

*Holistic Ways Ltd, Tel/Fax: 01664 501716*

## **My Recovery from Non-Hodgkins Lymphoma**

**by Leo Almaguer**



At the age of 29 I was in the middle a tour around the world, singing in one of the Salsa shows that had been my life for the last few years. My lifestyle was pretty normal for a young artist who enjoyed his job; plenty of receptions and invitations to parties in each country we visited, where alcohol, drugs, the lack of control and imbalance of nutrition and rest, were all part of the menu.

I think it is important to mention that the toxins were not only being accumulated in my organism because of what I was consuming. Behind a big wall of laughter and happy times, a series of feelings and personal problems were hiding. As these were not being addressed or sorted out, they began to affect and harm my immune system.

Finding the first lump, which was the size of a tennis ball under my left armpit, was what took me to the A&E department at Cheltenham hospital, whilst still on tour, without suspecting that the results of the blood test would show a dramatic Non-Hodgkins lymphoma, which was already in its fourth and last level. My first reaction was to believe that the doctors would offer me a treatment to return me back to normality.

After the biopsy and other analyses which resulted in a two-week hospital stay, the oncologist told us that there was no chemotherapy available which would be sufficiently effective to cure my cancer, and as such, the best thing I could do would be to sign up for a trial to test new drugs in the time I had left – which had been given as between 6 months to a year. The specialist became extremely

irritable when finally my answer was that this was not to signify my demise. In the torment of the moment only one thing was clear to me; they could offer me no cure so I had to try it for myself.

I left hospital like someone who was escaping through a giant grey cloud without knowing exactly which direction to take.

The only thing, which was to return some light to my world following the words of the oncologist, was to hear and understand the essence of the Gerson Therapy.

Fifteen years previously, my wife's aunt had cured her breast cancer using this therapy. Convinced that for sure this was the road to take, we contacted the Gerson Institute in San Diego, and they in turn gave us Stephen Gamble's contact details here in the UK.

The next four years were guided by the strict and disciplined schedule that was instructed by Stephen month after month, following each blood test. The results were almost immediate. After just a few weeks on the treatment, the many lumps, which had by then appeared in my body started to reduce in size, once again I was convinced that if the Gerson book stated its '50 cases', I was going to be the 51<sup>st</sup>.

Of course the road would be very long, solitary and difficult, I could never have imagined how much. Since the beginning I felt that society was becoming something very distant from me; I hardly saw anyone and especially during the first year I rarely left my bed. During the first few months, the toxins, which were trying to escape from within me, turned the enemas into nightmare scenarios, which I wasn't always able to hold for the full 15 minutes.

My body had swallowed a 'curative ball', which I felt rolling around different areas of my interior on a daily basis. Sometimes I would recount how I felt a tickling sensation in my right arm, other times it was definitively working on a leg.

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*"Symptoms, then,  
are in reality nothing  
but a cry from  
suffering organs.*

*- Jean-Martin*

*We must turn to  
nature itself, to the  
observations of the  
body in health and in  
disease to learn the  
truth.*

*- Hippocrates*



### My Recovery from Non-Hodgkins Lymphoma....

I'm not going to go into much detail about the mixed and not very pleasant smells that would exude from my armpits!

There were also violent scenes when I would be unable to contain my anger, screaming, shouting and bad mood.

On other occasions I was very clear that I needed to say, express, put into words what I was feeling or thinking deep down inside.

Sometimes, after these scenes I would experience a 'healing reaction'; on one occasion, suddenly my skin began to burn on my lower back which left a red mark for more than a week, whilst at the same time, my whole body began to itch as if a rash had to leave my body in the middle of an argument which sent me running to the shower in desperation.

There was also a time of a few months when I would cry continually very warm tears, which seemed to just flow without any prior warning or any sentimental motivation. My world was reduced to castor oil, daily injections, hourly juices, the toilet and not much else.

I read books by Deepak Chopra, which connected me to a mentality where all was possible and positive. I used visualisation techniques where a powerful and organised

army of white cells were helping from the inside; or maybe I would prefer to swim in clear waters amongst mermaids who nourished me and knew how to eliminate my toxins. It was, quite clearly, time to introduce into my body all the goodness of nature and release all the badness that I had allowed in; time to grow and learn.

My senses started to unblock and any artificial smell I found unbearable. My ears and attention dedicated special time to singing and watching the behaviour of birds or whichever insect or creation of nature surrounded me. Not only was I leaving behind a deadly illness, I was rescuing myself, returning to what we are when we are born.

My GP, whom I visited monthly for blood tests, at the beginning looked at me with sorry eyes, thinking that I was soon to disappear. She took the time to explain surgical interventions that they could offer me once my tumours became so big that they would impede the natural function of my vital organs and asked if I was still continuing with the Gerson regime.

The blood results improved gradually although sometimes there were imbalances, and those were the times when she would insist I consider conventional assistance. My answer was always accompanied by a smile and a polite 'no thanks'! For Stephen the changes or alterations were perfectly justified, which served to renew my confidence and assurance to continue day-by-day, month-by-month, year-by-year.

I was feeling more and more different, possessed by a strange happiness, and the vegetables, which in the beginning I found hard to assimilate, had become unbearably delicious. The therapy, now more reduced, allowed me to see light at the end of the tunnel.

Now, on the cusp of my 35<sup>th</sup> birthday I wouldn't say that I live a 'normal' life, if normality refers to what I knew before. I exercise regularly and only rarely stray from the Gerson diet. I have also maintained enemas and frequent juices. Now I look people in the eyes and tell them what I have to say, in other words, I live my life far from toxins and proudly breathe in my triumph and all that I have learnt.

Today I advise friends and family to practice the principals of Gerson, for prevention, or simply, for common sense.

I would not be able to finish this recount without mentioning that the incredible, intelligent, constant, patient work and determination that Rebecca showed throughout this journey with me, has made a happy ending possible to this story, which I would have been unable to do alone.

Leo Almaguer

[Click here to see Leo on Facebook, performing in Germany](#)

## Patient Corner

### FOR SALE

[www.mypurewater.com](http://www.mypurewater.com)



"Pure Water MINI-CLASSIC I I Water Distiller " with 3 one gallon jars and wired for 240 volts

Manufactured by PURE WATER at 4120 NW 44th, Lincoln, NE 68524 USA

**Current UK price is £495, Selling for £245**

This distiller was used for only 13 months by a patient who was renting temporary accommodation.

For more information please email:

[brianbristow@btinternet.com](mailto:brianbristow@btinternet.com)

### Together against Cancer Funding Program for Gerson Therapy Patients

Together against Cancer have launched a program to help patients who are on a number of state benefits and following the Gerson Therapy. They must be under the care of a trained Gerson Therapy Practitioner and continue with regular consultations.

The charity will pay up to £200 a month towards items specific to the therapy with payment being made direct to the supplier rather than the patient, so that it does not affect any income-based payments the patient may already be receiving.

**For more information please contact Stephen Gamble on: [info@stephen-gamble.com](mailto:info@stephen-gamble.com)**

### FOR SALE

- Milk Thistle
- Fos-a-dophilus
- Acidoll-Pepsin
- Energizing Iron
- CoEnzyme Q10
- Near new portable far infrared sauna dome

For details on any of the above items please email: [dianedidier@aol.com](mailto:dianedidier@aol.com)



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### We're on the Web!

*See us at:*

[www.stephen-gamble.com](http://www.stephen-gamble.com)

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### Training Days

We held two training days in April, one of them on a Bank Holiday – who says we are not dedicated? The volcano caused a lot of inconvenience for many people, with one of the planned training days in April being cancelled with just 24 hrs notice, but we are happy to report that most attendees did attend the following week.

**Our next training day will be on 11<sup>th</sup> July 2010**

## Charity Spotlight – The Mary How Trust

INDEPENDENT HEALTH SCREENING CHARITY ENCOURAGES YOU  
TO “STAY HEALTHY, TAKE CONTROL”

The Mary How Trust for Cancer Prevention has been at the forefront of preventative health screening for over two decades. The independent charity based in Pulborough, West Sussex, was set up in 1988 after the death from bowel cancer of Mary How, a young mother of two. Earlier detection and treatment of the disease could have saved her life.

“Stay healthy, take control”: The aim of the charity is to make health screening & health advice accessible to all. Everyone is welcome to check up on their health, no matter where they live.

The Mary How Trust makes no charge for its service, simply inviting donations towards its costs. An independent charity, it receives no funding from the NHS, and relies on donations and fundraising to meet the costs of providing its screening service.

Book an appointment! Available to men and women over the age of 16, the Mary How Trust's health screening programme gives a comprehensive analysis of your current state of health, and aims to spot the early signs of serious illnesses such as heart disease, diabetes, bowel cancer, prostate cancer, and abdominal aortic aneurysm.

Details of the health screening tests provided by the Mary How Trust can be found at:

[www.maryhowtrust.org](http://www.maryhowtrust.org)

Become a supporter! There are many ways you can help this unique health screening charity. The Mary How Trust will be delighted to send you a fundraising pack filled with advice and ideas for fundraising success. You might also like to sign up for the Trust's twice-yearly newsletter.

The Mary How Trust organises a series of fundraising events and activities throughout the year. Further details and tickets for their events are available from: [www.maryhowtrust.org](http://www.maryhowtrust.org)

The Mary How Trust for Cancer Prevention screens some 1100 people a year, and is committed to ensuring the future of its health screening service for the people of the UK and beyond.

Christopher Leaver, Chairman of Trustees, explains, “The Mary How Trust for Cancer Prevention is as essential today as it was 22 years ago. More and more people are recognising the value of preventative health screening and we are ready to provide our service for the next 22 years. Many of our clients make generous donations, while others cannot afford to donate at all – money is no barrier to booking an appointment with us and checking up on your health.”

## Believe it or not... supplied by Hayley Bonnell

**These are sentences actually typed by Medical secretaries in NHS Greater Glasgow**

1. The patient has no previous history of suicides.
2. Patient has left her white blood cells at another hospital.
3. Patient's medical history has been remarkably insignificant with only a 40-pound weight gain in the past three days.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.

**More in the next issue**

### *Coming in next issue....*

Apologies for those who were expecting a recipe this month, due to available space this has been given to other more important topics in this issue. Melanie has promised something for the next issue.

Patient story....  
Charity Spotlight...  
Reverse Osmosis Water....  
And more....

Your ideas and input are very welcome, please help us to help others on their healing journey.