



**HEALING AND
PREVENTING CANCER**

**7
ESSENTIALS**

Dr. Veronique Desaulniers

The (Not So) Secrets of Breast Cancer Prevention



I am a *Breast Cancer Conqueror* and proud of it!! I chose to heal my body with Alternative Cancer Therapies and without CPR: Cutting, Poisoning, Radiating. However, I honor and respect all choices that women make, because cancer is not an easy journey, no matter which method of treatment you choose.

I was blessed with a beautiful French Canadian name, Veronique Desaulniers. One of my first patients in Georgia was a sweet southern lady who could not pronounce my name, so she baptized me with the name "Dr. V" . That cute nick name has stuck ever since.

I have maintained Wellness Practices since 1979, but recently "retired" from actively seeing patients. I am certified in many Post Graduate protocols and have undertaken extensive studies in the various fields of "Energy Medicine." I have specialized in Bio-Energetics, Meridian Stress Analysis, Digital Thermography, EFT and Chiropractic. My approach to Health and Wellness is a very unique one, which is why I attracted people from all over North America and as far as Europe and Africa.

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How To Be Proactive with Prevention by Following the 7 Essentials

Cancer is a painful journey, no matter what method you choose to overcome it. In an effort to prevent your body from experiencing this, being Proactive with Prevention could be a vital step in the right direction. However, with the abundance of information and opinions on the Internet, how does one know where to start?

The journey of a thousand miles begins with the first step.

Being Proactive with Prevention will add years to life and life to your years. Following these **7 Essentials** will give you an easy step by step process that you can follow at your own pace. Start with 1 simple change in your life and you will feel and experience the benefits of a healthier, more vibrant body. Your confidence will build as you realize that you are doing wonderful things for your body.

Here's how to get started.

Essential #1: Let Food Be Your Medicine

This was stated by Hippocrates, the Greek physician who lived more than 1500 years ago. However, his wisdom has been ignored by the mainstream medical and governmental agencies.

Food is the foundation of our health. Food fuels our cells and organs. If we ingest toxic, dead food, then guess what happens to our bodies? Yes, they become toxic, diseased and die prematurely.

This **1st Essential** encompasses a very complex list of topics.

Here are a few:

Drinking Pure Water	Broccoli Sprouts
Juicing	Wheat Grass
Raw foods	Probiotics
Green Smoothies	Proper Food Combining
Alkaline Diet	Chocolate
Herbal Teas	Supplementation

In my opinion, the most important aspect of your eating habits is that you incorporate at least 80% raw food in your diet. Cooking food kills all the enzymes in the food and creates an immune response in your body called “digestive leukocytosis”. This is a raised white blood cell count due to an inflammatory response in the body from eating cooked food.



If the majority of your food is cooked, this can lead to a “leaky gut” syndrome in which undigested food particles seep through the intestinal wall and weaken the Lymphatic and Immune Systems.

Simply start by adding more raw fruit and vegetables to your diet. Eat a BIG green salad every day with a variety of greens and vegetables and raw nuts. Make a simple dressing with olive oil and raw apple cider vinegar or lemon juice with various spices.

The most efficient way to increase your raw vegetables in your diet is by “eating” [Green Smoothies](#).

With the use of a super blender like a Vita Mix, your greens and veggies can be pulverized. This breaks down the cellulose and tough fibers that cannot be broken down simply by chewing. This releases the nutrients and makes them more absorbable.

Purchase organic greens such as kale, mustard greens, dandelion leaves, romaine lettuce, spinach, and celery. A typical Green Smoothie would include 2 large handfuls of greens, 2 celery sticks, a green apple or any other type of fruit or berry, 2 TBS of flax seeds, 2 TBS hemp seeds, and 1-2 cups of purified or spring water. Blend at least 30 seconds and enjoy.

Make it a goal to drink at least 16 ounces of green smoothie every day. The chlorophyll will detoxify the liver and the nutrients will improve your overall immunity and increase your alkalinity. An alkaline body naturally defends itself from pathogens, yeasts, parasites and unhealthy bacteria.

Essential # 2: Eliminate Toxic Exposure

According to the University Of Columbia School Of Public health, “95% of all cancer is due to diet and the accumulation of toxins.

Let’s walk through a typical morning in the life of **Toxic Tammy** versus **Clean Jean**.

Toxic Tammy wakes up and brushes her teeth with toxic, fluoridated toothpaste that says in fine print “if swallowed, call the Poison Control Center”. The lining of the mouth immediately absorbs the chemicals and that goes straight to the blood stream.

Then she spends several minutes in the shower and bathes with soap that has carcinogenic ingredients in it. These chemicals are immediately absorbed through the skin into the blood stream. She dries off and uses a deodorant that contains aluminum and other chemicals that block the pores and the lymph ducts in the arm pit. "Sweating is gross", she thinks as she applies the roll on.

Next comes the makeup, foundation, and hair products....again....loaded with chemicals that are absorbed through the skin.

She heads for the kitchen and brews some coffee that was cultivated in deficient soil and sprayed with pesticides and herbicides. The creamer she uses is artificially flavored, full of indigestible fat and lots of sugar.

The cereal or bread she eats is refined and full of chemical additives, sweeteners and preservatives. The milk she pours on the cereal is from cows that have been injected with growth hormones, antibiotics and have rarely seen sunlight.

While she is eating breakfast, she is in front of the TV and is on her computer and cell phone. Tammy does not realize that she is surrounded by the deadliest toxin on the planet...electro-pollution. She has not protected her environment or her body from this insidious radiation. Before she has left the house, her body is already in a flight or fight mode, trying to detox and repair damage from the environment.



"I'm exhausted", whispers Toxic Tammy as she heads out the door.

Briefly, Clean Jean is aware and conscious of her body and what she puts on it and in it. The products she uses to brush her teeth and bathe are chemical free and organic. She uses a deodorant that has a base of baking soda or minerals.

Although she does drink coffee occasionally, she makes sure it is organic. She sweetens it with Stevia or Xylitol and uses organic creamer with no added chemicals. Her warm morning drink of choice is usually Green Tea because of the healthy flavanoids and anti-oxidants found in the tea.

She eats some organic fruit or makes herself a green smoothie with organic Kale and an organic green apple.

She has protected her environment with products that reduce or eliminate the effects of Electro-pollution. Her cell phone is equipped with a small guard that neutralizes the effect of the microwave radiation. She even wears a pendant that strengthens her bio-field so her body is resistant to the effects of the radiation from her neighbors' WI FI and the multiple cell towers that loom in the distance.

She reads a few motivational thoughts for the day, stretches, breathes slowly and does a few Yoga poses. She feels calm and ready to take on the day.



“I love my life! I am thankful for all the blessings in my life”, whispers Clean Jean.

The remainder of the day is discussed more fully in the E-Book, **Essential # 2: Eliminate Toxic Exposure.**

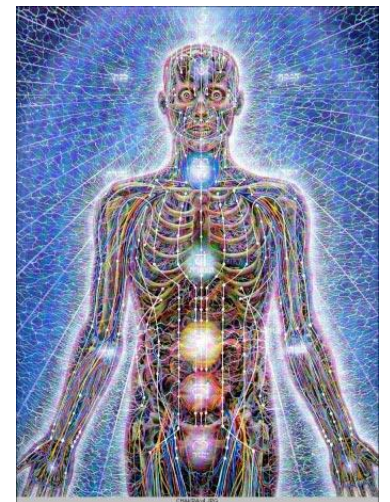
The subject of Toxic Exposure includes living pathogens such as yeast, parasites, viruses and bacteria. Fortunately, there are simple steps to reduce your toxic load in the body and to cleanse or detox poisons from the body.

Essential # 3: Balance Your Energy

Everything is energy. In fact, according to a Nobel Prize Laureate, [Carlo Rubbia](#), we are only 1 billionth physical matter...the rest is ALL energy.

If we are mostly made up of energy and light, then it makes sense that it is vital that we keep the energy in our body balanced and free of interference.

Chiropractic has made tremendous strides in the last 50 years in educating the public about the science and benefits of this healing art. In 1975, Dr. Ronald Pero, Chief of Cancer Prevention research at NYU, studied the Immune System of patients that were receiving Chiropractic Care. To his delight, he found that Chiropractic patients had a **200 % greater Immune competence** than people who had not received Chiropractic Care, and a **400% greater Immune competence** than people with cancer or serious diseases.



Pero concluded, “Chiropractic may optimize whatever genetic abilities you have so that you can fully resist serious disease. I am very excited to see that without chemical

intervention this group of patients, under chiropractic care, did show a very improved response."

Other healing arts that balance the body's energy system are Acupuncture and Yoga. Cold Laser therapy and Color therapy are also very healing.

Lastly, exercise is a MUST. The type of activity and the length of activity is dependent on many factors that will be discussed in the E- book, **Essential # 3: Balance Your Energy.**



Essential #4: Heal the Emotional Hurts

Have you ever felt stressed out about something and you noticed that your neck muscles or jaw felt really tight? Remember feeling that pit in your stomach or that ache in your solar plexus? That is an example of “energy in motion” getting stuck.

Scientists have speculated about the emotional connection to dis-ease for years, but now, with advances in science and testing devices, they are able to measure the effect of emotional stress on the body.

Here is a typical emotional stress reaction: Specific hormones are released, heart rate variability changes, nerves endings fire at a faster pace and the Immune System reacts by slowing down.

Amazingly, over 5000 years ago, the Chinese discovered a system of complex energy points in the body called meridians and acupuncture points. These points have low electrical resistance and high concentrations of receptors that respond to stimulation, either with a needle, pressure or tapping.

Science and research have shown us that if we stimulate an acupuncture point on the big toe, it affects blood activity in the brain. There is no direct nerve or vascular connection, but somehow an electrical impulse reaches the brain to create a response.

Techniques that are part of a relatively new field called, “Energy Psychology”, clear the body of toxic emotions that have created stress and dis-ease in the body.

Several of these techniques, such as [EFT](#), will be discussed in the E-book, **Essential # 4: Heal The Emotional Hurts.**

Essential # 5: Embrace Biological Dentistry

Your teeth are an intricate part of your body...not a separate entity that can be drilled, poked and stuffed with toxic poisons, without having an impact on the rest of your body.



Traditional dentistry sees just that...a separate entity that has nothing to do with your overall health. Biological dentists, however, understand the big picture.

They understand that amalgam fillings do NOT belong in the mouth because of the high mercury content. Mercury is one of the most toxic substances on the planet, it is treated as an environmental bio-hazard material in a dental office, yet they put it in your mouth and tell you it is safe.



Aside from the heavy metal toxicity, each tooth has a meridian that runs through it that corresponds to an organ and specific emotions. If you have a piece of metal in the tooth, that metal acts like a brick wall and prevents the energy or life force of that organ to flow properly, which, long term, can stress that corresponding organ.

Having worked with Bio-energetic Testing devices for over 20 years, I repeatedly saw the relationship between specific diseased organs and the dental meridians they were connected to. Invariably, a male with prostate or bladder cancer often had a root canal in the front Incisor tooth or a female with breast cancer often had a huge filling or root canal in the corresponding Bicuspid tooth.

More information on the importance of Biological Dentistry will be discussed in the E-book, **Essential # 5: Embrace Biological Dentistry.**

Essential # 6: Rejuvenate with Therapeutic Plants

The use of medicinal plants is well recorded in the journals of history, as far back as the Egyptian and Persian dynasties. The Native Americans also used plants extensively to heal various illnesses.

Specific plants and herbs contain special compounds that nourish, stimulate, tone, strengthen, detoxify and speed up the healing of the body.



One herb in particular that really stands out when it comes to cancer is Blood Root. There is a particular plant alkaloid found in **Blood Root called Sanguinarine**. This alkaloid has an amazing effect on cancer cells. It causes something called “apoptosis” and kills them dead in their tracks. Amazingly, Sanguinarine does NOT affect healthy cells, but it only kills cancer cells.

Blood Root may be taken orally or applied to a superficial tumor in a paste called Black Salve. **Extreme caution** should be taken when ingesting Blood Root orally or applying it as a paste. Consult a qualified, knowledgeable naturopath or physician before starting a regime with Blood Root.

There are literally hundreds of herbs that have medicinal qualities. An in depth explanation of the therapeutic effect of herbs, tonics, tinctures and homeopathy will be discussed in the E-book, **Essential # 6: Rejuvenate with Therapeutic Plants.**

Essential # 7: Adopt Very Early Detection with Thermography

Are you tired of the “Big Squeeze”, aka, mammograms? Ever wonder if all that compression and radiation to the breast might be causing some harm to your body?

In short, here are a few highlights about mammography:

- 1.) Mammograms may increase the spread of cancer cells as a result of the compression of present small tumors not yet visible on an x-ray
- 2.) Since when is radiation “safe”. A mammogram delivers more than 1000 times the radiation of a chest X-ray.
- 3.) Studies have shown that if you have a family history of cancer, repeated mammograms may very well increase the possibility of the development of Breast Cancer.
- 4.) Routine mammography has been conclusively shown to be **totally useless** for women under the age of 50
- 5.) After all is said and done, mammograms have **NOT** reduced Breast Cancer mortality.

Digital Infrared Thermal Imaging, also known as Thermography, can detect abnormal breast patterns **3-5 years before it is visible on a mammogram**. How’s that for early detection!!

Thermography is a painless, non invasive, state of the art clinical test of physiology that is used as part of an early detection program. Infra red heat is measured with a special

camera and the images are captured electronically. These are then analyzed by a Medical Doctor who specializes in analyzing and reading Thermographic images.

Thermography gives women of all ages the opportunity to increase their chances of detecting breast disease at a very early stage. It is particularly useful for women under 50 where mammography is less effective.



Breast Thermography has been researched for over 30 years and over 800 peer reviewed breast Thermography studies exist in the index-medicus.

Further discussion about the dangers of mammograms and the benefits of Thermography will be found in the E-book, **Essential # 7: Adopt Very Early Detection with Thermography.**

Conclusion

Congratulations! You are well on your way to being Proactive with Prevention! I wish you the best of health on your journey.

If you enjoyed this special guide and would like to know more about the 7 Essentials of Being Proactive with Prevention, please visit my blog:

<http://www.BreastCancerConqueror.com>

I would love to hear your comments and questions as well. I am here to assist and serve your needs to the best of my ability.

<http://www.BreastCancerConqueror.com>

Naturally,

Dr. V

Dr. Veronique Desaulniers

P.S. I would love to hear your comments about this guide, so if you prefer to email me personally rather than blogging, send your comments to: DrV@BreastCancerConqueror.com - and don't forget that my website has lots of articles and free stuff to help you Be Proactive with Prevention.

P.P.S. Please feel free to share this message of HOPE with other women. My passion is to empower women around the globe about healthier choices for their bodies and to inspire them to be Proactive with Prevention. You can learn more about my personal journey with Breast Cancer at: <http://www.BreastCancerConqueror.com>