

Cancer Almost Claimed My Life!

by Sherry L. Pallay
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*14 ½ years of my life were spent in crippling pain...
I never thought I'd ever again be "normal".*

It all began in February, 1989, when totally and unexpectedly, my energy and life force literally left my body. After waking that morning, I made one of my favorite breakfasts: French toast with powdered sugar, sausage patties, and a huge glass of milk. After eating and doing dishes, I then sat down to read for awhile. However, when I went to rise from the overstuffed recliner, I was shocked to discover that my body was completely devoid of energy...

I couldn't get up from the chair!

My strength was completely gone, without warning! I literally had to slide off the edge of the recliner and slither to the hardwood floor and use my rear end to maneuver my body towards the bathroom. The round trip excursion that used to take only seconds to walk became an arduous journey that took over an hour to complete.

I was scared. I felt helpless. And I was alone.

From that February through July my health suffered severely. I honestly didn't have a real clue as to either the cause, or the solution to my health crisis. At that time, I had only briefly heard about others in our city that were experiencing similar bouts of "low to no energy" levels. A support group for this condition, (then named the Epston Barr Syndrome or CFS - Chronic Fatigue Syndrome), was just beginning to form at one of the local hospitals. Being single and obviously unable to drive due to my health, I never was able to attend that monthly meeting.

By July a small amount of strength was finally returning... enough so that I could accept an invitation for a brief afternoon outing. I was delighted when my friend, Don, asked if I'd like to go to see Murrow Mountain State Park, located south from where I lived in Greensboro, North Carolina.

That was a Sunday afternoon, and a day that forever changed my life; that day I had the unfortunate experience of being bitten by a poisonous snake. And what were those odds? One in 6 million!!! And I was that "one!"

Whether it was a copperhead, water moccasin, or rattlesnake that decided I was to be the "lunch special" for that day, I do not know. But what I do know is that I experienced my first trip in an ambulance as I was rushed to the Emergency Room of a county hospital.

It wasn't long before two doctors looked at me with a curious question:

“We've never treated snake bite before. What would you like us to do?”

I'll never forget that moment, either.

After 7 days in the hospital, and rounds and rounds of antibiotics, I was released in a wheelchair, which was my constant new companion for many, many months. I had vomited regularly that entire week, and felt incredibly weak. I still had my right leg though, as I had refused amputation. My leg had turned black from the snake poison and was discolored approximately 10 - 12 inches above the knee, and had swollen to enormous proportions. The final farewell words were, “Try to put weight on your foot as soon as you can!”

There had been no offer of physical therapy, absolutely no nutritional advice, nor any introduction of a social worker whatsoever. I was on my own, and formally released due to not having any health insurance. Looking back I've often wondered why the doctors on duty that Sunday never even phoned a Poison Control Center. Surely there must have been one somewhere that they could have contacted.

Soon my immune system, already severely weakened, only “shut down” even more, with years of constant illnesses resulting. Chronic Fatigue Syndrome, Fibromyalgia, extreme muscle weakness, low to no energy levels, and serious respiratory problems became the norm. Strep throat, inner ear infections and chronic bronchitis left me bedridden for as many as 3–5 months a year. My body became allergic to 2/3 of all the trees, all grasses, weeds, pollen, etc. as well as allergies towards mold, dust mites, mildew, clothing materials, etc. I had trouble just breathing, whether I was outdoors, or inside. I was advised to move to either New Mexico or Hawaii, neither of which decision was feasible for me to do. As the chronic coughing incessantly continued, I was diagnosed with chronic lung disease. My joints and muscles ached and my bones creaked and scraped against each other as arthritis and bursitis also were infiltrating my body.

Unfortunately, I was never taught how to Detoxify my body, nor how to rebuild my Immune System by any medical professional during all those years.

My health only plummeted with one crises after another.

Years of serious digestive problems also ensued. “Attacks” would occur that rendered me immobile for as many as 2 ½ hours at a time. I was left exhausted and depleted when the “attacks” subsided. Often I couldn't even eat, since my body was not able to absorb the food. Malnutrition and Dehydration contributed to my already poor health condition, as did Candida.

Due to extreme muscle weakness my legs would collapse under me, and I'd fall. On one occasion I landed face down on the pavement jarring my teeth loose, leaving my face in a horribly bloody condition. I just laid there crying, alone...

It was such a struggle to even attempt to live "a normal existence."

Since 1989 my body didn't have the sufficient strength to be able to climb a flight of stairs, unassisted. Nor did I have the muscular ability to open a can with a manual can opener. And I could barely lift or carry even a gallon container of juice.

Numerous surgeries took place over the years leaving my body even weaker & in more pain. The scars would never heal and my insides felt "pinched" and "pricked" whenever I moved.

Over 100 gallstones and a very diseased gallbladder had to be removed in March, 2001. Knee surgery followed in August, 2001, resulting in serious back and hip pains, and irregular gait. The surgeon had not performed the operation well at all.

But the worst pain of all was what I daily endured in my liver beginning in 1999. The intense pain continued for over 4 ½ years. It was as though "claws" were grabbing at me constantly and I literally could not stand, sit, drive, etc. for more than 10 – 15 minutes at a time. By the spring of 2003, I was losing the will to live.

I just couldn't imagine any more time on this planet in the chronic pain condition I was experiencing daily.

On July 30, 2003, I was diagnosed with cancer. I knew this was "the final battle" for my body. At that time, I did not realize it was also to be the first "Major Victory!" and the "Turning Point" in the war raging against my health.

*I remember crying out to God,
"Either heal me, or kill me! I can't go on like this!"*

"Man's extremities are God's Opportunities" and through a myriad of miraculous events, the Lord led me to discover nutritional principles and the cleansing herbs and supplements necessary to detoxify my own body and to rebuild, repair, and regenerate my cellular system. When our body is pure, and pH balanced and the Immune System is functioning at peak performance, it is nothing short of a Miracle how the body is truly capable of healing itself!

If you remove the obstacles to Health, the body will heal itself!!!

I came to learn, with first hand experience, what the Psalmist has proclaimed for centuries: "I am fearfully and wonderfully made!"

Since beginning this Divinely-inspired program on September 4, 2003, I have already experienced and documented 39 healings in my body. The first major healing was the pain disappearing from my liver! I truly felt like I had finally been released from a 20 year concentration camp experience! Hallelujah!!!

Additionally, my complete energy has been totally restored. I used to have only two to three "good" hours in a day. Now my body is functioning 16 – 18 hours without any problems whatsoever! My whole body is now totally pain free! My joints and muscles no longer ache, and my bones no longer "creak". I'm now able to walk over 4 hours without tiring. And I can climb a flight of stairs 23 times without assistance!

I'm again able to walk, sit, drive, etc. for hours upon end, pain free! I can breathe again! All of my allergies are gone. And I haven't even had so much as a headache or cold or flu or indigestion, whatsoever! All dizzy spells disappeared, along with all symptoms of menopause. Without counting even one calorie, I was able to lose 50 unneeded pounds just by learning the correct foods to eat, and the proper food combinations! Previously a Size 18, I now fit into Size 10 –12 clothes... *the size I wore as a teenager!*

And yes... even the cancer has disappeared...

**with the help of Prayer, Diet and Lifestyle Changes,
and the proper Nutritional Supplements!**

Through my research I learned that there are **Seven Stages** in the Disease Process. The famous homeopath, Constantine Hering stated in "**Hering's Law of Cure**" that:

*"All cure starts from the head down, from within, out,
and in the reverse order that the symptoms appeared
throughout the person's life."*

I have personally experienced all Seven Stages of the Disease Process. Fortunately, I have also experienced Hering's Law of Cure, and have even documented every day of my life since September 4, 2003, as I watched my own body heal and regain Optimal Health! When I was first diagnosed with cancer, my body's **pH was 5.0** (evidenced in the urine), indicative of extreme acidity. (Terminal cancer patients have a pH of 4.5). As I implemented this daily new lifestyle, my pH increased to 6.5, and then 7.5 and then attained the goal of 7.6!

Cancer can not live in an Alkaline environment... This was discovered by a Nobel Prize Winner, Dr. Otto Warburg, in 1931.

I can only give Glory to my Heavenly Father, “The Great Physician”, and all the Lessons He has taught me with regard to His Creation, our body!

Yes, there is Help... there is Hope... there is Healing... and there is Optimal Health available for each and every one of us! We are created by a remarkable God who has designed our bodies with an Immune System that we really need to understand, as well as daily treat with Respect.

Do I still consume the same breakfast that I previously mentioned? Absolutely not! In fact my whole life has changed as far as what I eat and when I eat and the amounts of food that I eat. Truly I am thankful for having learned the cycles of our digestive tract system and how to “properly” feed and nourish my own body!

In fact it is interesting to note:

The more my daily diet changed....the greater my health improved.

The study of “The Curative Power of Foods” became not only a passion, but also a new lifestyle that truly has helped to save my life! And of course I also learned that:

Knowledge without Application is useless.

Being diagnosed with cancer was, in a sense, “just what I needed” in order to fully dedicate my time and life to the study of health and nutrition.

God created in each of us a trinity...Spirit, Soul, and Body. It was on April 9th, 1973, when I first surrendered my life to my Savior and began studying the “Spiritual” principles that have sustained my Faith ever since. Unfortunately I had taken my “Physical body” for granted though... And it took many severe personal health crises before I became totally committed to studying life saving principles of nutrition.

Cancer is the 7th stage in the Disease Process. My body had been crying for help desperately for years and I had ignored its’ plea. It is estimated that one out of two people in this generation will have cancer in their body at some point in their life.

2.6 million people will be diagnosed with cancer this year.

Are you ignoring the cries and needs of your body, also?

I never want anyone to have to experience a life bound by the pain, weakness, and debilitation such as my life experienced. It is much easier to “prevent” sickness and disease, than it is to “reverse” it! I only pray people will heed the lessons I had to learn the hard way, in order to avoid future health crises in their own life.

We serve an Amazing God.... And He is able:

To teach, to guide, to encourage, to heal, and to restore our spirit, soul and yes—even our body... If we would but learn and be obedient to His Principles as set forth in both the Old and New Testaments!

Truly we must all memorize His promise:

**“Beloved I wish above all things... that thou mayest prosper,
and be in Good Health, even as thy soul prospers!”**

3 John, verse 2

Please join with me as we walk together on this Miraculous Journey to:

Optimal Health!

About the Author:

Ms. Sherry L. Pallay is a Lifestyle and Nutritional Counselor and Victorious Cancer Survivor.

After having personally experienced all **Seven Stages of the Disease Process** that had led to cancer in her own body, Sherry’s extensive research led to the development of a comprehensive natural program of gentle detoxification and purification. She firmly believes in the curative powers of nutrition with proper supplementation.

Sherry’s personal testimony is living proof that **Optimal Health** is attainable through repairing and rebuilding the body’s own miraculously designed immune system.

Special areas of interest include:

- Nutritional Assessment and Proper Food Combining
- Safe and Effective Weight Loss
- Detoxification
- Parasite Cleansing
- pH Balancing of the Body
- Repairing and rebuilding the cellular system and immune system

Sherry maintains a vast educational and research library and thoroughly enjoys teaching, inspiring and motivating individuals and groups in their personal journeys to **Optimal Health**.

For a personal consultation or to arrange a speaking engagement or workshop, please contact Sherry Pallay at:

Horizon Health
P.O. Box 77314
Greensboro, N.C. 27417-7314
(336) 282-1575