

My Journey with Chronic Lymphocyte Leukemia & Multiple Sclerosis

By Shannon Hudson

When I was told I had chronic lymphocyte leukemia in March 2013 I researched everything I could find on both allopathic & holistic treatments. I decide that for myself PERSONALLY I did not like the statistics or side effects related to allopathic treatments. I knew that one of the side effects could mean actually giving me a higher risk of other types of cancer. I had no desire to win this battle only to end up with another cancer down the road. On the other hand I didn't see a lot of specific information on holistic treatments for leukemia either.

I stepped back from the situation to pray & give my body some basic core building blocks. I decided to go on a juice fast for 90 days while I read & researched my options. I know that the first instinct most people have to a serious diagnosis is fear followed by a decision to do whatever the doctor recommends; even when it is illogical or "feels" wrong. I decided that my blood & bone marrow were broken...it may seem silly, but the word cancer instills fear. I choose life ...fear has NO PLACE in my life.

During my 90 day juice fast I started adding other nutrients that I decided would build my blood supply, repair the damage to my bone marrow & build my overall immune system. Each day, as I researched different medical studies, I added things to my daily regimen & took things away according to how my body felt. I also eliminated people & things who were speaking death into my life... I would not give energy to people who were telling me to do chemo, who were telling me about the people they know who have died, I didn't pay attention to the news, politics or people who complain for fun... anything & anyone who was not on board with my decision were sweetly... gently removed from my life for a time.

Right now, 12 months after being diagnosed: My blood work looks perfectly normal! My spleen & liver are both still swollen but so much better!! I no longer have pain in my bones!! My hip pain, which was so severe I couldn't walk, is completely gone!!! I know I will have to continue to be diligent, but my body has responded beautifully!!! I have no doubt that as my body continues to repair; I will see even more miraculous changes!

Everyone keeps asking me what I have done to regenerate my body... It is an ongoing journey!! Here is a basic protocol of things I have used for MY body in regards to repairing MY immune system, MY nerves, MY myelin sheath, MY blood supply & MY bone marrow. Keep in mind that in addition to the blood issues, I was diagnosed with Multiple Sclerosis. Many of the items I am using are treating both issues, but some of them are specific one or the other.

This is what I did for the first 90 Days or so...

- I was diffusing oils at all times 24 hours a day – whatever made me feel safe & happy
- I went on an organic juice fast with NO fruit except green apples, lemon & Young Living's NingXia Red – I just wanted to step back & research before I made any huge decisions. Not cooking seemed easier & felt safe.
- I drank a bottle of Young Living's NingXia Red Daily – again, it seemed safe. I was already so tired & the NingXia Red felt like liquid energy.
- I took 20 drops Sacred Frankincense 3x a day. I knew there was a lot of research on cancer & frankincense so I decided I wanted to add that on day one.
- I took 20 drops of citrus oil 3x a day, I rotated different citrus oil daily I knew that there was a lot of information on d-limonene & cancer so I knew this would be a constant for a very long time.
- I took 20 drops of a clary sage 3x a day. I had found a lot of research on leukemia specifically relating to the constituent scalar which was found in high quantities in clary sage. I decided to diffuse this and apply topically as well as internally.
- I drank 3 - ½ droppers of Rehemogen Tincture 3x a day in my NingXia Red along with the other tinctures. I started taking this at a bottle a day in May 2013 but only did it for about 4 weeks. It caused extreme cleansing reaction. Probably a good thing but extremely hard on my body. I lowered the amount to 3 ½ droppers 3x a day & handled it much better. I added this because it was created for the blood supply ... seemed like a good fit =)
- I took 3 - ½ droppers of Mineral Essence Tincture 3x a day I know the importance of Minerals & knew I needed this one right away. I am addicted to it now!
- 3 - ½ droppers of K & B Tincture 3x a day I had blood in my urine so I decided to do the K & B – in retrospect I probably should have let the Doctor know & had a test or two, I just wasn't ready for ANY more negative so I just ignored it... no issues with blood in my urine now!!

Day 90 – 120 I changed the diet to Raw Vegan & added supplements, herbs & healthy fats. I wasn't doing any supplements the first 90 days because it is difficult when you are not eating. I felt like I was doing a lot with the juice, oils & tinctures.

- Raw organic vegetables, nuts & berries – NO other fruits, grains or dairy
- 6 oz of Young Living's NingXia Red Daily
- I continued using all of the above oils and added:
 - 6 drops each Citronella, Thieves & Lemongrass in one FULL capsule 3x a day – I added this because there so much research into cancer & fungus... this blend for me was just in case I was dealing with candida, fungus, bacteria, parasites ect...

- 9 drops each Balsam Idaho Fir & Copaiba in 3x a day – I added this because I was still having so much bone pain. Really started to go away about a week after I added this combo.
- 20 drops JuvaFlex 3x a day – I knew I needed to start giving a little love to my liver so I added the JuvaFlex.
- NingXia Nitro – 2 or 3 tubes a day. This life saver came out at Grand Convention in June 2013. This REALLY changed the game as far as my energy was concerned!! I will NEVER be without my Nitro!! Lots of good benefits!
- MultiGreens – I am taking 3, 4x a day Chlorophyll is the energy directly from the sun. I knew I needed that boost.
- Balance Complete & Pure Protein at least once a day sometimes 3 times a day. There is a lot of research in regards to whey protein & how it affects cancer. I KNOW we have a great source of healthy whey in both of our meal replacements so I add that as often as I can.
- Sulfurzyme – I am taking 5, 2x a day
- OmegaGize – I am taking 2, 4x a day
- PD 80/20 – I am taking 1, 2x a day
- Super C – I am taking 2, 4x a day
- Super Cal – I am taking 1, 2x a day
- BLM – I am taking 2, 4x a day
- CortiStop – I am taking 2, when I wake up & 2 at bed
- Thyromin – I am taking 2 when I wake up & 2 when I go to bed
- Life 5 – I am taking 2 at bed
- EndoGize – I am taking 1, 3x a day
- Super B – I am taking 1, 3x a day with food – If I am tired I will double
- Essentialzyme I am taking 3 – 3x a day
- Essentialzymes-4 – I am taking 1 package with every meal & at bed
- ComforTone I am taking 2, 3x a day
- ICP – 2 scoops I am taking 2x a day
- Juva Power – I am taking 2 scoops 2x a day, I add my Juva Power to my ICP & drink them together when I wake up & about an hour before bed.
- MegaCal I am taking 1 scoop 2x a day
- EXTRA Vitamin D – I take Liquid vitamin D from Carlson labs (I buy it at Amazon.com)
- Iodoral I am taking 25 mg 3x a day with food

On several occasions I have researched the importance of high amino acids when dealing with the blood supply. I have switched to a basic ketogenic diet with is basically grass fed meats, eggs, poultry & fish with veggies & lots of good healthy fats like avocado. I keep going back in forth from vegan to ketogenic...BOTH sides have VERY convincing data in regards to balancing a body in disease. BOTH sides have hundreds of testimonies of people who have cured their body using one approach or the other... we have decided for the next 90 days, we will do only the ketogenic diet. When we get my blood work back in January I will let everyone know what it says. I can tell you I have been on the ketogenic diet since September 22. I made the change the day after talking with Scott Johnson at Young Living's Natures Remedies event ... Not only do I have more energy, but Tuesday night I taught my first YLEO workshop without a wheel chair!!! That is HUGE!!! In addition in 11 days I have released 14 pounds!!! UMMMMmmmm can you say happy!!!

Day 120 – Now -- I stayed on a ketogenic diet. I like how I feel when I am eating more fats & proteins. I am still taking the same supplements & oils. I have found there are days where I simply cannot take any supplements or oils internally. When that happens I listen to my body & give myself a rest for a few days then I start again. I no longer take any supplements or oils on Sundays. I just feel like I need a rest sometimes ☺

Due to a study showing that ginger kills leukemic cells. I added 20 drops of ginger essential oil 3x a day. I started on way too much and caused a lot of gastric issues that kept me in the house for a few days. I dropped down to 10 – 15 drops a day & feel great. In the past few months I have released a lot of the emotional trauma I experienced when I lost my parents. I have also started allowing a few people whom I love & trust do body work on me. After resisting for years, I must admit... IT HAS HELPED SOOOOO MUCH!! Honestly, I have no idea why I resisted for such a long time, but Praise God I finally let go & let someone help me ☺

There are lots of other things we have changed on the road to a healthy energetic life style...I didn't list them above because they were changes we had already made. Things like drinking ½ my body weight in ounces of alkaline water every day. Removed all of the toxins that we possibly could from our environment: cleaning, personal care, decorations, Wi-Fi, EMF for a great list of things that should be removed get the book Living Balanced by Stacey Kimbrell!! You will find it to be a great resource to help you make the changes!!

Remember to share what you learn! I am more than happy to share what I have found useful to me on my road to recover, please do the same with the people with whom you come into contact!!

Nothing in the flyer is meant to diagnose, treat or cure any disease. I am not a doctor; please see your healthcare provider for health advice. This is simply MY story. You need to research & partner with YOUR healthcare provider for your personal health issues.