

Welcome

When I was first diagnosed in 1994, I remember how lost and overwhelmed I felt by this seemingly mighty foe, but so relieved that there were doctors who knew how to treat me. How glad I was to have a team to surgically remove the cancer then blitz me with chemo and radiotherapy, they were going to get me better!

Well of course it came as a shocking realisation a few years later, that conventional medicine is still a long way from a cure. It is now 20 years on from my stage IV diagnosis and I really thought we would have made great strides and encompassed the metabolic approach into conventional care by now.

While researchers and scientists have realised they had overlooked this essential part, unfortunately the treatments you receive from your oncologist are still very much focused on the genetics or the immune system. The result? Too many patients fail and cancer progresses.


My aim is to teach you to work out how to stop this happening and to help you fill in the missing pieces of the cancer jigsaw. Let me hold your hand and guide you through the maze that is cancer's metabolism. I have helped thousands of cancer patients over the last two decades and I know I can help you too.

NEVER blindly copy and follow someone else's McLelland Metro Map™, cancer metabolism is an exciting new area of research and new drugs and treatments are being discovered every week. There is NOTHING more empowering than finding out the answers for yourself. Everyone has a unique set of genetic markers. You may be cachexic; they may be obese. You may be early stage; they may be late stage. There are a great many variables. Don't panic! This course is going to teach you how to:


- **Starve your cancer to slow down growth to a halt**
- **Stop abnormal cell signalling**
- **Stop it spreading by reducing growth factors**
- **Snuff it out!**



Jane McLelland

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Even if you have stage IV.

N.B., I have hundreds of positive testimonials and while I hope this is going to work for you too, no one can ever guarantee the outcome for cancer.

Some people may find parts of this course too simple; others will still find it more challenging; I can't please everyone all of the time! I don't aim to make you all biochemists or oncologists (shame, I would love it if you chose that career path after watching this, we patients need you). What I do aim for is to make you feel empowered with knowledge to be able to discuss your treatments with your team and together make better clinical decisions.

There will be words and phrases or drugs that might be unfamiliar at first, but that is the point of learning! Stick with it. Bear in mind that I trained as a physiotherapist and I had no knowledge of oncology other than the very basics. I am almost entirely self-taught, an arduous and lengthy process that continues today. I so wish someone had explained everything to me! This is the course I wish I had been able to take when diagnosed. I guarantee it is unlike any other.

If I can do it, then you can too.

Go and make a cup of tea, then take several deep slow breaths, in through the nose, out through the mouth with a sigh. Clear your mind, sit back, relax, press play and enjoy the learning process!

Knowledge is Power!

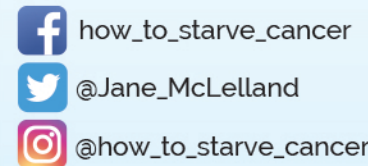
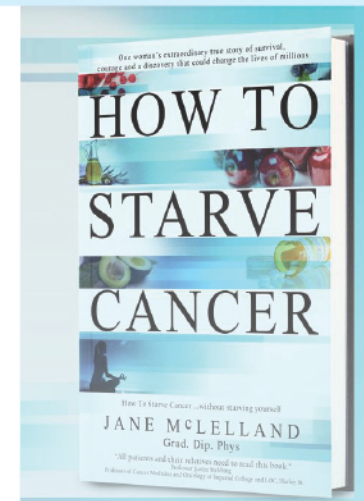
Wishing you all the best of health. With much love, Jane xx

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Course Disclaimer

The purpose of this course is to convey information. It should not be interpreted as medical advice and is not intended to diagnose treat or cure your condition or to be a substitute for advice from your physician or other healthcare professional. The methods discussed in this course are intended to support health and healing, not to replace medical treatment. The author and publisher are not liable for any personal injury or damage that may arise through improper application and a failure of the individual to seek correct medical advice. The author is a trained medical physiotherapist and self-trained nutritionist, not a medical doctor. What may work for one person may not work for another. This course is to help you create your own personalised programme with your medical team.



I want you to recognise the way you feel about yourself, your cancer, the influence of your doctors and how your situation reflects your own beliefs. I hope during this course I will change the way you feel about your cancer for the better. By the end I want you to compare where you were and I truly hope you will be able to honestly say that you feel more empowered with the knowledge you have gained. This is purely a subjective measure so it will obviously vary from day to day - a new diagnosis or a bad day will throw you out of kilter temporarily. Try and get a general sense of where you feel you score on the chart, from a dismal 0/1 (I've been there too) to an amazing 10 which is feeling mentally strong and a sense of being fully in control. The aim of this course is to get you up that chart!

So please can you fill in the charts

| How you felt when you were first diagnosed? | | 0/1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---------------|-----|---|---|---|---|---|---|---|---|----|
| | Helpless | | | | | | | | | | |
| | Sense of Hope | | | | | | | | | | |
| | Empowered | | | | | | | | | | |
| | | | | | | | | | | | |

| How are you feeling right now? | | 0/1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------------------------------|---------------|-----|---|---|---|---|---|---|---|---|----|
| | Helpless | | | | | | | | | | |
| | Sense of Hope | | | | | | | | | | |
| | Empowered | | | | | | | | | | |
| | | | | | | | | | | | |

| How are you feeling at the end of the course? <small>Leave this blank until you have completed the course.</small> | | 0/1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---------------|-----|---|---|---|---|---|---|---|---|----|
| | Helpless | | | | | | | | | | |
| | Sense of Hope | | | | | | | | | | |
| | Empowered | | | | | | | | | | |
| | | | | | | | | | | | |



USE THIS PAGE TO WRITE NOTES AS YOU GO THROUGH THE COURSE.

If you start flagging, take a break, make another cup of green tea, do some squats or take a walk around the block. There is a lot of information in this course! When you resume repeat these positive affirmations to strengthen your positive attitude as you go through this course.

"Learning is helping me better understand my cancer"

"Understanding my cancer is the key to more effective treatment"



Affirmations

Fill in some of your own positive affirmations such as:

"I am stronger than I know" and "Cancer thinks it is smart, but I am smarter"

"Learning is benefiting me in so many ways" - List three reasons that apply to you:

Keep a copy of this page on your bathroom mirror!



Affirmations

Create three affirmations that you think will motivate you to improve your diet, write them below.

Create three affirmations that will encourage you to exercise.

Create two affirmations that will boost your self-confidence and self-belief

Keep a copy of this page on your fridge!

