

# CANCER



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## Coherence 123



# Cancer & Coherence 123

Here are some tips for you on how to naturally heal cancer. Of course, you're going to work with your doctor.

## Integrative Medical Doctor

Integrative MD's are great. I'll tell you why.

**They can do all the western medicine diagnostic tests for cancer and they can recommend treatments that are alternative as well as mainstream. Then you have a choice.**



## Earthing

Research has been done on earthing, it is very powerful. There's a book called earthing, there are 3 authors, one of them is called Sentara who is a cardiologist. It talks about how important it is to get electromagnetic energy from the earth into your body through the bottom of your bare feet. You can stand on grass, sand or walk barefoot.

## Sprinting

Sprinting really helps strengthen the immune system, heart and the lungs. I recommend 3 x 30 second sprints.



3 times a day but build up slowly, especially if you're tired from your illness. You don't want to exhaust yourself. If you build-up slowly it can help you with your recovery.

## **Meditation**

Meditation is a plus as always to keep yourself calm during your recovery. It is very valuable.

## **Find An Alternative Therapist**

An alternative therapist can help you with the emotional causes. There is a book called getting well again.



The Simontons are cancer specialists from Houston, Texas. They did a lot of research on how people have an emotional crisis 6 to 12 months before the onset of cancer and talk about natural ways to treat it, which include meditation and dietary changes, like the alkaline diet.

It really helps to get the proper kind of supplements that would treat the cancer cells properly.

## **Baking Soda**

I recommend taking baking soda. Take one teaspoon 3 times a day while you're ill. If it causes a little indigestion, then cut back to 2.



I understand that's really valuable in neutralizing cancer cells, which can be linked to the fight or flight response and the sympathetic nervous system.

Being more alkaline, staying the parasympathetic nervous system is something that you want to be careful to do.

## **Coherence 123**

We also recommend Coherence 123 to augment all of this. You can acquire this through Global Healing Exchange. It uses EFT (tapping) along with Psych K, which integrates the left and right hemispheres of the brain.



Also, 9 positions, which can help if there's been some trauma in your life prior to the onset of a cancer. It can help treat that along with the advice from your doctor.

Good luck with it. I wish you all the best for a full recovery very soon.



**This Ebook is a collaboration between  
Robert Kirby from Robert Kirby.com  
& Global Healing Exchange**

