



The body heals itself, given the chance!

Words: Marilyn Vrabez

In September 2006 I was clinically diagnosed with pre-carcinoma (early signs of breast cancer) and my biopsy revealed “high-risk malignant cells”. The hospital consultant suggested removing my breast together with four lymph nodes “as a precautionary measure” as the affected mass spanned 10 cm, which, I was told, was medically untreatable. The diagnosis threw me into complete shock and I was stunned for seven days.

I confided in a close friend who, fortunately, was a gifted healer and knew other healing therapists who could help aid my recovery. My nutritionist friend, Lucy Pook, also assured me that I could recover through nutrition and so we worked together using a 100% organic diet, pure water, inner cleansing through detoxification to support the liver and deep cleansing techniques such as infra-red saunas, gentle enemas and occasional colonic irrigation, all working in co-ordination with regular healing sessions.

My sister and daughter opposed my decision to heal myself (I believe through their own inner fears of losing me) and even some friends and colleagues were sceptical, so I had to distance myself from their opinions and negativity in order to protect myself and fully focus on the ‘Process’ that I trusted and believed in.

At first, the mass was so painful and, for four months, I had to sleep with the affected breast on a soft pillow because any pressure caused me discomfort and kept me awake. After this time, the pain subsided, and I knew I was beginning to heal and there wasn’t any doubt in my mind that I was on the road to recovery.

I managed to continue working as a full-time PA within the NHS, but it became a struggle as the detoxification programme did produce side effects and feelings of emotional grief, which I identified as ‘coming up’ as part of the healing process. However, I held on diligently and was grateful for the ongoing

support of my close friends and therapists. I never felt alone in my plight to heal myself and wanted to break through at all costs, after all, these side-effects were a small price to pay compared to the trauma of intrusive surgery and of knowing that my ‘Body Temple’ would never feel the same again.

My sister was absolutely amazed at the results as she was checking me over once a month and, after 18 months, could not feel anything abnormal at all and said it was “a miracle”. I tried to explain to her that everything was working in harmony together and that it wasn’t just a question of luck, because through the ‘Path’ I had taken, I had given my body the power and ability to heal itself. Therefore, by removing stress on all levels i.e. physically, mentally, spiritually and environmentally through diet, therapy, detoxification techniques and healing, the body was able to bring itself back into balance.

I attended my local hospital 18 months after the original diagnosis for a routine, manual examination (my 3rd since the diagnosis) and the doctor said she could feel “nothing abnormal.”

I always believed that my body was my Temple and that with the correct nurturing, the malignant cells would become replaced with normal cells and my breast could become healthy once again.

