

## Raysha F.

...was living her life in pain for over four years. In Raysha's own words, "a lot of pain." She had to drop out of college because of how much pain she was in. She spent most of her time in bed taking over the counter pain meds. She tried taking herbal baths, which seemed to help, but only a little. During this time, she was being treated by a chiropractor, who happened to be her uncle. During one of her massage therapies from her uncle, a few lumps were found in Raysha's lower abdomine region. He told her she may have ovarian cancer, and later it was confirmed by an Oncologist that yes, she had ovarian cancer. Which explained her pain and the few miscarriages she previously endured.

Then, in July of 2011, Raysha started a diet based on Fred Wittig's ebook "Fighting Cancer? A Battle Plan for Hope", as well as a simple self given treatments(explained in the ebook) every other day. Raysha was also taking two seperate cancer fighting supplements. Then in Aug 2011 according the the "Battle Plan" Raysha made another adjustment to her diet, as her pain was dramatically reducing. Then, Sept. 2011,...Raysha found out she is pregnant again. During one of her Doctor visits, tests showed that her several tumors were reducing in size, without any of the normal medical treatments. (ie. chemo, radiation, surgery). Her oncologist told her, " whatever you're doing, keep doing it!" Because Raysha was now pregnant, she stopped taking two of the supplements of her battle plan. But she continues simple self treatments from the battle plan every other day. She also takes vitamins and supplements that aid in her pregnancy. Both of Raysha's Dr's, Oncologist and Chiropractor, have noticed significant improvement in Raysha's health. Her kidneys were retaining too much liquid, now they're not. Her tumors have reduced in size. Her pain is gone, other than small normal pregnancy pains. It is now March of 2012, Raysha is working and is still pregnant with a healthy growing baby in spite of her ovarian cancer. After the baby is born she plans to re-continue with her original "battle plan".

In Raysha's words..."I definetely recommend Fred's plan for someone in pain, or someone with cancer, or someone with ovarian cancer for sure."

Raysha looks healthy, feels good, and most importantly she not only has hope, but an aire of confidence and happiness about her. I only met this amazing young woman just yesterday, but Fred told me she calls him regularly with positive updates and a recurring thank you. We look forward to more updates from Raysha.

(written by Ryan Thompson, March 22, 2012)