

Hello Susan, It's Me, Cancer!

How to LIVE
Without Chemotherapy,
Radiation or Hormone
Treatments

Susan D'Agostino

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Disclaimer

This book is to be used along side your own guidance and healing advisors. No two healings are the same and the results may vary. Be willing to take responsibility for your own health and healing and use all that resonates with you. Nothing contained in this book is meant to replace the advice of health care professionals. This book is not to be used as personal medical advice for any one person. Consult your own health care practitioner. Doing anything recommended or suggested in this book must be done at your own risk. The author has no medical training. This book is the author's personal experience.

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Dedication

This book is dedicated to all women and men,
my sisters and brothers, who keep faith and hope
open to possibility.

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Introduction

Growing up, I always did my very best, and still somehow felt not good enough. At school, being an average student, I stayed out of trouble, didn't go to house parties and certainly wasn't in the "cool" group. I had many friends, though, from the kids who went to the smoke hole at lunchtime to the more studious ones who took school seriously and got good grades. I loved my very best friends the most, the friends I could talk to about all my dreams and disappointments.

I fought depression in my teenage years but I didn't know what it was at the time. There was always a deep sadness that came and went throughout my growing up and a negative attitude that would never leave me. I didn't know how NOT to feel negative. Having my own horse as a teenager allowed me some reprieve and I could look on the brighter side of things now and then. I rode after school almost daily when my chores were done. I loved to be outdoors and to ride. During those times I would let my mind wonder and dream about how I wanted my life to be and how I would be so happy one day.

What really held my interest and fascination was wondering what happened to us when we died. Where did we go? I tried to find books that would tell me the answer but the school library's collection, my only resource, was limited. Slowly, as the years went by, I found more books on the subject and learned

we have souls that live on and we don't die at all, only the body dies.

From there I read many books about the soul. Back then they were found in the "Occult" section in bookstores. I read books on dreams and their meanings and progressed to books about psychic teachings, intuition, and our sixth sense. I loved to read and learn about the astrological signs, analyzing handwriting, and I had an insatiable appetite for what we now know as metaphysics. I just didn't know how to connect with it and where it was within me. I knew I had psychic abilities. It had been confirmed many times by known psychics. For years odd things would happen and I didn't know their meaning or how to figure them out, but I continued to study and read. It was all so amazing and intriguing to me. It was the one thing that kept my interest for long periods of time.

I was also interested in nutrition. After graduating from high school I competed a few times in bodybuilding contests and once took third place. I studied about what the body needs to be healthy. Eating healthily was, and still is, important to me and I believe we all can improve in this area of our lives.

I got a job that paid well; that is what I wanted at the time. Even though it wasn't my dream job, it paid the bills and I was just starting out in life so was thankful to have it. When I realized how much the job didn't suit me, I felt compelled to stay with it. After all it was a "good" job, and they weren't easy to find. I felt I needed to ignore how I was feeling and some days I literally told myself not to feel or acknowledge how much I disliked doing my job. I now had a mortgage to pay. Where else would I get paid that much? So, day after day I shut myself off to any

feelings that came up – I simply went to work every day – and slowly, year after year, I practiced ignoring more and more of my true feelings, putting a smile on my face while dying inside.

I hadn't yet realized that shutting down emotions also shuts down the immune system. Looking back, I knew so little about anything.

When I was diagnosed with breast cancer, I allowed myself to quit my job of over twenty years, no matter what I would have to face. I figured when it came to my job or my life, I would choose my life.

This book is the naked truth about the steps I took to heal. It tells of how I learned to follow my inner guidance, chronologically, factually, and with no frills. It's about the harsh reality of surviving an emotional block in my body and the pain and courage it took to release it. It outlines the steps I took, how I felt, and how and why I healed. It is a guide to how I healed from what our culture is terrified of – BREAST CANCER.

The information in this book is for anyone who has been recently diagnosed and/or is looking for an alternative, complementary outlook. Whether she has done conventional treatments or not, I hope the information is helpful in moving forward from wherever the standpoint. My intention is to share what I went through in order to show that there are other ways to heal our bodies. I searched for a book like this when I was faced with decisions I didn't know how to make. I couldn't find the information I so desperately needed.

I have learned that this dis-ease is an emotional dis-ease. When we align ourselves with truth, connect with our soul and honour who we are, we heal. This book is the way I can hold my hand out to you, or

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someone you know, who might consider complementary, natural, and alternative ways of healing from what they call breast cancer. Someone held her hand out to me, so now I extend my hand to you and pay it forward. My friend's friend's mom, a stranger, a woman I had never met, has become my sister. She pointed toward another way of healing.

When cancer came knocking at my door, I realized I needed to take a look at my life. I had been unhappy for a very long time; on most days my life felt empty. I wanted a new lifestyle, to find work I loved, to feel good. I wanted a purpose. Little did I know that cancer would lead me to joy, peace, happiness, and love. My soul had had enough. It spoke to me, loud and clear. I needed to change things in my life that were not happy or joyful.

So my journey begins ...