

# My Testimony

## **HOW I WAS HEALED OF CANCER,**

and numerous other physical challenges (too many to list) several of which could have left me dead or badly disabled for the remainder of my life here on earth.

In October of 2002 I was diagnosed as having lymphoma in the lymph glands and bone marrow. Seven months later my oncologist told me there was not a trace of cancer anywhere in my body. What happened?

As a born-again Christian, I give the Lord Jesus Christ all the credit. However, He did use several means by which to get me there, none of which were down at the altar or with an instantaneous miracle. Many friends prayed for me that God would do it that way. He didn't. Nor did I submit my body to chemo and/or radiation treatments.

Here's what I did do. Will it work for you or anyone else? I don't know, although it worked wonderfully well for me. I do not claim any professionalism in health care. Mine is a personal testimony only; that's all and I have no financial interest in any health related product or service.

1.) Rule # ONE is simple: I and I alone am responsible for my health. I have acted accordingly and not played the blame game. Not the doctor, not the insurance company, not even my wife or God are responsible for my health. This is my body, my health (or the lack thereof) and no one else is responsible but me. I accepted that challenge, which made every other step either possible or at least a great deal easier.

2.) My family and I agreed to trust God to do what was best for me, for them and for God's Kingdom. I was, and still am, blessed with a great support team. I may not; probably would not have made it without them.

3.) We recruited everyone we knew to pray, including 10,000 brothers and sisters from throughout the former Soviet Union, especially Russians and Ukrainians. True story.

4.) I started resting more, including longer time spent in bed at night, and naps every afternoon. Can't say I enjoyed it, but believed this to be necessary. That was in fact the first prescription my cancer doctor gave to me and I followed his instructions, although I did not think it all that necessary. I was wrong and he was right.

5.) We bought an electric juicing machine and started juicing organically grown carrots every day. With 8 ounces of fresh juice we added 1 tablespoon of "Barley Green" or similar product purchased from our local health food store, and 2 tablespoons of extra virgin olive oil. I drank it 30 minutes before eating breakfast. If at no other time, I make sure I drink it every morning on an empty stomach. Jean and I believe it would be better if I were to drink it 3 times daily (and sometimes I did) but no less than once every morning. I leave out the olive oil for second or third servings, and always drink about 30 minutes before a meal. We found the best deal on a juicer on the Internet. A good one can be purchased for about \$200. Cheaper ones are not worth the effort. We tried a cheap model and quickly learned our lesson.

6.) We eliminated sugar and white flour from our diets. Also white rice and white potatoes. We have also eliminated (or at least reduced the amount of) foods high in carbohydrates which turn to sugar. Sweet potatoes are okay. In fact, recommended. I neither drank alcohol nor smoked and am certain that I healed faster and better as a result. No "soft drinks" either.

7.) I also cut back on consumption of red meats, especially pork and beef. We do eat fish and fowl, but not as much of that as before and then only at lunch time. There are several very good reasons for that. Research on such matters is easy to come by. Google is a godsend.

8.) My family started eating more fresh fruit and veggies; uncooked or at least no more than steamed or stir fried (with olive oil) but NEVER fried or boiled to death. How do we eat uncooked vegetables? Either in salads or juiced. They taste good and have been good for us.

9.) One teaspoon of raw, uncooked, honey daily is a good energy booster. (Proverbs 25:16)

I also learned that when mixed with pure water, organic, raw and unfiltered apple cider vinegar and a dash of cinnamon I received an even bigger boost. It even tastes good.

10.) I did go to a doctor, a specialist, as well as to our family doctor, but did not submit my body to radiation or chemo therapy treatments. My wife Jean and I did agree to take some medication that we were told would not destroy my immune system or have some of the dire side effects that other treatments have. Medical professionals were especially helpful in testing procedures that kept us informed as to my progress, or lack of it.

11.) What about food supplements; vitamins and minerals? I had taken those for years and still came down with some potentially deadly diseases (cancer was only one of several battles I have fought in recent years). I quit almost all of those, but did add some herbs believed to assist in the healing process from cancer and complications in the heart. I obtained those from alternative health care providers who deal in natural products only. My belief is that synthetics do more harm than good. My body cells needed nutrition, not drug type stimulation.

12.) Having a positive attitude became more important to me than ever before and I am convinced aided in my recovery. Part of that was thinking of and doing good deeds for others while not being obsessed with myself and my health. "As a man thinks, so is he."

13.) The Old Testament book of "Proverbs", written by King Solomon, the one that God said was the wisest man in the world, contains numerous verses that support the idea that mental attitudes affect ones health. "Pay attention to what I say; listen closely to my words... keep them within your heart; for they are life to those who find them and health to a man's whole body." (4:20-22) "A heart at peace gives life to the body, but envy rots the bones." (14:30) "Pleasant words are a honeycomb, sweet to the soul, and healing to the bones." (16:24) "A cheerful heart is good medicine, but a crushed spirit dries up the bones." (17:22)

14.) Fresh air and sunshine are healing. That's one reason the Creator gave them to us, and I take advantage of them, practicing "deep breathing" while sitting out of doors. I usually stay only about 20 minutes at a time. We practice this several times daily, not only when outside although that is the best place to get fresh, clean air. At least that is the case where we are privileged to "live and have our being," which is out of the city.

15.) The Creator God made our bodies for motion: EXERCISE. I was much too sedentary for too long a time. Now I try to exercise no less than every other day. My experience is that it not only helps me physically, but also mentally and emotionally. Walking has proven to be the best, easiest and most enjoyable exercise in which I have been able to engage. Out of doors is the best.

16.) I drink a lot of pure water, and much less caffeine. This keeps me cleaned out, lubricates my joints and has prevented dehydration. Green tea, high in antioxidants, is a "miracle drug." There are numerous herbal teas that also are good for health and that have no caffeine.

17.) Did chiropractic help? I believe it did, so to be on the safe side I did that also. It certainly did not hurt me. Professionally administered massage also helped, but a not so professional massage is better than none; even one that is self-administered. There are other "alternative" health care providers, but I have not used their services. They too may be helpful; I just had little experience with them. Anything that helps rid the body of stress (a real killer) has to be good.

18.) During my study, one item that had escaped me before was that disease is much more prevalent in a body that is too acidic. Many of our food choices are acidic, rather than being closer to an alkaline balance. My simple remedy for that condition was to add lemon juice to

each glass or bottle of water that I drank each day. I can't explain why, but acid lemon juice turns alkaline once inside the human body. Very simple, and easy to do. And it works.

19.) Also, I started taking a multiple vitamin and mineral product that was much superior to what I had previously taken. Later, the Lord and our son David led me to what we believe to be the best yet: products that I have been searching for years, the world's finest 100% natural, whole food, full spectrum nutritional system that addresses every single aspect of the body's daily nutritional supplementation needs. The five key essential supplementation needs for nutrition on a daily basis are; vitamins, minerals, enzymes, flora, and antioxidants each of which is present in abundance. Those nutrients not only gave me more energy, but also fed every cell in my body more efficiently and effectively than much of my (previously) typical American diet. Most certainly more than tablets, that are difficult to absorb. Other results followed like better sleep, fewer trips to the bathroom at night, and regaining some of the extreme weight loss I had sustained during the time when I was the sickest. Stores don't carry these products. They may be purchased by doing as I did which was to engage in a lot of research and homework and finding what I thought was best for my condition and me. As I am not in the business of selling nutrition products I restrain from giving names of companies. Most of them are multi-level marketing companies and are easily found in the yellow pages or on the Internet. I have taken, and continue to take "food supplements" daily and believe they have helped enormously in my healing.

20.) Very importantly, my family and I continue to live this way. It was not a "diet" but a lifestyle change. And I am living proof that it works. Well, at least for me and I pray it will do the same for you and/or your loved one.

21.) In other words: we did "all the above" not depending on only one method as some friends and doctors had advised. This just makes a lot of sense to me and I hope to you also.

I have had some other health problems over the years, but never recovered as fast or as completely as I did from cancer. If you believe this helpful, please share with others who are contending with cancer or some other so-called "incurable" disease. This regimen has helped me in other ways as well, not just with the cancer (i.e., viral pneumonia, hemochromatosis, chronic fatigue, e-coli bacterial infection, multiple broken bones including my back, etc).

May our Lord Jesus Christ, bless you and all of yours with years of healthy living in spirit, soul and body both now and forever.

Alfred McCroskey

P.O. Box 69

Florence, AL 35631

[www.biblesforrussia.org](http://www.biblesforrussia.org)