

- ✓ Get a reliable second opinion, even a third if you feel it necessary.
- ✓ Eat organic foods. Limit processed foods as much as possible; raw foods are best.
- ✓ Exercise daily. This is necessary to keep your body performing at its optimum level and can provide a good outlet for stress and anxiety.
- ✓ Maintain your immune system and bodily nutrition with smart dietary supplementation. This is crucial to keeping your body working the best it can during the taxing fight against cancer.
- ✓ Understand your specific type and stage of cancer. Researching and truly understanding your condition is invaluable and can help you realize what sort of treatments and support are available to you.
- ✓ Select and write down your total body treatment regimen. By writing your treatment plan down, it is solidified and you will be less likely to stray from it.
- ✓ Adhere to your treatment plan without fail. Stopping and starting therapies lessens the synergistic effect of a well-rounded regimen.
- ✓ Seek out some support. Whether it be family, friends, a professional counselor, or other cancer patients or survivors, emotional support is absolutely crucial to beating cancer.
- ✓ Stay positive and upbeat. Letting yourself get depressed has a dangerous impact on your body, especially when fighting a disease. Good support will help with this.
- ✓ Be open and honest with your doctor. Although your doctor may not understand or agree with some of your alternative therapies, keep in mind that it is your choice. Maintaining a good relationship here can avoid a lot of potential problems.