



Back From the Brink:

Can **FOOD** CURE CANCER?

By most accounts, Jim Miller should be dead, but almost four years after being diagnosed with a virulent, aggressive strain of cancer, he is not only alive, but says he feels healthier now than before the diagnosis. Is it possible the food he eats has helped cure his body?

WRITTEN BY JIM GIBSON • PHOTOS BY JAMES GIBSON

OMINOUS SIGNS

The warning signs were subtle at first; so subtle they elicited nothing but mild concern. When the blood bank told Jim Miller they could no longer accept his blood due to the fact his iron levels were too low, he simply thought he needed to eat more iron-rich foods.

However, in September 2006, when his massage therapist told him she felt he needed to see a doctor because his spleen was "as hard as a rock," his concern increased. However the concern wasn't enough to overcome his dedication to a community project that had his attention at the time. So for two months, as he finished up his work on the annual Lady of the Lakes Renaissance Faire in Tavares, Jim Miller walked around with a time bomb ticking inside him.

"I really don't have a worry gene in me," says Miller. "When I was eight years old I was bitten by a cat and had to have rabies vaccinations; fourteen shots in the stomach over fourteen days. By the time I took the last few shots, the pain was really intense, with huge welts coming up after each injection. A few months after I finished the shots I was scratched by a wild rabbit and I hid it from my parents, knowing if I told them, I'd have to take those shots again. By the end of a week, the pain in my chest was killing me from the stress and worry of not telling them. I went to them crying and told what had happened to me. I was a real mess by then. They called the same doctor who had given me the shots earlier and he said they were good for one year and I had been upset for no reason. Even though I was a young boy, that lesson has stuck with me all through

my life, as the pain I felt in my chest was worse by far than the pain I felt from the shots. I learned then that worry is a lot worse than what usually happens, so I simply take life as it comes."

When he finally made the appointment to see his family doctor, Dr. Kevin Taylor of Mount Dora, the doctor's first words after seeing the results of his blood test were, "How are you even walking around?"

"I felt tired but I just figured that was part of getting older," Miller said. "Dr. Taylor told me my hemoglobin, which should have been between 12 and 16, was 6. Basically I had half the blood in my body that a normal person would have. That's when we first knew it was something more serious than just diet-related low iron."

A DEATH SENTENCE

After a full exam, Dr. Taylor told him he had the classic symptoms of a type of lymphoma which, even though it could be slowed by chemotherapy, was invariably fatal. He told Miller he was going to die from the disease inside him. "Even then, it seemed surreal," Miller says, "I still wasn't overly concerned. So basically I just said, 'Okay, so I have this disease.' I just figured whatever happened, happened, and we would deal with it as it came."

Miller was sent to see local oncologist, Dr. Rambabu Tummala, who verified he was indeed suffering from an aggressive form of Non-Hodgkin's Leukemic Lymphoma (NHL). Dr. Tummala suggested chemotherapy treatments, and following six cycles of chemo spaced four weeks apart,

ending in June 2007, Miller's blood counts rose and his once-hard spleen returned to normal.

Then Dr. Tummala informed him that, even after the success of the chemotherapy, the cancer would likely return and suggested Miller undergo a bone marrow transplant. When Miller visited the Moffitt Cancer Center in Tampa, the doctors there agreed and warned him the lymphoma would return aggressively if he didn't undergo the marrow transplant.

They informed him of what the procedure would entail. "They told me they would basically poison me in an effort to kill off my cancerous bone marrow and it would damage most of my organs," he said. "They also said that for one month I would barely be able to walk and it would take about six months to recover. The doctors were excited there was a 60-70 percent success rate that meant I would have a more than 50/50 chance to live another five years. I wasn't quite as excited."

WALKING THE GREEN MILE

Miller's sister-in-law had applied for a job at the Hippocrates Health Institute in West Palm Beach and she told him she thought it might be something he should look into. "That is when I chose to look at Hippocrates," he said. "I felt it couldn't hurt and it just might work. I also felt I could always take my chances with the bone marrow transplant later. Just before I left for the institute, my massage therapist told me that my spleen was getting lumpy again. Dr. Tummala was right, the NHL was coming back. I decided not to tell my wife and I made plans to go."

The Health Institute, according to their Web site, is an organization "founded on the belief that a vegan, living, enzyme-rich diet—complemented by exercise, positive thinking and non-invasive therapies—are integral to optimum health." It offers a three-week program that includes detoxifying

colonics, diet modification and counseling, in an effort to assist the body in healing itself naturally.

The medical staff at the Institute almost balked at allowing Miller to enter the program when they studied his recent blood test results, believing him to be too sick to safely complete the course. However he convinced them this was the very reason he was there, to make the changes necessary to restore his health. "They have a saying there," he said. "You're here because you're either enlightened—or you're frightened, and I was definitely frightened."

The Hippocrates regimen of eating only raw, live food and getting adequate exercise began immediately upon entering the institute. Miller used a juicer to make Wheat Grass juice and was told to drink two to three ounces of the mixture twice daily while taking another four ounces by enema. Miller was told the healing benefits of the mixture went directly to the liver when taken into the colon through an enema.

"The first two weeks there were used to detoxify my body of all the bad foods and chemicals I had been taking in all those years, so I actually got worse before I got better," he said. "My diet before I became sick was better than most Americans but still included hamburger, pizza and ice cream. I thought I was eating healthy, but I found out even the fruit I was eating was actually feeding the cancer in my body, as the sugar took the oxygen out of my bloodstream and created the perfect environment for the growth of cancer cells. Also, I was cooking my food, which destroys all the enzymes necessary for good health. We were taught that heating food any higher than 115 degrees scrambles the enzymes and is to be avoided.

"We started each morning with 16 ounces of fresh juice made from sprouts, cucumber and celery followed by the 2-3 ounces of wheatgrass juice. As for food, we were taught to chew it thoroughly until it was pureed and it would take me almost 30 minutes to eat one plate. On every day except Wednesday, we ate lunch and dinner buffets of raw vegetables and vegetable dishes. On Wednesdays, we fasted and drank only the juices."

At the institute, Miller was told cancer thrives in an acidic body, therefore meat, eggs and dairy had to be totally excluded from his diet. He ate an entirely vegan diet of raw vegetables, excluding those with a high starch or sugar content such as fruit, carrots, corn and tomatoes. Simple carbohydrates convert easily to sugar and were to be avoided.

"I weighed 216 pounds when I arrived at the institute and I lost 21 pounds in the three weeks I was there. Today I weigh 183 pounds," Miller said. "The one thing I want to stress is that while I was there I was never hungry nor did I crave any foods. The regimen was strict and it included eating live, raw food only, undergoing daily enemas and a weekly colonic, getting adequate exercise and sleep and having the proper mental attitude."

Following the initial two weeks of detoxification, Miller began to feel stronger. "We were also taught that we carry toxic waste in our colon, so we gave ourselves enemas every day and I know that is part of the reason I lost so much excess weight while I was there. For the first two weeks, I didn't feel especially well, as my body ridded itself of the toxins I had stored within me, but by the third week, I began to feel better than I had in a long while."

THE REPRIEVE

Upon returning home from Hippocrates, his massage therapist told him his spleen now felt perfectly normal, news that was confirmed by Dr. Tummala.

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Wheatgrass juice is a staple of Jim Miller's life-changing diet.



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Blood tests and a bone marrow biopsy showed no traces of cancer left in Miller’s body. “My doctors told me I still needed a bone marrow transplant because this type of cancer always comes back, and it may, who knows, but I believe this is working,” he says. “I believe my diet and the foods I put in my body are helping to heal my body. I am confident in that.”

Miller’s quest for health through what is considered “alternative” means was not a capricious decision and in no way has affected his favorable view of conventional medicine. “The first round of chemo totally changed my health. It worked,” he says. “My spleen became soft again and I didn’t need the blood transfusions I had needed before I started it. However, when they told me I needed the bone marrow transplant and all the adverse side-effects it included, I just decided I needed to try another path.”

Miller has maintained the vegan lifestyle he learned at Hippocrates. He avoided fruit and starches for two years and still drinks wheat grass juice daily. Recent blood tests show his hemoglobin is in the normal range, which he attributes to his strict diet. He works out and leads a very active life. He grows his own wheat grass at home and buys organic foods whenever possible. He is quick to point out that if it weren’t

for conventional medicine, he probably wouldn’t have lived long enough to visit the Hippocrates Institute, but then he also attributes his continued good health to the change in diet and lifestyle he learned there.

Jim Miller’s medical checkups continue to show he no longer has any traces of NHL. He has no symptoms of cancer whatsoever and his blood counts are normal. He now eats cooked food and fruit, but is still 100 percent vegan (no meat, dairy or eggs). He also avoids flour, sugar, potatoes, soft drinks, alcohol and coffee.

It may never be possible to attribute his good health totally to either mainstream medicine or alternative means, but it could very well be a mixture of the two. “I feel great. I have more energy, people tell me I look great and I don’t get colds or the flu,” he says smiling. “I definitely must be doing something right and it’s a lifestyle change I’ve made a permanent one. I really feel it’s made a tremendous difference in my health and I want others to know it can help them also. I can honestly say if I hadn’t had cancer, I wouldn’t feel nearly as good as I do now. It has really ended up being a blessing for me.”

If you are interested in talking with Jim Miller, he can be reached at jmiller@grizzardcommercial.com or (352) 504-0070. ■