

**KICKIN' CANCER**



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WE ARE THE SOLUTION

HELPTeamBRENDA

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HELPTeamBRENDA

**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.

## "MY STRENGTH AND MOTIVATION" - SMOKEY SANTILLO'S FATHER'S STORY

SUBMITTED BY JAMIE HERB

It was 1980 and I was on a lecture tour in Denver, Colorado. During a break, I received a phone call from my father. He told me his spleen had swollen to the size of a football. My mother made an appointment for him at a nearby hospital, where the doctors could not believe how large his spleen had grown—and it was still growing. At the end of the day, my dad called me again and said he was diagnosed with lymphoma, cancer of the lymphatic system. By the time I got there, his doctors had already removed his spleen and started chemotherapy. No questions had been asked—they just did the surgery and started pumping him full of drugs. After three weeks, my father had lost 40 pounds and nothing was working. The chemotherapy had failed and there was nothing more they could do. His doctor called our family together and told us my dad had no more than three weeks to live. After breaking the news to my dad, I asked if he'd like to try natural therapy at my clinic in Tucson, Arizona. By the time we got to Tucson, he weighed 136 pounds, and his cancer was traveling so fast through his body that he couldn't eat or drink. I started massaging him every day with olive oil so his body would absorb the fat through his skin. He could only sip water, so I devised a plan to get more nutrients in through another route. I built a slant-board for him to lie on, made fresh green juice with kale, parsley, and some additional liquid chlorophyll, and used an enema bag to feed him through the bowel with this juice daily. As he got stronger, he was able to drink vegetable juices by mouth. I wanted to find a way to get more concentrated nutrition into his body to increase his strength and boost his healing, and it occurred to me that if I could juice the vegetables and dry the juice, the powder would be more concentrated than the juice itself. To my amazement in two months he put on 30 pounds.

The results were astonishing. Within three months of my taking over his treatment, my father got out of bed and remodeled my kitchen. He had been a carpenter his whole life and loved working with wood. Continuing on a nutritional program of eating large amounts of vegetables, dried juice powders, and soaked and sprouted seeds and nuts, he went back to work within six months and worked as a carpenter for another six years. It's my opinion that he'd still be alive today if his doctors had not removed his spleen and given him such high doses of drugs during his hospitalization. In over 50 years of being a carpenter, he never once had a written contract with anyone—only an agreement of a smile, honor, and love. He will always own a piece of my heart. I know he is always with me; he's my strength and motivation, as I formed Juice Plus (Daniwarren.juiceplus.com).

## ANTICANCER TIP "ONE SIMPLE CHANGE"

BY DANI WARREN

Everyone can make one simple change today that will improve their health. That's what I wish I knew when my husband, James Warren, was diagnosed with cancer in 2012. Sadly, he lost his battle to this dreadful disease in 2016. This painful loss set me on a quest to discover the cause of cancer and what, if anything, can be done to prevent it and help the body to heal from it. I learned that cancer is the result of damaged DNA and a compromised immune system. I also learned that a diet rich in fruits and vegetables can both protect our bodies from damaged DNA and support a healthy, balanced immune system. So, as Hippocrates said, food really is medicine! Most of us don't get enough fruits and vegetables in our diets. How are we supposed to get 9-13 fist-size servings of clean, raw fruits and vegetables from the whole rainbow of colors in our diets EVERYDAY? Thankfully, shortly after James passed away, I was introduced to a company that has learned how to put fruits and vegetables in capsules and chewables--30 of them!! It's one simple change that can make a HUGE difference Now I'm on a mission to inspire healthy living around the world with Juice Plus (Daniwarren.juiceplus.com). I have a moral imperative to share this gift with everyone I know because I don't want anyone I know and love to go through what James did, if they don't have to. Good health starts with one simple change at a time.



## QUARTERLY THOUGHTS

### WHAT IS YOUR REASON FOR WAKING UP EVERY MORNING?

BY BRENDA FARRIS

What is your sense of purpose and motivation in your life? Is it your family? Your work? Your spiritual connection? Whatever it may be, get very clear about it. That clarity will energize you to bounce out of bed in the morning with a sense of purpose and joy. Studies have shown that those who have community of support, learn to manage their stress, and enjoy— their life, are 79% less likely to die from any disease! Join us, be part of our community where we build your confidence, share in your journey, and cheer you on to victory!

