



Conquer Cancer with Keto



Alison's 28 Day DIY Program

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introduction

In 2013, I was living the life of a World Champion Extreme Skier and Climate Change Consultant, traveling the world and loving life. I felt some aches and pains but chalked that up to getting older and having too many knee surgeries. Then my memory started to decline and I started to experience some strange behaviors, which culminated in almost burning down our kitchen. Next, an MRI then showed a brain tumor the size of an orange, and the diagnosis - terminal and malignant..

I had studied nutrition at college/university, and had been following that advice since 1989, including lots of whole grains and fruits, everything made from scratch with no processed foods. I was even vegan or vegetarian for 16 years. Being an avid athlete at this time I had been exercising a minimum 1-3 hours per day. According to most doctors, even in 2013, I was the picture of health.

I undertook a surgery which was partially successful, they missed one entire tumor but insisted that everything was “great”, that some simple gamma knife radiation would ‘get that other tumor”. Wikipedia told me otherwise, that with surgery, chemo and radiation I had 6.8 months to live, and with just surgery I could possibly live a few years. I refused to be a statistic. I started researching frantically and a friend suggested I contact Dr. Nasha Winters who is an ND oncologist. Dr. Nasha proceeded to blow my mind with the concept that cancer was a metabolic disease firstly and that changing my diet could starve/damage those cancer cells.

I started the ketogenic diet right away - step one. It was brutal. My mind could not wrap its head around putting an ENTIRE stick of butter in the pan instead of avoiding fat.

Dr. Nasha then showed me how to use my DNA, labs/blood chemistry, tumor pathology and past health history to figure out WHY my body was cancering. It seemed too simple but did make sense. Reverse the root causes one by one and move towards optimal health. I watched in amazement as my labs/blood chemistry improved month by month and as my other supposedly “unrelated” ailments disappeared. Some things such as my reactive hypoglycemia and migraines went away quickly but others took time. In six months, my massive inflammation was done along with my yeast infections and chronic bronchitis. It took about a year for my Polycystic Ovarian Syndrome (PCOS), Hashimoto's Thyroiditis, Epstein Barr (Mono), and CMV (herpes) to go away. Within two years my seasonal allergies completely disappeared, along with my breast fibroids, immune imbalances, and leaky gut. Stress and my mental health are ongoing projects but I'm making headway.

I track my labs/blood chemistry every month, since August of 2013. Doctors always think I'm on some clinical trial of a magical new drug when they look at my labs. Yet, it is just reversing all those root causes, one by one. Tracking equals success, as no two people are alike, nor are any two people with the same disease going to have the same underlying issues.

It is a constant process, that I liken to peeling layers of an onion. Sometimes it is a total drag and other times I feel so empowered to be in control of my body/life. People say “Isn't this hard” and I usually respond with “dying is hard”. My “normal life” gave me cancer, so I'm no longer trying to go back to “normal”. This new version of myself that Dr. Nasha and I are creating is far superior. Nothing like a near death experience to bring clarity to what is important. I strive for more joy, more love, more good fatty foods, and less stress in every moment.