



Kick Cancer In The Can® Because You Can!

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Bad Dreams: A Dream or a Reality?

Have you ever awakened from a really bad dream that seemed so real that it sent you into a spin about how you were going to deal with the nightmarish circumstances you (thought) you were confronting?

...And then the phone rang, or your child came into your bedroom to ask for something, and you realized, “Oh my God, I’m okay. It was just a dream. Whew!” And you sighed a huge sigh of relief – and got on with your day.

We’ve all been there at some point, right? But what if you never wake up from that bad dream? What if, in fact, it turns out to be real? What if you just get deeper and deeper into the nightmare, and there seems to be no possible way out of this bad nightmare? And what if you actually get to the point of not being able to differentiate between the waking, and the sleeping, nightmare? It all just becomes one living hell!

Well that describes exactly what the second half of the 80’s (as in the 1980’s) was like for me. In fact, it began in the latter part of 1984. Bad dreams and nightmares became a constant part of my sleeping life at that time. And there was no reprieve when I awoke and started each new day. It all became one ongoing living nightmare!

From the “Dream” Life...

On the surface I appeared to have the dream life. A business that was experiencing exponential growth, a beautiful home, the luxury car of my dreams (I drove a lot with my work, so this was a priority), a healthy retirement account, global travel on a whim, eating in the finest restaurants everyday, you name it...I had arrived!

...To Bad Dreams Becoming Endless Nightmares!

And then one shocking and unexpected experience after another occurred. My dearest friend and namesake, Marilyn, committed suicide the night before her proverbial (financial) ship sailed in. She had a huge dream and needed mega bucks to make it happen. And after being on that frightening jagged edge for so long, with the abyss seemingly expanding by the day, it became more than she could handle. Even sharing this now, after all of these years, my heart aches as deeply as it did the night the fateful phone call informed me of such a needless loss! Her ship literally arrived in safe harbor (metaphorically speaking) at 9AM the next morning!

A few weeks later I was driving myself, and two close friends, who were also business associates, to an important business meeting about 40 miles from our city of residence. As a joke they both sat in the back seat, laughing about being chauffeured to this VIP meeting in their “private limo”.

We were stopped at a traffic light for what seemed like an eternity. You know how it is when you're in a hurry to get somewhere, and the lights aren't cooperating? Finally the light turned green, and I put my foot on the gas to get on with the rest of the journey. And then it happened...

Out of nowhere, at that intersection, a large old style black Cadillac drove right into the middle of my car! The driver did not see the light and just kept driving – smack into my beautiful luxury car! But that was not the worst of it! Though miraculously no one was hurt, despite my completely demolished car (the Cadillac showed very little sign of damage!), my two “close friends” decided to file a lawsuit against me for damages. Needless to say, we have never spoken since. By the way, they lost the lawsuit!

And though there was an endless barrage of crazy things that happened over that period of time, the last straw (or at least I thought it was the last straw!) was when I evicted tenants from what was once a beautiful home – only to find it completely destroyed – inside and out! When this young couple was down and out in their luck, and NO ONE else would give them a chance, I decided to give them a break and not only reduced the rent, but eliminated the standard deposit, etc. Apart from not paying their rent for almost a year, they berated me for even requesting that we work something out. Words could never convey the shock, deep sense of betrayal and, quite frankly horror, when I saw the destruction they had done to my once exquisite property.

Survivor And Thriver – Begins Shocking Journey

Being a survivor, who always goes on to thrive, I wasn't going to let this series of bad dreams that were playing out in my waking – and sleeping – life, dampen or destroy my spirit. I just picked myself up, dusted myself off, and began starting all over again! Life goes on – and as I had learned from my stoic Scottish grandparents – you can't wallow in your problems. You just have to keep pressing forward, and adjusting your course accordingly, finding solutions. Well, that was until the fateful day in September of 1985 when...

I stared into the mirror early one morning, as I was preparing myself for the day ahead, and getting my kids off to school. I was horrified by the big ugly shiny black spot under my right eye. How could this be happening just before the biggest speaking event of my life – at least at that time in my life? I was about to be recognized by my peers for the amazing success of my business. This “thing” had to be removed immediately. No question about it! Normally I would have removed it myself – which would have been a very BIG mistake on my part as it turns out...and perhaps a deadly mistake!

Within hours I was seeing a dermatologist, who referred me to a skin cancer specialist. It was melanoma! No words can describe my shock and surprise. Whenever we are confronted with the big “C” word, it engenders fear and a sense of victimhood, a kind of “why me” attitude. However, since I had no real knowledge about this specific cancer, I didn't have a lot of fear, just anger and denial, at least initially. Later, I learned the potentially serious outcomes of this specific cancer. Perhaps not being fully aware of the negative outcomes associated with melanoma prevented the full-on negative downward spiral that so many patients experience today.

Temporary Relief...

Fortunately we got this handled during the early stage of onset, so relief (temporarily) set in. However, it was a brief reprieve from the escalating nightmare. Less than 2 weeks later I was rushed into hospital and diagnosed with stage 4 uterine cancer. Are you kidding me? I was only 35 years old! This was a form of cancer I had worked with often, and it was deadly. AND it was an older woman's illness! So how the h—l could this be happening to me? I found myself seething with resentment, frustration, anger, even hostility! And definitely denial!

But I Had Done All the Right Things! Or Had I?

In my mind I had done everything right. I had consumed a vegan diet for 14 years prior to this diagnosis. Yoga was the foundation of my day-to-day life. I walked miles everyday. And I “escaped” the job I hated – yes, you read that right: HATED! – by whimsical traveling and spontaneous “anything fun” activities (NOT drugs and other really weird things) that served as a temporary diversion from my present reality.

From Doctor to Doctor – No Hope – Or Was There?

However, the nightmare thickened. I found myself going from doctor to doctor – both in my dreams at night, and during my waking hours. It became difficult to separate the nights from the days, and the dreams from reality. Especially when I was going through those horrendous chemotherapy treatments. I felt like I was suddenly removed from any reality I had ever known! And, in fact, I was!

Over the following five years, going in and out of remission, an overwhelming sense of defeat set in. The nightmare became increasingly intense, and my hope for any form of life after cancer became just a dream of hope that had no chance in the face of this powerful and relentless nightmare called cancer. In my quest to find an answer – “the” answer – that would end this nightmare, no stone was left unturned. Yet, just when hope was ever so briefly experienced in the form of a remission, it was just as quickly dashed into oblivion by another recurrence. And the nightmare again resumed its ever escalating and all-encompassing position in my life...

Until That Miracle Weekend That Changed Everything!

And I don't use that word “miracle” lightly. I am, after all, a scientist (my biochemistry background prevails)! But there are times when we have to let go of any pre-conceived ideas we have about the way things “should” be, based on scientific evidence. And this was definitely one of those times. Because the fact is that I “should” have been dead! But I was not! In spite of all the odds against my survival, I was still here.

Barely here...at 88 pounds in a wheelchair, unable to eat any solid foods, or drink any liquids, and could only suck on ice cubes and ice chips! And then my young hero enters – at a home show, the last place on earth I wanted to be! But there, Jim the Vita-Mix man introduced me to ice chips with real living food blended into the chips. I went from plain water ice chips to real fruit infused ice chips, cantaloupe specifically. At least initially!

Then Dr Bernie Siegel, that same weekend, introduced me to the Gratitude journal. And I can assure you in no uncertain terms that I told the good doctor where to go – if you get my drift! What the h—l did I have to be grateful for? Well, I was about to learn a truly profound lesson!

You know the expression, “*it’s darkest just before the dawn?*” Well, that was exactly where I was! I was at the “darkest” possible place – and this miracle weekend was about to be my “dawn”, my escape from the darkness of that continual nightmare I had been living, day and night, for 5 years. The details of this journey are written in my book, *INSTANT E.N.E.R.G.Y.™: The 5 Keys to Unlimited Energy and Vitality!* So I won’t spend a lot of time explaining it all here.

From Terminal to Eternal

This miracle weekend that transformed my health from terminal to eternal (and that description is a story for another book!), encompassed five very important lessons for overcoming any obstacle in life. And that is, after all, the main purpose for sharing this story about my cancer journey in this amazing book. To provide you with practical, easy to use tips, tools and strategies...

Lesson #1 – Quitters Never Win, Winners Never Quit:

How we relate to our experience – any experience – in life is more important than the experience. If we give up, and we quit, we lose. Period! As a 98-year old woman (a 35 year cancer survivor at that point!) said to me in the Soviet Union in 1987, “It ain’t over ‘till it’s over!” She told me in no uncertain terms to “stop pissing and moaning” about my life, and get on with it. Life is for the living, not the complainers and blamers! Midway through my cancer journey, this was a lot to swallow. But I got it! And I never gave up the fight, as daunting as it seemed at times. More than 23 years later, I can tell you, it was the best decision I have ever made.

Lesson #2 – Thoughts and Actions Shape Our Destiny

We create our own reality by the thoughts we think and the actions we take, based on those thoughts. Here’s a question I ask my patients, and I want you to stop everything and ask yourself: “Am I moving towards health, or am I moving away from illness?” Really think about this. By the way, this question can be used for anything in life. Just ask yourself: Am I moving towards _____, or am I moving away from _____? You fill in the blanks!

NOTE: Do you get the meaning here? If you’re moving away from something you’re carrying/dragging that baggage behind you (such a heavy weight to lug around!). If you’re moving towards something, it’s much lighter and much more positive. You’re so focused on that forward positive “healthy” movement, that there is no time or attention wasted on the heavy negative stuff of the “moving away from” condition!

Lesson #3 – Gratitude Attitude Expands Possibilities:

Gratitude Attitude is the fifth of my 5 keys (in my book) for unlimited energy and vitality – for very good reason! Dr Siegel challenged me on that fateful day in 1989 to get a journal, and begin writing 5 “*gratitudes*” a day – 5 things I’m grateful for. Now please picture this. I’m given less than 2 weeks to live, told to go home and take care of my affairs, and I’m in constant agonizing pain every waking minute of the day – and rarely able to sleep at night due to that same pain – unless I was medicated. And the doc’s caveat: if you can’t think of 5 things to be grateful for, write the same thing 5 times!

So the first day I wrote the same thing 5 times. But on day 30, I wrote 137 *gratitudes* and they were all different! What we focus on expands – in every area of our lives. Including what we have to be grateful for! That was 1989! It is now 2012! What do you think? Did it work?

Lesson #4 – Gotta Have Whole Food for A Whole (Healthy) Life:

Whole natural raw food, in whatever form, i.e. fresh raw veggies and fruits, sprouted legumes and grains, and raw, unsalted nuts and seeds. These foods contain essential life force, along with thousands of vital enzymes (catalysts for every metabolic function in the body), micro-nutrients (vitamins, minerals, antioxidants, phytochemicals, bioflavonoids, fiber), and macro-nutrients (proteins, carbohydrates and fats), that enhance your body's potential for living no matter how far down that rabbit hole of poor health or illness you may be. If you can't eat solid foods, or drink liquids, try ice chips with real food blended into them. No one had ever suggested this to me until I met Jim the (young and handsome, with a heart of gold!) Vita-Mix man! You've got to start somewhere – and if it's ice cubes or ice chips, make them count for something. And heck, we need lots of water to make it all work. And the ice chips definitely provide that!

Lesson #5 – Daily Hugs, Kisses and Love:

When was the last time you told someone you love, that you truly love her or him? This goes back to the “what you focus on expands” concept. Give love freely. Perform random acts of kindness. And just love unconditionally. Then watch the good starts to happen!

So here's the deal. I came from a very dysfunctional home. So what I hear you say. Who doesn't? And I say, right on! So let me just add that, in my home, we NEVER hugged, kissed, held hands, or said the “LOVE” word (because actions speak louder than words, according to my parents – though I can't think of any loving actions they expressed while they were alive, on any consistent basis, if at all). So when each of my children reached their 25th birthday, I asked them what they loved about me – and what they disliked or even hated about me. This was both interesting and scary!

You know what they said? You never hugged us, kissed us or told us that you loved us! Whew! I was blown away. Those conversations changed my life...I make it a rule today to tell at least 5 people everyday that I love them. I do it via phone, email, text, in person, whatever form shows up. And when I'm with people (I am known as a hugger) you can bet I hug everyone and everything in sight. No people, no problem! There's lots of trees and animals out there that need a hug!

Simply put, overcoming obstacles is about getting out of our own darned way! We can all find ways to be stuck in the obstacles of our lives as victims, or we can change our perspective, our patterns of behavior, and our decisions about who and what is important to us. And become the victor in our lives! So, start with the above 5 strategies. And enjoy the ride of your life!

Oh, by the way...the nightmares ended soon after my “miracle” weekend. And have never returned! Well, other than the occasional dream that's not a real ton of fun! And who doesn't have those from time to time? That's called LIFE! Or maybe, sleeping...Sweet Dreams!

So, who the heck is Dr Marilyn Joyce anyway? A Brief Intro to the Author...

Dr Marilyn Joyce, RD, *The Vitality Doctor*™, Internationally acclaimed speaker, writer, best selling author, and media personality, is also a ***5-time cancer thriver (versus survivor)***. She served as the former Director of Nutrition for “The Cancer Treatment Centers of America”, and is considered one of the world’s leading authorities on nutrition and lifestyle for prevention and overcoming of cancer and other degenerative illnesses. Dr Marilyn will help you create ***INSTANT E.N.E.R.G.Y.*™** (<http://bit.ly/InstantEnergyDig>) and outstanding health, in your life right now, using *5 simple, time-tested keys* that have already transformed thousands of lives from *life-less* to *life-full*!

For almost 50 years Dr Marilyn has touched hundreds of thousands of lives, perhaps millions, globally, as an inspirational & motivational seminar leader, keynote speaker, author and mentor. She has been featured on such diverse shows as Leeza, Montel Williams, Maury Povich, Jenny Jones, Doctor to Doctor and Essentials on PBS, as well as hundreds of other media appearances including radio and print. Her most sought after book, ***INSTANT E.N.E.R.G.Y.*™** (<http://bit.ly/InstantEnergyBk>) is the *ultimate guide* to whole person health (Mind-Body-Spirit). This book reveals the 5 simple, time-tested keys that have already been used by thousands of people, to transform their lives from *life-less* to *life-full*!

Whether you’re a cancer patient, a survivor, or a caregiver – or simply someone who wants to prevent cancer in the first place, make sure you go right now and get your **Kick Cancer In The Can®** Total Health Starter Toolkit at: www.KickCancerInTheCan.com

For more resources check out: www.TheStressToSuccessFormula.com and <http://bit.ly/FHLC2018>

Email: DrMarilynJoyce@gmail.com or call toll-free at 800-352-3443. Begin today to create your own vital, energetic, healthy, happy life!