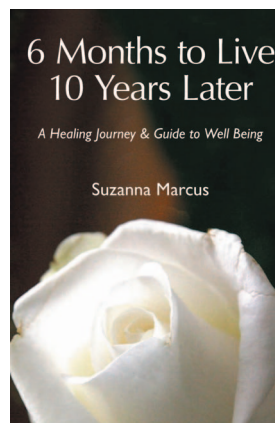


Suzanne Marcus brims with health



Be Your Own Doctor

What do you do when one bright morning, you are faced with the horrible news that you only have six more months to live? Suzanne Marcus, a holistic therapist and personal trainer, decided she would fight, against all odds || **Orna Schneid**

In her book "6 Months to Live - 10 Years Later - An extraordinary Journey & Guide to Well Being" Suzanna Marcus, a holistic therapist and personal trainer, tells the story of her life with a moving openness and heartbreaking honesty. The book takes us on a journey from her childhood in England, through the decision to make aliya, marriage and motherhood of three children, a difficult divorce. The book culminates as Marcus is diagnosed with severe breast cancer and moves on to her extraordinary fight to get better.

"I want to be a source of inspiration for others," Suzanna says. "I want to show that we can get over

anything and become stronger, smarter people with significant lives, if we're willing to give up feeling like victims."

Marcus studied art and worked in the field for many years. As an art dealer, she traveled around the world, rubbing elbows with leading figures of the art world, but she never felt completely satisfied – and never managed to shake the feeling that something was missing. This feeling finally led her to quit her profession in order to study healing at the College of Healing in Great Britain, where she focused on holistic methods. Back in Israel, she opened a clinic in Tel Aviv that soon flourished. She loved the work and finally felt she had found her place. Over time, though, and in spite of everything, Marcus sought a change of atmosphere and decided to move to Zichron Yaakov. "The scenery drew me in," she says. Everything seemed to be on the right track. But then, without warning, doctors discovered late stage cancer that had already spread. After the cancer was removed, Marcus decided to forego chemotherapy and instead try alternative methods. "Since I came from the world of holistic medicine, I knew there were other ways of fighting cancer, and I decided to fully devote myself to being cured. I had meditative tools that I used to relax myself in order to make a decision out of careful consideration, and not from a place of emotional chaos."

"I understood my illness was extreme," she notes, "and therefore my decision had to be extreme. Since I was familiar with various treatment methods, I decided to fortify my immune system – but not synthetically. I'm not opposed to conventional medicine, but I knew this was the right choice for me."

Marcus adopted a strict regimen of diet, meditation and lifestyle according to the healing philosophy of Dr. Ann Wigmore who sees the body, spirit and soul as an essential unit. The Living Foods Lifestyle offers a natural lifestyle based on the motto "be your own doctor" and preaches that the patient himself is responsible for the cure.

Marcus closed the clinic and decided to devote all of her time and energy to healing. A diet of ▶