and the emotional losses, regrets in life, all of the stress, and resentments in your mind. These negative thoughts trigger the release of stress hormones such as cortisol, which cause harm to your cells and may have contributed to the acidosis that invited cancer in the first place.

**Misplaced Priorities:** Cancer causes us to change our priorities. But, some people with cancer focus on the wrong priorities -- doctors, drugs, chemotherapy, radiation, more drugs, etc. Instead, they should also set aside some time to learn
about their cancer and other treatment strategies; or, find a local healthcare practitioner that is involved in alternative treatment strategies. Cancer conventional treatments make us tired and very sick and leads to severe pain. As a result, some people with cancer don't have the time and energy to change their diet or do the research because they're tired or sick or in a lot of pain because of the cancer and chemotherapy!

**Believing Everything You Read On The Internet:** The Internet is a fantastic tool -- it provides access to a lot of information -- good and bad. The Internet is a double-edged sword. On the one hand, it puts a vast amount of health information at your fingertips. We have access to published science and the writings of experts like never before. On the other hand, it’s often difficult to determine the validity of what we read because of some people who just want your money.

Here are some tips to help you use Internet health-related information more wisely: **Question the source:**

Who’s making the claim? What are their credentials? Have they actually helped real people? Is this the only piece the author has written on this topic, or has she been studying and writing about it for some time?

**Look for supporting evidence:** What sources does the writer use to back up his/her information? Is the supporting evidence broad, or sparse? Is it recent, or might it be outdated? Do other experts agree or differ with the claim? Even when something looks valid, question whether it’s appropriate for YOU: you may find a supplement that looks intriguing, but there may be other supplements that would be a lot more helpful for your particular circumstances.

These are just a few of the many mistakes that people with cancer make because of what they've been told or not told by their doctors. In order to heal from cancer, you must educate yourself; and, at a minimum, change your diet, detoxify your body, stick to a specific plan for healing, and don’t add toxic chemicals to the mix.

**FYI:** Some of these mistakes are not unique to cancer. In fact, some of these
mistakes are associated with people who have Type 2 diabetes. Refer to the book *Death to Diabetes* or the CD titled "The 7 Mistakes That Diabetics Make" -- both authored by DeWayne McCulley, the engineer who almost died from a diabetic coma and weaned himself off of insulin and other drugs.