

CLL DEFEATED

Introduction

The most likely reason that you have come to this page is that you, a friend or a family member has been diagnosed with CLL (Chronic Lymphocytic Leukaemia) and that the word "Defeated" has caught your attention. Defeated is not a word normally associated with CLL and it is for this very reason that I have created this website. On this site you will find out how I have defeated CLL without the use of the methods offered by the oncologists.

Instead you will read about how, with the help of natural and for that matter super natural means, I have overcome CLL and now expect to live a normal lifespan. Actually, by applying all that I learned in the process I expect to live a long and healthy life.

The immediate trigger for creating this website was the request of Dr. Eric Davis (who you will meet) to provide him with a broad outline of my journey in order to encourage other of his patients. He had asked me to do this some time ago, so when my blood test of February 2, 2009 showed that my WBC (White Blood Count) had come back into the normal range for the first time since I had been diagnosed with CLL eight years ago, I decided that it was time to write my story. Having written it I came to realise that a website is the best way of sharing it with many other people as well.

I wish that a site like this had been available when I found out that I had CLL and went looking for answers that were not forthcoming from the medical profession. For if at the time of discovering that I had CLL I had known what I know now I would have been able to go straight into the "Do & Defeat" mode instead of 'watch & wait'; it would have saved me a lot of years and money. What's more, if in the years before CLL I had known what I know now I probably would have never gotten CLL in the first place.

I am not setting myself up as an expert in CLL treatment, nor do I suggest that all the actions I have taken are applicable to your situation. But it is my hope that what you are about to read might just help you in finding a better way in dealing with CLL than what you probably have been offered.

If you don't have the time or the inclination to read the whole story you can go straight to the ["Ten steps to healing"](#) page where there is a basic outline of what I have done. You can also download the whole text as a pdf file from here www.clldefeated.com/documents/story.pdf

Update August 7, 2010. I am happy to be able to tell that my blood test of a few days ago shows that all of my blood counts are now in the normal range. Platelets have at last have gone up and are now 154, my lymphocyte count is now 3.3.

Please note that I am not selling anything, nor do I have a financial interest in any of the organisations mentioned or receive a kick back from them.

Discovery

My CLL story starts in January 2001. At that time I was 57 years old and running a business. After a routine health check my GP rang me to say that she wanted me to come in and see her. But let me first introduce myself. I am Hessel Baartse, born and bred in Haarlem, Holland; came to Australia in 1968, newly married, and settled in Sydney. A few years after the birth of our two children we moved to Adelaide, in the state of South Australia, where we still live. Now back to the story.

The GP told me that my blood counts showed that I had low level CLL (Chronic Lymphocytic Leukaemia) which according to the medical profession is an incurable disease. She also told me that I did not need to worry too much about it as it is a slow moving disease and it might never become an issue for me. At that stage my WBC (White Blood Count) was about 20 (thousand) and deemed to be not yet problematic (the reference range for WBC is 4.0 - 11.0). CLL causes the bone marrow to produce lots of faulty lymphocytes and lymphocytes are included in the WBC.

I was referred to an oncologist in a private practice in Adelaide and during my first visit I asked him if there was anything at all I should be doing as far as lifestyle and/or diet was concerned. Not a single suggestion was forthcoming. This was no surprise as doctors receive little or no training in nutrition, which basically shows us that they regard what we put into our bodies as having little effect other than the chemicals they give us to suppress the symptoms of diseases. I asked him if he knew the cause of CLL, which he did not. Again, no surprise as the whole thrust in the cancer industry is finding a cure that will make them big money. A typical example of the crooked logic showed up in a grant that was approved for one of the hospitals in Adelaide. 90% of the money was to go to finding a cure and 10% to research in prevention. Yet a few weeks later there was an item in the same paper stating that the incidence of cancer was expected to double in ten years. One would think that they would go flat out preventing that from happening.



Enjoying life with my youngest grand-daughter Leila

At that first visit I got the impression that things were not that bad as I was told that a new tablet had come available that would take care of things if it became necessary. In due time I found out that he was talking about the latest chemo therapy treatment. And so I went into the 'watch & wait' stage with regular blood tests in order to keep an eye on things. Sometime during this stage I had a bone marrow biopsy done which confirmed the CLL diagnosis.

Watch & Wait

However I was not prepared just to watch & wait. Due to my wife's experience with doctors I had long since come to realize that they are mostly educated guessers. I read the other day that even in a top medical facility in the USA they get the diagnoses right 50% of the time. Doctors also act as drug pushers for the big pharmaceutical companies (commonly known as "Big Pharma") and it seems that if there is no pill available for a disease the medical fraternity regards it as incurable. On top of all this doctors are supposed to be healers where as in reality they tend to be symptom suppressors. Don't believe me? Just think about your own medical history. How many times when you went to a doctor did she/he try to find out the root cause of your problem? Most likely they gave you a pill to suppress the symptoms.

I need to temper the above a bit because it sounds like I am anti doctors. That is not the case, they have a role to play, but one needs to consider carefully what role you give them because there are limitations in what they can and will do for you. Bernie S. Siegel in his most interesting book 'Love, Medicine & Miracles' shares his extensive experiences with cancer patients. He reckons that about 15 to 20 percent of all patients unconsciously, or even consciously, wish to die. He says "On some level they welcome cancer or another serious illness as a way to escape their problems through death or disease". Then there is the group in the middle, about 60 to 70 percent. Of this group he says "They act the way they think their doctor wants them to act, hoping that the doctor will do all the work and the medicine won't taste bad".

At the other end of the spectrum is a group of about 15 to 20 percent who he calls "Exceptional Cancer Patients". These people refuse to be victims. They educate themselves and become specialists in their own care. Bernie says that the people in this group do best of all, they live longer and are more likely to have a "miraculous" healing. I like to think that I am in that group. His statements match our own experience as we have found that one needs to research the particular disease that is being fought and take an active interest in the process. It is better if you stay in control of your own healing and don't just leave it to the doctors. Anyway, because of what I said in the first paragraph on this page, I was not prepared to rely on what the doctors would tell me, or in my case the total absence of any advice, so I started to do a lot of research on the internet.

It soon became obvious that there are a number of well attested natural treatments available for the tumour type cancers but despite extensive research I was unable to find any healing stories of people with CLL. This did not deter me from trying a number of things. The first was apricot kernels, they seem effective in dealing with cancer tumours, but they did not improve things for me. Next I heard about a GP in the Adelaide Hills who was known to use natural supplements but I was his first CLL patient and he was unable to bring improvement. I must say though that this GP did suggest a few things that at the time I did not take up because they seemed too far out, but later turned out to be the right direction. When he ran out of ideas he referred me to a homeopathy practitioner.

Homeopathy likewise was unable to improve my blood counts which kept deteriorating so next came a couple of diets, the first of which was the macrobiotic diet. There are many stories of people whom this diet had brought healing from various cancers but it did not help me. I can recommend it as an excellent weight loss diet though. Macrobiotic was followed by the Hallelujah diet; again well attested but unable to fix my problem. It was only later that I came to realize that none of the things I had tried dealt with the root causes and therefore were unable to bring the desired outcome. I will come back later on root causes

Decision time

My WBC kept climbing and by September 2004 it was 57.6 with the lymphocyte count 53.6. In the mean time my platelet count had dropped to 116 (the reference range is 150 - 400). Also by then the lymph nodes in my neck had swollen and were clearly visible and my spleen had enlarged and was bothering me from time to time; both are typical developments with CLL. The oncologist at the IMVS was now talking chemo therapy and had given me a life span of 5 to 10 years, assuming that the chemo would work of which there was a chance of about 50 to 60%.

Various different types of chemo were discussed and if the first one used would fail another one could be tried with an even lower chance of success. I asked the oncologist what would happen if I did not get chemo therapy and though I can't remember his exact reply it boiled

down to the fact that various organs would start shutting down and I would be pushing daisies in no time at all, although he did not use those exact words.

Because of all the study I had done about the various forms of cancers I had come to realize that chemo was not the way to go and could lead to an early death from the treatment itself, plus I would suffer from the ugly side effects. However, at that stage I was not aware that there was a more excellent way of dealing with diseases. Notice that I said "diseases" for the steps that I finished up doing can apply to other diseases as well.

By this time something interesting had started to become obvious. It is normal for people at the stage of CLL that I had reached to feel very tired and lethargic. I however was full of energy; in fact I was and still am the most energetic person in my family. If it had not been for the blood test in January 2001 I would not have known that I had CLL until the lymph nodes in my neck started to swell. There is only one thing that I can ascribe this to and that is divine intervention. As a Christian I believe that God is still in the healing business and, having seen a fair bit of evidence for this, I had sought and received plenty of healing prayer ministry, including having the elders of our church anoint me with oil as per the biblical exhortation in the book of James, chapter 5, verse 12.

I also practiced (and still do) positive affirmation like declaring aloud the biblical truth that "by the stripes (wounds) of Jesus I am healed" (Isaiah 53:6 & 1 Peter 2:24) and speaking to my body aloud, telling it to come in line with this truth. I also did say aloud things like "I make a demand on my bone marrow to produce only perfect blood cells" and "I command my immune system to take care of my body and remove all faulty cells from my body". Telling my body the exact blood counts I want it to have is also part of that. This practice is based on biblical principles and has been known for thousands of years. For example in the book of Proverbs 18:20 it says this "Death and life are in the power of the tongue," and in Matthew 21:21 these words of Jesus are recorded: "... if you shall say to this mountain, be moved and be thrown into the sea, it shall be done". In my case the mountain was CLL and I told it to go as it was an intruder and did not belong in me or to me.

Yet another principle I came across and can be applied is found in Job 22:28 where it states this: "You shall decree a thing and it shall be established unto you;" . You can simply decree that you will be healthy and live a long life. So you can see that there is nothing new under the sun.

You will find from searches on the internet that other people also have picked up on these biblical principles (possibly without realising the source) and recommend speaking affirmations and that it is a successful practice. One of the first persons to run with this idea was the French scientist Emile Coue who lived in the 1800s. Probably his most famous affirmation was simple: "Every day in every way I get better and better". A more recent example is Barbara Hoberman Levine who wrote the book "Your body believes every word you say". I have not read the book so I can't vouch for its content but you can read reviews about it at this [Amazon site](#)

Talking about these things reminds me of the importance of not "owning" the disease you are afflicted with. I hear people talking about "my disease this" and "my disease that". It has become part of them and each time they speak like that it gets further established. Your words either affirm the problem or they affirm the solution. I was always careful about how I spoke about the CLL and I tried to avoid saying that I had CLL. Instead I would say that the oncologist reckons that I have CLL but that the word of God says that I am healed and that I had chosen to believe God rather than the oncologist. As far as I am concerned God has a much better grip on the truth.

Breakthrough

But wait, there is more, for at the same time that the oncologist was suggesting chemo therapy my former general manager (we had sold the business by then in order to reduce pressure) told me that he had seen an item on the TV program "This Day Tonight" about a substance called TBL-12 that had cured some cancer patients. TBL-12 is made from sea cucumbers which despite the name are small sea animals. I contacted the TV station and tracked down the supplier. TBL-12 is an immune modulator (whatever that means) and information can be found on this website: www.unicorn-pacific.com. As far as I know it is only available in Australia and the USA. As it is like a seafood product it comes frozen and I must say that its taste is pretty horrible. It is also expensive but I said to my wife "so are funerals".

As you can imagine, it takes courage to ignore the advice from oncologists, after all, are they not the experts. But in reality they are only experts in the three treatments they offer: slashing, burning and poisoning, also known as surgery, radio therapy and chemo therapy. Their knowledge beyond that seems non-existent as they have chosen to ignore a huge body of knowledge about healing without drugs. In any case, they are locked into the three defined treatments and either don't know or have no interest in any other approach. In addition to that, no hope of a cure was offered, only a possible extension of life if we decided to take the chemo road complete with its horrendous side effects and the possibility of an early demise as a result of the treatment. I hope that one day chemo therapy will go the same way as blood letting and treating syphilis with mercury. They too used to be state of the art treatments, but just as with chemo, there was a good chance that those treatments would kill you. Don't hold your breath though; every major medical advance has been severely criticised and opposed by the medical profession.

So we decided to try the TBL-12 instead of chemo and I started taking it in October 2004; within a month my lymph nodes had gone down (never to come up again) and my spleen stopped bothering me. Basically the TBL-12 had stopped the progress of the obvious symptoms of CLL in their tracks but it brought no improvement to my blood counts. Most people would say that the timing of finding TBL-12 is a co-incidence but in God's economy a co-incidence is really a God-incidence.

I have taken the TBL-12 for a number of years but then decided to see what would happen if I stopped it as the cost of it is rather high. I arranged with the oncologist to get a few extra blood tests done at shorter intervals to keep an eye on the outcome of the experiment. The blood counts continued to improve and no lymph nodes came up so I did not take anymore TBL-12 after that.

In May 2005 my WBC was up to about 70 and the platelets down to 85. It was at that time that yet another divine intervention took place, for a friend from church mentioned to me that his former boss in Cairns had had CLL and had managed to get rid of it quite a few years ago. Now, as already mentioned, according to the doctors CLL is an incurable disease, so obviously I got excited as this was the first time that I had heard of someone overcoming CLL. I contacted this person, found out what he had done, started doing what he had done and this is how I came to know about the work of Dr. Eric Davis in Redcliff, just north of Brisbane in the state of Queensland.

I won't tell you much about Dr. Davis as the best way of finding out about him and his work is to visit his website www.ericdavisdental.com where you will find extensive information about his approach, programs and treatments.

A new path

At the end of May 2005 I went up to Redcliff to have an initial consultation with Eric who did various tests and it was determined that he would take me on as a patient. One of the tests was a check on the level of mercury vapour in my mouth. This showed that the level was higher than what is considered a safe level in the work place and after a bit of chewing this level increased 10x for a while. Ever since I was a child I have had a massive amount of amalgam in my mouth and on top of that when I lay down to sleep my nasal passages tend to block so during sleep I breath through my mouth. So you can see that during my life time I have inhaled an enormous amount of mercury vapour. After the radio active elements mercury is the most poisonous substance on earth and amalgam is 50% mercury. For more details on the danger of mercury in the mouth go to Eric's [website](#), and have a look on the net as there is plenty info about it. Another good resource is the book 'A Mouth Full of Poison' by Dr. Myron Wentz. Probably the most convincing demonstration can be viewed at this site www.youtube.com/watch?v=9ylnQ-T7oiA, the video is called 'Smoking teeth = Poison gas'.

Finding a time slot to do the treatment needed was not easy as due to the success that Eric has with treating various diseases he is in great demand. In the mean time I had to provide blood and urine for high level tests done by the ARL Pathology lab in Melbourne. One of the pages of that report is [here](#) so you can get an idea of the type of information provided. I also had to start on increasing my body pH levels as tests had shown that my body was acidic; on occasion the on-rise urine pH level would be as low as 5.2. Correcting the pH level to a neutral state of about 7 is an essential first step to healing as an acidic body has a problem healing itself. We all know what acid does to things and your body is no different. Only your stomach with its special lining can cope with acid, the rest of your body does not.

Eric got me to record my pH level of saliva and urine first thing in the morning and also mid morning and I had to submit the results on a regular basis. After a few months the pH settled down and I now only check it from time to time as it does not vary much. Click [here](#) if you want to see an Excel file with my pH record. Now you might think that there is not a lot of difference between a pH of 6 and 7, but please note that the pH scale is logarithmic. This means that a pH of 6 is 10x more acid than a pH of 7 and a pH of 5 is 100x more acid than 7. Drinks like Coca-Cola have a pH of about 3 and so are 10000x more acid then the neutral pH value of 7; definitely to be avoided. So you can see the importance of getting your pH right.

In late July 2005 Eric managed to squeeze me in and I went to his clinic in Redcliff to have dental work done, also known as TDR (Total Dental Revision). The reason for the TDR is to replace the amalgam (of which I had heaps) which causes mercury poisoning and to remove root canal treated molars. In my case the mercury poisoning was the most likely root cause of CLL; for that matter it is probably for other chronic diseases as well. For instance the first incidences of MS occurred not long after the introduction of mercury in tooth fillings. Interesting enough, in the state of Queensland at least, as soon as the amalgam is removed from the mouth it is to be treated as a hazardous substance. Try and figure that one out; as long as the amalgam is in your mouth it is supposed to be safe but take it out and all of a sudden it becomes a hazardous substance.

The reason that teeth receive root canal treatment is that they are dead and dentists try to preserve the teeth. But dentists are the only medicos that I know of that leave dead parts in your body. Sooner or later those teeth will get infected and now the immune system has to fight the infections on a continual basis. Have enough of this and the immune system gets overwhelmed. That then leaves the way open for diseases that normally get dealt with by the immune system to take hold and bingo, you've got a major problem. To learn more about the

problem with root canal treatment get hold of the book "Root Canal Cover-up" by George E. Meinig or read an interview with him and Dr Lamarche at this site www.tldp.com/issue/157-8/157rootc.htm

Over a period of 3 days I had 5 root canal treated molars removed and the amalgam in the rest of them replaced with a modern non-poisonous compound. Eric showed me some of the removed molars and his prediction that they would be infected proved to be true. A few of them even had big black infection spots on them. Also as per his prediction and to my amazement there was no pain from the extractions, just discomfort from the swelling. While I was at Eric's clinic I received a number of vitamin C drips to kick start the healing process.

Yet another thing I received was a document titled Free Radical Therapy. This 70 page document not only contains the background information to Eric's approach to healing, but more importantly the state of my health and what to do about it. In addition to strict dietary instructions it also lists the detailed results of the blood & urine tests and these showed that quite a number of the indicators were outside the reference range.; go to [this site](#) to see one of the pages of that report. You can see how many indicators are outside the reference range. On the basis of those indicators something like 30 different supplements were prescribed in order to put my body in the best possible condition and give my immune system a chance to heal my body.

A lot can and should be said about diet as it is a vital part of the restoration process and for that matter for keeping the body healthy. Very basically I had to go on a high protein, low carb diet. Also had to remove all sugar and processed food from my diet and try to eat organic food. Sugar is also known as 'white death' and you can find a list of 76 health problems with sugar on Dr Mercola's [website](#). Processed food contain chemicals and are acid forming, hence they need to be avoided. "Life without bread" is a most interesting book written by Christian B. Allan & Wolfgang Lutz, worth getting. There is a lot more to it than that but it is a bit beyond the scope of this story to go into details. I need to mention here that I was told that Eric is unable to help vegetarians and vegans as they are missing to many things in their diet. You can have a look at my diets 'do and dont's' in this [Excel file](#)

All this is so different from the way the oncologists go about things. They watch your condition get worse and worse and when it is bad enough they give you poison (also known as chemo) that destroys your immune system. If you think about it this is surely a bizarre situation since we are created as self healing entities. God gave us immune systems to keep us healthy and it is only when our immune systems are overwhelmed by something that we get sicknesses and diseases. So rather than let chemo destroy our immune system (and possibly die as a consequence of that) it makes much more sense to strengthen the immune system and give it a fighting chance to rid our bodies of sicknesses and diseases.

Recovery

Now I must admit that I had hoped for a quick improvement and a blood test on August 3 showed a drop in my WBC from 73.2 in early July to 62.6. There was also some improvement in the platelet count and this was obviously very encouraging. However this did not last and things went back to normal or even worse for in December 2005 my WBC reached its peak of 77.2. To me this seemed most disappointing but Eric told me that he was quite pleased about it all as some of the other indicators showed that things were happening. And happening it did as from then on the WBC began to improve bit by bit.

In Dec 2006 it was down to 45.5, by February 2008 it was 18.0 and at the date of writing in February 2009 it is 10.4 which means it has moved inside the reference range. The

improvement in the platelet count has lagged behind; for a long time it was like a yo-yo but recently (February 2009) it has started catching up and is now 136, still a bit to go before it is in the normal range. According to Eric this is fairly normal as it can take up to 5 years for the platelet count to recover. The size of my spleen has also come down and is getting close to normal.

Somewhere in this period Eric suggested that I start using saunas. I checked around the various gyms etc. in our area but they all had done away with saunas. In the end we bought an Infra-Red sauna on eBay and I used that three times a week for about 30 - 40 minutes. I need to run it very hot as I don't sweat easily. In fact, I normally sweat hardly at all and sometimes I wonder if that has been a contributing factor to getting CLL as sweating helps in the detox process.

It has not always been plain sailing as in July 2007 I had a neutropenic episode. This was a result of an infection in my mouth. About ½ a year before this my top right wisdom tooth slowly started to come through, but only about half of the tooth came through. For some time the flesh next to the tooth had been tender but I paid no attention to it, thinking it was part of the breaking through process. A few weeks before this episode it started to hurt really badly and I went to see my local dentist who confirmed that there was a bad infection and booked me in for removal of the tooth.

In the mean time however I caught a head cold (very rare for me) and some very minor wounds on my hands started to get infected real bad. I went to see a GP who promptly missed the signs and gave me some standard anti-biotics. My temperature then went up to 39.5 so my wife figured out that I could have neutropenia (very low neutrophils count) which is dangerous as the body loses the ability to fight infections and something the oncologist had warned me about. Got a blood test done in the morning which showed that my neutrophils were down to 0.38. By that evening I was in a hospital and on to antibiotic drips. By that time my neutrophil count was down to zero and my spleen up to 20cm. After three days the count was still zero so they gave me a GCSF injection (kind of stem cells) which fixed things overnight and the next day I went home. Goes to show that doctors do come in handy from time to time.

Interestingly enough my platelet count had shot right up to 213 but came down again soon after that. While I was in the hospital they surgically removed the offending wisdom tooth. The lesson from all this: don't neglect any pain or discomfort in your mouth as you can see that an infection in your mouth can have a significant effect on your blood counts.

Another thing worth mentioning is that at one visit with the oncologist at the IMVS he said to me that he would be giving me chemo therapy yet. This was after I had refused to go down the chemo road but before it became evident that the alternative road was going to do the trick. It seems an unfortunate thing for a doctor to say and not at all encouraging, but I presume that this came out of his own experience with the rest of his patients. In any case I told him that he would not be doing so (remember the positive affirmations!) and recently I asked him if he still thought that he would be giving me chemo to which he replied to the effect that it seemed unlikely. To balance this I need to mention that he calls me "the miracle man".

Overview

As you can see it has been a long road; first the years of waiting to see what would happen and watching my blood counts worsen, followed by the time where treatment decisions had to be made. Then came the God-incidences that put me on the path of healing. It has not been an easy path either with the necessity of a drastic change in diet, removing amongst

other things all sugar and processed foods. Coupled with that was the need to be disciplined in taking the required supplements and the need to remain convinced that I was on the right track during the first six or so months after the TDR when the blood counts got worse instead of better.

But after that came the years of encouragement where bit by bit my blood counts kept improving. Sometimes there were minor setbacks in the counts but the trend was there and undeniable. As you can imagine, on hearing that for the first time in 8 years my WBC had come into the reference range, my wife and I were absolutely delighted and we celebrated the event. So if you are on a similar path to healing, don't give up, there is hope. Leaves me to thank God for providing the God-incidences that pointed me to my path of healing and to thank Dr. Eric Davis and his staff for making that path a reality and for the assistance and encouragement I have received from them. Thanks also go to my wife who walked the path with me and who coped well with the various and drastic changes in my diet.

Ten steps to healing

Steps	Notes
1. Prayer	Discuss your situation with your Creator. After all, He has all the blueprints and should have a good idea how to fix whatever is wrong.
2. Change direction	Consider what options and future are available to you if you follow standard medical practices. If you keep doing what you have always done you will get what you always get. There are alternatives that your doctor does not know about or does not want to tell you or is not allowed to tell you.
3. Speak positive affirmations	Adopt biblical principles. Speak health to your body as your body listens to all you say. Tell the "mountain" in your life to get out. Don't "own" the CLL, it does not belong in your body, it is not yours and it has no right to be there.
4. Get your body pH level right	Another essential step. Most people's bodies are acidic due to the standard western diet. An acidic body has problems healing itself. You know what acid does to things and only your stomach with its special lining is equipped to deal with acid; the rest of your body is not.
5. Total Dental Revision	If you have amalgam and root canals in your mouth this step is absolutely necessary for this is where you deal with the likely root problem (mercury poisoning) and the contributing factor of infected root canal treated molars. You will need to get rid of both.
6. Blood & Urine Test	To find out what condition your body is in and show the areas where improvement needs to be made.
7. Targeted supplements	You need to get the right vitamins and supplements to correct whatever is wrong as indicated by the results of the blood & urine test. Also builds up your immune system so it can heal your body.

8. Healthy diet	Lots of people find it difficult to apply drastic changes to their diet. To get the full benefit it is essential that you do. Among other things, remove all sugar and processed food from your diet. Eat as natural as possible.
9. Detox	Get an infra-red sauna or go to a facility where they have one, this will help in detoxing your body. Also replace all household and personal cleaning materials with chemical free products and get a high level water filter. All this will reduce the toxic load on your body and make it easier to heal.
10. More prayer	From start to finish, cover your situation in prayer. Get as much healing prayer ministry as you can.

You might ask yourself which of these steps are essential and which have the greatest results. I can't honestly answer this; I do not know what would have happened if I had not done some of the steps. What I do know is this: in the end God is the Healer and all healing comes from Him for He gave us an immune system and whatever medical treatment we have and what ever medicine or supplements we take, they would all be useless without the God given ability of the body to heal. I would have loved to be healed miraculously and instantaneously from the CLL and in the last few years I have read and heard reports where this has happened when people received healing prayer ministry. My healing took a lot longer but still is a miracle in progress. Even my oncologist recognises this.

So now what?

Having read my story you might be thinking that what I have done is fine, but where does this leave you? You are possibly on another continent, might not have the resources or have limited access to the various things that I was able to use. So let's have a look at these things. I will use the headings as per the ten steps on the previous page.

Prayer: Even if you are not a Christian there is no reason why you can't talk with God. You never know what might happen.

Change direction: If you can't come to the point of going against your oncologist's advice you can still do the other steps to strengthen your immune system. If you go the chemo way take 20g of vitamin C per day in divided doses while having the treatment. Your body will use it all and it will reduce or possibly prevent hair loss and nausea.

Speak positive affirmation: No reason at all why you could not apply all or some of what I have talked about. Don't forget to decree your healing.

Get your body pH right: Fairly easy step. There is lots of info on the net about this. Can be as simple as taking some sodium bi-carbonate or some other substances that will increase your pH and the right diet will keep it on track. To check the level get 'pH Stix' but make sure they are the 4.5 - 9.0 range type. If you have trouble finding them get them on eBay.

Total Dental Revision: If you need to do this and you live in Australia, find a dentist who is a member of the Oral Medicine and Toxicology Society of Australia. Other countries probably have similar associations. Be careful of using your normal dentist. Possibly he/she will boohoo the whole idea and if willing to do the TDR might not be properly equipped and you can finish up with a heap of mercury poisoning in the process.

Blood and Urine test: This could be a bit tricky. Eric Davis' approach is based on the work of Sam Queen, his website is www.healthrealities.com. You could contact his organisation and see if he can recommend a practitioner in your area who will follow Sam's protocol.

Targeted supplements: You need to find a dietician who is not stuck in the traditional food pyramid approach but is able to work with the results of the blood and urine tests. If you can't do the test or can't get a good dietician consider taking top level supplements from Usana in order to stimulate your immune system. If you have read my whole story you would have come across TBL-12 which is available in Australia and the USA. If you can't get it or find the cost prohibitive check out Lactoferrin; recently I read a report of someone with CLL who had good results with it. I am not sure what role TBL-12 would have played if I had gone straight to the TDR. In any case I stopped taking the TBL-12 some time ago after doing a check to see what would happen if I stopped it.

Healthy diet: No problem here other than a matter of discipline and some co-operation from your spouse. You'll be surprised how soon you get used to not having sugar in and on everything.

Detox: The infra-red sauna might be a problem, I bought mine on eBay. The rest of the stuff is easy.

More prayer: If your church does not believe that healing is for today, check your bible and see what it says in John 14:12. People who take Jesus at His word discover that He meant what He said. You should be able to find a church or believers who practice healing ministry.

Disclaimer

MEDICAL ADVICE

I am not a doctor and I have not received any medical training so the information on this site is not to be understood or used as medical advice. Any practice that you might adopt as a result of reading my story is entirely your responsibility.

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Hessel Baartse