



Visionary Alternatives, Inc.

Funding Tomorrows Cures Today

Visionary Alternatives, Inc.

March 2006

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Other Contributing Writers in this issue:

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 In memory of a dear friend

Stephanie Floyd

Yin and Yang – The Future of Cancer Treatment

Cancer continues to be a major killer in the USA and around the world. Conventional chemotherapy and surgical treatments have made only small inroads toward conquering this scourge. If anything, the numbers may have actually gotten worse since President Nixon declared war on cancer in 1972. While the challenges of cancer have never been greater, we might be on the threshold of a new world in its treatment.

The rap on conventional therapies is that they kill normal cells as well as cancerous cells, and the patient's outcome is a race to see which cells die off first, and which survive. And a further dilemma is the riddle, why the same tumor might behave so differently in two individuals, so that one has indolent disease for decades, while another deteriorates and

succumbs rapidly. To make progress against cancer, we must learn to target therapies more narrowly to treat tumors but not toxify the patient; and we must expand our thinking to treat the whole patient, that is, to alter the milieu that allows cancer to flourish.

Novel cancer therapies can target tumor cells while sparing normal tissues. Some new drugs can turn on specific enzymes that counter point mutations that initiated cancer at the gene level, or block specific receptors that enable tumors to develop. Another new class of agents can block the blood supply to tumor cells without affecting the circulation of normal tissue. Yet another new option in the injection of nanoparticles of iron into tumors through which localized hyperthermia can be generated by rapid alternation of magnetic charges, almost vaporizing the tumor while leaving neighbor-

ing tissue pristine. Unfortunately, many of the most promising innovations are considered experimental—and therefore, insurance companies will not pay for them—and many are not available in the USA.

Complementary practitioners have long espoused the principle of treating the terrain, not the disease—that is, repairing the patient's biological milieu to make it less hospitable for the development of cancer. This includes attention to the many environmental challenges that poison our body, from air and water pollution, to the hormone and antibiotic additives in the meats we eat, to the viruses that infect the animals that become our food, to heavy metals from a variety of sources, including even mercury in the dental amalgams in our teeth. It includes consideration of our

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Chocolate .. The *New* Antioxidant

Chocolate, derived from the beans of the cacao tree is loaded with antioxidants, and in higher quantities than many other produce items.

Fruits and vegetables have been touted for a long time for their health benefits. One of their greatest benefits has been their antioxidant ability. This antioxidant ability is the reason they can help to lower the risk of heart disease, some

cancers and many other age related afflictions. Many people use fruits and vegetables and supplements to slow the ageing process in general and to increase their bodies immune system.

Now, we can all eat more chocolate for those very same reasons! **DARK** chocolate has even been found to help to lower blood pressure. (Benefits stopped when consumption

stopped.) Dark Chocolate has more antioxidant ability ounce for ounce than blueberries, raisins and kale.

Try organic brands of chocolate from the health food store to remove the hazard of chemical fertilizers and harmful pesticides. Remember also that **ONLY** Dark Chocolate is showing substantial benefits.

On Women's Health ... Mammograms??

Many woman today are thinking twice about the downside of the traditional mammogram. It has been touted for years by traditional medicine as a woman's best bet to discover breast cancer in it's earliest stages, while it is still treatable. Yet, the newest studies are out and they show no increase in survival rates of those that do annual mammograms and those that do not partake in this ritual.

There are many other doctors who believe that the annual (mammogram) ritual itself will lead to breast cancer due to the extra

exposure to radiation via the mammogram itself.

So what can a woman do to get early notice of a problem too small to see until it is too late?

Many women are turning to D.I.T.I.; Digital Infrared Thermal Imaging. The method has been around for years under another name. The method employs sophisticated infrared cameras that measure heat variations of the entire chest area. The method is completely non-invasive and can detect potential problems 2 -5

years ahead of traditional methods.

A few of the added benefits of this procedure over the traditional mammogram are: no painful breast compression, no harmful radiation, appropriate for women of all ages, FDA approved and can also be used to scan the entire body!

Ask your doctor where you may be able to receive this wonderful new technology. I have been personally employing it for years.

Sincerely, Jane Tobal

Cancer Causes and How to help prevent it NOW

The primary cause of cancer is a lack of oxygen....

Cancer often has a direct relationship with environmental conditions and there are several factors that may be addressed in order to help the body deal with this disease.

The primary cause of cancer is a lack of oxygen at the cellular level. A cell becomes cancerous when 60% of its oxygen requirements are not met. Fermentation replaces respiration in these cancerous cells. Carcinogens, toxins and general pollutants are often the cause of the oxygen loss. Avoiding smoking and highly processed foods help to control the body's toxicity. Eating fresh raw foods, drinking wheat grass juice and certain supplements will assist in

oxygenating the blood.

High levels of acidity in the body support cancer growth as well. An alkaline environment helps prevent cancer growth. In acidic surroundings cells may die or become malignant. Sadly, most of the food we eat is highly acidic and as we age our bodies become increasingly more acidic as well. Products that should be avoided include soft drinks, refined flour, alcohol, sugar, red meat and processed foods in general. Eating an abundance of fresh vegetables and fruits will help to increase internal alkalinity.

A healthy immune system is essential for cancer prevention. The Thymus gland must be strong in order to support the immune system. There are specific supplements that can help with this, often taking 5 to 10 times the suggested normal dose can be more effective.

There are more factors to consider for maintaining a healthy cancer free body which we will continue to address in upcoming newsletters.

Yours in Health, Rachel Tobal



ORAC scores are higher in fresh fruits and vegetables.

ORAC Scores .. Say what?

ORAC, the newest acronym in health care, stands for: "Oxygen Radical Absorbance Capacity".

So, you ask, what exactly is that? Exactly, it is a food's ability to calm free radicals. Free radicals are generally very unstable atoms that

wreak havoc on Protein, DNA and fat molecules, upon which our bodies depend.

Articles from the USDA explain that our bodies contain antioxidant enzymes to combat free radicals, which weaken over time (Aging). The best way to increase our bodies ability to

provide more free radical fighting power is to ingest antioxidant containing foods and supplements.

The ORAC scale now provides us with a new tool that scores the antioxidant levels of a variety of substances for our own information. GREAT!

In Memory of Shanja Kirstann By Janaia Donaldson

Shanja was a teacher of art, spirit and soul work for over 30 years, and had a wide circle of friends. By early 2004, Shanja had spent all her savings for alternative therapies for breast cancer. Her closest friends sent an appeal letter to her wider "Circle of Angels", who responded incredibly generously. Many contributed through Visionary Alternatives. Shanja noted that these contributions kept her alive for most of the past year. She was deeply grateful for the generous service provided through Visionary Alternatives, since many

more friends were able to contribute because of the tax benefits.

Shanja wanted to send each angel a personal "Thank You", so we created her note card about one month before she died. She didn't have the energy to handwrite thank-you's to all her contributors personally, but the deep gratitude in her heart, and sheer wonder at such generosity and love, were uppermost.

The front of the note card is a watercolor by Shanja and on the back she wrote:

"How do I deal with letting go of all this love?
The people I love, the earth, the birds singing outside my window, the sun shining on my face?
Even the butterflies may live only a few hours.
Are they concerned about this? No.
Everything we look at is matter dissolving.

I have found an answer: You love them even more.
You cherish them and treasure them.
You say 'Thank You'.
You love more and more until it is Love loving itself.
In that deeper surrender into loving what is, as it is, I am transformed.
And then the whole world is transformed.
Then there is freedom."

Shanja, February 2004

Stephanie needs your help **NOW**

Please help Stephanie from California through the homestretch!

Stephanie has breast cancer which has some mets to the bone She received a series of IPT treatments this year which helped initially. She is now getting daily treatments in a highly reputable holistic clinic, the William Hitt Center. After 28 treatments her cancer

has significantly diminished! Her doctor wants her to do 20 more treatments, which if she keeps progressing as she has, holds promise of complete healing. This is a real success story!

Stephanie is a single parent. She is a teacher, loves kids, and has devoted her time, energy and love to orphaned children.

She needs a little help to finish up her treatment program About \$2,500. If you can help out in any way. Please, please do so.

Stephanie is a great resource for breast cancer patients and is happy to share what she has learned. She can be reached at her email:

omfree108@yahoo.com.

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Yin and Yang continued from cover

bodies as energy fields—a concept that is at the basis of some non-western systems of physiology, such as traditional Chinese medicine—and the unblocking of our systems to the flow of energy. A number of diagnostic modalities are available to the physician who broadens his paradigm to include this perspective, though they remain underutilized.

It also includes the need for emotional and spiritual repair, and the openness to entertain these within a comprehensive framework for cancer care.

The success of future cancer therapy

will not be due to more chemotherapy or more surgery. It will come when practitioners are able to have a broader vision regarding the causes of cancer—this includes genetic causes, but also environmental, immunologic, toxicological, infectious factors—and the tools to diagnose and treat these factors aim at improving the health and vitality of the host; while at the same time, therapies aimed at tumors themselves are targeted with laser-like precision, and leave normal host tissue unaffected.

In a sense, this represents the marriage of two worldviews. The technology to

make this marriage a reality is here. In the USA, the National Cancer Institute and major centers of academic cancer medicine have not endorsed this perspective, nor is it one that large pharmaceutical companies look forward to embracing. But elsewhere, especially Germany, a growing number of highly respected physicians and clinics are creating this new reality. As the record of success of these clinics increases and their reputations grow, it will be the patients of the USA who motivate change in the way our doctors look at cancer.

Dr. Sam Snyder

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Thank YOU!

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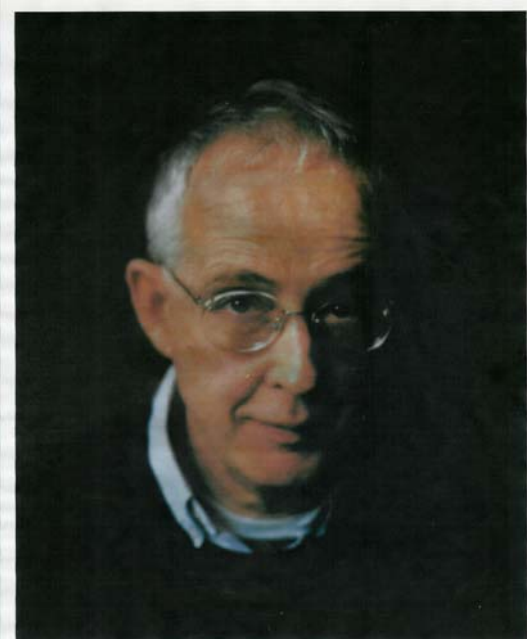
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Shanja's Circle of
Healing Angels

Special edition card
By Janaia Donaldson

In memory of
Shanja Kirstann



Visionary Alternatives, Inc.

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Visionary Alternatives, Inc., Our Work, Our Friends

Our charity is now entering it's 9th year. This year has been especially sad, loosing two very special people. We were fortunate to have been introduced to them through our charity.

I am referring to Shanja Kirstann (California) and Prof. Michael Gearin-Tosh (Oxford, England). They were two very special people with abundant gifts and talents that ended their days before friends were ready to let them go.

They both were writers ... on opposite sides of the globe. One a poet/artist and one a novelist/professor.

We have an article that was submitted by Janaia Donaldson inside our newsletter. Janaia gave effortlessly of her time to organize the fundraising for Shanja's treatments. We spoke together many times and discussed the progress or lack thereof in Shanja's selected course of treatment. We honor her choices and her release from physicality. We are sad to see her go and yet are glad to know she is now pain free.

We would like to thank all of those that took part in her journey, it is only when we all come together out of love for a common cause that true progress can really happen. We are on opposite sides of the country yet we all worked together to make Shanja's last wishes happen. Much LOVE and Many Thanks; again.

We are also missing Prof. Michael Gearin-Tosh this year. He was a professor of Literature at St. Catherine's College at Oxford University in Oxford, England. He had quite a story to tell and so he wrote it down in a book titled, "Living Proof" (he was).

He was diagnosed with an incurable cancer and was told to get his affairs in order, being given a "sentence" ... 6 months left without treatment (chemo/radiation) or UP TO 1 1/2 years with this same treatment option. Of course, they told him that the procedures would make him very ill and his quality of life would be greatly dimin-

ished. He refused traditional medical treatment.

EIGHT years after this diagnosis he wrote his book. In the pages he reveals what he did and why he came to the conclusions that he did. His story is very readable and humorous in spite of the grave subject matter. His book includes a letter from a doctor from the Mayo Clinic, who felt his choices would lead to his rapid demise. What a shock to find him writing a book 8 years later!

My conversations with Mr. Gearin-Tosh allowed me to know that, before he died (11 years after diagnosis), that same doctor from the Mayo Clinic paid him a visit, concluding that perhaps his "choices of treatment" were worth looking into. Hey, it's a start! He did not die in vain. I know that he was working on another book before he died. I do not know if it was finished. No matter, it is his LOVE, wit and humor that I will personally miss and I only knew him a few years. I am sure he will be sorely missed by all who knew him.

In Love & Memory, Jane Tobal