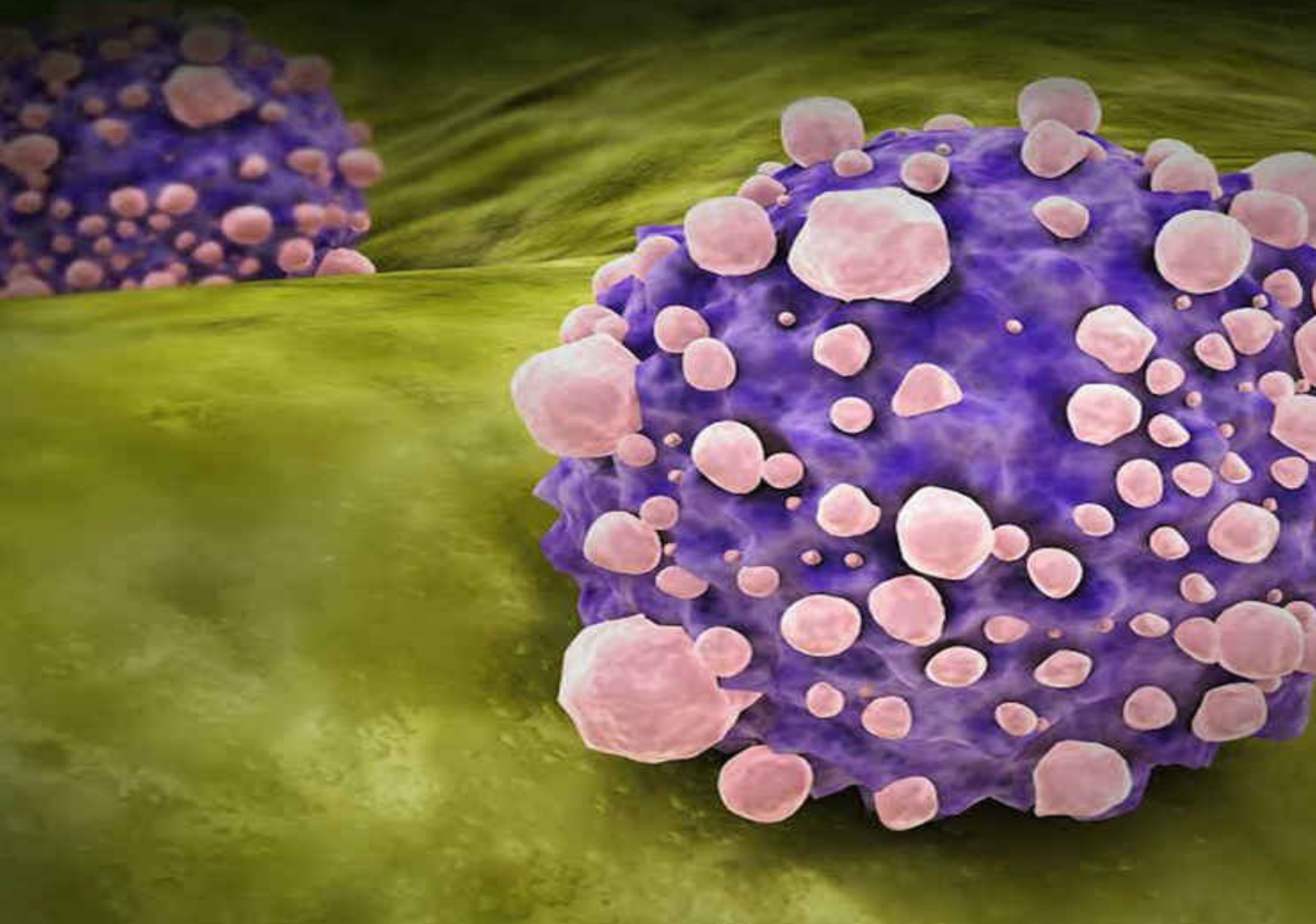


CANCER

Cancer Books
Powerful and Proven
Cancer Cures

That You've Never Heard About



Cancer

Cancer Books Powerful and Proven Cancer Cures That You've Never Heard About

By: David Walker

Table of Contents

[Introduction](#)

[Chapter 1](#)

[Why They Don't Want You To Know These Cures](#)

[Chapter 2](#)

[The Gerson Therapy](#)

[Chapter 3](#)

[Juicing Recipes That Will Help in Managing Cancer](#)

[Chapter 4](#)

[Turmeric and Curcumin](#)

[Chapter 5](#)

[The Budwig Diet](#)

[Chapter 6](#)

[Detoxify Your Body Through Vitamin C Chelation](#)

[Chapter 7](#)

[Get a Lot of Sunshine and Vitamin D3](#)

[Chapter 8](#)

[Aromatherapy for Cancer](#)

[Chapter 9](#)

[Alternative Treatments that Ease Cancer Symptoms](#)

[Conclusion](#)

[Here is a FREE bonus book PTSD: PTSD Recovery To Overcome The Pain and Start Living Again by David Walker.](#)

Introduction

I want to thank you and congratulate you for downloading the book, *Cancer: Cancer Books Powerful and Proven Cancer Cures That You've Never Heard About*. This book will introduce you to some cancer cures that the medical field doesn't want you to know about.

Cancer is affecting more and more people every day. This book isn't meant to provide you with a miracle cancer cure, but if you're open to learning about cancer cures that have proven to work on a good sample size of patients then this read is an absolute must for you. This book will show you different cancer cures for some common cancers. The best thing about this book is it will open up your mind to some possible ways to cure cancer. Thanks again for downloading this book, I hope you enjoy it!

Chapter 1

Why They Don't Want You To Know These Cures

There are many cancer therapies out there that are cheaper than the traditional cures known to the public. The reason is because cancer treatment is big business and the big pharmacy companies don't want to lose their big profits to these cheaper alternative cures for cancer.

The pharmaceutical industry has a strong influence on legislative bodies that give approvals on drugs so The Big Three can run their monopoly.

The American Medical Association is the gatekeeper to what gets approval. History shows that almost all potential cures of any diseases that don't serve the best interest of the members of the American Medical Association get shut down. This is also true in other countries such as Canada and England.

Not only do these alternative medicines get rejected but there have even been instances of these healers being silenced by getting jailed. Even more have lost their ability to practice if they continue their alternative medicine.

When it comes to cancer it will be a huge blow to the pharmaceutical industry if a strong

cancer cure was found since cancer treatment is a big part of their business.

Chapter 2

The Gerson Therapy

The Gerson therapy is one of the most effective alternative natural treatments for cancer. It was created in the 1920's and 1930's by a German doctor named Dr. Max Gerson and it has helped many cancer patients. It is also effective in healing various diseases including, arthritis, allergies, and heart diseases. Dr. Gerson's daughter Charlotte Gerson created the Gerson Institute in 1977. Gerson therapy can be done in a clinic or at home.

The therapy differentiates itself from other therapies because it's based on activating the body to heal itself rather than just healing the symptoms. It's all natural with the use of an organic, plant-based diet, raw juices, and coffee enemas.

Gerson therapists believe cancer patients have too much salt in their bodies compared to potassium. As a result, the diet is very strict low salt, organic fruit and vegetable based diet.

The principle behind the Gerson therapy is very simple – consuming 15 to 20 pounds of organic fruits and vegetables through juicing will help strengthen your immune system and ease the major symptoms of cancer. Juicing is very powerful as it makes it easier to digest and absorb the

amount of fruits and vegetables required.

When you are in the Gerson diet, you need to eat a lot of vegetables, grains, and organic fruits.

The diet is 100% organic. You also need to eat foods that have a lot of minerals, enzymes, and vitamins; you'll also have to avoid foods that are high in fats, sodium, and proteins.

People who are on the Gerson diet is recommended to consume at least 13 glasses of plant-based drinks daily. Dr. Gerson recommends that you use around 15 pounds of fresh vegetables and fruits for juicing every day.

The body is digesting a large amount of enzymes, nutrients, and minerals. These are used to break down the damaged tissues of the human body. The next step is detoxification as it is one of the most important components of the Gerson therapy. The clearing out of all the toxins of the body has the risk of overworking and poisoning the liver, that's why it's critical to do the detoxification. You'll need coffee enemas to do this. Cancer patients may take around five coffee enemas every day to flush out all the harmful toxins from the body.

To increase the effectiveness of this therapy, you'll also need some supplements like Lugol's solution, potassium compound, pancreatic enzymes, vitamin B-12, and thyroid hormones.

Gerson Therapy is an effective way to treat cancer. It helps boost your immune system. It also improves your overall health and wellbeing.

People should also be aware of the drawbacks before getting on the Gerson Therapy. A main one being the rigid diet required. If you're someone that can't stick to a strict diet this might not be for you. It's also time consuming with all the juicing required but one can look at it that it's the same amount of time required to be cooking normal meals.

Chapter 3

Juicing Recipes That Will Help in Managing Cancer

As mentioned earlier, natural fruit and vegetable juices can help cure cancer. Here are some of the juicing recipes that could help manage and heal cancer. These all-natural juices are delicious, healthy, and affordable.

1. Pineapple and Mango Juice

You'll need 1 mango, 2 cups of spinach, and ½ cup of pineapple for this. You can simply put all the ingredients in a food processor or blender, add ice, and serve.

This juice has anti-inflammatory properties. It is abundant in vitamins A, D, K, and C. It is also has folate, iron, chlorophyll, and anti-oxidants such as quercetin and mangiferin.

2. Pea shoots and Watermelon Juice

To make this, you'll need two cups of pea shoots, one cup of watermelon, and a small piece of ginger.

This juice contains lycopene and it has strong anti-inflammatory properties. It also has chlorophyll and folic acid, as well as vitamins A and C. It also has alkalizing properties.

3. Apple, Lemon, and Kale Juice

This delicious vegetable juice contains quercetin. It also has calcium, chlorophyll, iron, vitamin C, and vitamin A.

To make this delicious natural juice, you'll need one apple, two cups of kale, a small piece of ginger, and ½ lemon. Extract the juice of all the ingredients by using a food processor, add some ice, and then serve. This juice is also perfect for breakfast.

4. Celery and Kiwi Juice

You'll need 1 peeled kiwi, three stalks of celery, a small peeled ginger, and four romaine leaves. Like the other recipes, just simply place all ingredients in a food processor. You can put it in a refrigerator or you can simply add ice.

This healthy drink is anti-inflammatory. It contains vitamin A, vitamin C, vitamin B, calcium, chlorophyll, antioxidants, iron, potassium, magnesium, and folic acid. It also has alkalizing properties that help solve metabolism problems.

5. Cucumber and Honey Dew Juice

To prepare this, you need the following ingredients: one cup of honeydew melon, one medium cucumber, and four romaine leaves. This delicious and healthy drink contains beta-carotene, vitamin B, vitamin C, potassium, and various other antioxidants. This juice also has anti-inflammatory

properties.

6. Kale and Strawberry Smoothie

You'll need 2 handfuls of kale, 1 cup of strawberries, 1 ½ cups of coconut water, and 2 tablespoons of chia seeds.

7. Broccoli, Apple and Banana Smoothie

You'll need 2 handfuls of broccoli, 1 banana, 1 apple, and 1 ½ cups of alkaline water.

8. Papaya, Bananas and Strawberry Smoothie

You'll need 1 cup of papaya, 1 cup of strawberries, 1 banana, 1 ½ cups of coconut milk, and 1 pinch of bee pollen.

9. Orange, Pineapple, and Spinach Smoothie

You'll need 1 orange, 1 cup of pineapple, 1 cup of spinach, 1 ½ cups of green tea.

10. Blueberry Almond Smoothie

You'll need 1 cup of blueberries, ½ cup almond yogurt, 1 cup almond milk, 2 tablespoons of chia seeds.

To prevent cancer, it is best to use the following ingredients for juicing:

Pineapple – Pineapple has cancer-killing compounds called peroxidase and bromelain.

Apricot – This delicious fruit is filled with laetrile, a cancer-killing chemical.

Blueberries – These tasty berries have anti-cancer chemicals like anthocyanins, ellagic acid, and OPC.

Green Asparagus – This is filled with saponins, a powerful cancer-killing nutrient.

Carrots – Carrot is abundant in beta-carotene, vitamin C, and vitamin E. These nutrients help prevent the development of some forms of cancer.

Cabbage – Cabbage has cancer-fighting chemicals called isothiocyanates. However, if you're prone to (or suffering from) thyroid issues, it's best not to eat too many cabbages. After all, you have plenty of other juicing ingredients to choose from.

Sweet Potato – Sweet potato contains beta-carotene, a strong anti-cancer nutrient. It protects the cells from dangerous DNA-damaging chemicals.

Grapefruit – This nutritious food is often used for weight loss. But, you can use it for cancer treatment and prevention, too. Grapefruit contains monoterpenes which sweep carcinogens out of the body. It also contains beta carotene, vitamin C, and folic acid.

Papaya – This contains vitamin C which reduces the absorption of cancer-causing chemicals called nitrosamines.

Tomatoes – Tomatoes contain lycopene which attacks free radicals that can cause

cancer.

Pumpkin Seeds – Pumpkin seeds are good sources of vitamin E, which has strong cancer-fighting properties.

Remember that you should not cook these fruits and vegetables in order to take advantage of its benefits.

These delicious juices not only heal and prevent cancer. They can also help improve your overall health. These juices will give you more energy and that healthy, beautiful glow!

Chapter 4

Turmeric and Curcumin

Turmeric is often used in Indian cuisine. It is a yellow-pigmented curry spice that contains curcumin, a powerful substance that has cancer-fighting properties. This is why turmeric is a potent treatment for colon, breast, skin, and stomach cancer.

There's no human research that shows turmeric can cure cancer but early trials show the promising results. Animal studies have shown that turmeric aids in cancer prevention on rats, but there's been no research on humans regarding this. There's more literature on this natural treatment than any other nutrient in cancer research.

One of the more interesting findings on the effect of turmeric and curcumin is its ability to kill off cancer stem cells. Traditional treatments that are successful are able to kill the cancer cells but often not the cancer stem cells, which can lead to remission.

There's mixed results on the effectiveness of turmeric being used with traditional cancer treatments. Several studies have shown combining turmeric with chemotherapy is more effective in killing cancer cells compared to doing chemotherapy treatments on its own. But there have been

recent studies that have shown the opposite. As a result, it would be best to ask your doctor for your specific situation.

What's unique about curcumin is it seems to have an effect on all types of cancer; this is unique since the different cancers have different molecular pathologies. Curcumin is also able to selectively fight cancer cells, leaving the healthy cells unharmed.

Curcumin fights and destroys cancer cells in different ways:

1. It decreases inflammation and inhibits the development of tumor cells. Studies have shown that it has the ability to reduce the size of cancer cells by as much as 81% Curcumin inhibits a lot of pre-inflammatory enzymes such as iNOS and COX2.
2. It prevents unwanted bacterial action in the intestine and stomach.
3. Curcumin controls the production of Leptin, a compound that causes liver damage. It detoxifies the liver, keeping it healthy and strong during chemotherapy treatment.
4. It prevents the synthesis of a certain type of protein that plays an important role in tumor development.
5. It destroys mutated cells, preventing them from spreading throughout the body and stops them from growing.

6. It is a powerful antioxidant. Studies show that turmeric is even more powerful than garlic, cat's claw, and omega 3.

7. It prevents excessive blood supply – a precursor to angiogenesis or cancer cell growth.

Breast Cancer

Studies show that turmeric actually enhances the effects of Paclitaxel, a chemotherapy drug used in treating breast cancer. Turmeric also decreases the risk of breast cancer.

Gullet Cancer

Curcumin kills gullet cancer cells within 24 hours.

Colorectal Cancer

Studies show that turmeric can help stop colorectal cancer. For best results, you have to take at least 3.6 grams.

Cervical Cancer

Some studies show that turmeric can kill Human Papillomaviruses or HPV – the major cause of cervical cancer.

Lung Cancer

Turmeric can eliminate the toxins introduced by tobacco into your body. It acts as a detox agent that will clean up your respiratory system.

Pancreatic Cancer

Studies show that curcumin contained in turmeric can slow down the development of pancreatic cancer. It can also potentially stop cancer advancement and could reduce the size of the tumor.

Prostate Cancer

Curcumin can control the progression of this type of cancer. Many experts recommend the use of curcumin along with other drugs to cure prostate cancer.

Skin Cancer

Turmeric has been used in ancient India for skincare. It protects the skin from the ultraviolet radiation of the sun. Turmeric can also reduce most symptoms of skin cancer, including itching.

You can use turmeric as medicine or spice. Turmeric powder is usually used in salad, curry, milk, and tea. But when used as a treatment for cancer, there's not enough curcumin in turmeric to be effective for cancer treatment. The absorption of turmeric is also very poor. The best way to get the curcumin required is to boiling the turmeric in water to get more curcumin and it helps make the curcumin have better absorption when taken.

It is necessary to take turmeric moderately as large doses of curcumin may induce side effects like nausea, gas, stomach ulcers, indigestion, and rashes. Also it's important to avoid any type of turmeric supplements as these could provide more harm than good.

Chapter 5

The Budwig Diet

The Budwig Diet was created by Dr. Johanna Budwig in 1952. Dr. Budwig was a biochemist and pharmacist. She developed the Budwig Diet to help treat cancer and it was based on her research that she's done on fatty acids. The diet is based on the premise of flaxseed oil having the capability to help stop cancers from growing. Laboratory studies and research on animals have shown that flaxseed oil can stop the growth of cancer cells. But there has been no research yet that has been done to test the effectiveness on humans.

Since the diet was introduced, a lot of studies have been conducted to assess the diet's effectiveness in treating cancer. Numerous studies claim that the Budwig Diet has an eight-percent effectiveness rate in decreasing the size of tumors.

The Budwig Diet is actually very simple. It entails the daily intake of saturated and unsaturated fat acids such as flaxseeds, cottage cheese, and flaxseed oil. Cottage cheese contains saturated fats and sulfur protein. This could counteract the cancer-causing process. It also contains unsaturated fatty acids.

To follow this diet, you'll need:

4 tablespoons of ground chia or flax seed

1 teaspoon of turmeric powder

6 oz of cultured cottage cheese (You can also use amasai or goat's milk kefir.)

¼ teaspoon of black pepper

1 tablespoon of flaxseed oil (the flaxseed oil must be refrigerated at all times)

Water that is distilled or has gone thru reverse osmosis

You can mix all the ingredients using a blender or a food processor and you need to consume the mixture at least once a day.

Dr. Budwig also had a list of foods to avoid when following this diet.

No hydrogenated oils, or trans fats

No animal fats, or pork

No seafood

No white pasta or white bread

No dairy products (except cottage cheese)

No preservatives

No processed foods

No soy products

Avoid as much pesticides and chemicals as possible

No microwave, aluminum, or Teflon

Dr. Budwig also suggested not using her diet with any other treatments as her diet might lose effectiveness when combined with other types of treatments.

Chapter 6

Detoxify Your Body Through Vitamin C Chelation

Chelation therapy is a type of therapy that uses chemicals and natural compounds to eliminate toxins from the body. Many holistic doctors use chelation for cancer treatment and it is recognized as an effective treatment for cancer, even by doctors who practice conventional Western medicine. The word chelate means to grab on something. Chelating agents are agents that can grab onto toxic chemicals. Vitamin C Chelation may take two to twelve months. So, you have to be patient.

This therapy has been able to lengthen survival, improve quality of life, and reduce the harmful effects of traditional cancer cures according to multiple studies. Lab studies have shown that this kind of therapy has been effective in many forms of cancer. Animal studies have shown cancer tumors to decrease between 41 to 53 percent with the aid of high vitamin C doses.

To detoxify through chelation, just you have to take the vitamin C intravenously. Our bodies can't digest the amount of vitamin C needed for this type of treatment. If you took 10,000 mg of vitamin C at any one time your body can only absorb 500 mg. Taking vitamin C intravenously, however, is able to absorb the vitamin C by as much as 70 times more than doing it orally.

Low doses of vitamin C help the immune system and healing. But with high doses of vitamin C it can cause oxidative damage to cells causing them to die. It has the potential to kill cancer cells the same way traditional chemotherapy drugs can.

Research has shown that these high doses of vitamin C can kill off the cancer cells without harming normal cells in the body. Vitamin C works with iron and other metals and as a result hydrogen peroxide is created. High doses of vitamin C increase the hydrogen peroxide levels which cancer cells are vulnerable to because it damages the DNA and mitochondria of these cancer cells, which shuts down their energy supply, killing the cancer cell. Because of the selective toxicity, our healthy cells aren't affected the high doses of vitamin C.

When you do vitamin C chelation, it is important to adopt a high fiber diet. This means that you have to eat more fruits and vegetables. It is also best to avoid junk foods and overly processed foods. Likewise, avoid foods that contain red meat, carbohydrate, and sugar. You need to avoid alcohol as well.

You have to also observe your bowel movement. You should have at least one to three bowel movements daily. To achieve that, you should drink a lot of water and take all your vitamins before 3 pm.

There have been some conflicting results on whether this vitamin C is more or less effective

when combined with traditional cancer treatments. It should be noted that it does seem there are more arguments in favor of combining vitamin C treatment with traditional cancer treatment. It would be best to talk to your doctors for your specific case.

Chapter 7

Get a Lot of Sunshine and Vitamin D3

A little sunshine plays an important role in keeping your heart healthy and in becoming cancer-free. So, get up and take a walk around the corner. Because of the rise of skin cancer and all the skin cancer charities out there, many are getting brainwashed into thinking sunshine is bad for you. In relation to sunlight's role in fighting cancer, a number of studies published in reputable medical journals show that 1400 to 1500 IU of calcium and 1.100 IU of Vitamin D3 can prevent the development of cancer cells.

Vitamin D is important for cancer prevention and it can also help cure cancer because it can activate the immune system to fight off rogue cells. This essential vitamin for beating cancer is able to normalize and heal the cancer cells. It seems Vitamin D has the ability to turn a cancer cell back to its healthy and normal state.

Vitamin D comes in 2 types D2 and D3. Vitamin D3 is considered the real vitamin D and is found to be 83% more effective than vitamin D2.

So, if you want to be cancer-free, get enough sunlight, have enough calcium in your diet, and

take a healthy dose of vitamin D3.

It should be noted that vitamin D3 should not be used as an alternative treatment for advanced cancer patients, children, or patients who have tumors in dangerous locations because this treatment has not yet been rated.

Here's how you can get a daily dose of vitamin D3:

Get at least twenty minutes of sun exposure daily. You can do this between ten in the morning and two in the afternoon. Make sure that forty percent of your body is exposed to the sun.

Take supplements that contain around 10,000 IU of vitamin D3 daily.

Consume coconut oil.

Consume probiotic drinks like kefir.

Consume foods that are high in vitamin D, including egg yolks, sardines, cod liver oil, and tuna.

Because of the high amount of vitamin D3 you'll be taking you don't need to take extra calcium.

The vitamin D3 helps you store calcium so you don't need to take any type of calcium supplements.

When doing this treatment you're trying to kill all those microbes so stay away from foods that would feed these microbes. Stay away from dairy and sugar as much as you can.

Vitamin D3 is a good treatment for cancer but it can also improve your mood and can help

relieve stress and anxiety, particularly the kind associated with cancer. Together with calcium, it also strengthens the bones and boosts your immune system.

Chapter 8

Aromatherapy for Cancer

Aromatherapy has been practiced for thousands of years. It was first used in Egypt and it is primarily used as treatment in Ancient India and China. It also plays an important role in Greek and Roman history.

Essential oils are generally used to treat various diseases like digestive problems, skin diseases, body pains, stress, anxiety, and even depression. But, recent studies show that certain essential oils can help cure and ease the symptoms of stress and anxiety. But, lately, a growing number of medical experts believe that aromatherapy may also help treat cancer.

Essential oils enhance immune function. This will strengthen the patient's body especially during the early stages of aggressive cancer treatment, which often involves chemotherapy and radiation treatment. Aromatherapy can help those with prostate, cervical, breast, and skin cancer.

Essential oils can help ease common symptoms associated with cancer, including pain, anxiety, depression, fatigue, and stress. It can also help fight off common colds and other bacterial infections. It even relieves digestive problems and headaches.

Here are some of the powerful essential oils that can help cure cancer:

1. Frankincense

Frankincense was given by the three wise men to Jesus. While some biblical experts say that the three wise men gave frankincense as a perfume, many believe that frankincense was chosen as a gift because of its medical powers.

Frankincense has been used as a medical remedy for more than 5,000 years. It is used to fight infection, boost the immune system, reduce inflammation, and treat various skin diseases. Of course, frankincense also has strong cancer-killing properties. According to medical researchers in the University of Leicester, these cancer-killing properties are most effective against ovarian cancer.

Frankincense contains acetyl-11-keto-beta-boswellic acid or AKBA. This compound has strong cancer-fighting properties. In fact, AKBA can be used as treatment for colon, breast, pancreatic, stomach, and prostate cancer.

Frankincense is a powerful and natural alternative to various toxic cancer treatments. For instance, patients who have brain cancer often experience swelling in the head or cerebral edema after the brain tumor was irradiated. These patients are usually treated with corticosteroids, like dexamethasone, to control the swelling. Dexamethasone can actually reduce the swelling but it can cause various complications like blurred vision, migraine, and headache. Frankincense, on the other

hand, does not trigger any of these side effects. This is one of the reasons why this essential oil is a better treatment instead of steroids.

Studies also show that taking 1 to 10 mg of Frankincense or Boswellia Serrata can delay hypersensitivity reaction. It increases T-cell interactions. Frankincense hastens the production of white blood cells or lymphocytes, the body's main defense team. It also boosts the immune system by keeping inflammation at bay.

Many experts agree that frankincense is a potent treatment for cancer. All you need to do is rub a drop of frankincense oil around your neck at least three times a day.

2. Sandalwood

Sandalwood oil is a potent treatment for skin cancer. It is widely used in Africa, Middle East, and Asia. It is a cardio-tonic and it can help reverse some symptoms of chemotherapy. Sandalwood has sesquiterpenes, a chemical that helps kill cancer cells. It is also great in treating Crohn's disease, rheumatoid arthritis, acne, melanoma, and even gonorrhea.

3. Lavender

Lavender is a powerful relaxant that can heal a number of diseases such as insomnia, depression, digestive problems, headaches, and skin problems. It can help resolve pre-menstrual syndrome, vaginitis, and breast abscesses. If you are being treated for uterine and cervical cancer,

lavender oil can help reduce irradiation burns.

Aromatherapy is a natural and effective way in curing cancer. Suffering from cancer is so frustrating and it can cause so much stress. Luckily, essential oils exist to alleviate the disease's most devastating effects.

Chapter 9

Alternative Treatments that Ease Cancer Symptoms

There are many alternative treatments available today. These treatments may not directly cure or heal cancer but they can help you deal with both symptoms and side effects. These alternative treatments make it easier to deal with fatigue, nausea, vomiting, insomnia, pain, stress, depression, and anxiety.

Here are some of the alternative treatments that can definitely help people who are struggling with cancer:

1. Acupuncture

Acupuncture is an ancient Chinese medical technique that can help you deal with the symptoms of cancer. Likewise, it reduces the adverse effects of chemotherapy like nausea and headaches.

2. Exercise

Gentle exercises can help relieve stress and fatigue and it can help cure insomnia, too. Some studies show that cancer patients who exercise regularly tend to live longer than those who don't. So,

make it a habit to exercise at least thirty minutes every day.

3. Hypnosis

Hypnosis is a powerful treatment for various diseases. It can help reduce pain and stress while you are undergoing cancer treatment.

Hypnosis can be a great treatment for cancer patients who are experiencing anxiety. It can also help reduce headaches and vomiting. Hypnosis is generally a safe treatment. Still, you need to talk to your hypnotherapist first if you have a history of mental disease.

4. Massage

Massage can cure various muscle aches and body pains. But it can help a lot of cancer patients deal with various symptoms including stress, anxiety, and muscle tension. In addition, it provides relaxation and relieves chronic fatigue.

Massage is a treatment that is suitable for most cancer patients. But, if you have bone cancer or osteoporosis, it is best to ask your massage therapist to only apply light pressure.

5. Meditation

Meditation induces a deep state of concentration. It allows you to relax and makes you more capable of dealing with all the issues caused by the dreaded disease.

Meditation is generally safe but you should avoid advanced meditation techniques such as

Kundalini meditation.

6. Eat lots of mushrooms

Mushrooms can improve your immune system. It can also increase the lifespan of most cancer patients as it could reduce the size of tumors and even eliminate some major side effects of radiotherapy and chemotherapy. For best results, eat mushrooms daily.

7. Consume foods that contain probiotics.

Probiotics are also known as the good bacteria. These microorganisms promote a natural balance in your intestines. Probiotics can also strengthen your immune system and prevent tumor growth.

To get your daily dose of probiotics, it is best to consume milk products such as yogurt, kefir, and cheese.

8. Consume wheatgrass.

Many experts believe that wheatgrass have strong anti-cancer properties. It has antioxidants. It has vitamin C, vitamin B complex, magnesium, calcium, iron, chlorophyll, and vitamin A. It also contains vitamin B17, a nutrient that has strong cancer-fighting properties. Wheatgrass is most potent against stomach cancer.

If you are suffering from stomach cancer, it is best to consume around 7 ounces of wheatgrass

juice daily. Wheatgrass juice is a bit bitter so it's a good idea to add some honey.

9. Music therapy

Music therapy will help you relax and it will help you deal with the stress, depression, lack of energy, pain, and nausea associated with cancer.

10. Kaoshikii Dance

Kaoshikii dance was developed by an Indian philosopher and it is generally practiced by members of Ananda Marga. But, anyone could practice this dance. Many fitness experts believe that the Kaoshikii dance or Yoga dance can help heal various diseases including pre-menstrual syndrome, body aches, stomach cramps, bone problems, and even cancer!

11. Laughter

They say laughter is the best medicine and it is true in most cases. When you have cancer, you'll most likely feel depressed and anxious all the time. So, take time to laugh. You can try laughter yoga or you can watch funny videos on YouTube. This will instantly make you feel good.

12. Relaxation techniques

You can also do visualization techniques that will help ease fatigue and anxiety. These relaxation techniques will help you sleep better.

13. Tai Chi

Tai Chi is a Chinese martial arts that employs deep breathing and gentle movements. Tai Chi can help relieve stress and it does not require a lot of physical strength. Still, given the need for flexibility and the possibility of falling, do be careful and exercise only when you're being properly guided.

14. Art Therapy

Art Therapy is one of the most effective ways to fight the stress and anxiety that are associated with cancer. There are many coloring books you can purchase – some are even made specifically for adults. If you're not too keen about spending on these, you can find free coloring books online.

Art Therapy is also used in hospitals and other medical institutions. It helps bring joy and peace to cancer patients. It allows them to relax amidst the problem that they face.

15. Yoga

Yoga is an amazing exercise that incorporates physical movements with deep breathing. This is great for stress relief. Yoga can also help reduce fatigue and improve the quality and length of your sleep. But, some forms of yoga such as Ashtanga can be strenuous so you have to talk to your instructor about your disease before you begin your class.

It is best to consult your physician or oncologist before trying these alternative treatments. These treatments may not directly cure cancer but they can complement other forms of cancer

treatments like radiotherapy and chemotherapy. These impressive alternative treatments can make your fight against cancer bearable.

Conclusion

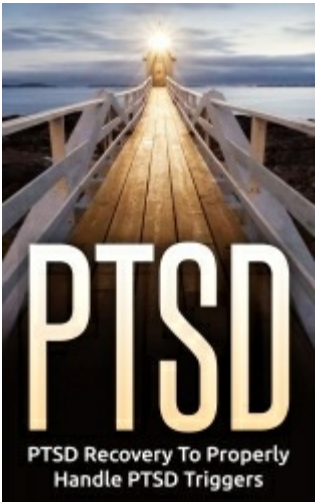
Thank you again for downloading this book!

I hope this book was able to increase your education on possible cancer cures and possibly help someone with this deadly disease.

Enjoy what you read?

Here is a **FREE** bonus book **PTSD: PTSD Recovery To Overcome The Pain and**

Start Living Again by **David Walker**.



PTSD
***PTSD Recovery To Overcome The Pain and Start
Living Again***

By: David Walker

Introduction

I want to thank you and congratulate you for downloading the book, PTSD: PTSD Recovery to Overcome the Pain and Start Living Again. This book is a guide to help victims with PTSD to be able to properly deal with their issues so can free themselves of their pain.

If you suffer from PTSD from a traumatic event whether you're a war veteran, a victim of abuse or experienced any other horrific event you'll learn a lot from this book. Many victims live their whole lives never getting cured of this horrible disorder. This book will show you some basic but essential steps on how you can finally overcome PTSD. The best thing about this book is by implementing these concepts you can finally live an enjoyable, pain-free life. Thanks again for downloading this book, I hope you enjoy it!

Chapter 1- What is PTSD?

Post-Traumatic Stress Disorder (PTSD) is a complex mental disorder developed following a traumatic experience that threatened the person's safety and well-being. It can happen to someone who personally experienced the life-threatening event, or someone who witnessed such event firsthand. PTSD affects a person's memory, intellectual responses, emotional processes, and it

disrupts the whole nervous system as well. It is the state where your feelings and memory are totally disconnected.

PTSD develops differently from person to person. It also occurs at any age and at any time. It can develop after a few days of the traumatic event but there is a tendency that it will take longer time before the symptoms appear. This means the development could take weeks, months or years. When the symptoms of the trauma remain for more than 3 months after the occurrence of the event, then it is post-traumatic stress disorder. There is a difference between general trauma and PTSD. Trauma develops into PTSD when the patient remains in a state of psychological shock for a long time.

PTSD is a psychiatric disorder that relies on various factors outside the individual. A person suffering from PTSD experiences different types of emotions. Some people are stuck in a constant series of painful memories and an unending sense of danger. Some would feel like they will never get over that event and will never live or feel normal again. The complex factors make it hard to diagnose people with this type of disorder. The only way you can correctly diagnose PTSD is to expose the patient again to the event that caused the trauma.

World War I veterans were the ones who first brought PTSD to the public. It is often associated with battle and scarred soldiers, which is why PTSD got the monikers “battle fatigue” and “shell shock”. Medical professionals first officially recognized PTSD as a mental health condition in 1980

when it was included in the Diagnostic and Statistical Manual of Mental Disorders.

Surveys have shown that about 3.6% of adult Americans suffer from PTSD every year. A study also showed that women are more likely to develop post-traumatic stress disorder since they are often the victim of rape, physical and sexual abuse, and domestic violence. An epidemiological study conducted in the 1990's found that women are twice as likely as men to be diagnosed with PTSD at some point of their lives. Aside from that, about 6% of women and 10% of men have reported that they are experiencing 4 or more types of trauma in their lives.

If patient's symptoms persist beyond 4 weeks then he has PTSD, but if the symptoms only last for 2 to 4 days it will be considered acute stress disorder. The hardest type of PTSD to diagnose is the case of delayed reaction trauma. There is a tendency that it would take at least 6 months between the occurrence of the traumatic event and the development of symptoms before an expert can successfully diagnose the delayed onset of PTSD. Around 40-60% of individuals with delayed reaction PTSD also have borderline personality disorders. Dual diagnosis complicates treatment since therapists would have trouble deciding which diagnosis to work with first. The cases of patients with personality disorders and PTSD is said to be the most difficult to treat.

With the advancement of science and technology, medical professionals developed many new techniques and equipment that can successfully diagnose and treat PTSD. Such instruments include

Beck depression inventory, Disorders of Extreme Stress Inventory (DESI), Anxiety Disorders Interview Scale (ADIS), Hamilton Anxiety Scale and many more.

Chapter 2- Causes of PTSD

PTSD is a very controversial mental disorder since the cause of the disorder is an outside stressor. Various events can cause post-traumatic stress disorder. Sometimes a mix of traumatic events leads to PTSD, but there are times when it only takes one life-threatening event to trigger traumatic symptoms. The cause of the trauma is taken differently depending on the person. Here are some of the most common causes of PTSD.

Socio-cultural Causes

The society and culture you are part of may cause some traumatic events. Studies have shown that societies that glorify and sexualize violence have high rates of post-traumatic stress disorder casualties. Places that are constantly affected by wars, terrorist attacks and natural disasters are more prone to cause PTSD even to civilians. Subpopulations in the United States are at higher risk of developing Post-traumatic stress disorder. Persons living in depressed urban areas have a lifetime prevalence of 23% while victims of violent crimes have 58% of lifetime prevalence. Residents of places prone to natural disasters such as earthquakes, floods, severe hurricanes, and tsunamis are more likely to develop PTSD.

Physiological or Biochemical Causes

The way the brain regulates hormones and chemicals in the body is a response to stress. A neurological research study showed that traumatic events cause long-term changes in the human nervous system, which includes the not-so-normal secretion of stress hormones. Parts of the brain linked between memory and fear changes for post-traumatic stress disorder patients. Scans also suggest that trauma actually affects the parts of the brain responsible for language and speech.

Occupational Causes

People constantly exposed to traumatic events or those who treat survivors may develop secondary PTSD, also called burnout or compassion fatigue. Occupations that are constantly exposed to life-threatening events are medical workers, soldiers, firefighters, policemen, and many others. A study conducted with military veterans of the Vietnam War found that the estimated lifetime prevalence of men are 30.9% and 26.9% for women. This means that about 30.9% of men and 26.9% of women were somehow diagnosed with PTSD during their lifetime. Aside from that, at some point in their lives, there were around 21.2% women and 22.5% men from the war that were diagnosed with partial post-traumatic stress disorder.

There are 3 factors as to how the occupation of a person can cause a great amount of trauma. First, the amount and intensity of suffering the person was exposed to. Second, the level of sensitivity and empathy the person shared while witnessing the traumatic event. And lastly, the personal history

and unresolved issues of the person involved. The factors determine how strong the traumatic event can affect the person witnessing the suffering.

Medical interventions such as surgeries, clinical procedures and tests are the most common cause of PTSD to children. Such interventions create fear in children and are often perceived as scary because of the unfamiliar environment. Constant contact with medical activities of any sort can develop a deep fear in children which often lasts for a long period of time. The long duration of trauma can cause a delayed PTSD reaction which is actually harder to treat than the usual trauma.

For women, the most common cause of PTSD is sexual molestation or harassment, rape, assault and being threatened with a weapon. For men, childhood neglect, combat exposure, rape and childhood physical abuse are the most frequently mentioned cause of PTSD.

Personal Factors

Everyone varies in the intensity of his or her emotional and cognitive responses to trauma; with some people becoming more stable than the others. Sometimes a combination of an introvert personality and inherited mental health risk can increase the chances of being diagnosed with PTSD. Other inherited aspects of someone's personality such as temperament and disposition can increase the risk of anxiety and depression. These personal factors will determine how a certain traumatic experience will affect you. Sometimes people who are more vulnerable and family-oriented are the

ones easily affected during a sudden death of loved ones or when witnessing someone being badly hurt or dying.

Chapter 3- Symptoms of PTSD

The symptoms of PTSD can arise suddenly and it can come and go over time. Repetitive or long duration trauma produces the symptoms of PTSD. Sometimes, some people may not even be aware that they have PTSD until something finally triggers it. The symptoms can vary from person to person. The symptoms increase anxiety and emotional arousal. It is not until after the presence of the symptoms has been verified that the doctor can evaluate the patient. The evaluation includes a physical exam and a performance of their complete medical history.

The diagnosis of PTSD is more difficult in cases of delayed reaction to trauma. Some individuals do not develop symptoms of PTSD until months or even years after the traumatic event. DSM-IV-TR specifies an interval of at least six months between the event and the development of symptoms for a diagnosis of PTSD with delayed onset. A situation that resembles the original trauma often triggers delayed reactions, as when a person is raped as a child experiences workplace sexual harassment.

Intrusive symptoms are symptoms that upset the memory. The person may experience constant flashbacks, intimidating nightmares and recurring feelings of intense distress. Those episodes may remind the patient of the trauma in which it would appear that the patient is reliving the event. Those

traumatic memories can be triggered by stimuli that remind the patient of the terrifying event. The memories may also appear as vivid images and sensations that are hard to describe verbally. The patient may have intense physical reaction to reminders of the event. Intrusive symptoms may come any time and it results from an abnormal process of memory formation.

Traumatic stressors intentionally done by a human being are somewhat more traumatic than trauma from natural disasters, accidents and other “acts of God”. Intentional traumas are events such as terrorist attacks, kidnappings, assault, sexual abuse, robbery, rape, domestic violence, and others. On the other hand, general traumas are events such as a car or plane crash, sudden death, tsunamis, heavy typhoon and many more.

Avoidant symptoms are things done by the patient to avoid possible exposure to things that may trigger memories regarding the traumatic event. It includes intentionally avoiding everything that may remind the person of the threatening event, inability to remember bits and pieces of the trauma, loss of interest in life, feeling detached or disconnected with other people, a sense of a limited future and psychic numbing. People who are experiencing any of these symptoms may turn to substance abuse since it detaches a person from reality. They use it as a form of self-medication to minimize the appearance of painful memories.

The problem with turning to alcohol and drugs for relief is that the individual may end up being

diagnosed with substance abuse disorder. A study conducted by NVVRS showed that the estimated lifetime prevalence of alcohol abuse by Vietnam veterans with PTSD is 39.2% while the lifetime prevalence of drug abuse veterans is 5.7%

Hyper arousal is the condition where the patient is always on guard because of fear that the cause of trauma might come back. It usually includes hypervigilance, feeling jumpy, difficulty in concentrating, insomnia or difficulty in falling or staying asleep, extreme startled response and extreme irritability.

Other symptoms include guilt, shame, self-blame, mistrust and suicidal thoughts. People suffering from PTSD may feel like they are insignificant. They usually have trouble maintaining an intimate relationship or any relationship of any kind. They are often more aggressive, more troubled and less affectionate. They have a great tendency to detach themselves from their families and the larger society.

Chapter 4- PTSD Treatment

You can treat PTSD using numerous ways, including support groups, clinical treatments, medication and interventions. To be able to recover from PTSD completely, it is best to visit a therapist to find out which treatment will work best for you. Here is some of the most common treatment used for PTSD patients.

Cognitive Behavioral Therapy (CBT) aims to help you understand the event you experienced or witnessed. It seeks to change how you think about the trauma and its aftermath. The main goal of this treatment is to help patients understand how certain types of thoughts can cause stress and anxiety. CBT is a treatment with two approaches. The first one is the Anxiety Management training which helps patients learn a few strategies on how to reduce anxiety. It will help patients recognize cognitive patterns in how they are thinking that is keeping them stuck in the painful memories of the traumatic event.

The second approach is exposure therapy. Exposure therapy aims to desensitize individuals to the reminders of the trauma. This type of behavioral therapy helps patients safely face what they find frightening so they can learn to cope with it efficiently and effectively. Exposure therapy uses a virtual healing program that allows the patient to relive the traumatic event he/she has experienced.

According to research, Cognitive Behavioral Therapy is the most effective type of PTSD counselling.

Eye Movement Desensitization and Reprocessing (EMDR) is a new PTSD treatment that can help reduce the symptoms of the trauma. This treatment helps patients change how they react to painful memories of the trauma. This treatment is often used for patients who have complex or developmental trauma. It helps the malfunctioning part of the brain to process flashbacks and distressing memories so that their influence over their mind is minimized.

The concept is based on the ability for the eye movements to decrease the power of the memories of traumatic events. Therapy sessions can last as long as ninety minutes. Therapists often combine guided eye movement and exposure therapy to help patient's process traumatic memories. While talking or thinking, the patient will focus on other stimuli. Gradually the therapist would get the patient to start thinking of more pleasant memories. Before and after each treatment the patient would get asked how high their distress level is. The goal is to decrease the distress level every session. Ultimately, the goal is it will change how the patient reacts to traumatic memories.

Even the most supportive of EMDR still can't agree on how this therapy works. Since it is a newer treatment further studies are needed to get a full grasp on the effectiveness and theory on how it works.

Critical Incident Stress Debriefing (CISD) is a treatment offered to individuals that should be

done as soon as possible but typically within 48 hours following war zone trauma or a civilian disaster. Longer time frames will reduce the effectiveness of CISD. Debriefing allows the patient to process and reflect on the impact of the traumatic event. Ideally the treatment will occur at or near the location of where the event took place. The goal of the treatment is to forestall the development of full-blown PTSD and to minimize acute symptoms of the event.

The treatment has 4 phases. The first phase is the detailed description of the terrifying event. From this the amount of involvement the patient has in the event will be determined. Second phase is the time when the survivor shares his/her emotional reactions toward the event. Third phase is an open forum or discussion of the various symptoms caused by the traumatic event. The last phase is the time when the therapist assures the patient that the symptoms are normal responses. Coping strategies will also be discussed in this phase.

There has been a good amount of research that has backed up the effectiveness of CISD. CISD can show positive effects on both short-term and long-term recovery. A detailed review of the events surrounding the specific event can be beneficial in healing and allow the recovery process to begin.

Critical Incident Stress Management is an intervention, sometimes called 'psychological first aid', used to help public safety personnel, therapists, emergency or disaster response workers, psychologists and other people who have direct contact with people with PTSD or those who witness

traumatic events. This system will help them deal with stress reactions before they develop secondary post-traumatic stress disorder. It's a formal, professionally recognized process for people to share their experiences, vent emotions, and learn about stress reactions and symptoms.

There are several types of CISM interventions; one of the more popular ones for PTSD patients is Defusing. It typically lasts thirty to sixty minutes, within one to four hours after the incident.

Psychodynamic Psychotherapy is a treatment that helps patients find ways and new coping strategies to deal with intense emotions associated to the traumatic event. It helps the patient recover a sense of individuality. Medications are also given to patients to help treat intrusive symptoms, depression and anxiety. Medication with therapy is a way to help patients with severe PTSD by helping them understand how their past can affect the way they feel.

The therapist helps you recognize the defense mechanisms you're using, and connecting with and releasing those painful feelings and thoughts that were previously being avoided. For example, a patient is showing denial of how much the traumatic event has affected them. This is a common defense mechanism because they might not have the ability to cope with the trauma. Once these defense mechanisms are discovered the therapist can break them down and uncover the real underlying problem.

Chapter 5 PTSD Medication

While medication isn't necessary for PTSD patients it can improve the effectiveness of the treatments one would receive working with a therapist. Using medication alone isn't as effective because the medication can cure some of the symptoms but it can't relieve the patient of the flashbacks and feelings resulting from the trauma. Medication doesn't entirely eliminate the common symptoms of PTSD but they have been shown to reduce the symptoms. Here are some of the most common medications used to treat patients suffering from PTSD.

Selective Serotonin Reuptake Inhibitors (SSRIs) Serotonin has been known to play a role in a number of mood and anxiety disorders. A deficiency in amygdala serotonin transport has been identified in some people that have PTSD. The level of this serotonin can be modulated by the selective serotonin reuptake inhibitors.

SSRIs are able to help patients modify the information they are taking in from the environment and reduce their fear. Treatment guidelines are that this medication is especially beneficial for patients that experienced trauma that is non-combat related. The SSRI's are the only FDA approved medications for PTSD.

SSRI treatment effectiveness is based on adequate dosages and duration. Common daily

medication dosages would be:

- Sertraline (Zoloft) 50 mg to 200 mg
- Paroxetine (Paxil) 20 to 60 mg

Antidepressants can help with the symptoms of anxiety and depression. It can also help with increased concentration and better sleep. Patients are less likely to relapse if they continue their usage for antidepressants for at least one year.

Antidepressants affecting serotonin neurotransmission can also reduce PTSD symptoms.

Venlafaxine which is the most widely used antidepressant for PTSD are one of those drugs that can affect serotonin neurotransmission.

Mirtazapine has the ability to affect both serotonin and norepinephrine. It has been found to be helping PTSD patients suffering from insomnia.

Nefazodone can affect serotonin, but liver function tests need to be monitored because there have been some liver failures documented regarding this drug.

Common daily medication dosages would be:

- Mirtazapine (Remeron) 7.5 mg to 45 mg
- Venlafaxine (Effexor) 75 mg to 300 mg
- Nefazodone (Serzone) 200 mg to 600 mg

Atypical antipsychotics include medications such as risperidone (Risperdal). Antipsychotic medicines can help PTSD symptoms of patients who suffer from agitation, dissociation, paranoia, or bursts of psychotic reactions.

Mood Stabilizers sometimes referred to as anticonvulsants or anti-epileptic drugs. Lack of research in mood stabilizers keeps makes this medication's effectiveness unknown.

Topiramate has promising results but there isn't enough clinical research to support the effectiveness of this drug yet. The positive results have shown that topiramate could be useful for patients that struggled with first-time pharmacotherapy.

Anti-anxiety medication sometimes referred as benzodiazepines can help with the feelings of stress and anxiety. They can be fairly strong and provide fast anxiety relief. Antidepressants have shown to have more supportive evidence for PTSD symptoms than anti-anxiety medication. Due to the fact that this type of medication is also prone to abuse it should only be used for a short time.

Prazosin if someone is suffering from recurring nightmares or insomnia this drug can be a big help. It should be noted that this drug is not FDA-approved for PTSD treatment but it has been known to help PTSD patients suppress those nightmares.

Consult with your health care practitioner about any side effects you might have with medication. It's possible that you might need to try a combination of medications, or you may need to

adjust your dosage before finding the right prescription for you.

Chapter 6- Self-Help Treatment

Some individuals with PTSD can be treated as fast as 3 months, but some may take years before their treatments start to work. With the development of science and the continuous research for the best treatment of PTSD, some people came up with different types of treatment. Here are some self-help treatments you can do to recover from the disorder.

- Reach out to others for support. Join support groups where you can share your experiences. The support group is a form of therapy that involves talking to a group of people about similar issues. Sharing can help you feel less isolated and alone and it can help resolve painful feelings. Aside from joining support and peer groups, you should also reach out to your friends and family to deepen personal relationships. Your loved ones can offer you emotional support and comfort.

- Relaxation methods. You can start by doing simple exercises, yoga or other relaxing bodyworks; doing these activities will help you release physical tension and muscle soreness caused by hypervigilance or anxiety. It will also distract you from painful memories that are always haunting you. It also creates a feeling of personal control and improves self-esteem. It will also reduce

negative reactions and improve mood and sleep. Research also says that such activities can ease symptoms of anxiety and depression.

- Mindfulness. Being mindful is also a relaxation method but it does not distract you instead it aims to help you be more aware of the present moment. This technique will help you understand yourself and manage stress and anxiety. Being mindful is giving yourself a few minutes to take in everything.

- Learn about PTSD. Learning everything about the disorder you are experiencing can make you realize that you are not the only one who experiences such symptoms. It will also make you realize that what you are suffering from can be treated. When you know what you are going through you will be able to gain more confidence. You will understand that all the phases you've gone through are a normal response for trauma and you can assure yourself that you are not going crazy.

- Avoid alcohol and drugs. Some PTSD patients turn to drugs and alcohol because it distracts them from the painful memories but that only gives short term relief and can actually worsen the situation. It is best for you to avoid any contact with drugs and alcohol because it will only worsen the symptoms and can interfere with your treatment and recovery.

- Distract yourself with positive activities. The best way to deal with anxiety and trauma is to challenge your sense of helplessness by taking positive actions. Doing other activities

will distract you from dwelling on painful memories and reactions. Taking your time to do positive activities can improve your mood, limit harm caused by PTSD and can help you rebuild your life.

- Change your lifestyle. Changing your lifestyle may reduce symptoms and improve quality of life. It will also help you break down any distrust you have for other people. Changing your lifestyle may mean moving to another neighborhood and forming new groups of friends. There are times when staying where you are will not help you get better so the best way to improve is to move forward and move away.

- Don't self-medicate. The worst thing you can do is to self-medicate yourself because you think it can help you. Well, you are wrong. Self-medication will only harm you. The best way to help you move on is to ask for help from professionals.

Chapter 7- Most Common Myths about PTSD

PTSD is a condition that is actually a very complicated mental illness, which is why many people misunderstand it. Mental disorder is often due to internal battles, which is not the case for PTSD since the cause of the disorder is actually an external stressor. Because of its complications and lack of evidence based facts, most people assume the worst about people experiencing the disorder. Misunderstanding of what PTSD is all about can lead to negative implications such as maltreatment and prejudice. Here are some of the most common myths about post-traumatic disorder.

Everyone who experiences traumatic events develops PTSD. There are two key things that must be present in order for something to be considered traumatic: 1) exposure to actual or threatened death, sexual violence, or serious injury. 2) Directly experiencing the event, witnessing the event directly or indirectly. Indirectly witnessing an event doesn't include being exposed to media of a traumatic event. An example of indirectly witnessing an event would be drone pilots, aren't directly in combat, but they are constantly exposed to traumatic events.

Though everyone can experience a traumatic event and may develop a certain fear it does not mean that they automatically have PTSD. To diagnose stress reactions as PTSD, it must last at least one month. As explained in the chapter above, trauma that lasts for only a few weeks is acute stress

order. A study showed that individuals diagnosed of PTSD after exposure to PTSD-level general trauma ranges less than 10%. On the other hand, 37% of individuals exposed to intentional trauma such as rape, physical abuse and others tend to be diagnosed with PTSD.

People with PTSD get it right after they experience the traumatic event. It's true that most people originally get their symptoms within the first three months, many times it can take several months or even years before one experiences any symptoms. The nature of the PTSD can make it hard for someone to identify that they have it. The symptoms can occur continuously or sporadically; child abuse victims would fall in this category. The spread in time of the symptoms can make it really confusing for the victim.

Only weak people get PTSD. It's not really clear what why some people have PTSD and others don't. But the myth that weak people get PTSD is a very common public perception towards people who suffer from PTSD. People who are experiencing the symptoms of PTSD were often regarded as moral weaklings, cowards and masochists but a study conducted by the Veterans Administration proved that wrong. The study established that PTSD is actually a legitimate diagnostic entity with a complicated set of causes. Normal behavior would indicate a person would be able to overcome the trauma they experience, but it is not a sign of mental weakness since there are tons of things that influence PTSD including the type, duration, number and severity of the trauma. PTSD is

an understandable human response to uncommon experiences. Additional factors that can lead to PTSD include personality traits, how a person's brain works when exposed to trauma, experiencing childhood trauma, and anyone that has a weak interpersonal support system.

After a certain period of time, you can eventually get over the trauma. What people don't understand about traumatic events is that unless it is cured, it will hang around and can be easily triggered by certain things or events. Long-term shelved memories can be exposed as people age. It is true that it can be absolutely treated but it is not something you can get over with after a period of time without actually doing anything about it. Symptoms of PTSD do not automatically or magically disappear; they have to be treated with the proper treatment.

People with PTSD are dangerous and/or crazy. Hollywood has given the public the image of the crazy vet that has been diagnosed with PTSD. Violence and psychosis isn't something most PTSD patients have. It has been said that PTSD symptoms differ from person to person so it is inaccurate to call every PTSD patient crazy or dangerous. It actually differs in every case and every personality. Researchers said that PTSD alone should not be focused on as the source of violence since craziness and violence is actually a cumulative effect of various factors. For some PTSD patients, violence and angry outbursts do not even occur. How a person reacts on a certain situation is dependent on that person's individual sensibilities and attributes. Therefore it is totally inaccurate to say that people

with PTSD have high risk of violence.

Getting treatment will hurt your career. Many people that are diagnosed with PTSD automatically think that they will not be able to continue normally with their career. But it's very manageable and can be treated when diagnosed properly. A study conducted in 2006 by active duty Air force members showed that 9% of the members who were referred by their commanders to get help reported that their careers were hurt. On the other hand, only 3% of those who sought help on their own have reported that their careers were negatively affected. Not getting treatment as early as possible can actually cause more damage than good. Working in an unstable condition brought by various symptoms can actually get you in more trouble.

Vets with PTSD aren't wounded. Vets that suffer from PTSD don't get the same reverence as the vets that have suffered physical injury. This is quite sad because these vets went to the battlefield and made tremendous sacrifices for their country, just like all other war heroes. Many people still don't consider physiological injuries to be equal to physical injuries.

PTSD can't be cured. This is definitely not true as PTSD is very responsive to treatment. There are a wide range of treatments for different types of people, which have all been found to be effective. Some of these have already been mentioned such as cognitive behavioral therapy, cognitive processing therapy, or prolonged exposure. New cures continue to develop and talking with a

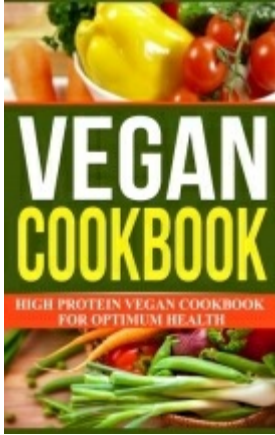
professional would be a good way to review the many options available to choose from.

Only military veterans can suffer from PTSD. While many people that suffer from PTSD are from the military there are many more people that never served in the military that suffer from PTSD. Research suggests that 15% of the American population will suffer from PTSD at some point in their life. Women have twice the likelihood of suffering from PTSD than men. This could be due to the fact that they have a higher chance of experiencing traumatic events such as domestic violence and rape, but women are also more likely to seek help therefore increasing the likelihood of getting the diagnosis. Also, more and more children are also prone to PTSD due to some form of child abuse.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you in some way overcome PTSD.



Chapter 1. High Protein Vegan Breakfast Recipes

Stuffed Soft Tofu, Spinach and White Mushroom Omelet

Ingredients

2 tablespoons nutritional yeast

2 cloves garlic

1 package soft tofu

2 tablespoons olive oil

1 teaspoon fine black salt (to taste)

1 tablespoon arrowroot

1/2 cup chickpea flour

1/2 teaspoon turmeric

Ingredients for the Filling

Fresh black pepper (to taste)

4 cups sliced white mushrooms

3 tablespoons of fresh thyme (chopped)

2 tablespoons of olive oil

2 garlic cloves

2 cups fresh spinach leaves (chopped)

Salt (to taste)

Directions

- In a food processor, add chopped garlic, nutritional yeast, soft tofu, salt, turmeric and olive oil; puree until smooth.
- Add arrowroot and chickpea flour to the pureed mixture and blend.
- In a skillet, grease with little oil and pour the omelet batter; cook for 4 minutes

before flipping.

- In a large pan, sauté the mushrooms and spinach with olive oil for 5 minutes; add garlic and thyme.
- Sauté the garlic for about 3 minutes more then add salt and pepper to taste.
- Stuff the spinach and mushrooms in the tofu omelet and top with vegan cheese.
- Serve on a plate and enjoy while hot.

Grilled Asparagus Tofu Omelet

Ingredients for the Tofu Omelet

1/2 teaspoon turmeric

2 tablespoons nutritional yeast

2 cloves garlic

1 package soft tofu

2 tablespoons olive oil

1 teaspoon fine black salt (to taste)

1 tablespoon arrowroot

1/2 cup chickpea flour

Directions for the Tofu Omelet

- In a food processor, add nutritional yeast, turmeric, garlic, soft tofu, salt, and olive oil; puree until it turns smooth.
- Add chickpea flour and arrowroot with the pureed mixture and blend.
- Preheat a skillet, grease with little oil and pour the omelet batter; cook for 4 minutes before flipping.
- Flip omelet over and cook for a more minute.

Ingredients for the Filling

2 cloves of garlic

1 pound asparagus

¼ cup balsamic vinegar

¼ cup olive oil

Pepper and salt to taste

Directions for the Filling

- In a zip-lock bag, add the asparagus and pour olive oil, vinegar, salt and pepper and garlic; leave the marinade for 2 hours at room temperature.
- Once done, pour the asparagus and marinade in a large pan and cook for 8 minutes.
- Insert the filling in the tofu omelet and transfer to a plate for serving.

Vegan Omelet with Spinach, Bell Pepper and Mushrooms

Ingredients

2 tablespoons vegan butter

8 ounces spinach leaves

½ teaspoon onion powder

1/2 red bell pepper

½ teaspoon turmeric

3 green onions

1 cup of chickpea flour

¼ teaspoon ground thyme

1 cup mushrooms

½ teaspoon fresh ground black pepper

2 tablespoons olive oil (extra virgin)

1 teaspoon black salt

½ teaspoon garlic powder

1 cup of water

Salsa (store-bought or homemade)

Directions

- In a colander, add the spinach leaves and rinse over tap water; set aside.
- In a bowl, add onions, mushrooms, peppers, green onions, garlic powder, turmeric, salt, thyme, olive oil and pepper.
- In another bowl, mix together the flour and water to form a smooth paste.
- In a skillet, add vegan butter and sauté the peppers and mushrooms for about 3 minutes.
- Add in the spinach and sauté for 2 minutes until it wilts; transfer to a plate and set aside.
- To make the omelet, add the remaining vegan butter to the same skillet and the omelet

batter; cook for 3 minutes before flipping.

- Place the vegetables on top, sprinkle with salt and serve with salsa.

Walnuts, Dates and Apples Oatmeal

Ingredients

1 teaspoon ground cloves

1 cup chopped dried dates

2 tablespoons ground cinnamon

1 cup chopped walnuts

1 cup cane sugar

1 teaspoon ground turmeric

1 cup chopped dried apples

3 cups grain cereal flakes

1 tablespoon ground ginger

3 cups rolled oats

Direction

- In a large bowl, combine the dates, oats, cereal, walnuts, apples, cane sugar, cloves, turmeric and ginger.
- Boil one cup of water in the microwave; pour contents in a large bowl.
- Stir the oatmeal mix and make sure every dry ingredient is softened and let it stand for 10 minutes before serving.
- Serve on a plate and enjoy!

Vegan Compote Berries Breakfast

Ingredients

2 peaches

1 1/2 cups blackberries

2 tablespoons white wine vinegar

2 cups fresh blueberries

1 and 1/2 cups raspberries

1/2 cup cane sugar

2 tablespoons lemon juice

1/2 teaspoon lemon rind

Directions

- In a saucepan, combine the grated lemon rind, fresh lemon juice, white wine vinegar,

cane sugar and fresh blueberries.

- Cover the saucepan and simmer for 20 minutes then cool at room temperature.

- Prepare 6 small bowls and pour the blueberry mixture.

- Serve the Vegan compote with fresh blackberries, raspberries, and extra peaches on

the side.

Strawberry French bread with Apricots and Cream Cheese

Ingredients

1 egg substitute

1/8 teaspoon apple pie spice

2 egg white substitute

1/2 cup fat-free vegan cream cheese

1/2 teaspoon vanilla

8 slices French bread

3/4 cup fat-free milk substitute

2 tablespoons apricot spreadable fruit

1/2 cup strawberry

Nonstick cooking spray

Directions

- Coat a griddle with cooking spray.
- In a small bowl, combine the apricot spreadable fruit and cream cheese.
- Cut the bread in the middle and fill it with the cream cheese mixture.
- In a separate bowl, mix the vanilla, milk, egg whites, apple pie spice and egg.
- Dip the bread in the egg mixture, place the bread on the griddle and cook it for 3

minutes until golden brown.

- In small saucepan, place the remaining apricot spreadable fruit and stir it until it melts.
- Serve the Strawberry French bread with Apricots and Cream Cheese.

Vegan Breakfast Almond Milk Pancakes Delight

Ingredients

3 and 1/2 teaspoons baking powder

2 tablespoons Vegan sugar (usually cane sugar)

1 cup almond milk

1 teaspoon salt

1 and 1/2 cups all-purpose flour

1/2 cup water

1 tablespoon ground flax seeds

2 teaspoons apple cider vinegar

1/2 teaspoon pure vanilla extract

3 tablespoons canola oil

Directions

- In a medium-sized bowl, add the baking powder, all-purpose flour, vegan sugar and salt.
- Once the first 4 ingredients have been fully combined, add the milk canola oil, water, vanilla, vinegar, and flax seeds.
- Heat a pan and pour the batter; cook for 4 minutes until pancakes turn fluffy.
- Transfer the cooked pancakes to a cooling wire and set aside for 3 minutes.
- Serve the almond milk pancakes with maple syrup and your choice of fruits on the side.

No Egg Cinnamon-Apple Pancake

Ingredients for the Pancakes

1 cup plain almond milk (egg-substitute)

2 teaspoons apple cider vinegar

1 and 1/4 cups whole wheat pastry flour

1 teaspoon ground cinnamon

pinch ground allspice

1/4 teaspoon ground nutmeg

2 teaspoon baking powder

2 tablespoons ground flax meal

pinch ground cloves

1/2 teaspoon salt

1 teaspoon vanilla extracts

3/4 teaspoon ground ginger

1 tablespoon pure maple syrup

2/3 cup apple juice

2 tablespoons apple sauce

Ingredients for the Topping

4 apples

1 cup apple juice

1 and 1/2 tablespoons pure maple syrup

1 tablespoon organic cornstarch

1/2 teaspoon ground cinnamon

Directions for the Topping

- In a medium-sized pot, toss all the ingredients for the topping and sprinkle cinnamon.
- Mix all the ingredients until the cornstarch dissolves; cover pot and bring to a boil.
- Once the mixture boils, reduce the heat to a low and simmer for 20 minutes.
- Remove pot from heat and set aside until serving.

Directions for the Pancakes

- Preheat a large pan to medium heat and grease with cooking spray.
- In a large bowl, add the flours, baking powder, apple cider vinegar, flax meal, almond milk, salt and all the spices; add milk, apple juice, apple sauce, maple syrup and vanilla extracts.
- Add a thin layer of the batter and cook for 3 minutes.
- Flip the pancakes to cook and transfer to a plate.
- Once all the pancakes are cooked, serve hot with apple toppings.

Blueberry Buttermilk Pancakes

Ingredients

1 and 1/3 cups Vegan buttermilk (homemade)

1 cup all-purpose flour

2 teaspoons baking powder

1 tablespoon cane sugar

1 tablespoon vegetable oil

1/4 teaspoon baking soda

1/4 cup egg substitute (soymilk or almond milk)

Cooking spray

Maple syrup (for topping)

1/2 cup frozen blueberries

Directions

- In a large bowl, combine the baking powder, all-purpose flour, baking soda and

sugar.

- Add in the egg substitute, oil and buttermilk to the dry ingredients, stir in blueberries.
- Coat a skillet with cooking spray and pour $\frac{1}{4}$ cup of the batter.
- Once the pancakes are fluffy, transfer into a plate and add maple syrup; serve with

blueberries on the side.

Thank you for downloading this book! Enjoy!