

**15<sup>th</sup>** **FEB 23 - 25** **2023**  
**EVIDENCE-BASED**

*Complementary & Alternative Cancer  
Therapies Conference*

**Many Paths to Wellness**



**ANNIE APPLESEED PROJECT**



**CAM**  
**For Cancer**

Complementary and Alternative Medicine Conference

**CONFERENCE PROGRAM**

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# Message from the Founder



## Ann Fonfa, *The Annie Appleseed Project*

### Opening Words

Hello everyone and welcome to our long-delayed 15<sup>th</sup> educational conference - Many Paths to Wellness. I have not been traveling anywhere as I imagine most of you can say.

But there have been many webinars and online events to participate in. The downside is one can ask a question (and I do) but there may not be an answer, nor will it be read aloud for the audience. BOO.

This January (2023), I passed my 30th year since a breast cancer diagnosis and the 4th year since the follicular lymphoma diagnosis. I actually did some conventional treatment - 2 different monoclonal antibodies. These therapies do not extend life, but at one point I had quite a lot of tumors in my lymphatic system (this system is all around the body), so I needed strong help. I have a funny story to tell about that when we meet up.

The big question is always HAS THERE BEEN PROGRESS in the acceptance of complementary therapies, lifestyle issues and holistic approaches? And I think the answer is things continue to move along. Many conferences include at least one talk on those topics, some include a whole day. More oncologists are aware of the value

these concepts offer. However if an oncologist or any doctor tells you NO when you ask about these ideas, that is shorthand for "I don't know anything about it, and I won't look into it".

My recommendation is change doctors if that happens. I long ago said: "What is your evidence for saying NO?" That reminds me that long ago, possibly even before my first cancer diagnosis, but after I found out about acupuncture, there was a letter to the editor of the New York Times wherein a doctor claimed HE DID NOT BELIVE in ACUPUNCTURE! Really?

Many Paths to Wellness refers to the idea that in the natural world there are Naturopaths, Homeopaths, Acupuncturists, Nutritionists, Exercise counselors, Chinese herbalists, Western herbalists and many other folks who may have a piece of this puzzle that will help you. Years ago we were told that a person had to do 60 minutes of vigorous physical exercise to be well. Then it went down to 30 minutes. But there are schools of thought about this too.

Annie Appleseed Project's health messaged-postcards 3 Steps 4 Health suggest (step 2) taking a walk. At your pace. Because we all start from what we can do, not what we 'should' do. And as I recently discovered when I restarted my own exercise program, you can start slowly and



# Message from the Founder - cont'd

for a short time, but then it gets easier, and you can go for longer periods. As I have said many times, I am NOT special, therefore anyone can develop their own protocol.

When it comes to nutrition, studies suggest the Mediterranean diet may be excellent for the most people. Lots of vegetables and fruit, whole grain, fresh fish, etc. There really isn't one plan that fits all. At least one of our speakers, Dr. Linda Isaacs will talk about that. But we know that eating JUNK food, yeah, not a good idea. Drinking soda, awful. Adding sugar to various foods, DON'T. Do you know about ewg.org? They have a website listing the most sprayed and the least sprayed fruits and veggies, so you can choose what MUST be organic.

As for step 3, find your joy. We are all dealing with stresses. But that cannot be our focus. After all I was told in 1997 that I had stage IV breast cancer. I decided to just live. That worked out well, clearly. FIND YOUR JOY daily. Take deep breaths to relax, learn a few yoga moves, maybe meditate, maybe tai chi, or as you will learn from Dr. George Love, Qi Gong.

So enjoy this conference, filled with amazing people - excellent talks, great organic food, and warm weather.



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Ty and Charlene Bollinger, Nathan Crane, Dr. Jonathan Stegall

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So I will show you a much better way.**

1 Corinthians 12:31 (CEV)

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MANY PATHS

to Wellness

THURSDAY, FEB 23, 2023

- 2:10 pm Ann Fonfa - *Opening remarks*
- 2:40 pm Shona Levy - *Better care: good diet, exercise, holistic approach to wellness*
- 3:30 pm Carol Michaels, MBA, ACE, ACSM - *Physical exercise after cancer diagnosis or treatment*
- 4:20 pm Cindy Ness, PhD, EdD - *Emotional Wellbeing/ Social Connection in Cancer*
- 5:10 pm **Break VISIT EXHIBIT area**
- 6:00 pm **Opening Reception** - food/drink - outside meeting rooms

FRIDAY, FEBRUARY 24, 2023

- 7:00 am Yoga with Amy Fabrikant - *Yoga class Friday and Saturday*
- 8:30 am Ann Fonfa - *Opening remarks*
- 9:00 am Keith Block, MD - *Cancer Recovery: Importance of Overcoming a Disrupted Terrain*
- 10:30 am **Stretch/Break/Exhibit Hall**
- 10:50 am Penny Block, PhD - *Biobehavioral Regimen*
- 11:25 am Henning Saupe, MD - *Holistic Cancer Medicine*
- 12:25 pm **Organic Lunch Buffet**
- 2:00 pm Kelly Turner, PhD - *Documentary Screening: Personalizing Herbal Supplements*
- 2:50 pm **Break - Exhibit Hall visits**
- 3:15 pm Brandon LaGreca, LA c, MAcOM - *Cancer: A Wound That Can Heal*
- 4:05 pm **PATIENT PANEL** - Julia Chiappetta, Jenny Bradley

Break until movie 7:30 PM

- 7:30 pm **Movie** - John Malanca, CEO United Patients Group - *Medical Cannabis & Cancer Snacks & drinks served*

Dinner on your own (hotel offers ORGANIC choices on their menu) FREE Shuttle to downtown WPB

SATURDAY, FEBRUARY 25, 2023

- 7:00 am Yoga with Amy Fabrikant - *Yoga class*
- 8:15 am Ann Fonfa - *Tells tales*
- 9:00 am Zubin Marolia, MD - *Mistletoe - The Kiss of Life*
- 9:35 am Charles Bens, PhD - *Optimizing cancer prevention and recovery*
- 10:25 am **BREAK Exhibit Hall**
- 11:00 am George Love, DOM - *Qi Gong for health*
- 11:40 am Honoring Dr. George Wong, PhD - *Patients speak up*
- 12:30 pm **Organic Lunch Buffet**
- 2:00 pm Howard Robins, DPM - *Gut Microbiota and disease*
- 2:50 pm Linda Isaacs, MD - *Enzymes and Cancer*
- 3:40 pm Isaac Eliaz, MD, MS and LA.c - *The Survival Paradox: Targeting the Root Cause of Cancer and Chronic Diseases*
- 4:30 pm - 5:15 pm **Last chance to visit exhibitors.**

PRIVATE CONSULTATIONS

- George Wong, PhD**  
Chinese Herbalist
- Zubin Marolia MD**  
Cancer & Mistletoe

LOCATION

- Boardroom/Mezzanine
- Embassy/Mezzanine

BOOK YOUR APPOINTMENT:

- Dr. Wong** Text: 917.710.7888
- Dr. Marolia** Email: Zubin@ENLIFEN.in

\*Suggested Donation for Consult - To Annie Appleseed Project \$75

The Annie Appleseed Project



\*The ORGANIC lunch buffet will offer a variety of vegetarian and vegan options. We may have some raw foods and our terrific signature salad bar. All dishes are labeled for ingredients including gluten-free options.

We're on Facebook and Twitter @AnnieAppleseed



# Dedication

We want to share that over 500,000 people in the US die of cancer each and every year.

## Honoring Those Who Have Fallen to Cancer



### **Nalie Augustin**

"As we have been reflecting on Nalie's life over the last few weeks, it's clear she lived a life filled with passion, determination, fun, and so much love.

The family played an imperative role in shaping her into the wonderful human we all knew and loved. Her parents, brothers, and Lola were the pillars she leaned on to guide and protect her while growing up as the baby of the family. They instilled the core values that she held onto until her last day with us. Little did we know, she would turn out to be the one we all looked to for advice and motivation.

Nalie loved to travel, especially with Vee. She'd opt for the scenic route, was the first to jump off a cliff, hop on an elephant or try a strange new food. Any chance she had to get on a plane, she would. Whether it was to surprise friends, a quick vacation, a month long adventure, or to give inspiring talks.

Over the last decade, Nalie achieved more than most in a lifetime. She built a loyal community online by eloquently sharing her most vulnerable moments. Her words, videos, and voice helped countless people globally navigate their own challenges. She also raised hundreds of thousands of dollars for charity, partnered with the world's biggest brands, launched online guides, workshops, retreats, a podcast, *The Nalie Show* live, and became a best selling author with *The Diary of Nalie*.

She was a magnet for good vibes. Nalie loved organizing events by bringing her family and

friends together whenever possible. Birthdays, Pool Parties, Beach Days and NYE were legendary. Despite everything she went through in the last 9 years, her hope and belief for a bright future kept a big smile on her face as she always saw the silver lining in every situation."



### **Jeff Gold**

"1948 - 2020 Jeff ran the tape shop at the Omega Institute in the '80's. This launched his audio recording business, Creative Seminars. His clients included the New Life Expo, International Dowsters, Breast Cancer Options, Jackie Robinson Conference, International Ayurveda Conference, Annie Appleseed Project, International Association of Yiddish Clubs, and UFO Conferences. He recorded Bernie Siegel, Deepak Chopra, Spike Lee, Pete Hammill, and other notables, too numerous to mention. He could opine on a wide range of subjects and often did, to the delight of his many friends.

Jeffrey spent time every year in Florida recording conferences and visiting friends. He was part of the South Florida Basketball Fraternity (former coaches and players from NY) who meet weekly and bask in their shared love of the sport."



### **Annie Brandt**

April 26, 2021 "all who knew you... love you.. We celebrate YOU and Your Life... You made wonderful and wondrous differences in so many

# Dedication

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lives through your Best Answer For Cancer and for your kindness, caring and connectedness to so many. You changed lives. So grateful to know you! Blessings in all ways always where ever you travel in your new adventures! Miss you!"



**Kathryn Perna Doherty,**

September 27, 1956 - January 25, 2022 "And so many who were truly dear in her heart whose hearts are now simultaneously aching and overflowing with love

for her. We will all cherish Kathryn's kindness, warmth, her conscious appreciation of the beauty of this world and most conscious recognition of the beauty of her most precious Hannah and family. We are blessed forever by Kathryn's serene smile and with the sunshine of Kathryn's joyful and generous love, which truly will last forever."

"Kat, I loved every moment of your work with the Annie Appleseed Project. Your talk(s), your kindness to others, your bright spirit. We will miss you SO MUCH." Ann F.



**Dolly Moody**

Dolly Moody was our banquet and catering manager at the hotel for the past 8 years. She was born in Argentina but lived in Palm Beach for many years.

Her smile and laugh, accompanied by her energy and always knowing when to show up with her outstretched helping hands was intuitive.

We will always miss her warm greeting and amazing contributions to our event.



**Elisa Gorman**

Elisa was a passionate, adventurous, loving, kind, and bright light that will be missed by so many.

She had a huge heart and strong spirit. She was the owner of the highly successful PR company New View PR which she built from hard work and determination. She helped many people with cancer, sharing her knowledge and her big heart.

Both Ann Fonfa and Julia Chiappetta spoke on a panel with Elisa. She had a wonderful presence and will be missed.



**Rita Starr**

Rita came to every one of our conferences until her death in 2022. She was a true Advocate and a co-founder of the Burzynski Patients Group, about which she was passionate.

She supported the use and exploration of what had been called Alternative medicine. She and her husband Ivor Rose used to travel to a Mexican clinic, called San Diego annually, for what she called a tune-up. Rita always brought literature to place on the free literature table. She was a wealth of knowledge, often sending friends new information as she spotted it. She owned property in Miami Beach and rented rooms, often allowing various doctors and friends to stay for free if they had speaking engagements or conferences to attend.

Rita was such a warm and friendly woman. She was brilliant and will be greatly missed.

# Exhibitors

Please be sure to make time to visit our exhibitors at the conference. Visit them during the breaks and take advantage of gaining some great information, opportunities and resources.

EXHIBITOR	WEBSITE
Agape Healing Arts	<a href="https://www.agapehealingarts.com/">https://www.agapehealingarts.com/</a>
Beautiful Earth Organics	<a href="https://beocbd.com/">https://beocbd.com/</a>
Better Way Health	<a href="https://www.betterwayhealth.com/">https://www.betterwayhealth.com/</a>
BioMagnetic USA	<a href="https://www.biomagneticusa.com/">https://www.biomagneticusa.com/</a>
Cancer Doctor	<a href="https://cancerdoctor.com/">https://cancerdoctor.com/</a>
Dr. Henning Saupe Book Table	See book table at conference
Doctor's Biome	<a href="https://doctorsbiome.com/">https://doctorsbiome.com/</a>
EarthSave of Veganville	<a href="http://www.earthsavemiami.org">http://www.earthsavemiami.org</a>
Ever Violet, Inc.	<a href="https://everviolet.com">https://everviolet.com</a>
The Gonzalez Protocol	<a href="https://thegonzalezprotocol.com/">https://thegonzalezprotocol.com/</a>
Hippocrates Wellness	<a href="https://HippocratesWellness.org">https://HippocratesWellness.org</a>
Inner Space Acupuncture	
Keep Me Safe Organics	<a href="https://my.keepmesafeworldwide.com/">https://my.keepmesafeworldwide.com/</a>
Linda Chase Reflexology	
My Balance Nutraceuticals	<a href="https://www.my-balance.net/">https://www.my-balance.net/</a>
PromoLife	<a href="https://www.promolife.com/">https://www.promolife.com/</a>
Relax Saunas	<a href="https://relaxsaunas.com/">https://relaxsaunas.com/</a>
RLT	<a href="https://rltmed.com/">https://rltmed.com/</a>
Safe Connect Plus	<a href="https://www.safeconnectplus.com/">https://www.safeconnectplus.com/</a>
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In addition to her training at the Metabolic Terrain Institute of Health under the leadership of Dr. Nasha Winters, ND, FABNO, Dr. Whitton holds certifications in Mistletoe therapy, Nutritional Enzyme Therapy and Ozone/UBI therapy. She is also well versed in Functional Medicine and is a member of the Oncology Association of Naturopathic Physicians.



### CONTACT US:

**Adonai Optimal Health and Wellness**

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Dickinson	<a href="https://dickinsonsusa.com/">https://dickinsonsusa.com/</a>	Manitoba Harvest	<a href="https://manitobaharvest.com/">https://manitobaharvest.com/</a>
Doctor's Biome	<a href="http://www.doctorsbiome.com">www.doctorsbiome.com</a>	Mary Ruth Organics	<a href="https://maryruthorganics.com/">https://maryruthorganics.com/</a>
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DrinkPath	<a href="https://drinkpathwater.com/">https://drinkpathwater.com/</a>	Mushroom Wisdom	<a href="http://www.mushroomwisdom.com">www.mushroomwisdom.com</a>
Eat Sweet Nothings	<a href="https://eatsweetnothings.com/">https://eatsweetnothings.com/</a>	Organic India	<a href="https://organicindia.com/">https://organicindia.com/</a>
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- Shawn D.

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# Speaker Bio's

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## **Charles Bens, Ph.D.**

Charles K. Bens, PhD is an author, speaker and wellness consultant specializing in the prevention and reversal of chronic disease. He is the founder and president of Healthy @ Work, Inc. a wellness education and consulting company focused on improving the health of employees. The company provides workshops on a wide range of health topics. He has written nine books including *Healthy at Work: Your Pocket Guide to Good Health*, *The Healthy Smoker: How To Quit Smoking By Becoming Healthier First* and over 200 articles. Dr. Bens lectures all over the world on organizational change and improvement as well as on wellness and health improvement. And was selected by Ottawa Regional Cancer Foundation as the Vail Visiting Professor for 2013.



## **Keith I. Block, MD,**

Keith I. Block, MD, widely regarded as the "father" of integrative oncology, combines cutting-edge conventional treatments with individualized and scientifically-based innovative, complementary and nutraceutical therapies. In 1980, he co-founded the Block Center for Integrative Cancer Treatment in Skokie, Illinois, the first such facility in North America. This model continues to set the standard for the practice of a comprehensive, individualized approach to cancer treatment in the U.S.

In addition to his clinical practice, Dr. Block is the founding Editor-in-Chief of the peer-reviewed journal, *Integrative Cancer Therapies*. He is also the Scientific Director of the Institute for Integrative Cancer Research and Education, where he has

collaborated with colleagues at the University of Illinois at Chicago, the University of Texas M.D. Anderson Cancer Center in Houston, and Bar Ilan University in Israel. In 2005, he was appointed to the National Cancer Institute's Physician Data Query (PDQ) Cancer CAM Editorial Board, on which he continues to serve today.

Dr. Block has more than 150 publications in scientific journals and books relevant to nutritional and integrative oncology. He is also the author of *Life Over Cancer*, published in April, 2009.



## **Penny B. Block, Ph.D.**

Penny B. Block, Ph.D. is Co-Founder and Executive Director of the Block Center for Integrative Cancer Treatment and the Institute for Cancer Research and Education. Dr. Block is recognized as a leading international authority in the development of a comprehensive, individualized approach for the treatment of cancer.

Dr. Block completed her doctoral research at the University of Chicago in Bio-Behavioral Oncology, has served over 38 years as an educator, author, and researcher on a full systems approach to integrative medical treatment. She has presented to many different audiences on the biomedical benefits of a comprehensive, integrative regimen which includes the clinical application of evidence-based dietary, nutraceutical, biobehavioral and sleep strategies. In collaboration with Keith I. Block, MD, she developed a comprehensive set of assessments that target each patient's unique biochemical, physical, and psychosocial needs.

Dr. Block works in a true partnership with patients, helping them identify and marshal their own inner resources for optimizing their vitality and health - in every dimension of their being.

# Speaker Bio's



## **Jenny Bradley**

Jenny Bradley has been thriving with cancer since her diagnosis in 2017. She is passionate about guiding fellow cancer patients into more peace and less overwhelm during their cancer journey through her coaching and courses. She is a Certified Holistic Cancer Coach, a Certified Culinary Nutrition Expert, and a Licensed Pastor who helps others confidently advocate for themselves. Jenny lives in the middle of the USA with her husband, Mike, and their cute little dog named Poppy..



## **Julia Chiappetta**

Julia Chiappetta is the owner of Julia Chiappetta Consulting (JCC Group, LLC), offering, Marketing and Meeting Planning Solutions to Create, Connect & Coordinate, utilizing a unique blend of business development and marketing tools, influenced by years of global client projects.

Julia is a visionary, writer and problem solver, whose life took a turn twenty years ago when she heard the words "you have cancer." Facing her diagnosis head on, she began researching alternative therapies, which she wholly implemented. Six years later she published Breast Cancer-the notebook, (Gemini Media 2005), to encourage others to seek optimum health.

Julia sits on boards for: The Annie Appleseed Project, Greenwich Christian Preschool, Best Answer for Cancer, The Board of Health, Town of Greenwich, Connecticut. Notable engagements include two invitations to The White House by First Lady Laura Bush's team to discuss global

education for women, with focus on diet and lifestyle choices. She has appeared on: Fox News, NBC, CBS, several radio broadcasts and has been interviewed by: Vogue, Shape, Self, Natural Health, Breast Cancer Magazine & Nature and Health Australia, to name a few. She also released a video series on You Tube called, Julia the Conqueror. At present she writes a Health & Wellness Column and continues to encourage others facing similar challenges. Her mission is to continue to blend Health & Wellness into all aspects of her business life. [JuliaChiappetta.com](http://JuliaChiappetta.com)



## **Dr. Isaac Eliaz, MD, MS, LAc**

Dr. Isaac Eliaz is a leading expert in the field of integrative medicine, specializing in cancer, detoxification, immunity, and complex conditions. He is a respected physician, researcher, best-selling author, educator, and mind-body practitioner.

Dr. Eliaz partners with leading research institutes including Harvard, National Institutes of Health (NIH), Columbia, and others, to co-author studies on integrative therapies for cancer, heavy metal toxicity, and others. He is founder and Medical Director of Amitabha Medical Clinic in Santa Rosa, CA, where he has pioneered the use of therapeutic apheresis as an adjunctive blood filtration treatment for detox and chronic degenerative conditions.



## **Amy Fabrikant**

Amy Fabrikant is a National Board Certified Holistic Health and Wellness Coach who offers clients an integrative, heart-centered approach to repairing and restoring the mind, body and

# Speaker Bio's

spirit. Amy's guidance is with over 30 years experience in transformative practices- meditation and yoga, 25 years of relational communication- conflict resolution, mediation, nonviolent communication, 20 years of energy medicine, ancestral practices-Reiki, Zhineng Qigong, Emotional Freedom Technique, Tarot,

Jungian Archetypal Wheel, dream analysis, and 15 years of holistic nutrition, herbal medicine, and essential oil therapy. To learn more, visit amyfabrikant.com.



## **Ann Fonfa**

Founder and President,  
Annie Appleseed Project

Founder and President of the Annie Appleseed Project. Ann was diagnosed with breast cancer in January 1993 while suffering from extreme multiple chemical sensitivity(MCS). She refused chemotherapy, radiation and hormonal treatments, choosing surgery and natural strategies. Ann quickly saw a need for education in the area of CAM. She organized a study group (with a friend who immediately left for grad school), on Whole Health. The summaries of these monthly meetings became the basis for the website which went up in June 1999. Ann got deeply involved in advocating for a person's right to choose their own treatments and be well-informed. The nonprofit is an all-volunteer effort to this day. Ann travels to mainstream and holistic cancer and health meetings to ask questions. Lots of questions. She has a blog on the website, does grant reviews and serves on many committees and several boards. Very happily married to the man they call Mr. Appleseed (Steve Wolman) who claims to be the "good man behind a great woman" (his words).



## **Linda Isaacs, MD**

Linda L. Isaacs, M.D., is a graduate of Vanderbilt University School of Medicine and is certified by the American Board of Internal Medicine. She offers individualized nutritional programs for patients with cancer and other illnesses, as well as programs for health maintenance. She and her colleague, the late Dr. Nicholas Gonzalez, worked together for more than twenty years, co-authoring articles about their results.

The treatment program Dr. Isaacs offers has three components: diet, supplements, and detoxification. For the greatest chance of success, all three of these components are necessary. She now practices in Austin, TX.



## **Brandon LaGreca, LAc, MAcOM,**

Brandon LaGreca, LAc, MAcOM, is a licensed acupuncturist in the state of Wisconsin and nationally certified in the practice of Oriental medicine. In 2015, Brandon was diagnosed with stage 4 non-Hodgkin's lymphoma. He achieved full remission eight months later by following an integrative medicine protocol that included immunotherapy without the use of chemotherapy, radiation, or surgery. Brandon is a thought leader in the synthesis of traditional and functional medicine, having written numerous articles on the subject. He is the author of "Cancer and EMF Radiation: How to Protect Yourself From the Silent Carcinogen of Electropollution," and "Cancer, Stress & Mindset:

Focusing the Mind to Empower Healing and Resilience," He shares his thoughts at EmpoweredPatientBlog.com.

# Speaker Bio's

Brandon LaGreca, LAc, MACOM, is a licensed acupuncturist in the state of Wisconsin and nationally certified in the practice of Oriental medicine. In 2015, Brandon was diagnosed with stage 4 non-Hodgkin's lymphoma. He achieved full remission eight months later by following an integrative medicine protocol that included immunotherapy without the use of chemotherapy, radiation, or surgery. Brandon is a thought leader in the synthesis of traditional and functional medicine, having written numerous articles on the subject. He is the author of *Cancer and EMF Radiation: How to Protect Yourself From the Silent Carcinogen of Electropollution* and *Cancer, Stress & Mindset: Focusing the Mind to Empower Healing and Resilience*. He shares his thoughts at *Empowered Patient Blog*.



## **Shona Levy**

Nutrition and Wellness Consultant

Having spent over 20 years in the Pharmaceutical industry, Shona Levy decided to pursue a new line of work to serve the community. She wanted to teach people how to take better care of themselves by way of a good diet, exercise, and a holistic approach to wellness. In 2022 she became a Certified Holistic Nutrition and Wellness Consultant. She is the founder of 360! For Life, a coaching service that focuses on wellness from a holistic perspective, nourishing the elements in you: Wind, Water, Fire & Earth. Knowledge of how these elements work to sustain our wellness is something that is not being taken into account in this age, however it is important to know how to properly nurture our elements, and she works to incorporate that into the 360! For Life program. You may learn more at [www.Facebook.com/3604Life](http://www.Facebook.com/3604Life).

She is a vegan lifestyle trainer and has been promoting the whole food, plant based lifestyle since 2012 on

Vegan Plate Please on Facebook [www.Facebook.com/VeganPlatePlease](http://www.Facebook.com/VeganPlatePlease). In 2019, Shona launched a series of interviews with cancer experts titled "Cancer, Be Gone!". This series highlights a number of thought leaders in the medical community, cancer survivors and vegan chefs to share their experiences with alternative and integrative therapy. The series developed in 2019 and went into 2020. It provides a spotlight for many reputable experts and survivors who have witnessed success with alternative and complementary treatments and is a must see! Shona sits on the board of The Annie Appleseed Project, advocating for cancer patients and care-givers who seek more information about cancer treatment and the options they have to reach for a better quality of life naturally.

Shona is a champion for edible gardens in the community. She is truly a socialpreneur and has started a non-profit to teach gardening to members in her community who are facing food insecurities. The organization has had a huge impact on Philadelphians living in low income neighborhoods. Working with North Central Philadelphia, the Stretch & Fly Youth Business Garden was created to educate the youth and provide mentorship. Other projects such as the Philadelphia Food Haven project and reviving the Sonya Sanchez garden were all designed to engage community members and get back out into nature. You can see some of the work that has been done most recently on [www.Facebook.com/all41humanity](http://www.Facebook.com/all41humanity).

For more information, you may contact Shona Levy at [www.calendly.com/360ForLifeCoaching](http://www.calendly.com/360ForLifeCoaching).



## **Dr. George Qi Love**

DOM, Doctor of Oriental Medicine

"Every physical pain has an emotional and spiritual cause."

# Speaker Bio's

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Traditional Chinese Medicine looks for the cause before the treatment." He is the President of the 4 Doors to Dao School of Self-Healing, and is a Florida licensed primary care physician and board certified acupuncture physician since 1986.

He has engaged in the private practice of Herbology, Acupuncture and Nutrition since January 1981. Dr. Love received a Bachelor of Arts in 1966 and a Masters in Biology degree from Temple University 1976. In 1982 he received a Ph.D. in Sports Medicine from the American College Sports Medicine. Love was the co-Founder of The Kitchen Physician School of Natural Healing in Boca Raton from 1994-1999, and was the director of Amazing Herbs & Acupuncture from 1999 through 2003. From July 1989 through July 1994,

Dr. Love was a director of S.H.I.E.L.D. Wellness Centers, as well as the founder of the S.H.I.E.L.D. Program For Psychoneuroimmunology. He has written ten books on Health and Nutrition from clinical experience.



## **John Malanca**

Through a family hardship in 2011, John and his wife Corinne founded United Patients Group (UPG), a trusted resource and leader in medical cannabis information and education for physicians, pharmacists, governments and organizations. Although Corinne has passed, UPG still serves as a Virtual Hand for patients and their loved ones struggling with chronic and terminal illnesses by helping them navigate through this ever-changing industry.

John is proud to host his Podcast - Be Informed, Be Well, where he covers a wide variety of health

topics with his relevant list of guest experts. He is also co-creator and host of the global docuseries, *The Sacred Plant, Healing Secrets Explained*, John has authored 4 Educational books on Cannabis and Masterclasses focused on *Pain, Cancer, Brain & How to Make Cannabis Work*, within The Sacred Plant organization.

John is a staunch supporter of the Annie Appleseed organization and is honored to return. Currently, he enjoys a healthy lifestyle of mind, body and spirit and believes in a compassionate approach to Health and Healing, while dedicating his career to help alleviate pain and suffering.

John Malanca, United Patients Group  
John@UnitedPatientsGroup.com  
www.UnitedPatientsGroup.com



## **Carol Michaels**

Carol Michaels MBA, ACE, ACSM is the founder of Recovery Fitness® an exercise program, developed to improve the recovery from cancer surgery and treatments and osteoporosis. Carol is an award-winning exercise specialist and consultant, and received her degree from the Wharton School of the University of Pennsylvania. The American Council on Exercise and Life Fitness recognized her as a Trainer to Watch in 2011.

Personal Fitness Professional honored her as the 2012 PFP Trainer of the Year, and Carol was the IDEA Fitness 2016 Personal Trainer of the Year.

She is a speaker for corporate wellness programs, fitness organizations, and health related organizations on fitness and health issues. She has appeared on radio and television programs, is the author of Exercises for Cancer Survivors, and is published in numerous magazines, newsletters,

# Speaker Bio's

blogs and medical journals. Carol developed and produced videos and created the Cancer Specialist Recovery course in partnership with the National Federation of Professional Trainers. The book and videos can be found on her website [www.carolmichaelsfitness.com](http://www.carolmichaelsfitness.com)



## **Cindy Ness, PhD, EdD**

Dr. Ness is the Founder and Executive Director of the Center for Cancer Lifestyle Management. Her training as a psychologist and an anthropologist - doctorates from Harvard University and the University of Pennsylvania, respectively - affords her a unique lens with which to understand the emotional world of individuals who are living with a physical illness and to interpret the organizational culture of the healthcare systems that are tasked with treating them

Dr. Ness' introduction to the world of cancer was an outgrowth of her own cancer diagnosis. After surgery and radiation, she did what she could to cobble together a regimen with the goal of lessening the likelihood of a recurrence. Immersed in a sea of competing and conflicting health claims and with no unified guidance, she began to envision the program that she wished she could have found for herself - bringing together the care that she wanted all under one roof. This was to become The Center for Cancer Lifestyle Management (currently virtual).

Dr. Ness feels strongly that anyone who hears the words "you have cancer" deserves to be made aware of all data driven strategies that can improve their outcome. She is keenly interested in the growing scientific body of research that has documented the impact that lifestyle management can have

for staving off cancer recurrence and reversing cancer progression. She envisions the inclusion of lifestyle management - social, emotional, and physical wellbeing, stress reduction, enhanced nutrition, and positive mindset - as becoming a part of Contemporary Cancer Care best practices - not "alternative" or "complementary".

Dr. Ness and her team are currently partnering with a large urban hospital system on a pilot study that considers the impact of lifestyle management on the early myeloma disease profile of Monoclonal Gammopathy of Unknown Significance (MGUS) and Smoldering Myeloma (SM).

Dr. Ness has been a psychologist in private practice for almost 25 years in New York City. She has consulted extensively on change management in hospital settings with the goal of humanizing patient care. Dr. Ness has several publications to her name including two books: *Why Girls Fight: Female Youth Violence in the Inner City* (2010) and *Female Terrorism and Militancy: Agency, Utility, and Organization* (2007).



## **Dr. Henning Saupe**

Dr. Henning Saupe completed his medical studies at the University of Ulm, Germany. After completing his doctorate in the field of psychotherapy, he worked in Stockholm for ten years as with a focus on naturopathy, anthroposophical medicine, and holistic cancer therapy. In January 2005, Dr. Saupe founded the Arkadiakliniken in Stockholm, the first hyperthermia clinic in Sweden specializing in oncological hyperthermia. He founded the Arcadia practice in Kassel in 2006 and in Bad Emstal / Germany in 2014 where he currently serves as medical director.

# Speaker Bio's

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Since 2005, Dr. Saupe has regularly lectured in the UK and in Scandinavia, including Stockholm, Oslo, Gothenburg, Malmö and London as well as in the United States. In September 2007, he was awarded the Professor Olof Lindal's Prize for Complementary Medicine at the House of parliament in Stockholm for his pioneering contributions of medical hyperthermia to complementary medicine in Sweden. Dr. Saupe is also a member of the ICHS (International Clinical Hyperthermia Society) and the DGO (German Society for Oncology). He is the author of the book „Holistic Cancer Medicine“ that was published by ChelseaGreen in November 2022



## **Dr. Howard F. Robins, D.P.M.**

Dr Howard Robins is recognized as a world leader in medical ozone therapy and is the only physician with extensive experience in both

Major Auto-Hemotherapy (MAH), 45,000 treatments, and trains doctors and dentists from around the world in Robins Method of Direct Intravenous Ozone Therapy<sup>SM</sup> (RMDIV) 340,000 treatments as well as Hyperbaric High Dose Ozone Therapy (HBOT) also called "Ten Pass" with over 1000 treatments performed.

In the past several years he has become an expert on microbiome for the prevention and treatment of many diseases.

Recently he lectured at the International College of Integrative Medicine's meeting in Memphis on "The Importance of Microbiome in the Prevention and Treatment of Cancer".

He is a founding member of the American Academy of Ozonotherapy (AAO) and the International Association for Ozone in Healthcare

(IAOH) and Ozone Without Borders (OWB). He is published in peer reviewed medical journals on both ozone therapy and microbiome.

He and Dr. Robert Rowen went by invitation of the President of Sierra Leone in West Africa in the middle of the Ebola epidemic of 2014 to train doctors in his DIV ozone therapy. It was successful and saved the lives of doctor's sick with Ebola.

Dr. Robins has his own radio show for several years on [www.VoiceAmerica.com](http://www.VoiceAmerica.com), Health and Wellness Channel, "Functional Medicine with Dr. Robins, archived to listen anytime and heard live weekly in over 30 countries.



## **Kelly A. Turner, PhD**

Kelly A. Turner, PhD is the New York Times bestselling author of [Radical Remission](#) and [Radical Hope](#), now in 22 languages, which summarize her research into radical remissions - when someone heals from cancer or another serious illness in a statistically unlikely way. Over the past fifteen years, she has conducted research in 10 different countries and analyzed over 1,500 cases of radical remission. She is a frequent guest on national talk and news shows and holds a B.A. from Harvard University and a Ph.D. from the University of California, Berkeley.

Kelly also created and directed the 10-episode [Radical Remission Docuseries](#) that explores each of the 10 healing factors from her research, and features many of the Radical Remission survivors from the books - including Ann Fonfa! In addition, the [Radical Remission Project](#) website continues to collect new cases of Radical Remission and offers online courses, in-person workshops, and one-on-one health coaching.



Physician Developed, Chosen & Recommended  
Sodium Ascorbate Vitamin C

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- Increased Patient Satisfaction
- Optimized Clinical Results
- Enhanced Tolerability
- Best Value
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## Physician-Developed and Patient-Chosen Sodium Ascorbate Vitamin C

I have used Intravenous VC for decades. I started using PUR-C years ago, and I am now 'addicted' to PUR-C and use it exclusively because it is much easier on the veins and much better tolerated by the patients.

**Dr. Frank Shallenberger - MD, HMD, NV**

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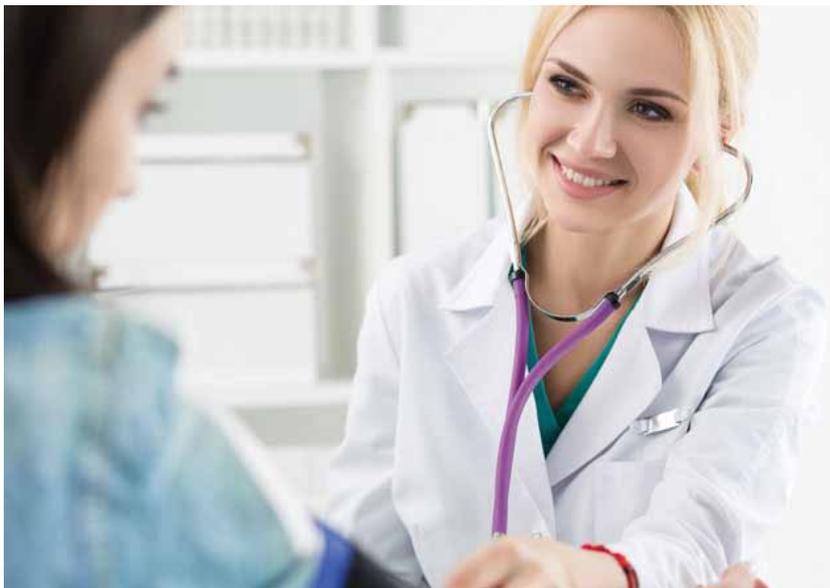
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Medicine for Excellence in Patient Care



# Speaker Abstracts

## Cancer Recovery: The Importance of Overcoming a Disrupted Terrain



**Keith I. Block, MD,**

Dr. Block's presentation will be about the importance of assessing and correcting a patient's biochemical and metabolic terrain in the context of a comprehensive, individualized, integrative cancer treatment program.

He will explain why the Block Center considers terrain testing to be a critical first step in developing a patient's individualized treatment plan and how the results of the Center's sophisticated laboratory analyses and innovative and proprietary testing provide information essential to transforming and optimizing a patient's terrain. Science has demonstrated that an optimized microenvironment will not only help reduce, if not avoid, treatment-related side effects and complications, but can boost treatment effectiveness, enhance quality of life, and even increase survival.

*"Description of this abstract will go here."*



**Penny Block, PhD**

Penny Block, PhD, will present on the essential benefits of a full biobehavioral regimen in the context of the Block Center's comprehensive, individualized, integrative treatment program.

Simply put, the term biobehavioral is used to recognize the significant impact our behaviors - our daily life activities, important relationships, subjective thoughts and feelings, and our interactions with others - have on our physical well-being, on our total biology.

Understandably, cancer patients face varying degrees of distress as they proceed through treatment. Research tells us that unrelieved chronic distress and the subsequent stress-hormone cascade have a profound, unwanted impact on every aspect of human biology, as well as on the cancer microenvironment. Dr. Block will present scientifically documented strategies that can mitigate the damaging biological and molecular consequences of these stress hormones. Importantly, these strategies help cancer patients deal effectively with the life-disrupting challenges associated with cancer and its often-difficult treatments, enabling them to engage in their life with the greatest possible vitality, and in every dimension of their being.

*"Gut Microbiota and disease."*



**Dr. Isaac Eliaz, MD, MS, LAc**

When facing a life-threatening or debilitating illness—like cancer—the natural biochemical stress response, our innate "fight or flight" mechanisms that are driven by our instinct to survive, are fundamentally at odds with our ability to heal and to thrive. Essentially, our basic mechanisms for surviving cancer and other deadly diseases can actually reduce our chances of recovery. This is the "survival paradox".

It's not simply that stress is unhealthy. Cancer and many other chronic, degenerative, and life-threatening conditions share a driving characteristic, now recognized in a growing body of data: Elevated extracellular levels of the inflammatory protein, galectin-3—the "survival paradox protein". Galectin-3 is recognized as an "upstream alarmin" protein because cells release it into the circulation in

# Speaker Abstracts

response to stress, injury, and illness, as part of our innate survival mechanisms needed to defend and repair. However, galectin-3 sustains a cascade of inflammatory cytokines and other pro-inflammatory proteins—with far-reaching downstream effects including sepsis and cytokine storms in the acute setting, and cancer development and metastasis, fibrosis and organ failure as chronic endpoints. Galectin-3 also rises with age, as the body endures ongoing cellular stress. What's more, pathogens and even cancer are shown to hijack galectin-3 and use it for their own survival, in the formation of tumor microenvironments, biofilm barriers, and other immune-evasion strategies.

How do our innate protective, survival mechanisms with initial beneficial roles in the body go astray and become such deadly forces? And what can we do about it? Researcher, best-selling author, and integrative medicine and mind-body expert Isaac Eliaz, MD, MS, LAc, explores these questions, outlining the vast influence of our innate survival mechanisms. In this presentation, Dr. Eliaz offers an unparalleled, evidence-based and practice-tested therapeutic model that works on the biochemical level to shift from a state of struggle and survival—to health, harmony and unlimited healing potential.

Dr. Eliaz shares this journey of discovery with excerpts from his best-selling book, *The Survival Paradox*, including breakthrough published data, inspiring patient stories, and targeted strategies that are shown in extensive research to halt and reverse the effects of unhealthy galectin-3 and other survival mechanisms gone rogue—with a specific focus on cancer prevention, treatment, and recovery.

It has been said that it takes an average of 18 years for life-saving medical research results to reach the exam room. However, as the world faces increased survival concerns, we do not have that kind of time. With heart and compassion, backed by groundbreaking published data and moving clinical anecdotes, Dr. Eliaz provides breakthrough insights into how we understand stress, inflammation and its downstream effects, offering a profound paradigm shift in our approach to preventing and treating cancer and other life-threatening conditions.

## **Learning Objectives::**

1. Cost of survival: pro-cancer cellular and biochemical pathways activated by galectin-3
2. Blocking galectin-3 in the treatment of cancer and metastasis
3. The use of blood filtration treatment therapeutic apheresis in cancer
4. Shifting stress-based survival mechanisms to regenerative cellular processes that promote health and healing

## **Cancer: A Wound That Can Heal**



### **Brandon LaGrecia, LA c, MA cOM**

Genetics load the gun that is cancer, but environmental carcinogens pull the trigger.

Learn from author, clinician, and stage 4 cancer survivor Brandon LaGrecia about the “yin and yang” of cancer causes and contributors that are within your control. He will discuss the role of diet, electromagnetic fields, industrial chemicals, stress, and trauma—all potential cancer promoters. You will take away actionable strategies with an emphasis on patient and caregiver empowerment to remedy each of these factors.

# Speaker Abstracts

## "Gut Microbiota and disease."



### **Shona Levy**

Nutrition and Wellness Consultant

I will talk about how important food is in managing disease. I will explain the body and how it needs the nutrients to be at peak performance. Many are eating foods that are not in alignment with the fuel that our bodies need to build strong defense mechanisms to protect it. I will explore the world of plant-based whole foods and compare it against the processed foods that we tend to enjoy on a daily basis. I will also illustrate how cancer is more prevalent in certain areas as opposed to others and show how it is correlated to the quality of food in those areas.

I will talk about the digestive system and how the body is compromised from an unhealthy gut. The gut is where the antibodies are produced, but if it is challenged, there is very little chance that it will be able to activate those antibodies to protect the body from disease. The antibiotics that folks tend to depend on further debilitates the natural response system. I will have a few slides that elaborate on the digestive system and how the intestine is clogged with contamination and unwanted waste materials filled with a number of chemicals that poison the system.

Lastly, I will explain about the activation of foods as there is more powerful energy in the food if it is prepared correctly. The audience may need to know, for example, the benefit of blending broccoli sprouts, and what foods are best for certain cancers. The kitchen is our first line of defense against disease. Self care at home is very important in creating an environment where cancer cannot thrive, but we first must know how to fight from within.

I appreciate the opportunity to educate the cancer community on these vital points of nature and how they can be a game-changer in the future of cancer treatment and overall quality of life.

Penny Block, PhD, will present on the essential benefits of a full biobehavioral regimen in the context of the Block Center's comprehensive, individualized, integrative treatment program.

Simply put, the term biobehavioral is used to recognize the significant impact our behaviors - our daily life activities, important relationships, subjective thoughts and feelings, and our interactions with others - have on our physical well-being, on our total biology.

Understandably, cancer patients face varying degrees of distress as they proceed through treatment. Research tells us that unrelieved chronic distress and the subsequent stress-hormone cascade have a profound, unwanted impact on every aspect of human biology, as well as on the cancer microenvironment. Dr. Block will present scientifically documented strategies that can mitigate the damaging biological and molecular consequences of these stress hormones. Importantly, these strategies help cancer patients deal effectively with the life-disrupting challenges associated with cancer and its often-difficult treatments, enabling them to engage in their life with the greatest possible vitality, and in every dimension of their being.

## The Brain Uterus connection in Chinese Medicine.



### **Dr. George Qi Love**

DOM, Doctor of Oriental Medicine

Healing your Reproductive system with rhythmic breathing and Dance aka Medical Qigong.

# Speaker Abstracts

According to the tenth century classic text Yi Jin Jing aka The Tendon Changing Marrow Washing Classic, the uterus is classified as part of Brain Marrow. After the age of 35 fat and toxins accumulate in the uterus preventing fertility.

The uterus is the major part of the reproductive system that is controlled by the neuroendocrine system. The neuroendocrine system can be energized by rhythmic breathing and spiral dance movements reversing toxic buildup in lymph nodes, including breast tissue, ovaries, fallopian tubes and uterus.

## The Importance of Exercise for Cancer Survivors



**Carol Michaels**

Exercise may be the furthest thing from your mind after a cancer diagnosis. A well-designed program can decrease the side effects of surgery and treatment and improve quality of life. An exercise program that focuses on functional fitness will help you to be able to perform the activities of daily living and return to the activities that you enjoy. During this interactive program you will learn about the benefits of exercise and how to perform the strength training and stretching movements with proper technique.

CAROL MICHAELS MBA ACE ACSM  
[www.CarolMichaelsFitness.com](http://www.CarolMichaelsFitness.com)



**The  
Annie Appleseed  
Project**

## The Role of Emotional Wellbeing and Social Connection in Helping to Both Heal Cancer and Stave off its Recurrence.



**Cindy Ness, PhD, EdD**

When a person receives a cancer diagnosis, attention turns quickly from their feelings to “dealing” with their medical condition. This is despite the message that peer-reviewed scientific research has for them: Emotional and social well-being helps people to survive physical illness.

Indeed, according to a study in the journal of the American Cancer Society, *Cancer* (Dec. 23, 2016) in which over 9,000 breast cancer patients were followed for twenty years, socially isolated women are 43% more likely to experience a breast cancer recurrence. In this same vein, numerous studies have linked depression to an impaired immunological response. Yet, interventions pertaining to a patient’s state of mind are rarely a component of their cancer treatment or are conceived as being part of best practices.

This talk will first discuss the research on emotions, social connection, and the body’s stress response in the context of their capacity to either induce or reduce cancer progression through metabolic mechanisms such as immune system suppression and inflammation, among others. It will then discuss the research on the impact that positive mindset has for cancer outcome - what we know and don’t know. In essence, I will argue that if one’s emotional health is compromised, so is one’s ability to fight off cancer.

The talk will conclude on a practical note by speaking about “short-term strategies for

# Speaker Abstracts

unpacking long-term issues” that can weigh people down (sometimes for years). It will also consider the essential anchors to building a strong social support network.

Please join me for this talk and conversation.

“Gut Microbiota and disease.”



**Dr. Howard F. Robins, D.P.M.**

In recent years the human gut microbiota has been discovered to play an essential role in both healthy and diseased states of humans. However, its dysbiotic alterations may affect the tumorigenic pathway and then trigger the development of various forms of cancer.

In real clinical practice, this influence is reported in some cases such as colorectal cancer, pancreatic and breast cancer among others that have been studied.

Studies also have been done to characterize the potential mechanisms of action of probiotics, in particular, for the prevention and treatment of various cancers.

Dysbiosis can also modulate the aggressiveness of tumors, influencing the microenvironment. It has been proven that administration of prebiotics, probiotics, next-generation probiotics, synbiotics, postbiotics, and fecal microbiota transplantation through multiple mechanisms affects the composition of the gut microbiota and may restore its balance.

Dr Robins, now considered an expert on microbiome and its use in the prevention and treatment of diseases, will present on the

relationship of microbiome in the prevention and treatment of cancer as well as which types of probiotics/synbiotics should be used.

**Holistic Cancer Medicine**



**Henning Saupe,**

Holistic Cancer Medicine

Henning Saupe MD presents his new book ‘*Holistic Cancer Medicine*’ and explains the most important causes for cancer and the most effective, non-toxic medical treatments for health and healing.

In January 2005, Dr. Saupe founded the Arkadiakliniken in Stockholm, the first hyperthermia clinic in Sweden specializing in oncological hyperthermia. He founded the Arcadia practice in Kassel in 2006 and in Bad Emstal / Germany in 2014 where he currently serves as medical director. He has spoken at a prior Annie Appleseed Project conference.

“Documentary Screening: Personalizing Herbal Supplements with 3 Radical Remission Survivors & Their Doctors.”

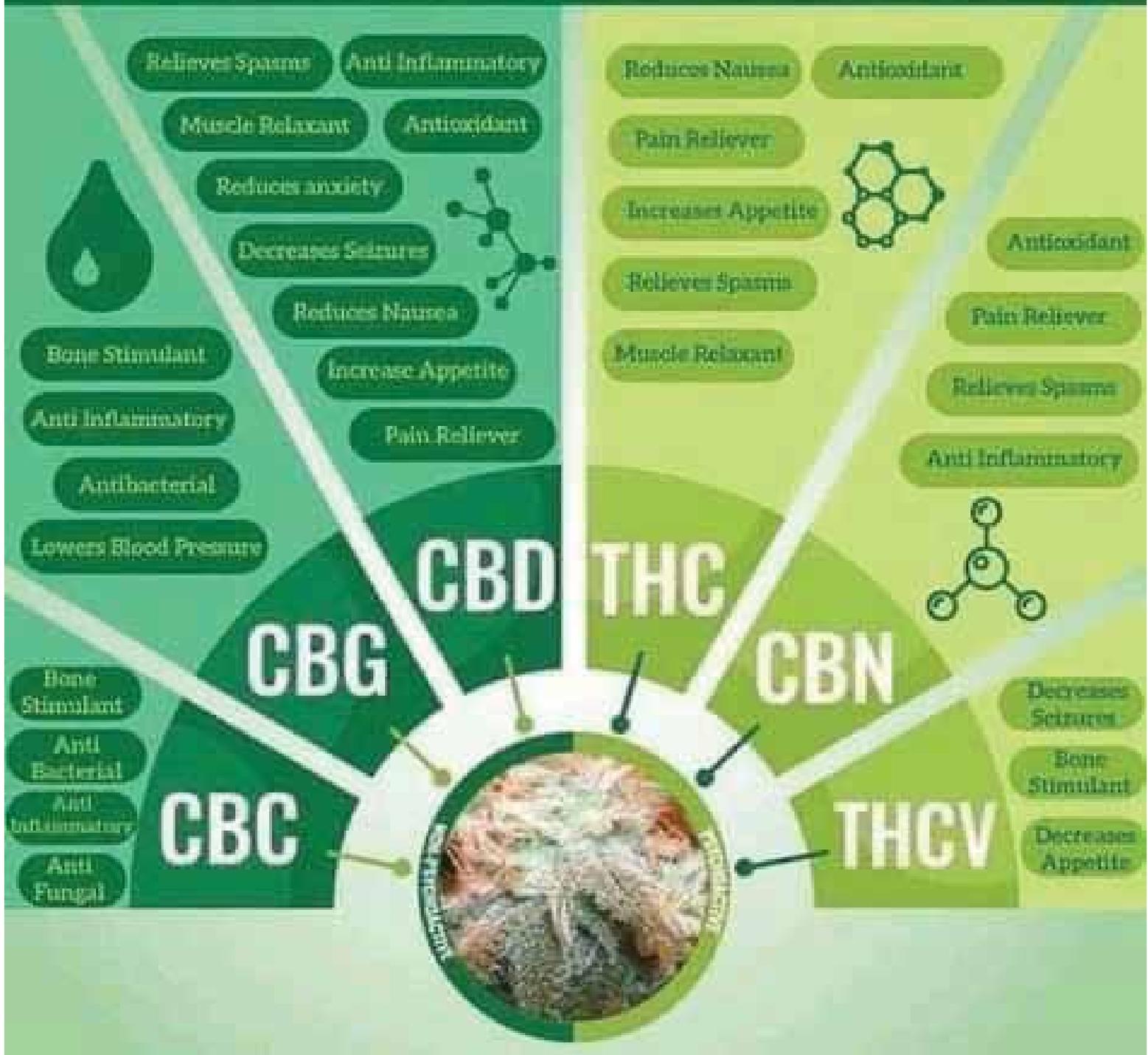


**Kelly A. Turner, PhD**

Kelly A. Turner, PhD will present a 30-minute segment of her 10-episode docuseries on Radical Remissions, which are statistically unlikely remissions from cancer or other illnesses. This particular segment will feature fellow conference speakers Dr. Keith Block, Dr. Linda Isaacs, Dr. George Wong, and Ann Fonfa. The screening will be followed by a Q&A with Dr. Turner.

# CANNABINOID GUIDE

CANNABINOIDS ARE THE GROUP OF CHEMICAL COMPOUNDS FOUND IN THE CANNABIS PLANT THAT HAVE PHYSICAL AND MENTAL AFFECTS WHEN THEY INTERACT WITH CANNABINOID RECEPTORS IN THE BODY.



# Article

## Epigenetics and Personal Choice

### Personalized Lifestyle Medicine Institute

**Epigenetics is about choice.** We can't change our genetics code, but we can make different choices every minute of every day. So how do we bring together the world of genetics and epigenetics?

If we understand who we are and how we respond to the world around us (genetics), we can make the best possible choices to optimize our gene expression (epigenetics), a truly personalized health journey.

### Jeffrey Bland, Ph.D., FACN, FACB

President

### Personalized Lifestyle Medicine Institute

Rather this is the age for multifocal intervention that is tailored to the needs of the individual, and is proven safe and effective over years of observation and study. This is personalized lifestyle medicine. This is its time to shine. Public health approaches to this challenge can only go so far to the variation among people in their needs for achieving resilience of their heir neuroendocrine immune function. Personalized lifestyle medicine checks all the boxes- its is safe, proven to be effective over decades of study.

## Natural Rhythms for Healthy Elimination

### Dr. Sally LaMont

Our digestive tract is designed to digest food during the day and to rest at night. So, eat in a window of 8-12 hours each day and allow for an uninterrupted overnight fast of 12-16 hours. Try eating between 8 AM - 6PM or 11 AM - 7 PM if

you're not hungry in the morning. Either pattern gives your body a 12-16-hour break at night for the intestines to initiate the "migrating motor complex", the rhythmic neuromuscular wave that sweeps the intestines every 90 minutes when the gut is empty, keeping everything moving down and out.

As soon as you rise, drink 8-16 oz. of warm (or room temp) water with 1T. lemon juice. The fluid and warmth initiate the "gastro-colic reflex", which stimulates peristalsis to move digested food down the tube.



CONNECT &  
*thrive*

CONNECT & *thrive* (CAT) is empowering women with cancer to *imagine* and *explore* their healing journeys via integrative therapies and healthy living.

Join our growing community for free access to all of our features and resources.

CONTACT:

Christine G. Anastos, Co-Founder  
christine@connect-and-thrive.com  
617-501-1541

# Article

## Boost Your Immune System: Drug-free ways

**Dr. Daniel Nuzum**

So many people want a silver bullet to boost their immunity without having to change their lifestyle habits. But there is no quick fix when it comes to your health. Investing time into nurturing your body is the most important thing you can do to optimize your health. This means doing gut repair work, eating highly nutritious meals, detoxing, and taking supplements for essential vitamins and minerals that most diets don't give us enough of.

Creating a robust immune system takes work and dedication. But it's something that is 100% achievable for everyone. It may not be easy but when you experience all the benefits that come with exceptional health, like increased energy levels, mental clarity and more, it'll all be well worth the extra effort.

Another key factor in optimizing your health is avoiding conventional medicines as much as possible. So many of these medicines come with side effects that have a huge impact on your health, and many of them destroy your gut microbiome.

Optimizing your health can help you to fight off illnesses naturally, adding to increased immunity.

And while there are times that medicine is necessary, natural or homeopathic remedies have proven to be extremely effective in overcoming illnesses. So as you can see, there are many factors involved when it comes to priming your immune system to beat diseases naturally. But it's entirely possible when you put your mind to it.

**SOURCE:** Primed and Ready Drug-Free Ways to Boost Your Immune System and Beat Viruses, Naturally and Effectively PDF download

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## Blue Dragon Immortal Qigong to Benefit Breast Health Exercise #5

### Dr. Love - Push the Man, Protect the Baby

Visualize holding your Qi Ball. As you move it in a complete circle to the left, up and over your head, your inside left arm (pericardium) and outside right arm (triple heater) are activated with Qi. Both channels encircle the heart. As you push back with the left arm extended, this movement activates the pericardium.

#### STARTING STANCE

Move left foot to side. Swing both hands, right over left, open palms facing each other, from right to left at chest height. Continue this movement, bringing both hands up along left side up over head, so that left hand is now on top. Continue swing down along right side with right hand remaining on bottom and swing both hands, closer together now, back along chest from right to left.

As hands come across chest, step back with left foot and twist with swing to the left, bring left hand, palm facing backward, fingers pointed to

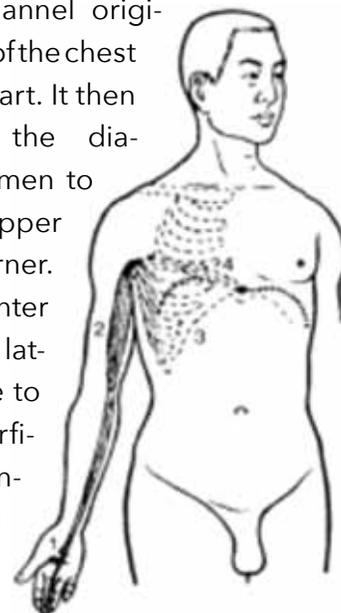
side, straight back to the side. The right hand, palm up, fingers pointed to the side, remains along chest. Stretch both elbows backward. Head should follow hands during the entire movement, tilting back as the hand pass overhead and following the left hand as it moves to the back. Pull back with the right elbow and push back with the left hand in short jerking motions. Do this four times.

2. Reverse movement by bringing hand from left to right, left on top, fingers pointing forward, to begin swing. The movement should be fast, and light, and airy.

3. Execute each movement four times, total 8x.

#### Pericardium Muscle Channel

The **Pericardium** channel originates from the center of the chest and surrounds the heart. It then descends through the diaphragm to the abdomen to communicate with upper middle and lower burner. A branch from the center of the chest emerges laterally from the nipple to turn along the superficial channel to the center of the armpit and down the medial aspect of the arm to end at the medial side of the middle finger.



# Article

## Benefit Breast Health Exercise #5 - cont'd

### There are five exercises that are excellent for Breast Health

in the Blue Dragon Immortal Qigong set of fourteen. #5 is the best one although it would actually be better to practice all five as a sequence on a daily basis. Exercise 2 benefits lung and large intestines meridians. Exercise 3 benefits stomach and spleen meridians. Exercise 4 benefits heart and small intestines meridians. Exercise 6 benefits Liver and Gall Bladder meridians. When performed as a sequence it takes less than twenty minutes to perform on a consistent daily basis.

Blue Dragon Immortal Qigong also offers two Qi Dances for breast health, a Qi Dance called

Body Brain drumming that stimulates each of the endocrine glands and Buddha Palm Chi Cups that specifically stimulate breast lymphatic tissue. Along with Lymph Swing described above, you can create an alternative routine. These two dances are accessible online at TaiYogausa.com

George Dr Qi Love is a licensed primary care physician since 1986. He is a doctor of Oriental Medicine, master and lineage holder of Blue Dragon Immortal Qigong. He is author of several books and Health Talk radio show host for more than 20 years. He is empowered to teach Medicine Buddha meditation and Tibetan Buddhist Qigong called Tsa Lung.



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# Article

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## What is Tao Calligraphy and how does it work?

### **Dr. and Master Sha**

Tao Calligraphy is a revolutionary healing art based on an ancient form of one-stroke calligraphy called *Yi Bi Zi*, that Dr. and Master Sha learned from sole lineage holder, Professor Li Qiu Yun. At over 100 years of age, Professor Li passed this unique lineage to Master Sha, who with his life-long training and mastery of ancient philosophies, Eastern healing arts, spiritual practices and more, developed this special Oneness writing further, to bring the essence, frequency and vibration of Tao (Source) Oneness into each calligraphy.

The result is *Tao Calligraphy*, which creates a powerful vibrational field that carries the positive messages (information) and energy of Tao Source. In this unique vibrational field, we can transform disharmony and negativity in our own vibrational field by absorbing the positive information and energy of the Tao Calligraphy. This can result in positive changes in our lives.

Master Sha's background as a doctor of Western medicine, traditional Chinese medicine and acupuncture, grandmaster of several Asian arts including tai chi, qi gong, kung fu, the Yi Jing, and feng shui, and an award-winning master calligrapher "all came together as one" when he created the healing art of Tao Calligraphy. When he writes Tao Calligraphy, he connects with Tao Source universal wisdom and power and it flows into each Tao Calligraphy.

Tao Calligraphies create a Healing Field, which is a field of pure, positive information, energy and matter that vibrates at a high frequency.

Anyone can access this unique high-frequency healing field through a variety of means that Master Sha offers.

To harness the power of Tao Calligraphy, one need simply to connect with it through tracing and meditation. There are gentle moving meditations that can be done, as well as sound healing meditations and breathing meditations, all connecting to the field of the Tao Calligraphy.

All of these simple, easy to learn techniques enable people to access this pure, high frequency field that can help them relax, balance and boost their energy, stamina, vitality and immunity, and heal and rejuvenate themselves by transforming the information, energy and matter in their own field(s), including their organs, systems, cells and more.

### **Quantum physics, Information (Message), and the Law of Shen Qi Jing**

Quantum physics tells us that everyone and everything are vibrational fields that contain information, energy and matter.

Recent models of energy and vibrational healing discuss the concept of a biofield that holds and conveys information that is vital for biocommunication and regulation. This biofield is said to be an organizing influence distributed over space and time that allows information to flow within and between different levels of an organism (ref 1; ref 2). While information is thought to be carried by either energy or matter, "Bell's Theorem (quantum nonlocality) supports observations of instantaneous interaction

# Article

## What is Tao Calligraphy and how does it work? - cont'd

between entangled states" (ref 1). Thus, it is postulated that information alone may be causal, even without a physical carrier (ref 1).

In 2017, Dr. and Master Sha and quantum physicist Dr. Rulin Xiu founded Tao Science, which asserts that information and soul (spirit) are the same thing. They define the soul as the warehouse of information that has accumulated over the span of the soul journey, including the information of one's ancestors.

The information can be positive or negative. Positive information is connected, orderly and harmonious; it is the source of health, harmony, happiness and fulfillment. Negative information is disconnected, disorderly and not harmonious; it is the source of life's challenges.

Tao Science clarifies the role of information and the interrelationship of different levels of our being in the universal Law of Shen Qi Jing, where shen is information, qi is energy and jing is matter.

Shen (information) contains three layers:

1. the soul (the content of information),
2. the heart (the detector and receiver of information),
3. the mind (the processor of information).

Qi (energy) is the actioner; it moves the information.

Jing (matter) is the physical reality and experience, which can transform information.

The *Law of Shen Qi Jing* states that everyone and everything are made of shen qi jing, and that shen (information) leads qi (energy) and jing (matter).

Further, it states that: Soul leads heart, heart leads mind, mind leads energy, and energy leads matter.

From this theory and perspective, any challenge in life, including health challenges, originate in the information (the soul). Transforming information is the key to healing and positive life changes.

### Field Healing

The key to healing is to transform negative information (energy and matter) to positive information (energy and matter).

Field Healing is a process whereby one accesses and harnesses a field of higher frequency and vibration with positive information, energy and matter to transform the lower vibrating or negative information, energy, and matter in one's own vibrational field.

It's a simple process grounded in ancient wisdom and scientific principles, but it is not always so easy to accomplish. That's because accessing pure, high-frequency positive fields on demand has not usually been an easy task.

What the Tao Calligraphy Transformative Art offers is an exceptionally pure, high frequency field of positive information, energy and matter that is available and can be harnessed, on demand, for healing and transformation.

### Supporting Research and Research Activity

Dr. and Master Sha and Dr. Rulin Xiu have published over 16 scientific articles, including these pertaining specifically to role of information in life, sickness and healing:



# Article

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## What is Tao Calligraphy and how does it work? - cont'd

- Zhi Gang Sha and Rulin Xiu, "Positive Information and Definition of Life". International Journal of Current Research in Life Sciences, Vol. 07, No. 08, pp.2625-2626, August, 2018.
- Zhi Gang Sha and Rulin Xiu, "Definition and Calculation of Positive Information". International Journal of Information Research and Review, Vol. 05, Issue, 08, pp.5667-5669, August, 2018.
- Zhi Gang Sha and Rulin Xiu, "A New Scientific Definition of Sickness and Healing". Psychology Research, Vol. 8, No. 9, 478-481, September 2018.

Sha Research Foundation conducts medical research and posts publications in peer-reviewed journals and presentations at medical conferences. Several have demonstrated positive effects of Tao Calligraphy art. Most recently, a clinical study applied Tao Calligraphy with 18 patients suffering from breast cancer in USA. Using meditation with Tao Calligraphy and mantra chanting, they experienced statistically significant improvements of their symptoms. The results were presented at SIO 16th International Conference: "Integrative

Oncology: Advancing the Science & Art of Integrative Oncology, Baltimore, MD, US, 2021".

Other publications about calligraphy art in the medical field that show how it can improve cognitive function of the elderly (read more) improve neuropsychiatric symptoms (read more), reduce anxiety and stress (read more), help children with ADHD (read more), and more. In one case, a man in a coma for two years awakened and continues to improve after his medical team took his hand and helped him to trace calligraphy daily with his finger (read more).

Finally, application of the arts and art therapy in general is on the rise with evidence that supports its benefits. In The healing power of art - Harvard Health the merit of expressing oneself through art is reviewed and found helpful for many conditions, including cancer, and doctors in the United Kingdom will soon start prescribing "the arts" to treat and positively influence all kinds of health conditions (read more).

## Herbs for Constipation Checklist + Fermented Vegetables

### **Elissa Arnheim**

You are a universe of microbes! Your brilliant body is a gorgeous work of nature, designed to thrive with a constant influx of helpful bacteria. In fact, your health suffers without them.

A simple, tasty way to bring in more "good bugs" to heal your gut is by eating fermented vegetables!

From thousands of studies, we know that raw fermented veggies are full of beneficial probiotic bacteria that support:

- improved digestion
- superior nutrient absorption
- good moods and concentration
- intestinal lining barrier repair (the opposite of leaky gut)
- immune function and infection defense (in the gut & lungs)
- candida and pathogen control
- alkalization from bonus minerals



# Tribute to DR. GEORGE WONG, PHD

Many of us have benefited from **Dr. Wong's** herbal prescriptions. We would like to honor him and his work at the **Annie Appleseed Project's 15th Complementary & Alternative Cancer Therapies conference**. Dr. Wong has attended all of our conferences and provided his consult service for a donation amount to benefit our all-volunteer nonprofit. **February 23-25, 2023 in West Palm Beach, FL** (Here is Dr. Wong on the day Ann Fonfa, founder/president Annie Appleseed Project, was introduced to him at the San Antonio Breast Cancer Symposium of 1998. Helen Schiff made the connection.)

If you can be present, you are welcome to come up on the stage on Friday just before lunch. We will give **Dr. Wong** a recognition plaque (TBD). Additionally for those who cannot be present, we want to offer a way for you to honor him as well. We will dedicate a page in our conference booklet (printed version handed out at the event), and it becomes a PDF afterwards. On that page, we will list those who donated in his honor.

(if you wish you can add up to 8 words of thanks) - **minimum \$15 via check to Annie Appleseed Project, 7319 Serrano Terrace, Delray Beach, FL 33446 or via PayPal using Send Money to annieappleseedpr@aol.com** Mention Dr. Wong so we know to place it into this category.



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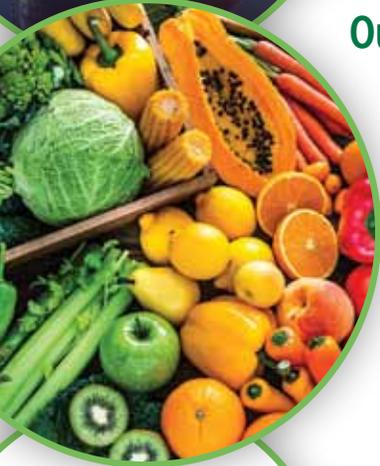
We seek to restore health in the body and mind.

What supported the cancer happening in the life of the patient must be transformed.



**THOMAS LODI, MDH, FOUNDER**

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## Addressing the Elephant in the Room – Cancer Trauma

**Dr. Carol Lourie**

I begin my initial consultations by asking people about their emotional wellness.

As an integrative cancer expert, I am always shocked at how many people let me know that no one has ever talked to them about their emotional scars after cancer.

I call that cancer trauma. It's a fact that cancer causes physical trauma to your body – but it also leaves you with emotional trauma to your psyche.

Trauma is created when you're under extreme duress for an extended period of time. This is especially true when it comes to experiencing a cancer diagnosis and following through with medical treatments and beyond.

Now, many people put themselves on autopilot to get through treatment. Which means that the trauma gets bottled up.

And not just in your body... It literally changes your brain chemistry, too.

### **Trauma keeps you from healing.**

Trauma can actually create inflammation in your body. It's constantly on high alert, in fight-or-flight, tricked into being scared and on the defense without you even knowing about it.

Now, this reaction directly affects your brain. Your memory is shot, you experience brain fog, your personality becomes dull, and getting anything accomplished feels like climbing Mt. Everest.

You just don't feel like yourself – but everyone seems to think you should be back to the way you were before.

But that's just not possible.

Your mind, as well as your body, have totally changed. The emotions that you put on the back burner, or bottled up, can come flooding back when you least expect them.

That's when you can find yourself overwhelmed and paralyzed. The intensity of the emotions can be so strong that you don't know where to turn or what to do next.

The thing is, recovery from trauma must include the physical as well as the emotional.

I've spent 35 years developing a system to contain the chaos that cancer causes.

I call this "The 5 Steps".

### **1. Nourishing Nutrition**

The way we've been taught to eat is based on the deep pockets of American food manufacturers, and doesn't have anything to do with what a healthy body really needs.

For example, the idea of "breakfast is the most important meal of the day" was invented by General Foods in 1944 to promote their cereal products.

Fast forward 80 years, and the system is still irreparably broken as seen by the dramatic increase in diabetes, obesity, and cancer.

# Article

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## Addressing the Elephant in the Room – Cancer Trauma - cont'd

The first step is to dramatically change what and when you eat. And, no I'm not talking about adopting the "rabbit diet" – it's a different perspective on food entirely.

### **2. Trusted and Targeted Supplements**

Americans spend 30 Billion dollars on supplements each year! Unfortunately, the industry is made to profit, and not seriously address your health concerns.

Buying supplements at Costco, CVS, Amazon, or even from trusted health food stores can waste your money, or worse still, be damaging to your health.

Knowing which products are made to pharmaceutical quality standards and when you should be taking them so you get maximum benefit is a science. It's also a skill that takes many years to develop.

### **3. Unpacking Cancer Trauma**

The foundation of healing is freeing yourself from cancer trauma – as a result of treatment and recovery.

### **4. Trauma healing is where you really need to start.**

Looking back at what was happening in your life before you were diagnosed – even years before – allows you to dive deeply into your story. This gives you the keys that open the doors to let the light and fresh air into your life again.

### **5. Understanding Your Body with Advanced Testing**

Each person's cancer has a unique pattern of biomarkers. Biomarker testing reveals what's going on in your body at a specific time. It can divulge the hidden reasons why you're not feeling well.

But that's not all testing can do.

Advanced functional tests are a direct reflection of how your medical oncology treatment worked and how your integrative protocol is addressing the underlying driving factors.

And that means these results are the roadmap of what you want to focus on to improve your long term health.

### **5. Creating a Healthy and Joyful Lifestyle**

Everything about lifestyle is related to the core of your belief of self-love and self-care. It's the opposite of the messaging we've received about dieting, over-strenuous exercise, restriction, denial, and resentment.

Adopting a healthy lifestyle flows when it comes from a place of self-love and self-care.

The reality is, lifestyle is the ONE thing you can control 100%.

When I address the concept of lifestyle, I'm talking about how you organize your day and your life. It's what you eat, but also how you eat. It's exercise, but also your **approach** to exercise. (Think enjoyable movement.) It's taking supplements, but also **organizing** them so they become part of your life.

Lifestyle is about embracing choices which propel you in the direction of good health.

The whole approach to trauma is that it's not something separate from your health after cancer. It's not an isolated island that's not connected to the mainland of who you are. Unraveling the strings of trauma is a process – it takes time, self-compassion, and the 5-step approach.

# Anti-Inflammatory Substances.

## **Frankincense**

A systematic review of frankincense published in the British Medical Journal assessed the evidence gathered in multiple randomized clinical trials. They found that it had many anti-inflammatory ingredients, inhibited pro-inflammatory processes, and was effective in treating a range of conditions caused or maintained by inflammatory processes. A study in the journal Nature Chemical Biology found that frankincense prevented the release of leukotrienes, a compound which causes inflammation, most notably through the boswellic acid it contains.



## **Licorice**

Licorice extracts have been used in herbalism and traditional medicine for thousands of years, especially in Chinese Medicine and Ayurveda, and in particular, specifically for inflammation. Its sweetness comes from the compound glycyrrhizin, which is around 50 times sweeter than sugar, yet the sweetness is sharper and longer lasting.

The journal Pharmaceutical Biology has a great article on the antiinflammatory activity of licorice, where they reviewed 93 papers with the proven mechanisms of action. A study in the journal BioMed Research International noted that licorice extracts prevented oxidative damage, and protected against both acute and chronic inflammation.



## **Pau d'Arco**

A study in the Journal of Ethnopharmacology showed that Pau D'arco demonstrated a profound ability to block the production of proinflammatory compounds known as prostaglandins. A mice study in the Molecular Medicine Reports journal found that it led to significant antiinflammatory effects, inhibiting inflammation in mice by up to 50%.



## **Broccoli**

A study in the Preventative Nutrition and Food Science journal showed that the broccoli florets exerted potent antioxidant and anti-inflammatory effects.



## **Blueberries**

All berries are great for fighting chronic inflammation, but of all the traditionally known berries, blueberries may be the best of the bunch. They are packed full of antioxidants called flavonoids, which are brilliant inflammation fighters, as well as other chemicals which provide immune modulation to reduce it too.



# Anti-Inflammatory Substances.

## **Green Tea**

Many studies support the benefits. Originally studied fully in mice, it was finally apparent that it was terrific for humans too. Black tea has benefits as well, but only in humans. One reason



## **Pomegranate**

A paper in the journal *Nutrients* looked at 80 studies relating to pomegranate juice and inflammatory disease, and found it to be a great anti-inflammatory agent. But it's not just the juice that works, as a review in the *ECAM Scientific Journal* showed that the peel, flowers, seeds and juice all produced significant anti-inflammatory activity.



## **Lemon**

A study in the journal of *Immunopharmacology and Immunotoxicology* found that the lemon mucilage produced significant decreases, while a review article in the journal *Frontiers in Immunology* looked at all lemon (and citrus) components and found that it primarily used the mechanism of limiting oxidative stress to reduce inflammation. Many believe a morning drink of lemon and (filtered) water, to be healthful.



## **Ginger**

A meta-analysis published in the journal *Nutrients* conducted a comprehensive systematic review of 109 randomized control studies with ginger, and all relevant studies showed improvements in lowering inflammation levels. Another review in the *International Journal of Preventative Medicine* focused specifically on anti-inflammatory and anti-oxidative effects, and they also came to the same conclusion. Use the ginger root, or ginger powder, all of value.



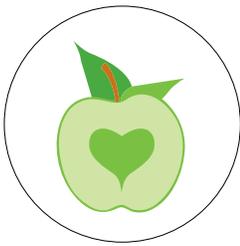
## **Turmeric**

This golden spice has been used for thousands of years, both as a tasty flavoring in many famous meals, and in medicinal preparations. It is anti-bacterial, anti-microbial, an anti-oxidant, and anti-inflammatory.

Because of this, it is used to treat hundreds of different diseases. The most studied herb in relation to its effects on inflammation may be turmeric, as we have hundreds of studies to choose from. A review in the journal *Molecules* showed how it plays a key role in the prevention and treatment of chronic inflammation diseases, while the healing mechanism is shown in a paper in the *Journal of Biological Chemistry*.



# The Annie Appleseed Project History



## The Annie Appleseed Project

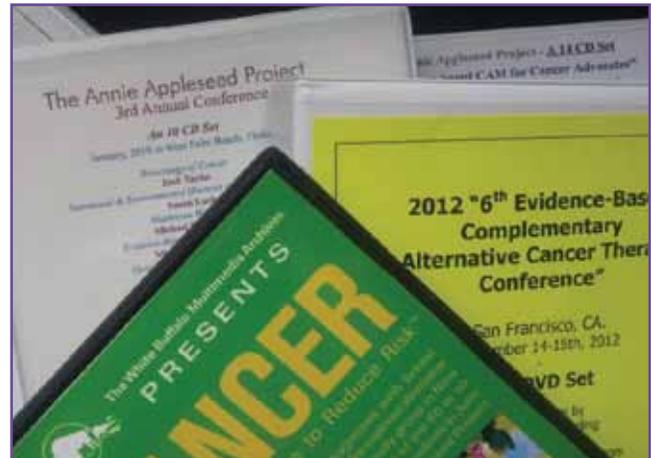
The name, The Annie Appleseed Project was first used in 1997 to describe the vast amount of information its founder, Ann Fonfa, had gathered about alternative cancer therapies. By June 1999, the website went up with 65 pages. Information has been added just about every week since then.

During this time many advocacy groups, and personal friends donated money (which was not tax-deductible) to help the work go forward.

Special thanks go to Andrea Martin (now deceased), founder of The Breast Cancer Fund, for her generous donation that first gave Ann the ability to bring her information to the breast cancer community. Computer Graphic Resources, Inc., a company that Ann worked for until 1995, and Pitney Bowes, their client, donated photocopies of the original 63-page handout called **"Alternative Medicine: A Consumer's Guide"**. First handed out at the 1997 Advocacy training conference of the National Breast Cancer Coalition, it was later expanded to cover all cancers and complementary/integrative therapies.

The Annie Appleseed Project became a 501(c)(3) Florida nonprofit corporation in 2003 with loans of \$2,500 from Ann Fonfa and her family.

The Annie Appleseed Project exists because we have fantastic volunteers who are willing to do so many tasks to keep our organization going. We are an organization of volunteers.



[www.annieappleseedproject.org](http://www.annieappleseedproject.org)

*"The Annie Appleseed Project welcomes your **DONATIONS**, of any size which are **TAX DEDUCTIBLE** to the full extent of the law".*

# Natural Methods



## Natural Methods to Reduce Adverse Effects (HARMS)

*The Annie Appleseed Project*



**REIKI** (pronounced “ray-kee”) is a therapeutic technique in which healing energy is channeled, or conducted, through a practitioner’s hands into the person receiving the treatment. It is believed that Reiki brings the body into emotional and spiritual balance, supporting the body’s natural ability to heal itself.

**YOGA** is used for fatigue, insomnia, depression, general quality of life. It can reduce high blood pressure.

**EXERCISE** has been studied to reduce fatigue DURING treatment with chemotherapy and radiation therapy. Walking, biking, swimming, etc.

**AROMATHERAPY** used for nausea (being taught at MD Anderson Cancer Center in Houston, TX). It can stimulate lymphatic flow, reduce fatigue and anxiety. Example: Lavender for headaches, insomnia, high blood pressure, Orange for insomnia, constipation, depression, anxiety, peppermint as a digestive aid, Rosemary for fatigue, Ylang-Ylang for calming.

**ACUPUNCTURE** can help in reducing nausea, fatigue, keeping blood counts normalized, much more. Local practitioners may be willing to give time pro bono. [<http://annieappleseedproject.org/tradchinmed.html>.]



1) In vitro studies showed that **CURCUMIN** increases tumor cell apoptosis, decreases cell growth rate, and reduces the number of clonogenic cells in a dose-dependent manner.

Hiroshi Inano at the Research Center for Radiation Safety, National Institute of Radiological Sciences, Japan, says the results are very interesting and that he hopes to be able to use curcumin in clinical application, particularly given its low toxicity and strong antioxidant activity. [12/10/2002; *The Lancet Oncology*].

2 ) Conclusion: **CALENDULA** is highly effective for the prevention of acute dermatitis of grade 2 or higher and should be proposed for patients undergoing postoperative irradiation for breast cancer. [*Journal of Clinical Oncology*, Vol 22, No 8 (April 15), 2004: pp. 1447-1453.]

3) Treatment of mice with **ABANA** before irradiation caused a significant depletion in lipid peroxidation followed by a significant elevation in GSH concentration in the liver of mice at day 31 post-irradiation. Abana scavenged •OH, DPPH, ABTS•+ and NO• in a concentration dependent manner in vitro. Our results indicate that the radioprotective activity of abana, a polyherbal drug may be due to free radical scavenging and

## Reduce Unwanted Side Effects - cont'd

*The Annie Appleseed Project*

increased GSH level in irradiated mice. [*British Journal of Radiology* (2004) 77, 1027-1035.]

4) **TEA EXTRACTS** are an efficient, broadly available treatment option for patients suffering from acute radiation-induced skin toxicity. "The molecular mechanisms underlying the beneficial effects are complex, and most likely not exclusively dependent on effects of tea polyphenols such as epigallocatechin-gallate. [*BMC Medicine* 2006, 4:28 doi:10.1186/1741-7015-4-28]

5) **ALOE VERA** is very good for the skin, especially burns.



## INSOMNIA

1) Include **POPPY SEEDS** in your diet: they are a natural sleep aid. Ayurvedic.



2) **PUMPKIN SEEDS** are "more likely to attract the sand man than warm milk, a book or Lavender scents on the pillow". Like Turkey, Butternut Squash Seeds and pumpkin seeds have high concentrations of the compounds that tend to make guests sluggish after a Thanksgiving meal.



3) **HERBS** such as Valerian, with Calcium/ Magnesium, skullcap.

4) **MASSAGE** the soles of your feet (Dana Ullman, Homeopath suggests); hypnotize yourself starting with your feet - feel total relaxation, then move on up. Take a warm bath in which you add a couple of drops of one or more essential oils such as orange blossom, meadowsweet, or hops.

5) **WOOL BLANKETS** are better able to regulate skin and body temperature than synthetic blankets. This comfortable comforter may help you sleep better. Many medicines keep you awake. Talk to your doctor.

6) One teaspoon of **RAW, ORGANIC HONEY** before bed may help you sleep better.

7) **USE A MANTRA.** A mantra is usually a one or two syllable word that you repeat over and over and over again. You use it as a way to calm the mind, though it can also clear the mind and encourage sleep.

## Reduce Unwanted Side Effects - cont'd

*The Annie Appleseed Project*

8) **LISTEN TO MUSIC.** Music to relax by.



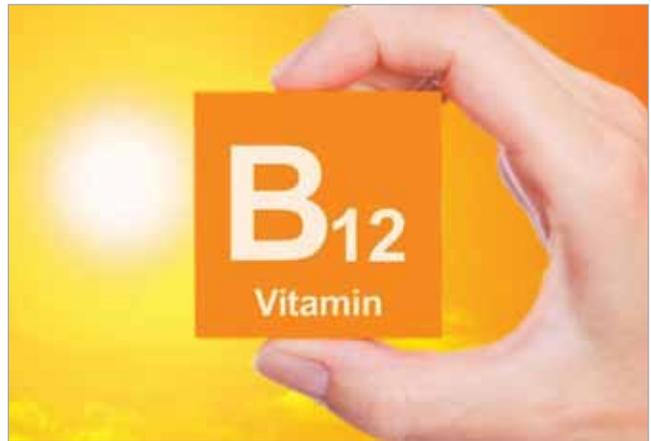
9) **CHECK YOUR MEDICINES.** Many medications keep you awake. Talk to your doctor.

### NEUROPATHY

1) "Our results indicate that the behavioral symptoms of neuropathic pain states can be treated successfully, and that partial to complete reversal of associated morphological and neurochemical changes is achievable with **ARTEMIN**". [*Nature Medicine* November 2003 Volume 9, Number 11 pp 1383 - 1389.]

2) **ALPHA-LIPOIC ACID\*** (a dietary supplement) Considered safe Regul Toxicol Pharmacol. [2006 Oct; 46(1):29-41. Epub 2006 Aug 14.] Also protective for the liver "The results of the study revealed that -lipoic acid could offer protection against chloroquine-induced hepatotoxicity. -Lipoic acid had a better protective effect when compared with silymarin, a reference drug" [Journal of Applied Toxicology Volume 24, Issue 1 , Pages 21 - 26.] \*NOTE: We were told that a recent study (seems unpublished as of 10/15 since we cannot find it) indicated harms, but see this: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2772894/> for benefits.

3) **VITAMIN B12** (from an article by syndicated columnist Dr. Paul Donohue, To Your Health, in the Palm Beach Post).] "The recommended daily allowance for vitamin B12 is 2.4 micrograms. Huge doses of vitamin B12 can penetrate the intestinal wall. (But) B12 deficiency is an uncommon cause of burning feet."



4) "Conclusions: **UREA** containing preparation appears to be an excellent choice for the prevention and treatment of capecitabine induced hand foot syndrome. This minimizes drug delays, schedule interruptions and maintains the dose density. Owing to reduced morbidity, the drug tolerance and acceptance is considerably improved". [*ASCO* 2004 Abstract No: 8105]

5) **ORAL GLUTAMINE** is "effective for preventing Oxaliplatin-induced Neuropathy in Colorectal cancer patients" [*The Oncologist*, Vol. 12, No. 3, 312-319, March 2007; doi:10.1634/theoncologist.12-3-312.]

## Reduce Unwanted Side Effects - CONT'D

*The Annie Appleseed Project*



6) A study published in a recent issue of the *Journal of Alternative and Complementary Medicine* has found that **ACUPUNCTURE** can reduce pain and peripheral neuropathy in HIV-infected individuals, especially when treatment is directed at a patient's specific symptoms. [*Journal of Alternative and Complementary Medicine* 2004;10(3):449-455.]

7) While nerve conduction velocity did not improve, vibration perception increased. Clinical symptoms also improved in groups treated with acetyl-L-carnitine compared to placebo. Participants who received 1,000 milligrams **ACETYL-L-CARNITINE** thrice daily demonstrated significant improvement in pain at the study's midpoint and conclusion.

8) Neuroprotective Conclusion: "Supplementation of patients receiving cisplatin chemotherapy with **VITAMIN E** decreases the incidence and severity of peripheral neurotoxicity". [*Journal of Clinical Oncology*, Vol 21, Issue 5 (March), 2003: 927-931.]  
Compiled from studies and articles that can be found on [www.annieappleseedproject.org](http://www.annieappleseedproject.org) 1993-2000 Volunteer with SHARE a self-help organization for those with breast and ovarian cancer.

### NAUSEA

1) **GINGER**, ginger, ginger - recent studies prove it! Use it even if on meds.



2) **FISH OIL & PROBIOTICS** - Everyone should be taking fish oil, and probiotics.

3) **COCOA BUTTER** reduces scar tissue within three months for many people (not the scar but underlying tissue buildup).



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### REFERENCES

Compiled from studies and articles that can be found on [www.annieappleseedproject.org](http://www.annieappleseedproject.org). Presenting the Patient Perspectives on natural approaches for people with cancer. We're an all-volunteer 501(c)(3) non-profit organization.



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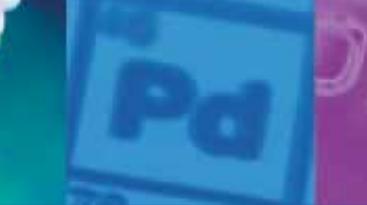
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- Enhances quality of life \*
- May replace specific nutrients that may be depleted during certain therapies \*

■ Studies evaluated the effects of LAMC and radiation in various animal models. Whole-body gamma radiation exposure once a week for 2 weeks and daily after 4 Gy of irradiation protected DNA damage in the peripheral blood. It also rendered protection against radiation-induced lowering of platelet count and appears to be responsible for its radio sensitizing and protective effects while supporting mitochondrial remodeling.

■ Dr. Paul S. Anderson has worked with LAMC in various clinical settings (neuro-degenerative illnesses, chronic fatigue/fibromyalgia and mitochondrial dysfunction) and has documented the following:

- Poly-MVA shows consistent safety and efficacy in all its uses
- Poly-MVA improved quality of life in the oncology population
- Poly-MVA added to multi-agent therapies for chronically ill patients led to improved outcomes, positive responses and quality of life.

- Dr. Paul S. Anderson, NMD has shown the clinical synergy between LAMC and DCA; LAMC is neuroprotective and uniquely supportive in mitochondrial upregulation.
- Ischemia studies demonstrated improvement and protection.
- Phase One human safety trials in hypertension completed.
- A 1000-patient oncological animal study resulted in an 86% improved quality of life.

Oncologist Dr. James W. Forsythe's 3 different LAMC outcome studies:

- 225 Patients 6-yr Overall Survival Rate of 32% 2004-2010
- 500 Patients 5-yr Overall Survival Rate of 39% 2005-2010
- 1000 Patients 7-yr Overall Survival Rate of 64% 2010-2017

"In Stage IV adult cancers of any origin, improvement in quality of life issues is directly proportional to improvement to overall response rate. Even stable disease can be tolerated and changed into a chronic livable condition."

- James W Forsythe, MD., HMD

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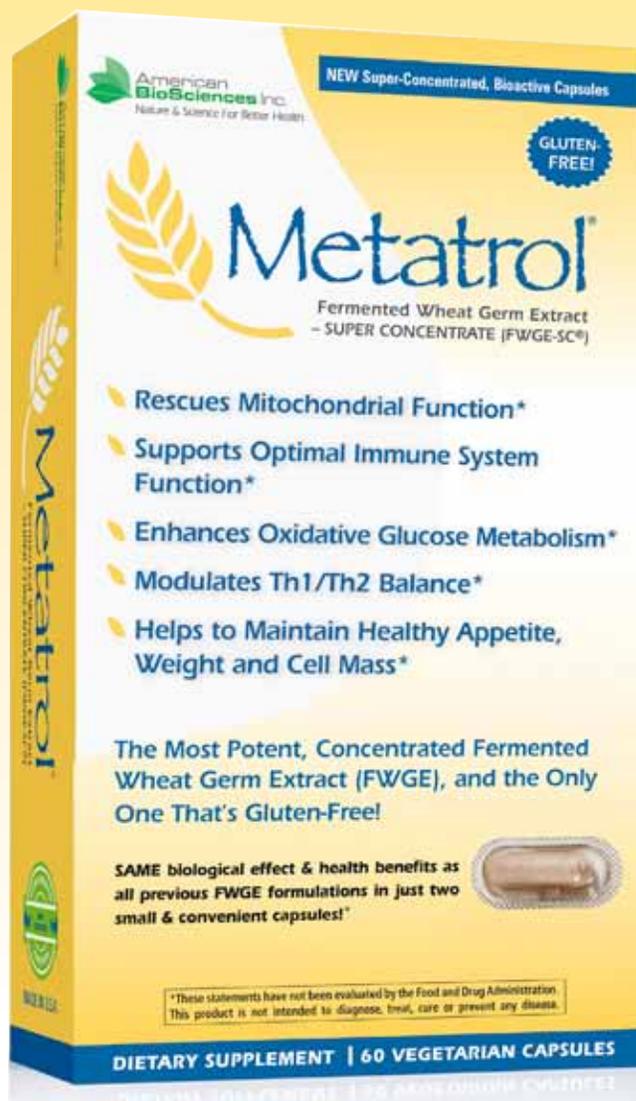
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