

A Cancer Story with a Good Ending

... Thanks to alternative treatment

—by Hendrik Cloete



Cancer should not be viewed as a death sentence. It is a message from your body to you. It communicates that something you are doing (or not doing), is not conducive to your health.

To be a cancer patient today is not the exception anymore. My experience is certainly not unique. It is with humble gratitude that I share how I overcame this enemy.

A black nail

I was diagnosed with cancer when a black fingernail turned out to be a malignant nodule in the nail bed. Five years earlier, a thin line appeared and multiplied until the whole nail blackened completely. It never disappeared, but didn't bother me. When I damaged the nail at a building site, the doctor who removed it sent tissue away for a biopsy and a malignant melanoma was diagnosed. The finger was amputated and sent for analysis. The results indicated that the cancer didn't progress beyond the base of the finger. The oncologist said I was a lucky fellow and that all would be fine.

Malignant tumour

Seven years later, a procedural chest X-ray to obtain a work permit in New Zealand indicated a growth in my left lung. We footed it back to South Africa where a full body scan indicated several affected lymph nodes in my chest and abdomen, apart from the growth in the lung, which was presumed to be a developing tumour. The diagnosis was stage IV Malignant Melanoma. The doctor wanted to start with treatment immediately.

Conventional treatment

Conventional treatment always comprises of chemotherapy, radiation, and surgery, or

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combinations of these. Chemotherapy is not really successful to treat metastasised melanomas. Radiation was also not a consideration because of the proximity of the largest affected lymph node to my heart. Surgery was out of the question – the surgeon said, "If it is a malignant melanoma, I won't touch it". The chances of further spreading was too great in his view.

Alternative treatment was my only hope

We had limited knowledge about alternative treatments. Theresa, my wife, knew it would entail a super healthy diet and lifestyle. A person who later became a dear friend started us off on an effective alternative route – he is Johan Jacobs from *Go Natural*. He also introduced us to the expertise of Dr. Lorraine Day, an orthopaedic trauma surgeon and associate professor at the Medical School of California, who was diagnosed with advanced breast cancer. She opted for surgery, but declined any further treatment. It was when she started on an intensive organic raw juice diet that the tide slowly turned. She continued with her healthy living and recovered completely.

Organic vegetable diet

We changed to an all organic vegetable diet – 75 % raw juice and salads and 25 % steamed or lightly cooked vegetables, to build my immune system. The active ingredient in the juice is carotene, which is known to be a cancer fighter. Regular blood tests confirmed that the treatment was effective. About six months after we started with a diet treatment, the scan showed that everything was still the same compared to the previous scans. This was good news as there was no regression.

More work was needed for improvement

The diet was fortifying my immune system, but more was needed. Another dear friend, Irma Stanley-Best, whose husband had a similar diagnosis to me and who recovered,

directed us to other reliable sources: The Bill Henderson protocol and Dr. Budwig's protocol. The Bill Henderson protocol is an in-depth overview about lifestyle and diet for cancer patients. We made major adjustments and the following set of scans showed definite improvement in my condition. Some of the affected lymph nodes and the tumour in the lung was also slightly smaller.

Practical do's and don'ts

From the Bill Henderson protocol, we learnt that what you don't do is equally important as what you do. The biggest no-no for any cancer patient is sugar, as cancer cells thrive on sugar. All products containing flour turns into a form of sugar when digested. Depending on the degree of your illness, all meat, especially red meat, should be avoided because meat raises the pH level, which is the ideal medium for cancer cells to thrive in. It is also important to drink enough filtered or distilled water. Tap water, with all kinds of chemicals, is not recommended.

Necessary precautions

If you have been diagnosed with cancer or any other life threatening disease, it is also a necessary precaution to remove all root-causes that are toxic and carcinogenic that inhibit the immune system to function optimally. Especially to remove mercury amalgam fillings. This must be done by a biological dentist who is familiar with the specific biological dentistry protocols, in particular to clean the mouth from mercury and dental pathology (root canal treated

teeth and dental jaw cavitations). More on that in Johan's book. Mild exercise is good if you can, it stimulates the lymph system to expel toxins, including dead cancer cells. Exposure to sunlight is also very necessary. It is the best vitamin D you can get.

The main stumbling block is a mental one

You have to let go of entrenched eating and lifestyle habits. Commitment and sticking to it is key to you regaining your health. You will reap what you sow for good or for bad. The state of your emotions, attitude, and mind plays a big role. People with a positive mind-

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set heal faster and have a higher rate of overall success. Remove emotional baggage and stressful situations. Stay spiritually strong. Appreciate your loved ones and friends. Be grateful and gracious.

Keep calm!

When first diagnosed with cancer, it is normal to experience emotional turmoil. It also affects people closest to you. You need calm, clear-thinking people who care and can act as your "advocate", advisor, and constant support. I am a cancer survivor today partly because of the support that I had.

Living proof

I am not want to prescribe to other cancer patients what they should do. I merely present living proof that it is possible to overcome a very serious diagnosis without conventional cancer treatment. I am now 78, more than 18 years after the first diagnosis, enjoying a normal and healthy life. To be genuinely healthy and energetic is a great blessing. Yes, I am without a right index finger, some lymph nodes and my left vocal cord is permanently paralysed. My speech is affected, but I can still speak. I am forever appreciative for alternative treatment regimens and all the individuals who tirelessly provide knowledge despite the threat and even possible prosecution, to alleviate the plight of cancer patients. ■

HENDRIK CLOETE was diagnosed with cancer in 2001 and overcame it with alternative treatments. He is currently living in New Zealand. Read his full testimony at gonatural.co.za/testimonies



Hendrik Cloete and his wife, Theresa

