

## The Health – Focus Programme

Fiona Shakeela Burns MNIMH [www.natureworx.com](http://www.natureworx.com)

This protocol takes in to consideration the fact that cancer results from extreme disharmony of the body.

For cancer to grow in the body, there is usually a combination of causes ; physical, emotional, mental and spiritual.

For this reason, it rarely works to focus only on one of these aspects, which is why the 'Health-Focus Programme' aims to help you address all of these aspects.

It is important to 'get in the driving seat' of your healing journey. You may have been encouraged to believe that somebody else will remove your disease and all that you have to do is show up at the hospital at the right time and suffer a few nasty side effects and be 'patient'.

If you truly want to heal, nothing could actually be further from the truth. Cancer is a metabolic disease - it results from a combination of toxicity in the tissues - causing high acidity, low intra-cellular oxygen and a lack of vital nutrients.

Unless you make big changes, it is likely that more tumours will appear in the future. Chemotherapy and radiotherapy increase this risk – in fact if you give enough of either of these treatments to a healthy human, their chances of developing cancer are significantly increased, due to the devastating effects on the immune system.

Therefore if you do decide to accept these treatments you double the work, ahead as you need to also deal with getting rid of the chemotherapy residues and off-setting radiation effects. I do not give advice about whether people should accept these treatments – such important decisions must be made by the individual in question.

Sometimes these conventional treatments are necessary – they can actually save lives, but they should in my opinion be there as a last resort, not the first line of defence. Please conduct your own research here. I can point you in the right direction for scientific studies on this subject.

Please take time to consider all your options, it is important that you don't feel 'rail-roaded' into treatments. Tumours take years to grow in most cases and a few extra weeks while you contemplate the next sensible step regarding your treatment options will make little difference to tumour growth and will allow you to make much better decisions. This may well make for a better long-term outcome.

However please note that should you have a tumour which threatens to block a passage essential for physiological function – such as in the intestines, the oesophagus or urethra, imminent surgery may be necessary to save your life.

Decisions made from fear are rarely good ones, so seek expert advice here.

Although most cancers have an emotional, mental and spiritual root cause, it is imperative to focus very clearly on the physical body.

## Addressing your disease on a physical level

The aims of this programme are as follows:

- 1) Oxygenate tissues
- 2) Detoxify body (may include bowel cleanse, parasite cleanse, candida cleanse, liver / gall-bladder flush, kidney cleanse)
- 3) Alkalise tissues
- 4) Nutrify body
- 5) Support Immune system
- 6) Kill microbes (bacteria, viruses and parasites)
- 7) Use natural anti-tumoural agents (herbs, supplements, food- based)
- 8) Change body from sympathetic-dominant state to a balanced para-sympathetic / Sympathetic state.

### Juicing

It is important to make your physical healing an absolute priority – start juicing at the earliest opportunity. Take between two and ten a day. The amount does vary significantly from person to person. For example, juicing if you have large quantities of fluid in the peritoneal (ascites) may be detrimental.

Juicing allows the body to start clearing out the over-loaded toxins from the tissues as well as providing the body with essential nutrients.

Green juice alkalises the bodily tissues, allowing oxygen to circulate freely.

Ideally, they are prepared in a masticating juicer (see resources handout) and should be drunk immediately after preparation.

### Coffee enemas

Coffee enemas help the liver to deal with the inevitable toxic load that is released by the body due to juicing.

Please see my separate hand-out on coffee enemas. You will need to do between one and three a day.

### Supplements

A range of supplements and herbs will be offered as part of your healing programme.

These will be a combination of anti-tumoural, anti-microbial, immune-supporting, lymphatic-clearing, oxygenating, alkalising, organ-supporting agents.

You should be muscle-tested on a monthly basis to establish the right doses of these.

## Herbs

Herbs which support immunity and help the liver deal with toxin breakdown are given. Also herbs to increase lymphatic flow and support energy levels.

There are many anti-tumoural herbs. Many of the chemotherapy drugs were originally herbal based.

Herbs can cause 'apoptosis' (natural cell death) and prevent angiogenesis (the blood supply to tumours).

Your herbal prescription will be reviewed on a monthly basis throughout treatment.

Herbs may be administered in the form of teas, tinctures, rectal implants, pessaries, vaginal packs, poultices and creams.

## Water

It is important that you stop drinking tap water – it is usually full of impurities and chlorine (Bristol water is particularly bad). Bottled water or filtered water is essential (a jug filter is not adequate).

Beware of re-using plastic bottles as recent studies show an increase in breast cancer for women drinking from old plastic bottles due to the oestrogenic toxins released by the plastic.

## Cosmetics

Everything you put on your skin is absorbed by the body, so stop using everything unnatural, opting only for pure, organic, natural materials – if you would not eat it, you should not be using it on your skin! Also stop using tooth-paste with fluoride as fluoride is carcinogenic.

## Underwired bras

Please ladies, do away with these lymphatic-blocking devices! It is important to free up the lymph flow for successful healing to take place. Tumours can grow when the lymph is not being drained adequately.

## Earth energy

Get your house checked for harmful earth energy and get it cleared if necessary. The Proctors provide a great service for this (see 'Resources for cancer' sheet).

## Vegan Raw-food, sugar-free diet

The most effective way to break down tumours naturally is to adopt a vegan raw-food lifestyle. This should be followed for at least the first 3-4 months of treatment. It enables the body to mobilize its natural healing mechanisms.

If you are undergoing chemotherapy, you may need some animal protein – in which case fish and eggs (not dairy) may be advisable.

If you can afford it, I highly recommend the 'Hippocrates Life-change Program' in Florida. It is a 3 week program which will get you off to a great start.

If you decide to have conventional treatment – this is a great thing to do as soon as possible after treatment.

Sugar feeds cancer cells – they ferment sugar for energy. This is why it is of utmost importance that you take sugar out of your diet – including most fruit.

Tumours when analysed contain many microbes in the form of bacteria, viruses and parasites and removing sugar from the diet also helps to starve these organisms.

If you feel the need of a sweetener – Stevia is the only safe one as it has no calories ask me for details).

### Exercise

Exercise oxygenates the blood and helps with lymphatic drainage. It is very important to take regular exercise as a part of your healing regime. This must be enjoyable and appropriate for your fitness levels. For instance jogging may be too exhausting, but brisk walking, yoga and dancing can be highly beneficial. It is important to remain sensitive to your body – not over-riding, but listening and 'going with' rather than 'forcing'.

### Dentistry

Many alternative cancer doctors focus on the health of your teeth. Root canals and mercury fillings cause the main problems.

You may decide to get these removed, but it can be quite undermining to health to undertake major dental work, so you may need to build yourself up a bit first. There are many holistic dentists and they will give you advice around this (please see my resource sheet).

### Detoxification

You may be recommended parasite cleanse, bowel cleanse, kidney cleanse and anti-candida treatment.

It is of utmost importance that your organs of detoxification are fully functional and also that the microbes associated with your cancer are addressed. Tumours often contain parasites, viruses and candida.

Herbs, supplements, diet and juicing all help here.

### Nervous System

For healing to take place, relaxation is necessary – rest is needed.

It is important to start relaxing and napping during the day. Follow your heart when it comes to activities because doing things we enjoy helps us to heal.

Sleep is very important – if you are not sleeping well, this will be addressed as a priority because we need to sleep in order to heal.

### A Healing Regime

You need to make your health the number one priority in your life.

A healing regime that supports you, will help you to reclaim some order (cancer is a chaotic disease).

A healing regime supports and nurtures you back to health with gentle rhythm – it has to be pleasurable, or it will not be successful.

Whenever you find yourself wanting to sabotage your healing, gently remind yourself why you are doing it. – ie: Because you love yourself and you want to have a well body.

The aim is not to punish, but to heal (you may need to keep reminding yourself of this fact due to habitual association of food being used for reward. This can come from early conditioning “ if you are a good girl, you can have some sweets” is an example of how we may be habitually thinking at an unconscious level). This conditioning goes back to the way we were trained by our parents when they needed to find ways to control our behaviour! – It is no longer helpful. Feeding our body with healthy vibrant food needs to be the reward we are giving ourselves.

It is time to re-train our unconscious – PSYCH-K can be very useful here.

### Support

Most people who develop cancer are not used to, or skilled at asking for support. They tend to be the ones who offer to support others, not the ones who ask for it.

THIS NEEDS TO CHANGE NOW!!!

Many people will say to you “let me know if there is anything I can do” my advice is to ask them whether they really mean that and tell them that “support is something I really need right now” Thank them for their offer and ask them if it is ok for you to get back to them with how they can best support you (if it is not clear at the time).

I recommend paying someone to come in and help – a post card in the window of a post office can bring in local people. There are folk who would love to help and be happy to accept a low wage in return – maybe they don't need the money or maybe it is an extra income for them. It can be incredibly healing to trust people to come and help you and allow yourself to be helped. It can make all the difference to your recovering or not, to get the right support.

If you live with someone who is looking after you, they may be able to claim “Carers Allowance” – so check with social services.

There are charities that offer help for people with cancer including “Yes to Life”, “ Fredrick Andrews convalescent Trust (FACT)”, “Marie Curie” and “Macmillan Nurses”. Some hospices offer free treatments for people with cancer as well.  
(Please see my “Resources Sheet for other support ideas).

It is time to discover that there are many people out there who just want to come and support. You may be surprised at who wants to help – it may not be the people you think it should be!

Ask God / divine / spirit / etc to send you all the support that you need. If you do not feel supported, realise that it is because you are not letting it in – not because it is not there.

## Addressing emotions, mind and spirit

Please understand that cancer does not just 'land on you out of no-where' nor is it genetically pre-determined.

There is always an emotional cause according to experts in mind-body medicine – your job is to find out what that cause is and clear it. You need to identify the thoughts that you were having prior to diagnosis as well as taking a realistic overview of your life as much as possible.

These are the questions you need to ask yourself: "where am I going?" "What am I looking forward to?" "Why do I want to continue to live?"

If the body has been getting messages that you are unhappy, it starts to die. If there is not enough conscious desire to live, an unconscious desire to die may take over.

There is no such thing as death – we are eternal beings and at a soul level we know that. The soul will always take the path of least resistance back to joy. If you want to get better, it is your job to make the path of least resistance to stay alive! – in other words you need to get happy now!

So how do you do that? – you need to consciously seek all that inspires you – nature, films, people. Inspiration needs to be the focus.

Make it your responsibility to only spend time with up-lifting people. If anyone makes you feel 'down', stay well clear! – you do not have the luxury of spending time with anybody who does not support your well-being!

Start to listen to your 'emotional guidance system' – by asking yourself continually 'how does that make me feel?' – 'how does that person make me feel?' 'how does that thought make me feel?'

Start to only expose yourself to good feelings. To heal cancer – you need to flood your body with good-feeling neuro-chemicals. How do you know when they are there? – you feel GOOD!

EFT, Matrix Reimprinting and PSYCH-K are in my experience, the most efficient ways to access the unconscious.

With EFT, you can change the emotional state of the body and with PSYCH-K, you can put supportive life-affirming new beliefs in to your unconscious.

Both PSYCH-K and Matrix Reimprinting help to resolve past emotional traumas and therefore you can find peace once more. This enables the body to switch from a sympathetic-dominant state (fight/ flight/ freeze) to an equally balanced parasympathetic / Sympathetic state where all fluids can flow freely. In a sympathetic state, your body goes in to protect mode and high-acidity and cellular repair cannot happen in this state.

In a parasympathetic state, relaxation and repair happens also the ph changes to more alkaline.

E-motions – the clue is in the name, they need *motion* and when we do not give expression to our emotions, they cause energy blocks in the body - which in time can translate to physical disease, including tumours.

For this reason, it is very important to start allowing your emotions to have some expression.

The newly diagnosed person with cancer will often feel like they are on an emotional roller-coaster.

Fear is disempowering and disabling and often a strong feature for people – it tends to be exacerbated by the very people who are meant to be helping you; the doctors and nurses.

The aim of The Health – Focus Programme is to take your body out of fight/flight sympathetic state and in to a relaxed parasympathetic state. This is the state necessary for detoxification and cellular repair to take place.

EFT and Matrix re-imprinting can be hugely helpful here as both help you to release blocked emotions. You will be taught EFT as a part of your treatment so that you can use this amazing tool for yourself.

Although an emotional cause may have been the initial trigger for dis-ease, it would be unintelligent to only focus here. If something presents so clearly as a physical problem (which cancer does in the form of tumours), we must start here.

Treatment begins with physical assessment; Once the physical body has been addressed, and a treatment plan in place, it is time to start looking for the emotional, mental and spiritual causes of the cancer.

This treatment plan is designed to change the 'soil' of the body so that it no longer produces tumours and is supported to be able to break down existing ones.

Please note that 'The Cancer Act of 1939' makes it illegal to say that cancer can be healed.

Please also note that for me or anyone else to suggest that you should do any different than follow your oncologist's advice is also illegal – so I will never do this as I value my freedom!

I cannot heal you – that is down to each individual.

Enjoy your healing journey – you are alive!