



**Spiritual Wellness** touches every aspect of all the other segments of life.

Resting in God's love and daily developing a faith in his grace.

Using my faith to recognize his purpose in my life. Recognizing God as a positive source of meaning and purpose in my life.

Regularly evaluate personal values and ethics. Acting with personal integrity according to our values.

**Physical Wellness** is being aware of and responsible to good physical health.

**Social Wellness** is developing the ability to interact with others for our own and others' positive sense of self-image.

**Emotional Wellness** is increasing our awareness and understanding of our own positive sense of self-worth regardless of circumstances or negative relationships.

**Environmental Wellness** is Developing the ability to be aware, assess, interact, and or detach from the conditions or relationships defined by our present set of external circumstances.

Get a free copy of our Wellness Wheel and detailed description at:

[www.healthwellnesscancer.org](http://www.healthwellnesscancer.org)

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### Mission Statement:

Integrative Health & Wellness Corporation is a nonprofit charitable institute working in collaboration with local health agencies, medical providers, and other civic, social, and faith-based organizations. We are passionately devoted to serving the community through facilitating the personal discovery and motivational development of pathways leading to creative potential and purposeful living. Our specific objective is to help individuals and families to acquire optimal health and wellness through disease prevention, health screenings, educational training, instructional programming, and the provision of accessible and affordable apposite care, goods and services.

### Core Value:

We fundamentally believe that every human life is a sanctioned and sacred entity; divinely created with the God-given birthright of inimitable value, dignity, and creative potential to reach optimal health and wellness.

We fundamentally believe that every individual is entitled to the prerogative of and obtaining optimal health and wellness.

We fundamentally believe the human being is created as spirit, soul, and body; each part integrally related, identifiably separate, and communicative with each other, facilitating the potential achievement of optimal health and wellness.

We fundamentally believe that ethical and morally responsible conduct creates an environment which is essential to facilitating optimal health and wellness.

### Disclaimer:

All content and information are for general informational purposes only and are not intended to be a substitute for the advice, diagnosis, or treatment of a qualified medical doctor or practitioner. Integrative Health and Wellness, Inc. (501c3) does encourage the sharing and careful review of the information contained in this site with one's professional health care provider.

## Fighting Cancer

## Building Health

Health & Wellness  
Workshops - Lectures - Coaching  
for Groups and Individuals



## Integrative Health & Wellness 501c3

### Features:

- Alternative Treatments:
- Traditional Treatments:
- Cancer, What is it?
- Diets & Recipes.
- Health Related Products.
- Resource Links
- Hallelujah Cancer Recovery Diet
- Dr. Day
- Blood Type Diet

Blog with Keith & Jim about Cancer  
and Healthy Living at:

[www.healthwellnesscancer.org/blog](http://www.healthwellnesscancer.org/blog)

*Health & Wellness YES!  
Cancer NO!*

# Integrative Health & Wellness

[www.HealthWellnessCancer.org](http://www.HealthWellnessCancer.org)



When traditional treatments have failed, the immune systems are destroyed from chemo and radiation treatments, where do you go? At this point doctors recommend Hospice help, but there are many other options available....

The best approach to defeating cancer is to use as many strategies as possible. Do not rely upon the doctors' opinion without becoming aware of what all of the possibilities for defeating cancer are. The patient must also be directly involved in designing their own protocol for preventing, healing, and remaining free of cancer.

Oncotherapy, Alkalize for Health, Electro-Medicine, Oxygen Therapy, Natural Strategies to Defeat Cancer, Healing Cancer Naturally, The Annie Appleseed Project and other web sites are what you find at our web site.

[www.healthwellnesscancer.org](http://www.healthwellnesscancer.org)

## What is Cancer?

In a report from Cancer Fighting Strategies The following statement: "Cancer is not some mysterious disease that just happens to you. It has definite causes, when you correct those causes, you get well. Natural treatments work remarkably well."

Cancer in general is a name for a large group of over 100 diseases. In these many (over 100) diseases, cells in the body begin to grow abnormally. The cancer cells grow out of control. When left untreated, cancers can cause serious health problems up to the point of death. Another term for cancer is a malignant growth.

According to the [National Cancer Institute at the National Institutes of Health](http://www.nationalcancerinstitute.nih.gov), "Cancer cells can spread to other parts of the body through the blood and lymph systems."



Check out the Cancer 101 video on our web site.



## Diets & Recipes

The purpose of this page is to raise awareness of a few of the more popular diets regarding the prevention, treatment, and after care of those who involved in the cancer journey.

The Hallelujah Diet is a very comprehensive Vegan diet with juicing and supplements. The founder of this Bible backed program began this diet over thirty five years ago when he was told he had colon cancer. Rev. George Malkmus has been cancer free ever since.

Alkaline Diet. The basic premise is that cancer cannot survive in an alkaline environment. If your bodies are acidic, cancer can occur or survive and even thrive. Two areas stand out when it comes to alkalinity of the body. 1.) Proper Foods 2.) Water.

Dr. Day's personal victory over cancer.

Cancer: Fight it with the Blood Type Diet, Peter J. D'Adamo and Cathrine Whitney.

More information is available at our web site.