

My CANCER FIGHTING TOOLS

CANCER IS NOT A DEATH SENTENCE

Nick Koulouvaris Survivor, Esophageal Cancer

I am not a doctor. I made a promise to God that when I survived esophageal cancer (year 2003), I would do everything I can to share the things I learned through my journey to beat this disease. These are some of the things I learned and implemented, combining holistic and western medicine, to beat cancer and to continue to stay healthy. I'm presenting you these tools to open your mind to what is out there. I suggest you do some research and decide the path you want to take to beat this and remain healthy. Once you've chosen your path, go with it full hearted. Never regret it and always stay focused and positive. God Bless you. Nick

DIET (VERY IMPORTANT) Your Body is a Pharmacy, Feed it Right

- **No meats or chicken** (The body uses too much energy to break down the meat and chicken, your body needs this energy to work on healing the bad cells. They also contain hormones and steroids, which have been found to assist the growth of cancer)
- **No Sugar** Cancer feeds on sugar. It's like pouring gasoline into a fire.
 - **Do not eat anything white (rice, spaghetti, bread, potatoes, etc.)** (you can eat brown rice, whole grain spaghetti, sweet potatoes)
- **Eat dark greens** such as asparagus, dandelion greens, kale, spinach, broccoli, etc
- **Eat dark berries** such as blueberries, blackberries, etc.

- **Cellquest:** 877-565-5566 www.Cellquest.com
Cellquest is a drink that I took religiously on a daily basis while I was going through my cancer journey to help build my immune system and to fight free radical cancer cells. Cellquest can also be taken in smaller doses as a preventative for a stronger immune system for those who do not have cancer. Cellquest cancer survivor interviews are on my website.

- **Juice Plus+:** <http://lkoul.juiceplus.com>
My wife and I were juicing daily from the time I was diagnosed and up to five years ago. As you may or may not know, juicing is time consuming and expensive. Our daughter, a Physician of Oriental Medicine and Acupuncture, introduced us to Juice Plus+ 5 years ago. Since that time my wife and I take Juice Plus+ because we know the importance of continuing a healthy lifestyle, especially with what I went through. Juice Plus+ provides us with whole food nutrition that bridges the gap of the fruits and vegetables we need daily and what we actually consume. We found it easier, more convenient, and more economical than juicing. My wife got so passionate with Juice Plus+, an over 40 year old company, its products and the medical studies backing it that she became a franchise owner to continue spreading this wellness.
See renowned **Dr. William Sears** video about health and nutrition http://youtu.be/aNy23td_1uE
Suggestion Order: Juice Plus Trio Capsules (take 2 of each a day)
Complete Shakes (1 – 2 shakes a day for nourishment; add water or almond milk to shake powder)

- **Drink Alkaline water:** Alkalize your Body's PH
Alkaline water helps balance the body's pH, which tends to be acidic because of our high acid food diet, stress and exposure to environmental toxins such as smog. Alkalize your body pH from acidic to alkaline pH, because cancer and many other illnesses cannot live in alkaline environments. Alkaline is the "normal" state of healthy persons. I purchased this one for my house: http://water-revolution.com/products_AlkaPurityHD.aspx

- **CBD: Hemp Meds Rx** <https://hempmedspx.com/>
 - <http://www.medicalmarijuanainc.com/what-is-cbd-hemp-oil/>

MEDITATE (VERY IMPORTANT)

- Meditate or pray a couple of times a day in a quiet place to relax your mind, body, and soul

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- Concentrate on the area where the cancer is and think of something (example: I visualized angels chipping away at the cancer and disappearing)
- **NO STRESS (Critically Important) – Focus on You**
- **Find a local Doctor of Natural Medicine in your area**
 - I worked with a Doctor of Natural medicine. He was my coach to help me through it. He worked on my mind and body.
 - Our daughter is a successful Physician of Acupuncture and Natural Medicine in South Florida. Holistic Family Wellness (954) 343-8025

My Website: <http://isurvivedcancer.net/>

My website contains stories and videos of survivors and what they did to fight their type of cancer. I need your success story to add to my website, so we can let others know that cancer **is not** a death sentence.

My You Tube Story Part 1: www.youtube.com/watch?v=uURTqk1yvEk

My You Tube Story Part 2: www.youtube.com/watch?v=2vI8KMDD7tw

BOOKS TO READ

A Cancer Battle Plan By Anne E. Frahm with David J. Frahm

(This book had a huge impact on how I proceed to fight this journey).

Easy reading book about a woman that western medicine said had no chance of survival. The doctors sent her home to die. Anne and her husband made a natural plan to help her survive and she did!

In Defense of Food By Michael Pollan

Refers to eating proper foods that can help you fight disease. Includes recipes.

Read books on Macrobiotic Diets

RESOURCES

Cancer Treatment Centers of America (800)615-3055

Cancer centers that use western and natural medicine together.

Esophageal Surgery: My procedure was performed by Dr. Richard Karl at Moffit Cancer Center, in Tampa Florida. **Richard C. Karl, MD** Surgical Oncology richard.karl@moffitt.org

I had 3d conformal radiation in 2003. Now there may be different treatments

Here is a link that describes what it does.

<http://www.cancercenter.com/conventional-cancer-treatment/3d-conformal-radiation.cfm>

<http://www.cancercenter.com/esophageal-cancer/3d-conformal-radiation.cfm>

HealthQuarters

6873 Prince Drive , Colorado Springs , CO (719)593-8694

Health Lodge (719)488-1248

Non Profit organization started by Anne & David Frahm of "A Cancer Battle Plan".

Encourages cancer warriors, educates you on nutrition.

It's a Journey, but you will Beat It. - You must do it for yourself and for the people who love you.

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