

CANCER

a fundamentally different
approach.



GRADA ROBERTSON

CANCER - A FUNDAMENTALLY DIFFERENT APPROACH

This e-book will help change the way you think and feel about CANCER. It will support you to navigate through the maze of conflicting information, and give you a new perspective on the role you play in your recovery.

Cancer doesn't have to be the enemy most people believe it to be. It can be seen as a window of opportunity to do life better.

Hopefully you will find it easy to create deeper love, appreciation and respect for yourself, for the wonderful being that you are, and to take charge of your destiny because of this e-book.



With much love, Grada Robertson.

INTRODUCTION

In January 2006 I had a date with death when I was struck down by a passing truck just outside the car I was getting into.

The impact was so shattering that I had a near death experience.

INJURIES: closed head injury, broken neck and fifteen other vertebrae, broken ribs, pulverized sacrum, and the pelvis was broken in ten places. My liver was ruptured, causing life threatening internal bleeding. Two years later I read in my medical notes that I had a broken right leg as well, but at the time I never noticed it. I needed three major operations; one to rebuild the right hip, a colostomy bag and one to join the lower half of my body back onto the top half. I was told I might never walk again, as I was left without a sacrum, and that my bowel and bladder would never recover. I would need to take painkillers for the rest of my life and accept that I had to live my life from the back seat.

I refused to believe in the medical prognosis and decided to believe in myself instead. I was in uncharted territory and if it was to be, it was up to me!

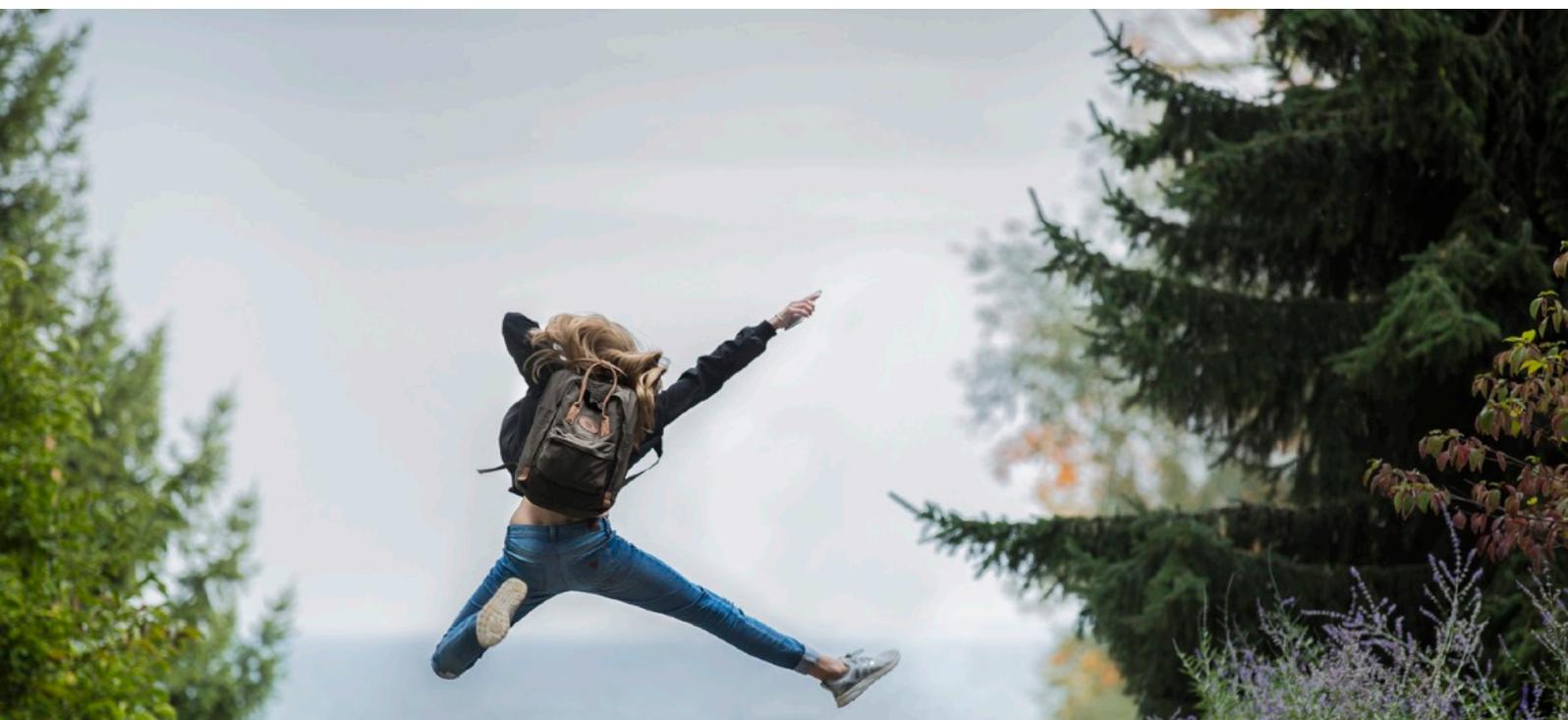
MY MINDSET PAID OFF: I made the most miraculous recovery and six months later I was not only walking (with a walking stick) I started work in our clinic again, in part time fashion. Nine months after the accident I had weaned myself off all painkillers. Life started to take on some sort of normality with me not only seeing clients, but also helping in the renovations of our new clinic and being a mum to our 6 children.

I nearly died again in January 2013 from a bowel obstruction. This was the culmination of 7 years of bowel obstructions due to the internal bleeding. Once again, the medical world saved my life, by doing an operation to clean out my abdomen. I guess that completed the full circle of healing from the MVA for me. I don't have any whiplash symptoms or pain and only experience some stiffness in my lower back. My bladder and bowel respond to my nervous system and I can do anything I put my mind to.

Most people want to know how I did this. They want to be able to 'control' their pain, illness or restrictions. As a Trauma Specialist, Medical Intuitive and Master Mindset Coach, I am here to show you how to develop a body that HEALS or DISSOLVES PAIN for good.

I am here to help you dream bigger than you have ever done before. I help you constructively by teaching you the right mindset, and resolving destructive underlying energetic patterns that zap your energy, so you can re-wire your brain to align with health, and live a life of happiness, wealth and wisdom.

Are you ready to start?



ABOUT THE AUTHOR

As a global wellness leader, with 20 years in the transformational industry, Grada Robertson has a reputation for being able to help her clients magically resolve even the toughest problems, whether they are of a physical, mental, emotional or spiritual nature.

She co-owns and operates the Purple House in Tasmania, a thriving eclectic wellness centre, as well as Alchemy Café, a gluten free organic eatery at the heart of her local community. She is also a leader in Young Living essential oils.

As a coach, healer, thought leader, trauma specialist, author and matriarch of the Purple House & Robertson tribe, she pumps out blogs on a weekly basis, which entertain her 10000+ clients. Her memoir about her accident and recovery is currently in the process of being published.

Her clients have been able to improve their relationships at work, at home and at school. They have overcome pain, serious health problems and infertility, shame, grief or guilt, and have moved on to enjoy their successes, sometimes for the first time in their lives. They now have clarity around who they are and what their purpose is. Because of her sessions and programs, her clients have found fulfilling roles in the workplace or created exciting careers, impacting the world in a positive way.

<http://bit.ly/Gradasblog>



MY WHY!

My special interest in helping cancer patients began in earnest with the untimely death of my mum in 2004. She was only 74 and very young at heart. Her deepest wish was to be there for us; my dad and her five children and 21 grandchildren. But her body had failed her on all fronts. After 30 years of pain from Rheumatoid Arthritis she finally caved in to the pressures of her Rheumatologist and when onto a heavy regime of medical drugs. Not long after she started suffering from the hot flashes and within a year she developed ovarian cancer. She died a painful death, 3 months after her diagnosis, exactly to the word of her oncologist.

Her death created a burning desire in me to find answers where none seemed to exist. The hardest part for all of us had been an overwhelming sense of helplessness and then resignation to the inevitable.

I now know that nothing is ‘inevitable’. If my mum was given the same cancer diagnosis now, I would immediately share the strategies in this book with her. She would have a huge chance of not only surviving, but also improve her chances of living a happy and healthy life! What’s more, the pearls of wisdom I share here don’t hurt you, like tradition cancer treatments.

The action steps I spell out here are easy to follow and enjoyable to do. I hope you get a chance to find out for yourself and allow it to be a gamechanger.



THE REALITY CHECK

What would you do if you were told: ‘There is no easy way to break this news, but you have got cancer! You only have a couple of months left to live. Three at the most! Go home and set your affairs in order!’”

According to statistics, one in three of us will be diagnosed with cancer at some point of our lives. When clients come to me with a cancer diagnosis, they are often in shock. The prognosis has left them in fear or panic mode and there is often a sensation of little or no hope.

THE GOOD NEWS IS THAT CANCER CAN BE CONQUERED.

The medical community portrays cancer as the enemy of your body and that it will rob you of life unless you enlist the help of potent symptomatic treatment processes, like chemotherapy, radiation and surgery.

The reality is that cancer has come along at this point of your life to convey a message. Once you understand the message and are open to the changes your body is crying out for, we can put the messenger (the cancer/pain) to rest and healing can occur.

What the cancer messenger really wants to you know is this: Why cancer? Why is this happening **for me** (rather than **to me**?) Once the answers start to come to you, you are on the return journey and your happiness and insights will serve your fellow men and women.



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UNDERSTANDING THAT YOU ARE A WALKING HEALING MACHINE!

Hippocrates, the father of modern medicine (460-377 BC) told us that

“ everyone has a doctor within him/her. We just must help it in its work. The natural healing force within each of us is the greatest force in getting well.”

Hippocrates was a great visionary. Today, most doctors still take his oath - often when they graduate from medical school: “*first, do no harm*”, or more precisely: “*Practice two things in your dealings with disease: either help or do not harm the patient*”, which is often in direct conflict with the practices they are taught to carry out.

If Hippocrates would be alive today, he would tell us that the infinite intelligence that made your body, is the same creative power that heals your body today. Believe in this mysterious force, before you believe in anything or anybody else!

If you cut your finger you don't have to instruct your inner doctor to heal it. It's onto it before you have a chance to register that you injured yourself. Likewise, miracles are performed at a cell level every second of the day, without you being conscious of it.

Even right now, while you are reading this article, millions of reactions are taking place to renew and rejuvenate you, under the guiding eyes of your all knowing resident doctor (also called your subconscious mind, or your immune system). It has the blueprint for perfect health and won't stop till your body is in a state of health.

Every 110 days your red blood cells have been replaced. Some cells in your stomach are never older than 5 days. Your lungs are only 6 weeks old and your liver is new every 3 months. This process goes on whether you are sick or well!

It is more natural for your body to be healthy than to be sick. It is easier for your body to create health than to create illness. So, take advantage of your body's immense healing powers and create habits and make choices that bring you closer to life, and further from death. To gain valuable insights into the workings of your cells, and your metabolism, and to find out where your weaknesses and strengths are, book in for a full health analysis by clicking on this link.

<http://bit.ly/Biomedx>

UNDERSTANDING DISEASE

If our immune system has the blue print for perfect health, where does disease come from?

Our human body is designed to operate in a state of balance. We are virtually indestructible when our mind, spirit and body are fully aligned and working in harmony. This is a place of ease rather than dis-ease.

Unfortunately, our fast paced, stressful lifestyle causes a disruptive effect. Add to this the fact that every day, our immune system deals with as many toxins as our grandparents were exposed to over their entire lifetime (often 80 years or so) you can see how easy it is for things to go wrong. Even the best foods we eat are contaminated, our drinking water is full of chemicals and our air is toxic. Our soils are depleted, and the average person is very mineral deficient. No wonder the wheels fall off the cart sometimes!

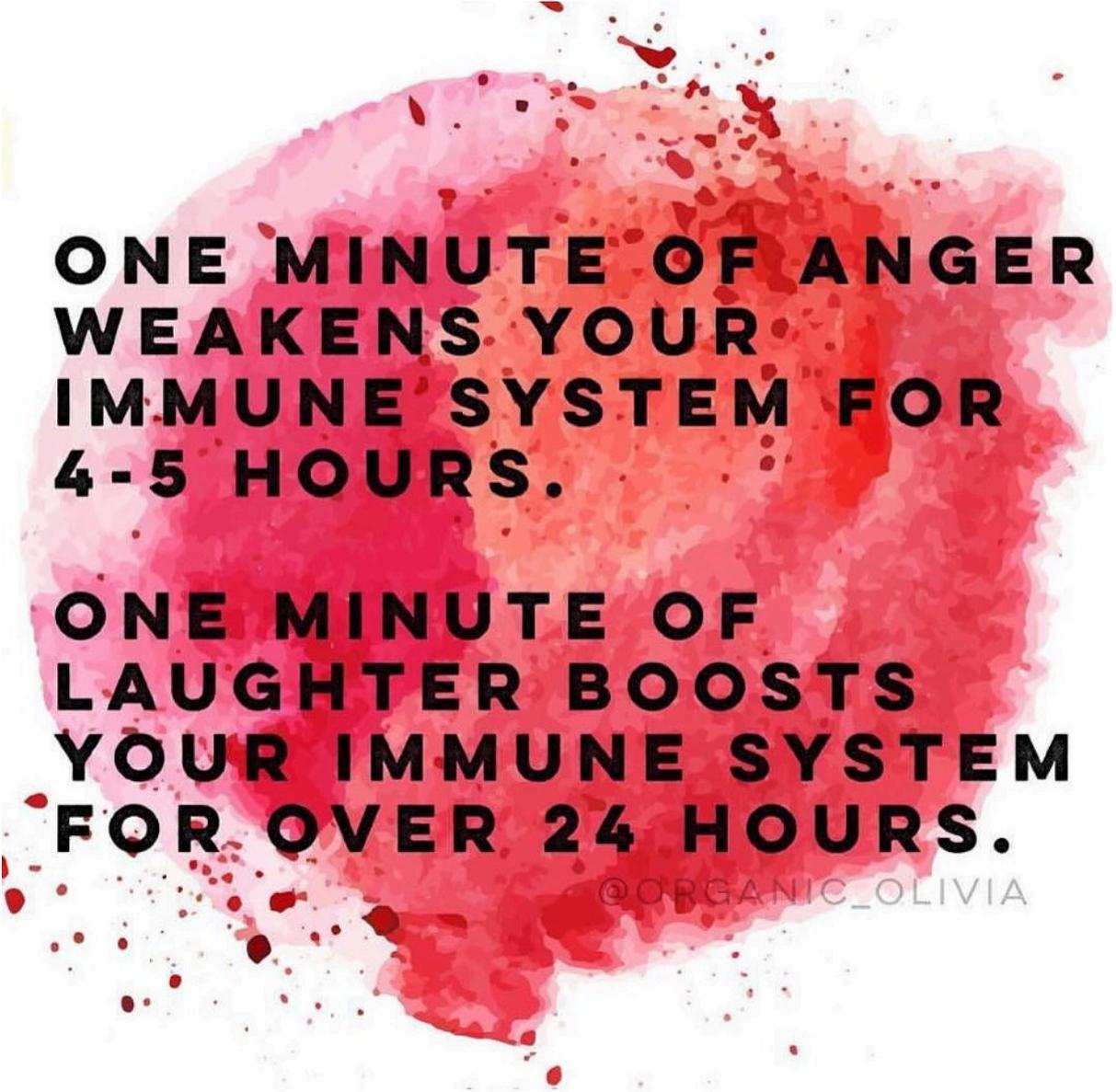
But perhaps the single most detrimental force that creates disharmony is our internal dialogue. David Suzuki wrote in 'The Sacred Balance' that *condensed molecules from breath exhaled from verbal expressions of anger, hatred and jealousy, contain toxins. Accumulated over one hour, these toxins are enough to kill 80 guinea pigs!* Imagine the harm you are doing to your immune system when these negative emotions run the show and you remain in a state of unresolved trauma?

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Its been said that the average person has up to 300 words of self-talk per minute or 50000 words per day. These thoughts are seeds that are sown in our subconscious. Our inner doctor is always listening and obeying our commands, whether they are helpful or not.

Are your thoughts or mental pictures/self-talk robbing you of life?

Imagine if your hired a manager who followed you around all day long telling you how weak, silly, fat, dumb, powerless, ashamed and hopeless you are. Even if you were extremely tolerant, you would probably end up firing him after one day.



**ONE MINUTE OF ANGER
WEAKENS YOUR
IMMUNE SYSTEM FOR
4-5 HOURS.**

**ONE MINUTE OF
LAUGHTER BOOSTS
YOUR IMMUNE SYSTEM
FOR OVER 24 HOURS.**

@ORGANIC_OLIVIA

Yet we put up with the eternal chatter of our pre-conditioned monkey mind, which doesn't know very much at all! Our monkey or conscious mind, can only process one billionth of reality, but it makes you believe that it knows everything and that it is firmly in control. Nothing could be further from the truth! Give yourself space to heal by meditating, being mindful, use positive affirmations, and surround yourself with people who support you and believe in you.

All the great spiritual teachings point toward Nirvana. What is Nirvana exactly? It's a state of perpetual happiness. While for most of us this seems out of reach, wouldn't it be wonderful if we were able to let go of the struggle of 'trying' a little bit and go with the flow of life more often? It's our resistance to who we are, and where we are in life that creates difficulties and un-ease.

When we learn to be present in each moment and experience the joy in the little things (how we can focus with care on whatever we are doing in the moment, whether big or small, that creates a space of stillness) we accelerate the healing process.

If you have difficulty finding your 'still' point and becoming centred, or if you want to learn how to take better care of yourself, take advantage of Grada's workshops and coaching programs or experience a renewed sense of calm and relaxation by enjoying regular healing sessions at the Purple House.

Call +61 3 64283007 or

<http://bit.ly/purple-house-forth>



**TOO MUCH
OR TOO
LITTLE OF
ANYTHING
FOR TOO
LONG,
CREATES
DISEASE.**

We create a state of pain or imbalance from one or more of four realms:

- 1. Physical**
- 2. Chemical**
- 3. Emotional**
- 4. Spiritual**

Cancer is usually the result of nutritional deficiencies, environmental toxicity, emotional stresses and spiritual conflict.

PHYSICAL

When we have a habit of doing something for too long, like staying in the sun for too long, and repeatedly getting sunburnt, we put a stress on our immune system. Too little, for instance never drinking enough pure water and staying in a dehydrated state, also keeps our bodies in a state of trauma, which in turn sets us up for disease. We usually recommend that you drink at least 1 litre of water for every 30 kilos of body weight per day. Make sure you get plenty of sleep. Our bodies do a lot of speed healing when we are asleep. To discover how your physical body is going, book in for a full Health Analysis/ Biomedx session.

<http://bit.ly/Biomedx>

CHEMICAL

Our homes are a toxic cesspool, unless you take measures to remove toxins from your kitchen, laundry or personal care products. Shampoos are some of the worst offenders. Detergents and antibacterial soaps kill off our Microbiome. Chloride and Fluoride in our drinking water and Bromide, which is found in furniture and fire retardants, shorten our life span. Mercury fillings upset our digestive system, creating leaky gut and Candida overgrowth. This is only the tip of the iceberg. Start swapping out harmful toxic cleaning or personal care products by introducing therapeutic grade essential oils into your life.

<http://bit.ly/Biomedx>

EMOTIONAL

We are first and foremost emotional creatures. The language used by our immune system, is emotions or feelings. If we don't feel our emotions and let them move through our body, they fester. We don't want to experience fear, anger, sadness, despair, shame or humiliation so we choose the easy option: we suppress them. However, feelings buried alive never die. They stay alive in the tissue of our body. Did you know that a feeling or emotion becomes a chemical in the blood stream?

In April 2013, Time magazine reported: *The probability of developing some type of cancer in one's life time is one in two for men, and one in three for women.*"

Could this relate to the problem we have in society that men are trained to think, then feel, whereas women are trained to feel, then think? When a male is faced with the tricky situation, he is inclined towards silence, while his brain takes time to process what's just happens. He is looking for words to fix the problem. The female brain is looking for interaction. As she talks about what just happened, she will discern and understand her feelings.

In our society we have numerous coping mechanisms to suppress our feelings of anger, sadness and fear. We classify them as unwanted or bad feelings. Some of the most obvious suppressants are nicotine, alcohol and drugs.

What can we do instead? We all need to find a place for our feelings to be expressed, because the healing is in the expression of the emotion.

When you have cancer, your most urgently need to identify and resolve as many negative emotions as possible in the shortest amount of time. Thousands upon thousands of our clients have felt instant and massive relief

from kinergetic (an advanced form of kinesiology/energy work) sessions. During the hour we spend together, we find and resolve deeply suppressed emotions, negative patterns and subconscious programs that are causing your cancer cells to proliferate.

Many clients can finally put old grievances to rest without any effort, and start to love and understand themselves spontaneously, giving their immune systems a much-needed boost in the right direction.

What most people don't understand is that deeply suppressed emotions that trigger unwanted behaviour or manifest illnesses, often didn't begin in this lifetime. They are a culmination of generational trauma. During a healing session we always take cell memories or DNA stresses into consideration.

After your first healing session, your body will start to operate with greater ease and efficiency. We recommend that you remain committed to investing in yourself. For instance: time out, regular healing or coaching sessions, good nutrition, becoming emotionally intelligent and making the necessary lifestyle changes to give your immune system all the support it needs.

“ ‘Love your life and your body and good things happen. Transformation through finding harmony in your life leads to self-induced healing.’ Dr Bernie Siegel.

<http://bit.ly/purple-house-forth>

SPIRITUAL

We are spirits having a human experience. For our spirits to flourish we must learn to be true to ourselves, and to love ourselves for who we are. Continually living something that you do not believe in is the primary cause of illness. It slows down your bodies efforts to heal and creates chronic stress.

Every day, check in with your heart to see if you are authentic or whether you are compartmentalising. Being fragmented is the enemy to your spirit and will rob you of your peace.

Health arrives when you reach a state of wholeness. The words health, wholly and holy all derive from the same root, which tells us that health is sacred. While we are in this body, our spirits are continually striving for wholeness.

What is your truth? What is your reason to exist in this world? Are you tired of the vague emptiness or successes and over achievements? Then it is time to turn inwards and seek the meaning of life in each moment. Push the STOP button. Say NO more often to stop the energy drain and create time and space to meditate and see the beauty and wonder of creation.

We have an innate responsibility to nourish and nurture our own needs first and foremost, the same as when we are taught during a flight's safety check to put on our own oxygen mask first, and only then can we help others.

Find your own spiritual source connection. History has shown many times over that people who were most successful in healing had a spiritual basis which gave them strength, comfort, peace, joy and confidence to rise above their situation.

When I had my near-death experience, I felt pure love, peace and joy. I realized that everything was in perfect order and nothing in the Universe was out of place, not even the fact that I was looking down on my body all crumpled and smashed on the hot tarmac.

For the first time in my life there was complete absence of fear. No wonder I felt unconditionally loved, because where there is no fear there is love. Looking back, I believe that the experience of feeling fully loved, filled all my cells with light filled energy, which caused me to heal from horrendous injuries in record time. Learn to live fearlessly!

We don't need to die first to experience our true nature, which is pure love, joy and peace. We can touch and feel it when we stop distracting ourselves with every day living and take time out for reflection and meditation. Let go of the negativity in the media and the world around you and focus on the positive, fill your world with joy. You are worth it!

<http://bit.ly/purple-house-forth>





THE ROLE OF NUTRITION

Nutrition plays a vital role in conquering cancer. Having said that, I don't want my clients to get so obsessed with their diet that they deprive themselves of the small joys of life: mealtimes!

See healthy eating as an acceleration to better health and vitality. An effective way to conquer cancer is to starve the cancer cells from the foods they love and to strengthen your immune system with the nutritional elements it needs.

WHAT DO CANCER CELLS LOVE AND HATE?

- Cancer cells love sugars and carbohydrates. When you avoid sugar (including fructose in fruits) and starches (potatoes, rice, pasta, breads) you cut off the food supply to the cancer cells.

- Pasteurized and homogenised milk is mucous forming and cancer thrives on mucous. Only use raw or fermented milk like kefir or yoghurt or coconut milk.
- Cancer cells thrive when your pH is out of whack. This can mean that parts of your body are either too acidic or too alkaline. Lack of minerals and too much refined food/sugar/starch will destabilise your pH.
- Dehydrated tissue is prone to cancer. Drink your quota of purified water. This means 1 litre for every 30 kg of bodyweight per day.
- Lack of minerals will severely hamper your immune system. Have ¼ teaspoon of Himalayan Salt for every litre of water and sprinkle it liberally on your food.
- Cancer cells are kept in check or destroyed on impact by the mineral iodine. In Australia, most people are iodine deficient. Have at least 5 drops of colloidal iodine per day, or more if you have been diagnosed with cancer.
- Bad oils like margarines, salad dressings and all poly-unsaturated oils are highly toxic and create free radicals in the body, which destroy your immune system. Only eat organic butter, meat fats, coconut oil, full cream, olive oil, and nut oils like macadamia oil. Eat at least 3 table spoons of these good oils every day.
- Cancer cells thrive when your blood sugar levels are too high. Diabetes increases the risk of cancer, and so does insulin resistance or being pre-diabetic. Increase your fat levels for fuel and minimize carbohydrates.

- Lack of enzymes increases the likelihood of cancer. At the Purple House we usually recommend that everyone over age 40 supplements with a good enzyme supplement every meal. It costs less than a cup of coffee and will add years of good health to your life. Check out the wide variety we offer at the Purple House. <http://bit.ly/omnizyme>
- Cancer cells thrive in an environment that is starved of oxygen. Deep breathing and going for walks makes a significant difference because our bodies are designed to move.





CANCER BUSTING SMOOTHIE

To have good health is one of life's greatest blessings and we often don't value it till it is gone. The truth is that we don't just catch diseases out of the blue. We drink, think and feel them into existence. We work hard at developing our disease patterns but with a few simple changes, we can reverse this process and restore our health.

The reason that the Cancer Busting Smoothie is so effective is because it penetrates the cell membranes, so nutrients and oxygen get inside the cells and toxins can leave the cells. Where this was difficult before (a normal cell can turn into a cancer cell once it becomes oxygen deprived), it now becomes easy.

The basis of this smoothie is Dr Johanne Budwig's famous oil-protein mixture, which is rich in life giving electrons. All the ingredients are cancer fighters, and mixed up together, they become a powerful health elixir.

CONVENIENT CANCER BUSTING BREAKFAST OR LUNCH SMOOTHIE FOR TWO

- 2 tablespoons of organic, cold pressed flax seed oil (only ever buy this oil from a cold dark place like a fridge and keep refrigerated)
- 6 tablespoons of organic plain full fat yoghurt or kefir
- 2 tablespoons of organic coconut oil
- 2 tablespoons of Chia seeds
- 2 scoops of Bioraculous
- 2 sachets of Percy's Powders
- 1 teaspoon of Relief Powder or Turmerix
- 10 drops of Iodine. In one study, 60 cancer patients were tested for iodine deficiency. All 60 were found to be seriously deficient in body stores of iodine and some had great excesses of Bromine, a toxic chemical found in bread, fire retardant clothing and furniture and in many other sources. Dr Brownstein quotes in his book: '***Iodine, why you need it, why you can't live without it***', that it is impossible to achieve optimal health if you do not have adequate iodine levels. I have yet to see any item that is more important to promoting health or optimizing the function of the immune system than iodine.
- A knife tip of boron. Boron is a trace mineral that keeps your bones strong, and it is an effective and cheap Candida cure. Candida is a fungus that predisposes you to cancer.
- I often add a sprinkle of food grade Diatomaceous Earth, which is pure silica, in a form that kills internal parasites and mops up toxins.

You may need to add some water to create a consistency that suits your taste buds. You can add some cinnamon or vanilla to make the taste more interesting, or some culinary essential oils. Mix in a food processor and eat slowly.

Do not be tempted to turn this into a fruit smoothie. Too much fructose is transformed into harmful oils inside your cells, which may cause pain and inflammation. Ingredients are available at the Purple House or at <http://bit.ly/purplehouseshop>

- Iodine \$34
- Bioraculous \$58
- Biohawk Relief Powder \$48
- Percy's Powder \$54
- Boron \$6
- Diatomaceous Earth \$8

Total package: \$208

plus \$12 postage makes it \$220.

This supply will easily last you 30 to 40 days and it is so filling that you will save money on other groceries. All you need to purchase from your local shop is organic flax seed oil, organic coconut oil and organic yoghurt.

When you purchase the Purple House Cancer Busting Smoothie package, you receive a free bottle of magnesium oil, worth \$12. Magnesium is easily and safely absorbed when you rub this oil on your skin. Magnesium oil is also great for pain relief, an anti-inflammatory and an immune booster!

www.purplehousenaturaltherapies.com.au



REBOOT YOUR LIFE

Are you looking to find what is missing in your quest for health? Have you been searching for a multi-faceted approach to address the root causes of your pain and discomfort?

The Purple House was created to bring true health to everyone who believes that their own bodies can heal. We can teach you the ‘secrets’ that help you get off the roller coaster of poor health and show you nutritional and other health protocols that speed your recovery.

We provide a detailed roadmap that allows you to be the engineer of your health transformation.

Since 2000 we have successfully worked with 11000+ individuals with all types of health challenges, including cancer, diabetes, arthritis, thyroid issues, auto-immune conditions, Crohn’s disease, Ulcerative Colitis, IBS, anxiety and depression, allergies, hormonal imbalances.

We guarantee that after your first Consultation at the Purple House:

- You will feel instantly calmer, more at peace and confident
- Your mineral levels will be balanced
- Toxins are identified and neutralized
- You will feel less pain
- Destructive DNA patterns are uncovered and cleared

- You will feel less anxious or depressed
- Relationships become deeper and more meaningful
- Suicidal tendencies subside
- Traumas from abuse start to heal, inducing a new sense of dignity, self-respect and self-love.
- You will have more energy
- You will have more clarity
- Have the courage to step into your own power
- And much more!

