



MY ROAD TO WELLNESS

YOUR LIFE YOUR JOURNEY

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Our Story, Part 7

Light! I have always thought of light when thinking about healing, Sunlight and how important being under the sun is. I discovered the wonders of sunlight; Sunlight increases the oxygen content in human blood by boosting the body's capacity to deliver oxygen to our tissues, it boosts serotonin levels in the brain.



Sunlight is the most abundant and easiest to absorb anti-depressant we can find; Sun converts high cholesterol in the

blood into steroid hormones and the sex hormones we need for reproduction. Vitamin D from sunlight is an essential factor in cancer prevention. It activates the immune system to work against abnormal cells and can normalize and might help correct cancer cells, Vitamin D from sunlight is an essential factor in cancer prevention. In 1903 Nobel Prize Winner, Niels Finsen used sunlight to heal wounds and disinfect the German soldiers after World War I

Sun therapy became one of the most important therapy in my husband's daily protocol, it takes only 20 minutes a day to feel the difference. Nature has more power than what we can even imagine.

Prior to each visits to different to alternative Doctors and oncologist all over USA I called the hotels where we were going to stay to request window, or balcony so early in the morning Sergio could have his sun

therapy before starting the daily protocols, it wasn't easy to travel since we had to do it with all his vitamins, coffee for his enemas, a water filter for the room, blender, etc., everywhere we went I had to go to a local store to get all the fresh fruits and vegetables to be able to make our own organic smoothies. I felt that it was the only way for the body to heal detoxifying all the possible problems so that the immune system could not be doing its job correctly. I was driven by my own intuition and always following my gut feeling for everything. Researching I found out about infrared light therapy. and since one of the Doctors recommended the BIOMAT an infrared heat mat made of amethyst I thought that it would be particularly useful to help the body create a "fake" fever that most of cancer patients cannot. I have heard so many times my cancer friends mentioning that before diagnosis they never had any fever or taken any medicine, and this is because the immune system wasn't even aware of the invaders and couldn't even been able to create heat or fever to combat the malignant viruses or bacteria overload. So it made so much sense to help the body trough heat to stimulate the immune system and start the healing process. More than 5,000 years ago, doctors in ancient Egypt used heat to treat cancer. Today, cancer experts have refined the delivery of heat a technique called hyperthermia Here is a remarkably interesting quote from a medical doctor that explains the use of chemotherapy and radiation with hyperthermia.

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