



Alkalizing & Embracing with Unconditional Love

JOURNEY THROUGH CANCER DOROTHY TORREY'S STORY

BY CHERYL KAIN

Dorothy Torrey's interest in health and prevention began over thirty years ago when she began talking with a neighbor about his healthy lifestyle; he added fresh vegetables and fruits to his diet and enjoyed just one 'special' cup of coffee a day. She wasn't interested in changing (she bought frozen vegetables and enjoyed coffee all day long) but continued talking with him, noticing his abundant energy, lean body and obvious joy.

Dorothy believed she was following the healthiest lifestyle possible – eating whole grain breads, organic yogurt, fresh fruits and vegetables, chicken, fish and dairy, taking vitamins and scheduling mammograms. She did what she was told to do by mainstream health practitioners.

Like most people, Dorothy was afraid of cancer. After hearing a woman's testimony about healing herself of cancer via adopting an alkaline lifestyle, Dorothy decided if she ever got "It" she would adopt a 100% alkaline lifestyle. Soon after, she purchased a recommended infrared comforter and felt she was doing the most possible to maintain her health. Little did she realize that she was barely touching the tip of the iceberg regarding balancing her body's alkalinity.

After many years of a stressful, 'acidic' lifestyle, Dorothy speaks frankly. "This is a difficult thing to say, but today I know that I was 'doing cancer' for about 40 years. I had an extremely stressful first marriage to an active alcoholic; I gave myself very little sleep; overworked myself to prove myself worthy. I constantly sought approval, felt like I had no friends and spoke to no one about my pain. I hid, felt shame and blamed myself for everything." This kind of stress just creates an acidic environment in the body.

Dorothy was diagnosed with infiltrating ductal carcinoma of the breast in June 2003, confirmed by a Boston doctor. The immediate recommendation was lumpectomy, radiation and chemotherapy. Despite the doctor's recommendation, she decided to take three months to become more alkaline. Dorothy's path of healing or treatment would be completely holistic.

She learned about Dr. Otto Warburg's – the only person to win the Nobel Prize twice in medicine – discovery that cancer does not grow in a highly alkaline/oxygenated environment; in fact, any cell deprived of 50% or more of its oxygen turns cancerous. Holistically, cancer is not local but systemic. Dorothy knew a

person just doesn't cut out the cancer and think that it's gone. She knew she had to follow what was in her heart, a scary proposition since she had no idea where the money would come from to follow a holistic approach. Insurance would pay \$150,000 to \$300,000 for traditional standardized treatment covering lumpectomy, radiation and chemotherapy - not \$10,000 to \$20,000 for alternative or preventive treatment.

According to Dorothy, this was the first time she could remember standing on her own two feet to say no to something she did not believe in. Money or not, she would follow her truth, somehow finding the faith she needed to continue.

She found spiritual support at The Unity Church of the Light, where she was encouraged to 'come back home' to herself and be in integrity with what she deeply believed. At Unity, Dorothy learned it was not her job to figure out how she was going to do things. That was the job for God (the Creator, Source, Divine Father, Mother-God, whatever name you want to call this Energy).

At The Unity Church, she made a life-changing decision not to do God's job. She created a visualization of stepping out of her 'old box' and stepping into a 'new box' of personifying her truth and faith, and embracing her body's deep inner wisdom, no matter what it entailed. Pastor Steve Carty Cordry helped her process emotions and guided her spiritually throughout her journey with cancer. He continues to be a huge inspiration in her life.

"This is when the miracles started happening big time!" exclaims Dorothy.

Out of the blue, three weeks after Dorothy's diagnosis, she received a \$10,000 check in the mail from her father. There was no note in the envelope, just the check. She had never received a check from her father in 45 years, and most interesting, her father did not know Dorothy had cancer. To Dorothy's and her siblings' surprise, he had sold some stocks and gave each of his children \$10,000. What a serendipitous gift!

This was just what Dorothy needed to affirm that she was on the right path. Her mantra became, "Miracles are a natural, everyday occurrence when I follow my truth." She began to look for miracles each day. Somehow she knew that if she focused and committed to the truth, she would be all right.

Dorothy's two daughters were both entrenched in western medicine. They were very angry, believing their mother selfish for following her instincts. Dorothy's family wanted the lumpectomy, radiation and chemo. Understandably, they were scared that they would lose their mom. The ability to say no was difficult for a woman who never wanted to let anyone down.

"I did not have any identity from the day I was born, so I tried to please everyone in order that someone - anyone - would love me and not abandon me, or replace me. I needed to be perfect but was never good enough," she explains.

Resigning as a people pleaser was a daunting task. When Dorothy's daughter asked for help after a second caesarian,

with a 2 year-old already at home, Dorothy said a gentle "no." She knew that with these words, she might never see her grandson, yet she opted once again to take good care of herself first.

Dorothy decided to live her life from a place of love, not fear. She would immediately replace fear with forgiveness of herself, knowing that fear and love could not exist at the same time. She continued to remove stress from her life as much as possible. Since her daughter didn't approve of Dorothy's treatments, she stayed away from her daughter's home, while still desperately wanting to help her.

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The most powerful tool for Dorothy's healing was adding her name to prayer lists, along with consistent support from Pastor Steve. Falling asleep at night, it was profoundly nurturing to know friends, strangers, and health practitioners were praying for her when she was too tired to pray for herself.

She also attended a healing service at St. John's Church in Sandwich. "When Father John McGinn put his hands on my head and anoints it, I affirm that I am receiving the power of the Holy Spirit moving completely through my body. This healing experience is deeply moving," says Dorothy.

Dorothy became her own doctor; she couldn't find an oncologist who would track her progress. It was too threatening for most doctors to have a patient like her following non-traditional treatments and requesting tests out of their realm of experience.

At the suggestion of her naturopath, she found an oncologist in New Hampshire who said, "Yes, the treatment [we] oncologists recommend is barbaric, however this is the best we have today. From the studies that we have, the treatments show we get

results. However, ten years from now doctors will not believe we put our patients through these treatments."

One Harvard doctor told Dorothy, "We have too much invested in keeping people sick. That is what our economy is based on." Yet another doctor said, "Cancer is a guaranteed salary." Dorothy's question remained, "What would happen if a cancer hospital says that there is a cure for cancer?"

Dorothy never battled with her cancer. She was not at war with her body; rather she concentrated on befriending her deepest self. She called cancer her "beautiful green healing crystals" and asked them what she needed to learn from them. "Sometimes we receive a gift, and we may not like how it was packaged or want what's inside. But does that mean that we deny or refuse the gift?"

The approach Dorothy chose contained no harmful drugs, treatments or tests. She had no side effects, and remarkably she also had no fear or doubt regarding the decisions she made.

Meanwhile, her husband was recovering from an emergency triple bypass operation. Prior to the cancer diagnosis, Dorothy and her husband embodied totally separate lives. As her journey progressed, she and her husband addressed previously unresolved issues, and he became her best friend and unending source of support. "I never thought it would happen! We're so different. Such unconditional love has come from him. We respect our differences and each other's boundaries now."

Women said to Dorothy "I could never do what you did!" She replies, "This is not hard! Walking for 5 miles with a 50 lb. bag of cement on my back is hard work. Eating more green vegetables and drinking structured water is easy compared to that. My life is at stake. For me, going 'alkalarian' was much easier than surgery, chemo, radiation and drugs. Taking charge and responsibility for my health is a God-given gift."

Dorothy embraced a full commitment to changing her ways of eating, thinking and being. Her intention was to eliminate cancer and understand the root causes of sickness and disease. She drank six quarts of structured (pH drops added) water per day. She took many supplements – approximately 25 pills or drops. "Just the timing of the supplements and remembering were challenging!" laughs Dorothy. She ate organic and non-organic vegetables. For the first 21 days she ate only pureed foods, so her body's energy could be entirely focused on healing, not digestion.

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Dorothy also completed a liquid cleanse to remove all yeast, fungi and mold from her system. She removed alcohol, coffee, sugar, grains, beans, and nuts from her diet, and took no drugs of any kind. She also ate lemons, limes, avocados and tomatoes.

She had her root canal extracted. Dorothy's holistic dentist, Dr. Tomasian, spoke about the connection between root canal and breast cancer. According to a study done by Dr. Rau in Switzerland, out of 150 women who had root canal surgery, 145 of those women developed cancer. Sure enough, Dorothy's root canal was on the same meridian as her right breast. When the root canal was

extracted, it was infected. There were no external signs or symptoms from this infection except the cancer.

Seven months after Dorothy's diagnosis, she had an Anti-Malignin Antibody Screen, a scientific cancer test developed by Dr. Samuel Bogoch, a Harvard-trained research neurochemist. The doctor said "Great news, you have no cancer cells. This test is 95% accurate." Dorothy's result was phenomenal. She felt overwhelming gratitude. "I was ecstatic!" she says.

Dorothy continues to alkalize and energize her body with her totally alkalarian diet. She enjoys Reiki, practices Tong Ren Healing (based on Carl Jung's theories), chiropractic, meditation, acupuncture, homeopathy and yoga. The 12-step program of Al-Anon has been extremely valuable to Dorothy (prompted by her first marriage to an alcoholic), assisting her in changing her patterns in relationships.

Perhaps most importantly, "I don't do any of this work alone. I call for help! I don't have any more faith, courage or inner wisdom than anyone else. We all have it," adds Dorothy.

For anyone with a cancer diagnosis, Dorothy recommends: "Go to the inner quietness deep within you and follow your truth. This is your path, no one else's! This journey can bring you unbelievable joy and peace." She adds, "I can finally be authentically who I really am. This is why cancer has been a blessed journey."

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