From A Recurrence to No Evidence of Disease Transcript

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Introduction to Lynn's Breast Cancer Story

Well, welcome, Lynn. Thank you for taking the time to share your experience with our listeners. I know you've been through two different healing journeys with breast cancer, so.

Tell us a little bit about what the first one was like and how you felt after doing all that work and you had a recurrence? Well, it was in 2011.

First Diagnosis and Conventional Treatment

I went for my mammogram and they found a little spot. And so the first time I knew nothing about natural or just knew what the doctor whatever you do, what the doctors say.

So I went and had surgery, had a lumpectomy, had chemo and radiation, and it was stage one, grade three and two centimeters. And so I did four chemo's and 37 radiations.

So it was really over. And then five years of aromatase. And then my bone started hurting. And I told the doctor I needed a holiday. So. So that was the first time that I was cancer free.

Then there was that area in the breast where my tumor had been taken out. That was kind of a long, ropey feeling. And I went for my checkup.

Recurrence, Biopsy, and Seeking a New Approach

They said, You're cancer free. Then I went back to Duke, to my other oncologist, and they said, We need to do biopsy. So they did four biopsies and said that it was a desmoid tumor Well, at the time, I had been looking for just healthier ways and had seen you've been following you for about two years on the truth about cancer.

So I thought, that's who I'm going to go to if something happens again. So they wanted to do surgery, just take the breast. And but I had been reading about these tumors that they come back more aggressive and it seemed to be more where scar tissue was and didn't think it was cancer.

So I had signed up for retreat in 2016 for the wellness retreat. So I got to the retreat and you called me that night and you said, Well, you know, I have your test results because you had you had said, man, I think you need to do it because you've had cancer. It's been five years.

And I didn't really think I needed to because all my blood work had been normal. And you were cancer free based. On your answer? I was cancer free. My blood work looked fine.

So when that RGCC came back, it was 7.7. So you said we've got some things we need to work on. And so but I remember just sitting there, what the heck?

Testing, Coaching, and Detox Support

Just I came for a wellness retreat, how to get rid of this fiber cystic kind of tumor. And so that night, I had to just really just say, okay, what is this?

But I'm at the right place, and I came at the right time. So, you know, you're always you know, for me, I always say, why? You know, ask God why, and he always answers me.

But that's the first place I go to is like, okay, what am I supposed to learn through this journey? And so it started with you and Ginger set everything.

There was a table full of tests to do and I was like, Oh, well, she said, just do one. And so I laid it out that all of them. So that was the start of a journey with you, which was completely different from the first journey for sure.

And so going through this journey, and I know you had definitely some ups and downs, it wasn't just a smooth road. How do you feel that are coaching and breast cancer conqueror was there to support you.

How is that beneficial for you? It would have been so hard to do it without the support, you know, with the coaching calls. And at that time you were still coaching and just the retreats.

I think we had three after that one that we're still alive. And the friends that I met, you know, it was even though it was because I started doing all this testing and the more testing that I did, the more I realized why I had reactions.

And, you know, at first I was really afraid because I didn't think I was going to be able to do it because I had such strong reactions to the products to kill the cancer.

Progress, Clear Scans, and Healing Results

But then detox. And that was the big, big, big issue. So as I learned more about what was going on in my body and how to do it, you know, and with that coaching, though, without that, I would have been very, really lost because I was cancer free.

Yet this was showing that I had those circulating tumor cells that were pretty high and down. So but it was calming. You were just very calming. Matter of fact, you know, we can get these numbers down that you just going to have to stay on the program and and do it.

And so that has been 2016. That's 2023. I'm really about 12, 13 years out from the beginning. And your last your last scan, everything was clear, nothing there.

That was that was in March that I'm getting ready to do a thermogram that actually and I'm going to do well the thermogram and then an ultrasound. And but the last one just showed some dense tissue.

But that area where that tumor was completely went away. Completely. That was the MRI that you had done. Yeah. So? So it was all aware. Yep. Yep. Wonderful. Congratulations.

You know, you did the work. It wasn't easy, but you stayed the course. And like I always say, Healing Journey is a marathon, not a sprint.

Advice for Women on a Healing Journey

Right, though, if you had some some parting words of wisdom for women that are listening, that are on a breast cancer healing journey, what would you tell them?

Don't let fear take over the fear of testing. That's always that what I've tried to do more and more, because I really do have the white coat and you know, I hate those tests, but I try to see myself walking out of that office with a good report.

And so the whole time I'm thinking, well, what if, what if? And so what if? Then you do more testing, do more work, and you just continue the coaching, continue with the group calls and supporting of the other girls.

They are the divas, so just not for fear. Take over, praise God for wisdom and believe your body can heal because it truly can. That's wonderful. And you're living proof.

Lynn, thank you so much for sharing your story with everyone. And you've been such a great support for our community. So we appreciate you very much. Well.

Thank you. Thank you. Couldn't have done it without you.