

Greenwich Sentinel

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The Truth Always Surfaces

By Julia Chiappetta

Since my diagnosis in 2000, I have made the decision not to use conventional treatments, based on months of research with the help of a scientist friend and medical professionals.

That, coupled with the peace I have found in prayer, has ignited me on my journey, and I have never looked back. To this day, I continue to research, attend conferences, watch videos and converse with experts, in order to stay on top of the many exciting, emerging non-toxic protocols. When I published my reference guide, *Breast Cancer—the notebook*, in 2006, finding good information was difficult. The book became more of a gift to the newly diagnosed, and I shared notebooks filled with information to afford others a jump start, by putting that research at their fingertips to help them make informed decisions and because I know, from my own experience, that something powerful and positive happens inside when you become the CEO of your own body.

In just this past week, I have read five articles in the press discussing how conventional treatments, such as chemotherapy, radiation and cancer drugs, may cause secondary cancers, taking away from quality of life, and that these treatments are quite toxic.

One of my colleagues, Elyn Jacobs, a certified cancer coach and strategist, writes on her website, ElynJacobs.com, June 6th, “A new landmark study which suggests less chemo, Herceptin, and surgery for some cancer patients and admits that many cancer patients have been receiving chemotherapy unnecessarily. These results were discussed at an American Society of Clinical Oncology conference in Chicago, and published by the *New England Journal of Medicine*, the *Wall Street Journal* and *New York Post*, and many other media sources.

To be clear, these studies were not necessarily done to protect patients from the damages of cancer drugs. The issue was cost, while acknowledging patients can be spared the life-threatening and quality of life-threatening side effects of these treatments. The studies were federally funded, which is great as there is no way a drug company would run a study that could impact their business.”

She continues, “In 2013, doctors at Memorial Sloan Kettering Cancer Center (MSKCC) in NYC presented on the failure of chemotherapy for the treatment of breast cancer and melanoma. They



said they were seeking funds to find new drugs that work. Yet they have still been recommending these failed treatments and are not looking at alternative options which do not bring in the same revenue. I do not want to point fingers, but I have seen so many people ravaged by treatments like chemotherapy and radiation. This hot-off-the-press revelation that chemo is toxic and not helpful for many is old news. But the results from these studies are noteworthy—there was only a 1% risk reduction for a certain group studied who added chemo to their treatment plan. Only 1% for all that damage.

Clearly doctors have been over-treating patients for a long time. The researchers make mention of the OncotypeDX test that can help determine which patients would or would not benefit from chemo. Notably, they make no mention of testing patients to see if they can even tolerate cancer drugs, something that is not uncommon. I am not saying there is never a reason to offer chemo.

What I am saying is that the SOC must include the option for less toxic and less expensive remedies for cancer. Holistic treatments have had gratifying results on cancer patients for many, many years, despite a lack of clinical trials and published results. Even in the absence of conclusive studies, clinicians should consider using non-toxic therapies, especially for those patients adverse to conventional medicine.”

Another study published in *Breast Cancer Research*, found that chemotherapy causes long-term immune system damage, reducing levels of key immune cells in breast cancer patients for at

least nine months after treatment, leaving them vulnerable to potentially life-threatening viral and bacterial infections. The researchers investigated the immune systems of 88 women with breast cancer.

Levels of lymphocytes were measured before and at intervals between two weeks and nine months after chemotherapy. However, there was no pre-chemotherapy data for 26 of these participants. The authors examined circulating lymphocyte subtypes, including B cells, helper T cells, and cytotoxic T cells, like CD4 and CD8. For more on this study, visit: ChrisBeatCancer.com. Chris Wark, a health advocate and colleague, has his own amazing journey of healing and posts many inspirational video testimonials from others.

I believe, as I have for the past 18 years, that we need to address the person before we address the disease and help people make better diet and lifestyle decisions, to change the cancer environment in their bodies. There is truly something wrong with the current standard of care, and my hope is that these, long over-due revelations, will spurn a new paradigm in cancer care. Last week, I touched upon once such new protocol, medical cannabis, and the worthy work of United Patient’s Group. I was excited to learn that its founder John Malanca is also the host of “The Sacred Plant,” airing June 20th. To watch this seven-part docuseries online, please register at: Sacredplant.com

As always, add a nice green drink to your morning routine and enjoy the benefits that these nutrients will bring to your body. The weather has been beautiful as of late, so I have enjoyed early morning hikes at Cos Cob Park, where I am often met by teams of rowers in sweet formation and the beautiful birdies who call the park home.

The scenery from the harbor out across the sound to Long Island Sound is just glorious and sets the tone for my prayer time with God; thanking Him for the boundless blessings in nature all around us.

My hope is that you, too, will venture out to explore and take in the amazing outdoors.

Julia Chiappetta is the author of “Breast Cancer: The Notebook” (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. She lives in Cos Cob. More information and past columns can be found at JuliaChiappetta.com