



MY ROAD TO WELLNESS

YOUR LIFE YOUR JOURNEY

Newsletter Vol 5

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*Our Story, Part 5*

Boston, Massachusetts, was our next stop in our healing journey, a beautiful city full of life. I love life in the city, the trolleys, shopping, the people and long walks exploring the streets. We had gone to see one of the world's most famous Oncologists at Dana Farber Cancer Institute. We wanted to hear his thoughts on treatments available for Multiple Myeloma. We were referred to Dana Farber by our local Physician as the institute is home to most of the best doctors.



I remember getting to the hospital; my heart filled with high expectations. The first impression was a homely place as the staff members were friendly, supportive,

and exceptional, which was all we could ask for. I was granted the chance to see a Nutriologist/nutritionist for cancer. I wanted to be advised on how I would safely use a combination of herbal products and chemotherapy. Dr. Richardson was so friendly and compassionate to us. He explained the protocol they do, and he mentioned that a transplant was going to be the route, but we had to see when would be the best time for it because it was just a matter of time. However, I felt that if a transplant were to happen, it would be at God's time. The visit had gone well, and we went to the cafeteria to find out something for my husband, but I was shocked to find only the regular meals. Being a cancer center, I expected the cafeteria to have healthier meals. He only had a salad, after which we went to whole foods to buy all kinds of greens, flaxseed oil, coconut water, and many others

that I would make his juices. I used to travel with my blender to make him his vegetable juices any time of the day. While researching in my room, I had come across stories of people healing through alternative and conventional treatments. Since I love everything natural, I decided to contact them directly and ask them how they would treat blood cancer. I was aware that everyone had a different modality and different way of thinking regarding cancer. Through every doctor or patient that I spoke to I have learned so much that I could understand both worlds with the aim to heal and getter.



When we flew back home we felt that we should see a different Oncologist. I wanted to be proactive in my husband's treatment plan, and they were very private

about the overall situation to the point that I felt we should change clinics. In doing so, I felt so happy with the new Oncologist. I can say that I was not an easy caregiver, but I was very meticulous. I wanted to know everything there was to know regarding his treatment and medications.

At home, we learned how to cook different, we changed the kitchen pots and pans to stainless steel instead of aluminum, we placed shower filters to avoid chlorine from the city water, we changed shampoo and soap, cleaning liquids for the home. It was a completely different world that we started to build. Mostly organic when possible and avoiding chemicals of any kind. Magnetic laundry magnets instead of detergent, etc. Life was constantly changing but always giving us a lesson.

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