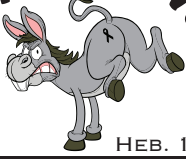


KICKIN' CANCER



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WEARETHESOLUTION

UNITED TO PREVENT
(WATSUP!)

KICKING-CANCER CHRONICLE

EDITOR: BARON ROBISON

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.

“OH MY SHE’S GONNA DIE”

CASEY ELDREDGE (SEPT HONOREE)

My cancer journey started way before my diagnosis date of October 8, 2007. I was a prime candidate for developing cancer growing up on processed and fast foods, taking antibiotic after antibiotic as a kid, and a child of early childhood trauma and stress. In my early teens I did a lot experimenting with drugs and alcohol. I didn't know how to love myself, or how to process suppressed emotions from childhood. As a young adult I spent much more time worrying about my life, my kids, my husband and finances than I did enjoying and celebrating life and spending time to think about how I wanted my life to be. At the time of my diagnosis I was 48 years old, married with 2 wonderful sons and a wonderful husband. I was in a busy life of raising 2 kids, in a master's program for English and Language Arts/Reading Specialist Program and working ¾ time as a Title 1 Reading Teacher. In 2006-07 I had been sick with a mystery disease where I lost 45 pounds over 7 months, without trying and woke up every day feeling like I had 5 margaritas the night before and none of the fun.

I just felt toxic all the time western medicine wasn't finding anything other than I was one tick into hypothyroidism and looked at me sideways like it was all in my head. I saw an acupuncturist and was open to an alternative way. I left the building I was teaching in and 12 days later my symptoms disappeared, although I still felt like I'd been hit by a MACK truck. I left teaching and became a colon hydro-therapist, a modality that, I believe saved my life going through this mystery disease, that I would have never done until push came to shove. It took 6 months of feeling extremely ill until I would be open to trying something new. I got rid of sugar, juiced and started a predominantly raw foods diet. I attempted to work on restoring my body, mind and soul, but by the end of August, 2008 I knew something wasn't right. During a 21 Day DETOX with a client I started to have severe pain, like someone kicked me in the liver area and then all over my chest in different areas that would come and go. I went to my doctors immediately and they scheduled an ultrasound that very afternoon, which showed 2 large masses in the left lobe of the liver and several lesions on the liver, which strongly suggested metastatic liver disease. I received this report and was terrified. A week later we did a CT Scan, the next week a Biopsy of my liver and finally PET scan another week apart. The Diagnostic process started 8/31/08 and officially wasn't given a diagnosis of stage 4 Large B Cell NHL until 10/08/08.

I had become a colon hydro-therapist the year before and ironically had been studying cancer to understand how to help clients who were on chemotherapy. I didn't want to make anyone worse off than when they came to me. My own father had died 20 years before of complications of the chemo, for a localized Lymphoma, so I was just terrified and hell bent to not do chemo to stay alive. My motto became, “In it To Win It”. Even with all these things I was doing the masses continued to grow in my abdomen to the size of a football under my ribs and I was being crowded out of my body and the pain had become unbearable. I wrote my last will and testament, after an treatment didn't work and I was sent home to have emergency chemo in my town or die. EVERY moment was excruciating as we came back on Thanksgiving Day 2008. I could no longer walk and had to be carried. It was a humbling feeling to be carried into a new church community and have everyone turn and look at you like, “Oh my she's gonna die”.



December 2, 2008 I had my first chemo R-CHOP, emergency chemo in the hospital. The first day after was one of the longest days of my life as the hospital had neglected to send me home with anti-nausea medication and I was like the exorcist with dry heaves. (To this day I feel so sorry for my mother who had to watch me through this and feel helpless to make it stop.) The second day after chemo I woke up and the large football sized mass under my ribs had imploded as I guess happens with lymphomas and I began to get my life back. I used colonics to keep myself alive from the toxicity of the chemo. I did colonics every couple of weeks on myself if I had energy. The Oncologist wanted me to go to Stanford for high dose chemo and stem cell transplant. Luckily I was working with a patient navigator from The Mendocino County Non-Profit Cancer Resource Center (Angels on Earth) and they encouraged me to get a second opinion from an organization in San Francisco of the same name. Second opinion basically told me I was in remission and they didn't have a crystal ball to know if it would come back. I saw another oncologist who reviewed my case and he told that how quickly I responded to the chemo I would be cured by the 3 year mark. Fast forward 15 years, never had high dose chemo or stem cell and I'm still here I also experienced economic hardship being underinsured and becoming self employed the year before.

“I FELT SO SCARED”

ELIZABETH CASTRO GONZALEZ

When I was 36 years old, I suffered from severe ongoing, abdominal pain and bleeding but my regular OBGYN was booked solid and had no appointments. I went to the ER where I had a CT scan, but the doctor said that it was inconclusive and told me to see my doctor. Since my OBGYN was booked solid; she referred me to her colleague and after having a pap smear the OBGYN told me, “I am not supposed to tell you this, but I am pretty sure that you had stage three cancer”. There was a mass she saw that was as hard as my knuckles. I felt so scared. I prayed and cried in my car. Then I made an appointment with my regular OB/GYN to discuss this matter. Unfortunately, the next morning the pain was so severe that I couldn't even walk. A friend rushed me to the hospital. That's when I was prepped for exploratory surgery.

Everything happened so fast. I was very scared. I didn't know what the outcome was going to be. I had a total hysterectomy, because the cancer was an aggressive endometrial cancer stage 4. It started in the uterus and had spread to the reproductive organs, then jumped to the liver with 19 lymph nodes the size of eggs. The surgeon was sure it was throughout my body. I had chemo and radiation, but the cancer was still alive so the system placed me in hospice care. They said there was nothing they could do medically. God had other plans for me.

I took control, refused hospice care, and sought alternative medicine instead which gave me my life back! My church and family members raised funds for me to attend a Seventh-Day-Adventist naturopath clinic in Mexico to detox and gain knowledge to combat cancer. I have been cancer free since 2016! Then in 2018, I had colon cancer but didn't need additional treatment. I'm so grateful to my church family, blood family, and friends for their love and support during this difficult time.



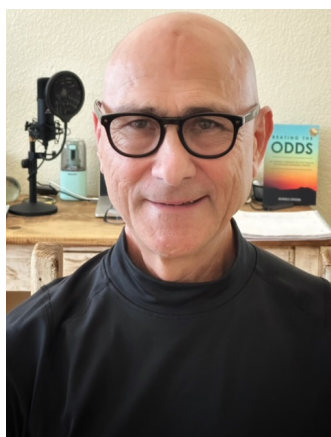
“BALANCING QUALITY OF LIFE”

DAN FARRINGTON (JULY HONOREE)

I was diagnosed with Prostate Cancer on March 31, 2024, at age 63. I have been monitoring my prostate since I was 44 because of the significant history of prostate cancer in my family. My dad and two of my four older brothers developed prostate cancer and had to have their prostates removed. I am being advised that it is safe to closely monitor my prostate rather than have it removed. It is a slow growing type of cancer. Every quarter year I will have a PSA test and once a year I will get an MRI and a biopsy. If they find an increase in the PSA or concerning results the surgeons should have time to remove the cancer before it spreads. There is always a balance between the quality of life with a patient's health and safety that must be taken into consideration. My paternal grandmother passed away with breast cancer at age 66 and research has found that prostate cancer may be linked with breast cancer. I have two daughters and four grand-daughters that could be affected, so I have elected to undergo gene testing to see if there is a hereditary link. Early detection is the key to survival!

“BORN TO SING”

GEORGES CORDOBA (NEW MEXICO)



You know, so many of my family members died. Died from the very thing that has plagued me. And when I looked at the entire landscape of my family it felt like family destiny, and it felt like I would be doomed. But I said no, even though the odds were small, I said, I am going to fight it, I said I am going to beat the odds. And I went on my journey. After 10 years, 10 surgeries, and a 4% chance of survival, I beat the odds and survived an advanced Melanoma, with metastasis of 8 tumors in my brain, two of them Inoperable. Pharmaceuticals almost destroyed my body, so after I decided to go the natural route to heal myself and here I am, I

have been cancer free for 12 years! This experience has radically changed my life. It became my mission and passion to share my story and inspire others to do the same.

I see my advanced cancer experience as a blessing, because surviving it gave the chance to sing the song I was born to sing - Which is helping people. In October 2017, I made a transition from being an Chief Technology Officer to the Health and Wellness space. I got busy sharing my story, became a Holistic Health Coach, Functional Nutritionist, obtained a Mastery in Transformational Health Coaching, Professional Speaker, Rapid Transformation Therapy Practitioner, Hypnotherapist, Reiki practitioner and teacher, and wrote a best-selling book about my survival experience, all of these with the purest intention to help others. For nearly seven years I have been working with people who are dealing with cancer, or the threat of it, helping them transform their heal and vitality.

According to the National Cancer Institute the lifetime risk for men of developing cancer is about 1 in 2, while for women 1 in 3. That is why my coaching protocol is design to help you manage your health to prevent or recuperate from the disease. As an athlete, I played NCAA DIV 1 Tennis for New Mexico State University, enjoy competing in 10K and Half-Marathons, and am an advocate piano player and music lover. Anyone can give up. It is the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength.

QUARTERLY THOUGHT -

BY MORGAN DAVIS (EDUCATION DIRECTOR)
THYROID CANCER SURVIVOR

Cancer is a universal challenge that touches us all, directly or through someone we love. The devastating words “You have cancer” are a harsh reality many face, and Kickin’ Cancer aims to fill a critical gap overlooked by many organizations.

Since joining the board in 2022, I've seen how Kickin’ Cancer uniquely builds community, an often missing yet essential element in cancer support. Loneliness can worsen anxiety and depression, making tough times harder—thus, our community support is not just beneficial—it's essential.



What distinguishes Kickin’ Cancer is our comprehensive approach:

- **Support:** Our GoTeams initiative and mentorship programs ensure no one navigates cancer alone, helping patients and families navigate this difficult journey with tangible ways to help when it's often hardest to know how.
- **Hope:** Through newsletters and podcasts, we share inspiring stories and information that boost optimism and significantly impact recovery.
- **Knowledge:** We provide resources on anti-cancer lifestyles and proactive health management, empowering informed decisions for better outcomes.

Over the past two years, I have seen our influence grow from local communities to achieve a national and increasingly global reach. Our message resonates from Europe to Africa—cancer knows no borders, and neither does our commitment.

Founded in 2018, Kickin’ Cancer has quickly moved from its inception to become a beacon of hope and a catalyst for change. Witnessing the universal nature of the challenges we address, we've been inspired to amplify our reach further, empowering communities worldwide to establish their own support networks.

As a young nonprofit, Kickin’ Cancer is just beginning to tap into its potential. I am filled with hope and excitement for the future as we continue to grow and reach new heights. Together, we envision a world where the fight against cancer is a collective endeavor, united by shared experiences and empowered by community support.