



KHTB “TRIBE” UNAL

SUPPORTING THOSE WHO HAVE FOUGHT, OR ARE FIGHTING, THE GOOD FIGHT AGAINST CANCER.

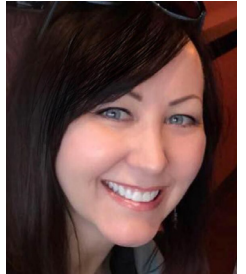
EDUCATING PEOPLE ON HOW TO LIVE AN ANTI-CANCER LIFESTYLE BY EATING REAL FOOD AND DOING SOME MOVEMENT.

FOLLOW UP STORY “A LIFE WELL LIVED” (JAMIE SAVAGE)

BY JESS WILSON

The inevitable end did come. After a long battle with Breast Cancer, Jamie passed on November 26, 2018. On the 25th, Thanksgiving Day, my wife and I went to her home as planned for her death with dignity event. Jamie’s strongest desire was not to spend any time admitted to an “end of life” care facility. After we all said our goodbyes in a truly moving experience, Jamie was moved by a firefighter team to the transport that would take her to the very facility that she did not want to go. Jamie would have none of it, so she passed quietly before spending the night. This was happy news to all of us. Jamie was now free.

On January 6, 2019, Jamie’s 50th birthday, I attended her celebration of life with my family and Jamie’s closest friends, her cancer survivor sisters. This entire experience has changed me in unexpected ways. Mostly that I am a part of the anti-cancer lifestyle group - WeAreTheSolution, where I can be instrumental in supporting and educating those who are in the fight for their lives.



TIME TO FIX A BROKEN SYSTEM

BY DOUG FOX WITH SB PRODUCTS:

We live in a time when the general populace is by percentage more educated than any other time in the history of man. There are more secondary and graduate level degrees than ever before; and yet still there are not enough jobs where people can make a living wage. Science and medicine continue in this age of information to grow daily by leaps and bounds; solving the most complex questions we can arrive at, and yet we cannot solve world hunger. We have harnessed

the atom to give us warmth and light, and yet more now than ever, there is no excuse for the number of people who die alone, cold, and homeless.

The human body is a magnificent machine, capable of amazing feats; we have been given the gift of bringing our dreams into reality. As with any

complex machine, an intricate balance is required to keep it running at its peak, it must be sustained by those things it was designed to run on/use over millennia to stay in perfect form: Food and medicines found in nature, Using our brains to solve fight or flight problems, our muscles to keep pace and turn our thoughts and dreams into action and creation.

These abilities and creativity come at a price. We have learned how to make things easier for ourselves by delegating tasks, or making other machines to do our work; so that we may gain back that most precious and valuable commodity of all; time.

With the many decisions we must make in any single day, it becomes so much easier, given the ability, to have someone else make the decision for you. As an example, to cook your food, rather than spending your own time doing so. This requires making more money so that the labors of others can be paid for. Unfortunately, what goes into your food is no longer your choice, because you have sold it to another; the result of which becomes your burden. Is there any wonder why our very bodies are rebelling against us? Our hearts, minds, and bodies are out of synch. Stress and sickness are symptoms of a broken process; starting with treating ourselves better, it is time we took back our right to a healthy and happy existence.



QUARTERLY THOUGHTS: LOVE AND SOCIAL SUPPORT

ANTI-CANCER TIP SUBMITTED BY BRENDA FARRIS



If you are aware of my story, I lived a fairly healthy way of life and was STILL diagnosed with Metastatic Breast Cancer Nov 2015. From that moment I changed many things about my lifestyle, including seeking out a strong community that supports my health choices. I call them my ‘TRIBE’ and they keep me encouraged every day. An 11-year follow-up study on the survival and recurrence of women diagnosed with breast cancer that participated in group support, demonstrated these outstanding results:

Women who had group-based intervention and who learned

to manage their stress had a 75% lower risk of dying from breast cancer after 11 years! There was also a 55% lower risk of having a recurrence of breast cancer.

This is why I am so passionate about sharing my story and helping others obtain a great support system for their cancer recovery to health.

A healing journey is not just about getting rid of the lump or the bump. It is about a complete transformation of your life – physically, emotionally, mentally and spiritually. YOU are my heroes; YOU inspire me every day to keep my body as healthy as possible to be stronger than the cancer that invades it.

“A FIGHT WELL FOUGHT” (JAMES BURNS)

SUBMITTED BY DARCY DAVIDSON

In 2007, at 19 years old, James Burns began his battle with testicular cancer. After being treated with chemotherapy, he became eligible for surgery to remove his testicle. Over the next few years James underwent blood tests and CAT scans every 3-6 months to monitor his cancer markers. In 2010-11 James's markers went up and he had swollen lymph nodes in his back and a tumor in his lung. He was put on intense chemo treatment and the tumors from his back and lungs were surgically removed. James was given a Stem Cell Transplant to try to kill off any remaining cancers in his body. He spent the next 6 years seemingly cancer free.

In early 2016 his markers went up again and a CAT scan revealed he had swollen lymph nodes in his neck. Another surgery, 9 more removed lymph nodes and James continued his battle. On Feb. 22, 2017 James was told he had three more tumors in his lungs and a small cluster of swollen lymph nodes in his chest, near his heart. Due to the location and size of his tumors no surgeon was willing to remove them. The following week James met with his primary cancer doctor, where he was told this was the most advanced his cancer had become. He was informed that chemo treatments were most likely not going to help him, because despite already going through such intense treatments, the cancer continues to return. This is typically referred to as “mutated cancer”, where it has essentially become immune to chemo and radiation treatments.

In July 2018 a tumor was removed from James's brain and James had radiation in both his brain and left lung. He was hospitalized for about a month while they treated him with heavy chemo therapy. His white cell count dropped and James contracted some sort of intense infection in his lungs. This hospitalized him for nearly another month

and immobilized him. He was put on oxygen to help regain mobility which allowed him to walk short distances, but most days he was unable to get out of bed. Finally, he was able to get off treatment for over a month. Then James began experiencing coughing fits that made him feel as if he was suffocating. He

was hospitalized yet again in late 2018 and told it was only a matter of time from here on out. James turned 30 in Sept. 2018, but hardly got to celebrate. He was sick over Thanksgiving 2018, and hospitalized a few days later. He had a small Christmas, but then was sick again shortly after. On Friday, Jan. 10, 2019 James' oncologist told him that there was nothing else they could do to treat his cancer. On Feb. 25, 2019 James found out from his most recent CAT scan that he was positive for tumors in his liver.

A month later, on March 25, 2019 James went into the hospital for the last time. As of March 27, 2019 James is no longer in PAIN, and is home in the arms of our Lord and Savior, Christ.



“HONORING ONE WHO SERVED YOU, AND IS STILL SERVING YOU”

BIO FROM DAVE WENTZ

When I was in High School, the war in Vietnam was just beginning to escalate. I was granted admission to Brown University in Providence Rhode Island and at least temporarily escaped the draft. During my junior year at Brown, I was forced to withdraw due to financial constraint, and I knew I would receive my induction letter.

I joined the Air Force and did my basic training at Lackland Air Force Base in San Antonio Texas. I tested well, and was sent to Keesler Air Force Base in Biloxi Mississippi to attend Morse Radio Intercept training. I was sent to Crete and was assigned a position which required travel to several embassy's and covert locations to pick up intercepted intelligence. I completed additional training in: Water Survival, Air Born Radio Direction Finding, Escape and Evasion, Prisoner of War survival and communication, Basic Survival in a Hostile environment, Special Weapons Training, Combat Medical intervention, Jungle Survival, Interrogation techniques and resistance.

When I arrived in Vietnam I was immediately sent as a detached unit to Da nage Air Force Base where I was assigned to fly EC-47 aircraft which were sanitized (no markings, unarmed, un-identifiable). While at Da nage, the enemy placed a bounty of five thousand bags of rice for the heads of any members of my flight crew. Our missions were to locate and identify significant enemy targets, intercept any and all radio communications, determine the strategic and or tactical value, and direct air strike against them, if warranted.

During my time in combat, I was shot down three times. The first was by 66-millimeter anti-aircraft guns. I was the only survivor of this shoot down and spent five days evading enemy troops attempting to capture or kill me. My second shoot down was when we were approaching a runway at landing and the Viet Cong has set up a machine gun nest tasked with shooting our aircraft as it was landing.

The machine gunner fired and killed the pilot and co-pilot causing the aircraft wing to catch on the jungle trees and the aircraft flipped wing over wing coming to rest approximately five miles from the base. I was wounded and unable to exit the wreckage due to enemy fire. After about three hours American troops came and rescued us. The third and last shoot down was when we were tasked with locating American Flight Crews that were prisoners of the North Vietnamese Army. When I directed the aircraft in for additional targeting information, we were hit by a SA-7, shoulder mounted Anti-Aircraft Missile, and the plane went into an immediate spin and crashed. I was again rescued by Laotian armed forces and evacuated to Da Nage, then to Saigon, to the Philippines and finally to Japan where after three months I finally regained consciousness. At the end of my service in South East Asia I was one of thirteen survivors out of a contingent of one hundred twenty-eight, and of the twenty-six planes there when I first reported there were only four. Everyone else was dead or missing.

Recently I was diagnosed with testicular cancer, as a result of Agent Orange. They removed the testicle and the doctors informed me that in 90% of the cases that was all taken care of. After three months I went back for a follow-up and the doctors discovered lesions on my bladder. After medical consultations and additional testing, the doctors determined that I had bladder cancer. The doctors ordered additional testing and determined that I also had lesions on my kidney. Treatment of my cancers is un-conventional, because I lost one of my kidneys in the war and chemo therapy would destroy the one remaining kidney. The doctors are now using stem cell treatment along with injections of platinum. We are hopeful, but only time will tell.