

Survivor Stories: What Annette Learned From Alex

I've always been a runner. I was running, I did triathlons. I was an aerobic exercise kind of person. That's what helps me. But, he explained about doing actual strength training and that if you're doing your strength training, you're tearing your muscles a little bit. Your blood is going to that muscle repair. It's going away from your tumors. Okay! I'm full on bring on the gym. I was like down there. One of my friends, one of my good friends gave me this-- you know-- I can't remember that old-- it's like from the fifties or whatever, that woman that says " We can do it." And she has that red head scarf on. So she gave me a t-shirt like that with my face on it. So I put on my t-shirt and I went down there and I did 'em like, I can do this.

And I would do my workouts down in the basement. I had my weights, I was like, yeah, these muscles are gonna get torn and I'm gonna get strong and these tumors are getting no more blood. So it helped me motivate it. Then the whole thing about sugar-- this sugar is going straight to the tumors. I am not eating sugar because that sugar is going straight to my tumor. I'm not feeding this tumor. I'm not feeding the tumors. So it was really helpful to know why I wasn't eating this way. Why I was eating a cup of pomegranate seeds every day. Why was I honestly doing all these things. For me it was really motivating to understand all that and to be given the information of everything that I could be doing right.