

CANCER

A METABOLIC DISEASE?

TONYA'S STORY

Introduction:

As a health coach with a longing to help people realize the issues related to the Standard American Diet (SAD). I am always seeking success stories and confirmation that the dietary path I help people realize for their overall health and longevity, is relevant and current. The number of people that have improved their general health or have eliminated chronic health issues is incredible. I often shake my head that it is still an area not embraced by the mainstream medical establishment.

I promote dietary practices that avoid the issues found when eating diets high in carbohydrates and low in good fats and proteins. Everything from diabetes, heart disease, obesity and cancer can find a negative connection to high insulin and its need to combat the excessive glucose levels in the blood stream.

Once in a while, we are able to see someone execute changes that literally saves their life. This blog post speaks specifically to one of those times. Actually, it is the most confirming case I have ever personally witnessed, and it has impacted me more than I could have ever predicted. As someone who has dealt with cancer, I guess I have wanted the affirmation that the path I am committed to, will not only greatly improve my overall health and longevity, but protect me from any recurrence.

I would like to share that story with you. I haven't written this post as strictly an education source. However, I mention a few books, so you can do your own research should you find this story useful for you or someone you love. My goal is to share the observations I made throughout Tonya's path to date and the incredible changes I witnessed.

The Diagnosis

October 2013, one of my close colleagues at work Tonya, received the devastating news that she had breast cancer. This incredibly serious diagnosis starting her on a path of scans, tests, surgery, radiation, chemotherapy and follow-up drugs.

Through a long recovery period Tonya was always looking for answers as to why she had developed cancer and maintained the hope that a recurrence wouldn't happen. She chose a lumpectomy rather than total breast removal. Tonya is an intellectual who is a Chemist by trade with a very curious mind. However, at this time she chose to let the

conventional cancer treatments guide her path. She continued to take the drug Tamoxifen as prescribed to her post chemo and for years after.

Not Feeling Right

Tonya has two sons and had recently went through a devastating divorce. She was dealing with a significant amount of stress in her life, that seemed to be affecting her overall health. Her cortisol levels were understandably through the roof. She was feeling something wasn't right but in her stoic Vietnamese way she put her personal needs aside to focus on her family and career.

Over time the discomfort she was feeling was discussed with her work family and she was encouraged to get tested as soon as possible.

Too Little Too Late?

In February 2017, I was introduced to a podcast featuring primal diet and lifestyle (Primal Endurance) by one of our colleagues Kenton. So, the education began for us all.

It became common place for the three of us to sit at the lunch table talking about all we had been learning about the benefits of a low carb lifestyle. Three perspectives, the aspiring health coach, the engineer and the chemist. Type 2 diabetes elimination and weight loss seemed to be the common topic.

Tonya has a family history of diabetes and felt she was perhaps on that path herself. She slowly embraced a low carb lifestyle (50 – 150grams/day) and received the blood glucose reduction goals she was hoping while managing her weight.

However, the pain she was feeling in her chest continued to worsen. Tonya finally realized that ignoring her pain was not going to help. At that time, she could not raise her right arm over her head, and she could see discoloration and bruising on her skin.

In March 2019 she returned to her doctor, who sent her to the surgeon who sent her to the Cross-Cancer Institute in Edmonton to begin another round of appointments, follow-up tests and scans. Tonya was justifiably terrified due to her past experience with cancer.

The test results were received April 11, 2019. It was worse than she could ever imagine. She learned she had stage 4 cancer in her breast and with a 5.4cm x 3.3cm lump, as well as detectable cancer in her lungs, cervix and bones. She was told there was no surgical option or treatment that could save her. She was given 6 months to a year to survive.

Left with no hope or support from the conventional cancer therapy other than an oral chemo drug option, Tonya felt abandoned. It justifiably felt to her that perhaps her life

was over. To know the devastating cancer treatment path she went through since 2013, coupled with the drugs she had been taking religiously had not protected her from a recurrence was extremely difficult to handle.

Now What?

During the past number of weeks Tonya could see they were giving up on her. It was time to see what she could do. From discussions with Kenton and me and what she had learned to date about the ketogenic diet, she felt perhaps that was the path to follow.

Tonya took her research mind and applied it with full vigor. Starting on the internet she was able to connect to the long-standing theory that cancer is a metabolic disease not a genetic one. At the same time, I had recently read "Tripping over the truth" by Travis Christofferson which affirmed my opinion. I also wanted to learn as much as I could about cancer as a metabolic disease. We all wanted to support Tonya on her path. This was perhaps the path that could help her to beat the odds and take back control.

I gave Tonya a gift of the book "Keto for Cancer", by Miriam Kalamian, which has proven to be a great reference tool for her. However, the source of information that has guided Tonya's fight the most would be from Thomas Seyfried's, "Cancer as a metabolic disease". The conversations around the lunch table had taken a turn from discussing Keto as a healthy lifestyle and health practice to Keto as a way to control and possibly help cure cancer.

Leading to the result

From the time Tonya received the news regarding her prognosis, she maintained a therapeutic Keto range of between 1 – 3 GKI (Glucose, Ketone Index). In a very short time after starting her keto regime, Tonya experienced a marked improvement in mobility in her arm, the hardness of the mass, her energy levels and an overall feeling of well being. Gaining control of her path and fighting in a way she felt confident but realistic, truly resulted in a glow that was undeniable for those around her.

She meticulously recorded her blood ketone and blood glucose levels every day, while adjusted her diet as recommended by the many literary sources, websites and podcasts to achieve the best outcomes. She recorded all data within her every growing note book.

She ate with the purpose to keep her ketones therapeutic while ensuring the best cellular health. In observation, I saw Tonya only eating very satiable and tasty food, no starvation, no weight loss. Her macros were 80 – 85% fat, 10 – 15% protein, 5% carbohydrate. She loves food and enjoys cooking and baking. Tonya took her love of food to find the best choices to keep her in the level of Ketosis required.

Meanwhile, the chemo drug Ibrance was prescribed on April 11 to slow the cancers growth during her expected terminal journey. Due to white blood cell reduction caused by the drug, Tonya was only able to take the drug 56 days; two weeks 125mg/day... break to improve white blood cell count... three weeks 100mg/day... break to improve white blood cell count... three weeks 75mg/day. Therefore, Tonya was only able to take the medication 56 days out of the possible 91 days. Not only did the prescription get reduced each time she was on it, for 38.5% of the time she had to go unmedicated to wait for white blood cell recovery. Ketosis remained the entire journey.

The Amazing Conclusion

On July 18 Tonya sat down with her oncologist at the Cross-Cancer Institute to receive the results of her latest scans. Tonya was, as to be expected, very nervous. She had both her boys with her for support.

The doctor told her that her tumor mass had reduced to 3cm x 1.3cm from 5.4cm x 3.3cm. When you do the math, that is a 91% reduction in mass. Outside of the mass, she was notified that she no longer has detectable worrisome finding in her lungs, abdomen, or bones.

They were calling it nothing short of a miracle and they have not seen anyone react so positively to the drug therapy prescribed. The doctor was not interested in what she was doing that could have impacted the results. Tonya learned some time ago that dietary interventions as a treatment for cancer are not taken seriously in the conventional cancer treatment community, so she doesn't speak of it.

Going Forward

Tonya is not yet free of cancer however, what was once a death sentence is now a minimum of 2yrs should the cancer grow at previously expected rates.

Tonya has no plan to stop her keto lifestyle and plans to do what she can to eradicate it completely. Look at what she has done in 4 short months!

I could not be happier for Tonya. Those of us who believe in the benefits of keto on cancer knew she was on the right track with her choices, but her results are truly amazing and affirming.

I wanted to share her story as quickly as possible and I will continue to nag Tonya to write a book about her journey to date, knowing there are so many that would benefit from the information she has learned and concise guidelines she has created. She remains stoic and just says "There is lots of work to do yet".

I look forward to witnessing the next part of Tonya's journey with confidence, not hope.

Living Aligned Health Coach Service

Thank you for taking the time read this post. If you find any of the information valuable and would like to find out more information regarding the benefits a health coach can provide, or if you are interested in setting up a consultation. Contact Vern Gorman at livingalignedhc@gmail.com or through the website www.livingalignedhealthcoach.com

