

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? Suzanna Marcus, a holistic therapist and personal trainer, decided she would get well, against all odds.

Orna Schneid



Photo of Suzanna Marcus
who today brims with health

In her book “6 Months to live - 10Years Later - An Extraordinary Healing 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 move to Israel, marriage and motherhood of three children, and a difficult divorce. The book culminates as Marcus is diagnosed with severe breast cancer and moves on to her extraordinary path to health.

“I want to be a source of inspiration for others,” Suzanna says. “I want to show people that we can get over anything in life and become stronger, wiser human beings with meaningful lives, if only we’re willing to give up the feeling of victim.”

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. Later she went on to study with wise teachers and shamans all over the world. Back in Israel, she opened a clinic in Tel Aviv that soon flourished. She loved the work and finally felt after all that had happened in her life 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. “

Something deep inside of me called to leave the city, 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. Marcus decided to forego the conventional route and instead created for herself an alternative path of healing. “Since I came from the world of holistic medicine, I knew there were other ways of overcoming cancer, and I decided to devote myself to my healing. 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 radical,” she notes, “and therefore my decision had to be radical too. Since I was familiar with various alternative treatment methods I was fortunate enough to have some information, still being the patient was a different matter. Finally after consideration I decided to fortify my immune system and detoxify my mind and body of anything toxic. I’m not opposed to conventional medicine, but I knew chemical treatment and radiation was not for me.”

Marcus adopted a strict regimen of detoxification which involved diet, meditation and lifestyle changes which she created for herself and combined this with 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 her time to healing. She began detoxifying her body

with raw live foods and a diet of fresh vegetable juices including wheat grass Juice daily. To this she added meditations which to rid her mind of any tension or emotions that she was carrying, and held her back. There were herbs that she took too, and exercise hiking in nature became an inseparable part of her daily routine.

“I decided to give up any pain I had carried from the past traumas, to release any anger and forgive those people and release them from my consciousness. I surrounded myself with people I loved,” she relates.

“I hiked in the mountains and I was totally committed to my healing path. I asked the people around me not to expose me to any stress in any way at all, and I was totally focused on my goal- to become well”.

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 gone, and Suzanna started receiving invitations to lecture to the medical community. But, she didn't give up the strict regime knowing that- 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 and raise your awareness before you are sick," she says.

"Cancer doesn't happen instantaneously. It is a long process that begins when our immune system is weakened and our resistance is reduced. If you tend to bottle up your emotions especially anger and pain, that is what you'll see around you, instead 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, live honestly with yourself and don't try to please everyone around you."

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

Suzanna Marcus, www.suzannamarcushealing.com

|

Suzanna's Tips for a Well Being

- * Be at peace with yourself
- * Release the past
- * Don't try to please everyone
- * Discover what gives you joy and zest
- * 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."

//

6 Months to Live 10 Years Later

A Healing Journey & Guide to Well Being

Suzanna Marcus



Foreword by Muhammad Ali

Atmosphere magazine. April 2009 worldwide
www.suzannamarcushealing.com

Atmosphere magazine April 2009
cultural atmosphere book | wellbeing