

FOREWORD BY
DR. KEVIN CONNERS, Founder of Connors Clinic

I REFUSED CHEMO

7 Steps to Taking Back Your Power
& Healing Your Cancer



TERI DALE

Teri Dale

I Refused Chemo: 7 Steps to Taking Back Your Power and Healing Your Cancer



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I Refused Chemo shows those diagnosed with cancer what to do next with 7 methods to taking back their power and healing their Lymphoma. and could heal her body in nine a few months without chemo or radiation! It can be a very scary, dark, and lonely place. After being identified as having a kind of Hodgkin' Instead, she researched holistic, natural alternatives for a remedy—s Lymphoma (nLPHL), cancer and life coach Teri Dale refused to go with the toxic treatments strongly recommended by her oncologist. A cancer diagnosis can feel like a death sentence. Her story helps others who have been diagnosed navigate the life-altering changes required after their medical diagnosis and gain confidence in selecting a holistic approach.



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Brimming with Hope I have already been so privileged and so blessed to have browse Teri Dale's book, *We REFUSED Chemo*. I felt as though I were seated across from Teri, as close friends, as she explained her tale. *I REFUSED Chemo* can be a book filled with inspiration, life-changing details, and far hope, so much hope. Practical Advice for Healing This isn't just about eating the right foods- it's about changing your life inside and out. my dad passed away from cancer. Just how much I wish this book have been available 15 years ago when my dad was diagnosed with cancer, probably he could have transformed his lifestyle had he known about the remedies Teri talks about. It's about listening to someone apart from the white coat scaring you right now. I learned about changes I could make in my own life now that may help me from experiencing cancer later on. It is not seriously edited, and she doesn't mince phrases. Hopefully for those confronted with health or existence problems, you read this book with an open mind. I was told never to be surprised easily was staged three or four 4, and that I'd be in for 'the whole spa treatment'. Reading this book will give encouragement and hope. I also recommend this publication for anyone to learn, because in this publication there is important information useful for living a wholesome and vibrant lifestyle. Anyone who reads *I REFUSED Chemo* could have knowledge necessary for making educated decisions about their life and health, and ultimately their future.. Where do I begin? There is so much good details and resources within this book. So make use of whatever name you like for Him; Real problems regarding the toxic globe that we live in are surfaced and explained. Toxicity is leading to disease. For me, these are lessons learned in hindsight." So most of us accept it. We blindly stick to. As Teri Dale writes, "you don't need to get unwell before you get better". This reserve and the author's story may have supplied me with the additional resources and confidence to accomplish what I believed was right for me. Have faith and decrease stress!5) Most importantly, author Teri Dale is knowledgeable, inspirational, and in writing this book, has shown her true calling to help the world through her own difficulties and journey. I extremely highly recommend *I REFUSED Chemo* not merely for those dealing with cancer, also for their families and friends. Sadly, this is a direct quote. The medical team was referring to operation, chemo & radiation. I had many identical conversations with my treatment team about natural or holistic options – as a potential treat or as health supplement to the medical options. MAY I try 'x'? What have you any idea about 'x'? Therefore may people in the health and fitness industry adhere to what they understand, and are afraid and embarrassed to admit that what they had previously practiced may not have been optimal or may not be optimal for EVERYONE. I received virtually identical answers to what the writer writes about in her book. I applaud the author to be a pioneer (yes, others are doing this as well. While I was already on a 10+ calendar year journey of diet, exercise and health improvements, I did not need the confidence to query the recommended remedies, or perhaps the fear was as well great. I am malignancy free, but nonetheless battling secondary issues. In my late 30s, I was identified as having breast cancer. When I noticed the news of Teri's medical diagnosis I was devastated on her behalf; To explore other options. There is one course of action and it involves medical procedures, chemo and radiation. However, we are in need of more success stories, assets, and guidance to make a real motion! The hope... eventually, we evoke much needed system changes both in healthcare practices and in insurance policies. Smart research and logical rationale for alternate cancer cure Amazing! REFUSED simply because acronym! I love this! I use several practices in my own daily life, but have so very much area for improvement. In Chapter 3, Teri Dale claims: "I truly believe I was picked to go through this so I may help others". In my opinion, you can use for from reducing stress to weight reduction to help (or cure) to hundreds of diseases or circumstances.2. You have time! Especially with cancer (in most cases). We hear the term and most folks go directly to panic/fear. I also like the method the book was organized and the resources given. A great book

for for tumor healing A great book about cures without radiation and procedure. Take your time. Study. Weigh all choices.) but tests and applying them to learn which are beneficial and WHY vs. Create a support team of people w/identical beliefs or who at least who've open minds.4. My main tumor was large and 'aggressive' – that was the word utilized by medical team. Simply do. She is an extremely courageous woman to walk an uncommon trip, one that most feel afraid to take because it is unfamiliar and unsupported. There is a ton of practical information in a little over 100 pages. That is an invaluable tool! 1) I really like Teri Dale's composing style 18 years ago my then-48-year old aunt died from breast cancer that had metastasized to her lungs and eventually her brain, where two inoperable tumors were in charge of her eventual moving. She was young, one, and trusted her doctors. She had been in remission for quite some time before her cancer returned with a vengeance. She underwent experimental treatments; they may have got shrunk the tumors, but they didn't stop them. If Linda experienced access to alternative/holistic info and options (assuming it had been available at that time) early in her medical diagnosis, might she got the chance of another final result. I thought a lot about her while reading this publication, as - another irony - the anniversary of her passing was on the same day time I finally sat right down to examine it. As a society we are susceptible on a daily basis. She doesn't make an effort to arrive across as a specialist any more than what she's learned in her journey to be, rather anyone who has had success with a protocol she built based on the legwork she experienced to accomplish. Teri has held an open mind not merely to learning new things (she's an details sponge! my thoughts about the book:1) I really like Teri Dale's writing style. It's as though she is talking with and with you. I am so pleased with Teri therefore thankful for the wish she is sharing with us. She is your friend and voice of cause, and doesn't proclaim to be God any more than the oncologist she reminds you isn't.2) We appreciate that Teri not only titles, but credits God, and her faith as a significant and integral part of her recovery. We can't do this alone, so why dismiss both the dependence on support and the amazing higher-level power He can offer? You will refer to it again and again. For those who would prefer to discuss energy meridians or the Universe, it really is God this is the energy that works through our meridians and made the Universe. It should take a re-read (or two)! the point is that this can't be an optimal part of cure protocol - it is vitally necessary. It is center felt and compelling true tale on why and how she chose a natural and holistic method of recovery her body... The annals she provides on regular vs. holistic medicine in the US isn't only fascinating, but a necessary grounding for us to comprehend WHY conventional doctors aren't simply resistant, but also ignorant of holistic protocols. Bravo for your bravery and praise God for your healing! A lot of the publication is dedicated to explaining each of the parts of the acronym, while permitting (and maybe also forcing) the reader to keep in mind the higher-level description of REFUSED.. A powerful story and great publication of [natural] health assets! She could easily have been through this without posting her knowledge, but that just isn't Teri. It got damaged off and there have been additional tumors on the same side. and therefore we will have choices, even though we are made to feel from worried medical staff, friends and family that we don't. Actually her admitting to change her very own beliefs and behaviors relating to nutrition as she learned more, is admirable. Perhaps you have found out about 'x'?.3. accepting trendy present day quackery. She makes no illusion that her approach will cure all cancers, but she makes a solid case for why it must be a first line of defense in the fight against it. they are trained to treat the symptom. I am personally not suffering with cancer, but I am worried for my potential, because my father, mother, and sister have all had cancers; It's about hearing your body. I have learned so much from reading this book and hearing Teri's story. I appreciated Teri's plain matter-of-fact writing tone of voice that sounded like we were sitting at your kitchen table over tea. I want it out of my own body! This publication belongs in your

collection of "pulled out regularly" books. Christian or not, it is incredibly vital that you believe and trust in someone greater than ourselves. Five Stars Inspirational and real Excellent read! It really is heart felt and compelling true ... Excellent go through!3) Teri Dale is human, open and honest about her journey: the good, poor and ugly. That was my initial thought too. I understand it works because my wife beat cancer using a doctor who thinks along the same lines as Teri Dale. The best, most significant lessons from Teri's book:1. Having lost many people to various types of tumor pursuing arduous traditional chemo/radiation regimens, this substitute look at and the supporting analysis gives me expect a more humane approach to treatment. I desire Teri nothing but continued good health insurance and success in her quest to help others find their personal cure. Bravo and Praise! I've not been diagnosed with cancer, yet I found this book to be inspiring. The REFUSE process provided by Teri Dale provides principles that can be applied to every facet of life!4) Teri breaks down her method into an easily remembered acronym, 'REFUSED'. and easy to read We Refused Chemo is incredibly well thought, extremely informative, and easy to read. It sensed like Teri was talking directly to me. Her word choices, tone, and delivery 'seriously' made it feel like she was educating me face-to-encounter. I Refused Chemo offered way more than I possibly could have ever truly imagined. If you're any thing like me, it generates more questions -plenty of 'whys' about systems and practices that donate to uprising of illness and poor living circumstances (or at a minimum turns a blind eye to some fairly substantial problems and/or turns a blind eyesight to alternative methods and solutions). The Medical sector is not on the market of curing disease; Five Stars Very interesting, well crafted! I never understood why therefore many systems and methods are run on the style of "don't issue. All of that said.. As visitors, we reap the benefits of this as a location to start our very own treatment or also prevention plans. simply by living. Suggestions of what we are able to do as individuals to erradicate those poisons from our bodies are provided in this powerhouse read. This technique goes beyond cancer. To ask more questions. but on the other hand, I remember considering - if anyone can defeat this it's Teri. This woman includes a real passion forever and helping others.



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