

Four stylized pine tree icons are arranged in a circle around the text. One is at the top left, one at the top right, one in the center, and one at the bottom center.

**SAY YES TO LIFE**

**LITTLE  
BOOK  
OF  
HOPE**

**By JackLyn Garnick**

## Never Give Up

This little book of hope are the "take aways" from my book that tells of my cancer journey. I was an herbalist living in the bush of Alaska and had misdiagnosed the type of cancer. Through an amazing set of circumstances, I found my healing here on the Big Island of Hawaii. Cancer is a gift in a sense. It is an opportunity to see the true value in life.

The words in this little book are my experience, strength and hope. Stay positive.

You can find more of my story on [www.jacklyngarnick.com](http://www.jacklyngarnick.com)

# ATTITUDE IS EVERYTHING

- Stay positive
- Never give up
- Love and be kind to yourself
- Forgive yourself
- Practice self care
- Rest, allow your body to heal
- Don't claim it, better to say  
"I am being treated for cancer".  
Don't own it. It's temporary.
- Breathe into your emotions
- Meditate – go within,  
your answers are there..

## Love Yourself

*Do what makes your Soul happy.*

*Spend time in nature, walk as often as you can. If you can't walk, sit outside.*

*Saltwater heals* – swim in the ocean if you can or sit by the ocean and absorb the negative ions. Take Baths with Epson Salts.

*Meditate* – Take time to be still with your soul. Guided meditations can be very helpful.

Journal or Write.

*Find a creative outlet  
that you enjoy:*

*Dance* -  
like nobody's watching,  
alone with self and soul

*Listen to Music.* It is the  
Universal Language.

*Movement* - qigong, yoga,  
something gentle helps keep  
the body mobile. Motion is  
lotion for the body.

*Learn a healing modality* which  
you can do on and for yourself,  
for example breathwork.

## Surviving Western Medicine

*Adjunct treatment* – Work with Eastern Medicine in conjunction – It saved my life. Whole Body healing includes body mind and spirit..

***Consider biopsy's carefully*** (once a cancer cell pod is disturbed it can spread quickly).

*Get a second opinion.*  
Go to the experts! I went to and highly recommend the **MD Anderson Cancer Center** where I was treated like a human being with a disease instead of just another number on a file as I had experienced.

Don't believe anyone's prediction of "how long you have to live" That is between you and your maker.

Listen to your body, do you know body testing? I used it several times and it was spot on!

Don't be scared, be aware.

Read the side effects for the drugs you may be taking. Working with Chinese medicine allowed us to mitigate some of the possible effects and make the treatments more effective.

Get a folder and keep the documents together. Keeping similar type tests together helps see progress or status along the journey.

As we navigate through the medicine world, the left hand doesn't know what the right hand is doing. We think when the Doc makes the referral that they would also send our file with the related medical history. I can verify that it does not always happen .

- Get and keep a copy of all tests, CT, MRI, PET, scans, blood tests.
- Understand what the scans are : Pet, MRI, CT, Ultra Sound



## Adjunct Treatments

- Traditional Chinese Medicine
- Acupuncture
- Massage
- Self care
- Vitamins (C, D, B12)
- SuperFoods
- Juicing
- Emotional Freedom Technique (tapping)
- Prayer
- RIFE Light Therapy
- Sound Therapy

## **Natural Possibilities**

*When it comes to the natural things we can do, I say do it all, do what resonates for you.*

- Laetrile (apricot seed – B17)
- Medicinal Mushrooms (like Chaga, Shitake, Mitake)
- Turmeric
- Essiac Tea
- Hoxly Treatment
- Gearson Therapy

- Cancer can not grow in an alkaline body. I did a daily tonic of 1/2 lemon, fresh grated ginger, Bragg's Apple Cider Vinegar and honey in warm water.
- Cut ALL sugar out of your diet while you are in the battle. Cancer cells feed on sugar. Don't feed the unwanted visitors.
- Wheatgrass / organic juicing Juicing machines come in a variety of qualities. I bought what I could afford at the time and it has easily paid for itself in the nutritious juices I have been able to nourish my body with. Wheatgrass juiced is tremendously healthy.

- **Anti-inflammatory diet**/style of eating is very important for all of us. Wheat is no longer the substance it was when I was a child on my grandpa's wheat ranch in Montana. It is now a GMO that many people are intolerant of.

Nature provides what we need to heal our body. Food is medicine. Buy organic or grow your own vegetables to avoid toxic fertilizers and pesticides.

Healing the body requires us to also heal the mind and spirit.

The emotional connections to physical ailments have been scientifically proven. It takes healing body, mind and spirit together to enjoy dynamic health.

Take the time to go within and talk with your Soul. Do you want to continue to live on this plane of existence? Listen with your heart. Follow your breath.

Our bodies were designed to move. Our energy bodies flow evenly and naturally through our material body (the bag of bones we live in) when we are healthy. Prana, Chi, the life force, breathe in, breathe out.

- Take walks in nature.
- Walk barefoot on the earth if you can.  
Grounding and exchanging energies with Mother Nature.
- Practice qigong or gentle yoga.
- Dance.

## **Yes to Life**

One of the most important questions to ask yourself is do you want to live? You have complete control. I assure you, your body is listening to what your mind is saying. I have witnessed it in others and in my own life.

Once I said YES to Life, my world changed. It was the beginning of the end of my cancer journey. I have been cancer free for almost four years. That is the way I intend to stay for the rest of my life.

You too can do it if that is your choice. Believe in yourself.

Believe in yourself.

Believe that life is worth living.

Start each day with a daily gratitude list.

Get real with yourself.

Right now nobody else matters but you.

Honor you, love you, all of you. Even the shadows are here to help us learn and grow.

Cancer is an opportunity.

Seize it and learn what is important to you, as you explore this new challenge.

Stay curious. Remember, you get to do it YOUR WAY.



If you don't want to live, please get right with the life you have lived. Don't carry the skeletons of your past with you. Forgive yourself first and foremost. Forgive the people who have harmed you. We are all doing the best we can.

I have witnessed how people hang on at the end because of the torment of the past. Once it is "made right" by the forgiveness process, spirit to spirit, I have witnessed relief and the spirit released. If one doesn't want to live, it is an individual choice of how long to suffer this worldly plane. Cleaning up the past allows the spirit to fly freely.

## Healing and Loving

Louise Hay, in *You Can Heal Your Life*, says that "cancer is created due to deep hurt and longstanding resentments".

Her recommended new thought pattern "*I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.*"

I had no idea how many people didn't love themselves until I was faced with it myself. Do yourself a favor, whatever your choice about life is.

Please Love Yourself.



**THIS LITTLE BOOK OF  
HOPE IS DEDICATED TO  
ALL THE PEOPLE WHO  
LOVED ME TILL I COULD  
LOVE MYSELF AND HEAL.**



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