

natural foods and juices including wheat grass juice, meditation and nature hikes became an inseparable part of her daily routine.

“I decided to give up being angry, to forgive people and surround myself with people I loved,” she relates. “I hiked in the mountains and I felt I’d do anything to live. I asked the people around me not to stress me in any way and I was fully concentrated on the goal – to get better.”

Six months later, the tests came back clear. The doctors at the Hospital were shocked to learn that the stage 1 1 1 invasive cancer had receded, and Suzanna started receiving invitations to lecture to the medical community. She didn’t give up the strict regime – a patient isn’t officially declared cured of cancer until the disease is gone for five years.

Suzanna’s message to her readers and listeners is that you don’t need to be sick to attain the insight that she reached as a result of her illness. “Practice spiritual growth before you are sick,” she says.

“Cancer doesn’t happen instantaneously. It is a long process that weakens our immune system and

reduces our resistance. If you tend to bottle up your anger and pain, that is what you'll see around you, and you must do all you can to be filled with love, and then that is what you will see around you. Cancer is a wake-up call, a message. Be at peace with yourself, try to live honestly with yourself and don't try to please everyone around you.”

Suzanna has returned to holistic therapy, continues to give lectures and workshops, and offers personal training for people going through crises or transition, although she again emphasizes: don't wait for the crisis to make a change. K

Suzanna Marcus, [www.suzannamarcushealing.com](http://www.suzannamarcushealing.com)

|

### **Suzanna's Tips for a Good Life**

G Be at peace with yourself

G Don't try to please everyone

G Discover what gives you joy and zest

G Don't wait for a crisis to change your life

I understood my illness was extreme, and therefore my decision of treatment had to be a radical one. Since I was familiar with various Alternative methods, I decided to fortify my immune system and allow my body to heal itself. I'm not opposed to conventional medicine, but this was the right choice for me, and here I am 11 years later to prove it, alive and well."

//

Atmosphere magazine. April 2009