

A Cancer Death Sentence? I Don't Think So!

In September of 2006, Mandy my massage therapist told me That my spleen was like a rock and I better get it checked out. In November, when I finally went to Dr. Taylor he informed me that my hemoglobin was at 6 and it should be between 12-16 and was ordering two units of blood for me at Waterman Hospital. He was pretty sure I had cancer in my bone marrow which was inhibiting my production of red blood cells. He said they could stave it off with Chemo, but it would keep coming back faster and faster until they couldn't do anymore chemo and then I would die maybe in 5 to 10 years.



**American Gothic
Hippocrates Style**

He referred me to Dr. Tumala, who is a wonderful Oncologist, to get a full diagnosis. Dr. Tumala did a bone marrow biopsy and ordered a PET scan. He told me that I had Non-Hodgkin's Leukemic Lymphoma (NHLL) proving Dr. Taylor's suspicion. I started chemo in January 2007. I did six cycles – four weeks apart – 8 hours on Monday followed by 2 hours on Tuesday and Wednesday. I finished in June 2007 and Dr. Tumala did a bone marrow biopsy and ordered a PET scan again. The Chemo worked. My spleen got soft and my biopsy results showed that I was in full remission, but a new – not as aggressive – strain of cancer showed up that was at 6-7%.

Because NHLL always comes back, Dr. Tumala suggested that I consider a bone marrow transplant and referred me to Moffitt Center in Tampa (FL) where I met with the acknowledged expert in the field. He was upbeat because they were now 60-70% successful. Success defined as living 5 years – not a cure. So, they were going to almost poison me to death to kill my bone marrow and my immune system (so I wouldn't reject the donor marrow) while damaging many organs in the hope that I might survive and live 5 years.

That is when I chose to look at my sister-in-law's suggestion that I try Hippocrates Health Institute in West Palm Beach (FL). It couldn't hurt and it might work. I could always take my chances with the bone marrow transplant later. Just before I left for Hippocrates, Mandy told me that my spleen was getting lumpy again. Dr. Tumala was right, the NHLL was coming back. I didn't tell my wife.

I arrived at Hippocrates the Sunday before Thanksgiving 2007 and stayed for 3 weeks. It was a wonderful place and it worked! When I got back Mandy couldn't find my spleen, it was completely soft. My blood counts were improving. In June of 2008, Dr. Tumala did a bone marrow biopsy and ordered a PET scan. Again, I was in full remission (last November we knew the NHLL had come back because of my lumpy spleen) and the strain that was 6-7% was now 0.1%. Since then my blood counts have continued to be low but stable. Dr. Tumala now checks me every 60 days instead of every 30 days. More importantly I feel great! I just turned 60 and feel better than I did at 30. I have boundless energy and people keep telling me how good I look.

In some ways cancer may have been a blessing because I never would have gone to Hippocrates except I was offered a bone marrow transplant. They have an expression they use at Hippocrates, "You are here because you are enlightened or you are frightened."

I was frightened. But because of my new lifestyle, I feel my next 60 years will be better than the first 60 years.

What is this lifestyle that has transformed my life? (Turn over or scroll down)

Alternative to Cancer Death Sentence (Continued from front or above)

Hippocrates is an oasis for healing all diseases - diabetes, cancer etc. Their three-week program helps you focus on your mind, body and spirit. Besides their wonderful diet they have lectures and exercise classes all day long. We were taught that exercise and sleep are essential to health and healing, as is peace of mind and joy. They even brought in a doctor who taught us laughter therapy. Laughter (even if you don't feel like it) is very therapeutic.

When I arrived at Hippocrates Health Institute, I weighed 216 lbs. and was frightened, but determined. I have weighed as much as 256 lbs. – today I weigh 156 lbs. While there, I lost 21 lbs. during the 3 weeks and was never hungry, nor did I crave anything.

The main thing they do (and I still do) is every morning and afternoon give you 16oz. of fresh green juice made out of ½ sprouts (sunflower is the most nutritious and powerful) ¼ cucumber and ¼ celery, plus 2-3 oz. of wheatgrass juice separately. Wheatgrass is very cleansing and a strong anti-cancer agent, as is raw garlic. I add a clove of garlic to my juice every time.

Except for Wednesdays, we had lunch and dinner buffets of raw vegetables and vegetable dishes. Raw food is alive, when you heat it over 115 degrees you scramble the enzymes; if you microwave it, you totally wreck it. The food was good but I could barely eat a plateful in 30 minutes as they taught us to chew our food until it was puree before swallowing – I used to clean my plate in five minutes – tops. On Wednesdays, we fasted doing only the juices. I was never hungry.

My body was getting all the nutrients it needed. It was getting whole, live food, not the processed cooked diet that I had grown to love. I am now totally vegan. That means I eat no meats, cheese or eggs. People ask, "What do you do for protein?" Have you ever seen a horse or a bull? What do they do for protein? Protein is overrated (especially by the dairy and meat industries); mother's milk is 90% carbohydrates, 5% protein, and 5% fatty acids – and we double our size in the first year.

I was taught that cancer thrives in a low oxygen, acidic environment. Therefore, I can't have fruit or starches like corn, etc. because they have sugar, which takes the oxygen out of my blood. I can't have carrots or even beets as they both have a high sugar content. The "American diet" with meat, dairy, fried and processed foods is very acidic.

I learned to focus on what I can eat – lots of delicious raw food dishes – not what I can't eat. TV commercials can be a little disconcerting. In my old life I ate to feel good, now I feel good because of what I eat. They taught us "It's not the food in your life, but the life in your food!"

They also stressed a clean colon. We carry lots of old and toxic waste in our colon. We gave ourselves enemas daily and we received a colonic every week we were there. That explains some of my weight loss. I go back quarterly for the pools and a colonic. When I graduated, I stated, "It was an honor to graduate with honors from Enema University." I received some understanding laughs.

Feel free to e-mail me questions at miller@lake-real-estate.com or checkout Hippocrates at www.HippocratesInst.org - one could "do Hippocrates" on a budget by purchasing their DVDs, but if you have a serious health issue, it is best to do the 3 weeks. If you don't do e-mail, I can be reached at 352-504-0070.

Written Saturday, August 8, 2009 by Jim Miller

As of June 20, 2015, I have no symptoms of cancer whatsoever. My blood counts are normal and everyone tells me how "good" I look at 185lbs. I still juice every morning and now eat some cooked food and fruit, absolutely no meat or dairy, avoiding flour, sugar, potatoes, soda, alcohol, coffee. Yoga and gym workouts are part of the program. I recommend Bragg's Apple Cider Vinegar - their book on it is a little hokey, but spot on.

To watch a video of me just google: Jim Miller Wheatgrass Class.
I am told it is entertaining and informative.