

Foreword

Twenty years ago, I healed my own diagnosis of a chronic, incurable disease named polycythemia vera (PV) through nutrition. PV is a rare blood cancer in which a person's bone marrow makes too many red blood cells, platelets, and white blood cells. It is part of a group of chronic, progressive diseases called myeloproliferative neoplasms, or MPNs, for which there is no cure. This disorder is more common in adults older than sixty; however, I was diagnosed while in my late twenties.

This is my second attempt to write this book, and I am now grateful that I lost my first draft several years ago due to a computer hard drive malfunction. That first book wasn't complete, and after a few more years of growing and living, I realize this newer version and my purpose in writing this book are now more comprehensive, helping you to unlock the answers of how to approach and heal your body.

My awareness that I was able to help others heal was immensely encouraged after studying at the Institute for Integrative Nutrition in New York City. Their program introduced me to a broader way of achieving wellness, with meaningful content to promote growth and healing, and I knew I was ready to share all that I've experienced and to work with people who are struggling with their health.

Whole foods and water will undoubtedly heal your body, but at the same time, they will allow your brain and thoughts to be happier, making you a more grounded and centered person. It really is true: we are what we eat!

I certainly didn't know that a lifetime of the wrong foods had weakened my immune system, and I most definitely didn't know what to do to improve my health. My sister researched holistic healing and found someone, just like you have with me, who healed her own blood disorder and Crohn's disease through diet, and slowly, my healing journey began.

Some of the most common chronic illnesses include Alzheimer's disease and dementia, arthritis, asthma, cancer, cardiovascular disease, COPD, depression, type 2 diabetes, disorders of the blood, and kidney disease. The way we heal is the same for all of them, and when we heal one thing in our bodies, we heal everything.

Unfortunately, you're probably not going to have your doctor's praise if you take a natural approach to healing from most of these disorders. Our doctors have simply not been taught the importance of the foods we eat, and unfortunately, we have not been taught how to really take care of our health. We have also not been taught that the human body has an astounding ability to become balanced again.

So how do you feel right now? Are you happy with your life and the foods you are putting into your body? A disease happens when we are imbalanced—either physically, emotionally, or both—but I want to assure you that you have another option and do not have to solely rely on a doctor and prescriptions for your solution. If we had been taught that *we* are in control of our own outcome, chronic diseases wouldn't feel so scary.

Nutrient-rich foods will definitely bring your body back into balance, but I also want you to address and heal any underlying scars and hurt that no one in this life escapes. Great health is created by what we eat, what we drink, and what we think, and true healing will ultimately become a natural state of mind.

Our happiness in this life and our health are totally connected, and for us to have optimum health, both must be in balance. Food and water nourish the body, but when our emotional selves are in pain, we have to take the steps necessary to resolve our hurt. All diseases begin years or decades before their onset. Could there be an ongoing stress that may be disrupting your body?

After I changed my diet, it took over two years to see all of my blood counts balanced. And it took many more years after that to really feel emotionally free from my diagnosis. Please give lots of love and patience to yourself along your own healing journey. Restoring our health isn't always fun or easy, but there will be numerous rainbows and great signs of change happening ahead. Healing your body, mind, and heart takes time, but it can and will happen if you simply try.

There are many depths we need to explore within ourselves and in the relationships we have with those we want close to us. It is your time now, and as you begin fueling your body with what human beings are designed to consume, your life and health will bloom. I am here as proof, along with so many others, saying this is totally possible. And I really want to help you succeed.

