

VERNON'S DANCE WITH CANCER

AFTER THE JOLT

SAMPLE
SAMPLE
SAMPLE



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with Gyrosol "Tai" Johnston

PREFACE

Over the past five years I have learned a lot about myself, especially my health beliefs. I went from listening to doctors telling me I only had months, to at the very most, three years to live. Here I am, over five and a half years later, still alive. My story has been read by many and I have read many cancer stories from others, many of whom were told by doctors that there are no options for them other than to let death come. I feel like one of my major roles has been as a collector of stories and questions through the thousands of emails and hundreds of phone calls I have fielded over the years.

My experience has told me that my health is due to much more than just taking a magic pill in the form of the Baking Soda Molasses Protocol. Even though that was first ‘Jolt’ that led to extending my life, I soon realized that there were a few other Jolts that moved me to continued health. My beliefs and visualization skills were powerful in allowing positive and transformative thoughts; deep, comfortable breathing focused my body into a powerfully healthy state; relaxation allowed my body and mind the freedom to let it ‘do its thing’ without tension getting in the way; my alkaline diet changed my body to a more healthy, cancer-suppressing, alkaline body.

What this book does is build upon and move deeper into my understanding about health issues and myself that I related on the PHkillscancer.com website. You will find much greater detail with the main Jolt, the Baking Soda Molasses Protocol (which has been updated for clarity and simplicity). Included are three day-by-day detailed protocols of three others who adjusted the original protocol to suit their needs - you will see the flexibility allowed within the protocol. Other chapters explain my son’s and my experiences with the benefits of the other less obvious, but none the less important, Jolts of deep breathing, relaxation, and visualization. I have included Success Stories from Others, a collection of emails sent to me over years, so you can experience the inspiration that I have felt in learning how others have had improvements in their lives. Also, reading the Frequently Ask Questions chapter will answer your questions and offer you insights and ideas by allowing you to see the answers to questions from those who have needed clarification on various topics that my website does not address.

Best wishes. . . Vj

Note: This is a sample e-book

. The full version contains all the chapters in their entirety. Enjoy!

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INTRODUCTION

It has been over five years since receiving the devastating ‘you-have-cancer’ diagnosis from two sets of doctors. The first doctors, after intensive testing, determined that I had aggressive prostate cancer that has spread to the bones. The second doctor’s opinion not only agreed with but actually informed me that not only was there indeed cancer but more than what the first doctors found.

“Ancillary Studies: These are largely mentioned in the history of present illness. The pathology confirms the presence of prostate carcinoma of high grade. The T stage would appear to be stage III but without obvious invasion into the seminal vesicles on CT scan. The radionuclide bone scan and plain films confirm the presence of skeletal metastasis in the sacrum and the left ilium. In addition, on my review of the CT scan of the pelvis, a number of other small sclerotic lesions are noted within the pelvis. TNM classification, T#NXM1. AJCC stage IV.”

“Now what? It has been over 5 years, so something must have happened that kept you alive? How did you do it? What did you do? Do you still have cancer? Where did that cancer come from? What are you doing now and what did you learn?”. . . These are but just a few of the questions I get on a daily basis from the website I started almost five years ago to tell my story - Vernon’s Dance With Cancer at www.phkillscancer.com

The purpose of this book (which we thought would only be a 20 page pamphlet) is five fold: 1) To share all the knowledge and insights I have gained over the past five years. 2) To organize the story of my successful health, the successes of others who use the protocol, and other alternative healing methods in an easy to follow manner. 3) To expand on the original protocol by making it clearer and including very detailed alternative takes on the protocol. 4) To share with you important email questions that I have answered from those with “incurable” cancer and other levels of cancer. 5) To answer your questions that I have tried to answer personally, but over the years, due to a substantial increase in the email questions and comments, I have not been able to answer in a timely manner. Sometimes I have been over three months out in answering those emails and that is not ‘timely’. All questions received via the Website and the YouTube Video are important and need to be answered as quickly as possible.

You may have noticed that I said “we” when referring to the 20 page pamphlet we mistakenly thought would be adequate in answering all those questions (it is now a 201

page book). Well, the “we” is me and my son, Gy “Jai” Johnston. For those who read my story , you will recall that Gy is the one who first introduced me to hope. He told me,

“Dad, have a look at adjusting the pH of your body to a more alkaline state. This sometimes can turn things around in a body that is under attack by disease”.

This, at the time did not mean much because not only did I not know anything about cancer, I knew even less about pH and alkalinity. I am very glad I decided to follow Gy’s life-saving suggestion, and equally as happy that Gy is a major contributor and author to this book. Thanks Gy!

Disclaimer:

Please understand that I am not a doctor, I am not providing medical advice, nor am I prescribing any sort of therapy. I am just telling my story and relaying the questions, answers, and stories of those who have gotten better while using the protocol and other healing techniques. You are free to make your own choices.

Note: This is a sample e-book

. The full version contains all the chapters in their entirety. Enjoy!

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