



# You've Been Diagnosed with Cancer. Now What?

Tips on Natural  
Options to Guide You  
Through Your Healing  
Journey

From  
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**Healing in Progress**  
Body Mind and Soul



# Healing in Progress

Body Mind and Soul

So, you've been diagnosed with cancer. Now what? I've been there twice so I know what you are feeling. Doctors will want to push you into tests, surgery and treatments. In some cases, this is necessary, but in most cases, you have time to look at your options. You have western medicine using traditional treatments and you have holistic medicine using natural options. Many times, a holistic approach enhances the western medicine treatments, so they can work side by side. I'm not a doctor. The choices you make are yours and yours alone. This document is just a layout of some holistic ideas to think about that I didn't know about when I first started this journey. I'm offering some tips I've experienced and researched after the fact. As with anything, take what feels good for you and leave the rest. Now let's work on healing your Body, Mind and Soul.

First step: Don't panic. Not all cancers are the same. Some are easier to reverse than others.

Second: These are just suggestions or things to think about. If you've never been exposed to cancer, you don't have a clue where to start. I would start with your diet.

## Body

### Diet

Switch to a vegetarian diet – for now at least

Get as many fruits and vegetables in as possible.

Some of the better options are – Asparagus, Broccoli, and Brussel Sprouts. Steam the veggies. Louise Hay cured her cancer by making asparagus shots from steamed asparagus and putting them through her blender. She had several a day.

broccoli sprouts

Reishi tea and Essiac Tea – found to reduce tumors

Foods to avoid - sugar, alcohol, gluten, dairy, eggs, soy, canola oil,

## Treatments

High doses of Vitamin C – research for a local venue for IV treatments

Infrared Sauna – you want to raise the temperature of your internal body – research where one is available near you. Most likely you will find one at a local spa.

Energy Healing such as Reiki or Vibrational Sound Therapy. This helps to get the chi/energy flowing where it is needed in the body plus it helps you to relax. Reducing stress is huge in your healing journey.

Shamanic Journeys. This process helps you to relax but also uses visualization to help you heal.

## Mind

Mindset - Release of old belief patterns using

- hypnosis
- talk therapy
- QNRT – Quantum Neuro Reset Therapy

Studies show that our bodies hold on to past resentments and anger. These can even be inherited from our parents or grandparents. If these beliefs aren't cleared, they can cause physical or emotional dis-ease in the body. I've used both hypnosis and QNRT.

## Soul

**Meditation** – YouTube is a great resource to find guided meditations or just music to relax to.

**Positive Affirmations** such as “I have an amazing healthy body” “my body is designed to heal itself” “I love my body” “Today I radiate health, happiness, prosperity and peace of mind”

**Visualization** –

- picture yourself one year, five years, ten, and twenty years down the road living the perfect life in your perfectly healthy body.
- Picture a healing vortex flowing through your body clearing away anything that doesn't belong there and sending it into the earth to be recycled back into healthy energy.

**Music** – create a play list of your favorite uplifting music and listen often and dance when you can.

**Spend time outdoors** – even if it's just a few minutes a day, stand outside, feel the breeze, feel the sun on your face, breathe it in. Be grateful for the blessings in your life.

**Yoga** – Most western treatments can be harsh on the body. Yoga is soothing and loving to your body. Embrace the stretch, be thankful for whatever movement you are able to perform.

## Resources

### Books

The Truth About Cancer by Ty Bollinger

Radical Remission by Kelly A. Turner PH D

Crazy Sexy Juice by Kris Carr

Crazy Sexy Cancer by Kris Carr

Chris Beat Cancer by Chris Wark

You Can Heal Your Life by Louise Hay

Medical Medium by Anthony William

You Are the Placebo by Dr. Joe Dispenza

Becoming Supernatural by Dr. Joe Dispenza

Feeling Good and It Feels Good to Feel Good by Cheryl Meyer

### Websites

<https://kriscarr.com/>

<https://www.chrisbeatcancer.com/>

<https://thetruthaboutcancer.com/>

<https://radicalremission.com/>

<https://foodrevolution.org/>

I hope this information gives you some comfort and a way to focus on improving your health. Remember that this is your journey. Take what feels right for you and leave the rest.

To stay connected, follow me on my Facebook Page <https://www.facebook.com/Healing-in-Progress-629983640357140>

Or request to join my Facebook Group <https://www.facebook.com/groups/646938666094668>

For more information on Reiki, Vibrational Sound Therapy or Hypnosis check out my website at <https://www.pambohlken.com/>