

#1

Yesterday, 01:28 PM

[Cortney](#)

New Member

### **Beating Hodgkin's w/o Chemo?**

Hi Everyone,

I wanted to share this with you guys since I am also a Hodgkin's survivor through holistic methods. I've gotten bolder about sharing my story. I didn't do chemo or radiation and will now be in clinical remission 2 years in May. I started a blog to document my journey. It is [admin edit out]. I hop many of you will find it helpful and always feel free to ask any questions.

Cortney

edited out website- green / drink / diaries / com (broke it up so the site doesn't get the SEO benefit of the link.

*Last edited by admin; Today at 07:57 AM. Reason: Admin break outbound link.*

#2

**Bill**



Cortney,

I studiously avoid conflict on this board, for obvious reasons. This is a place for a lot of things: sharing, celebrating, mourning, singing melodic hits of the 1980s; we need each other to get through this thing called Hodgkin's. It is for that reason that I apologize to my forum family in advance for what I am about to say...I am afraid I just cannot let it pass me by.

Congratulations on your remission, Cortney. I am happy that you are enjoying life and parenthood. My problem with your post, and your blog, is that it is dangerous. Yes, dangerous. It is dangerous to encourage people to avoid the medically proven, scientifically developed treatments that will save their lives.

ABVD saved my life. So I take it a little bit personally when someone suggests that holistic anything will somehow defeat Hodgkin's, if only because in the wild world of the internet, some petrified person who is newly diagnosed may run across your

post from a search engine. They might go read your blog, and unfortunately make the reckless decision to decline treatment.

Chemotherapy is a scary prospect, trust me, I know. I stared it down and have retched my way through six months of it. But it cured me. Cured me. After four treatments, I was in remission. Many on this board have experienced the same thing.

If green milkshakes and free-range meat cured Hodgkin's, I promise Cortney, my board-certified Hematologist, who cares about his patients so much it breaks his heart....he would tell me to skip the chemo and drink the green milkshakes. But that's not what he says. He says, here's the ABVD. It's going to suck. But you will get the chance to grow old because of it.

Again, Cortney, I am happy for you. You apparently beat Hodgkin's, and that is amazing. But I can assure you that the vast majority of people that beat Hodgkin's will need chemotherapy, and to say otherwise is irresponsible and, yes, dangerous.

---

#3

 **Sally**




I don't buy it. You would have been prescribed ABVD, and I've never heard of HcG to monitor Hodgkin's.

**Bill** said everything way nicer than I would have, so I'll leave it at that.

---

#4

 **Ursula**



Green milkshakes do not cure Hodgkin's Lymphoma. There is not a single scientific study even suggesting this.

Several things jump out about this person's story, assuming it is true.

1. They were diagnosed with a NON-CLASSICAL form of Hodgkin's.
2. NLP Hodgkin's does at least sometimes follow an indolent course. (Unlike the classical forms of the disease which progress at a steady rate.)
3. I would question whether the diagnosis and pathology were correct. NLP Hodgkin's is not characterized by the Reed-Sternberg cells the classical forms have. As we all know, pathology can be difficult with lymphomas and this person was diagnosed with a rare kind of Hodgkin's. It is possible the pathology was simply interpreted wrong and this person did not actually have cancer. There have certainly been occasional, rare misdiagnoses before.
4. Spontaneous remissions of cancer (miracles of sort) have occasionally been reported, but they are not related to drinking green milkshakes. This may be what happened here if this person did have cancer.

I wish the OP well, but I urge anyone reading this to consider the entire lack of ANY scientific evidence backing up this person's claims. There is also simply no way to verify this person's story.

---

#5

**Amy**



I dont buy it either. I read some of your blog and I have never personally 'met' anyone of this board who was prescribed RCHOP for Hodgkins. Not to mention, stage 2 cancer involves lymph nodes on ONE side of the diaphragm however, you specifically point out that it is two sides. Additionally, NLP Hodgkins is a very rare and very slow-growing sub-type of Hodgkins that has a tendency to hide for years, allowing its afflicted to achieve remission for long periods of time, sometimes with only radiation.

If I were you, I would be very suspicious of your doctor - one, for telling you that

stage 2 involved both sides of the diaphragm and two - for telling you that you had Hodgkins. I would think that a second or even third opinion would be warranted before I went around making claims so strong as yours. Doctors have been known to be wrong.

Also, we dont really look kindly on people promoting holistic products for their own benefit. This is not an advertising website.

Take care.



#6

April



Cortney,

This is absolutely NOT TRUE!!! I have been a nurse for 31 years and have NEVER seen anyone diagnosed with HL "cured" without chemo/radiation.



#7

**Sarah**



First of all, I can't recall ever hearing that RCHOP would be the protocol for HL; and even if it were - if she had an indolent, slow growing form of HL, RCHOP wouldn't be likely to work because the cells wouldn't be growing quickly enough.

And I always wonder - do these people who drink green shakes take the same approach to cure a migraine headache, a sinus infection, strep throat, pneumonia and diarrhea? Just wondering. Because I'm betting they don't.

Her approach reminds me of Kim Tinkham - a woman diagnosed with breast cancer and determine to cure it naturally. So what happened to Kim? She died. From cancer.



[Blurred text]

#8

**Pam**



**Bill** - you are truly a southern gentleman!

Courtney, I hope that you aren't responsible for leading anyone with the Hodge astray.

PLEASE if you are reading this thread - don't listen to the OP.

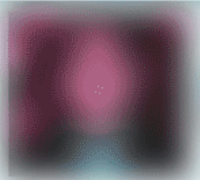
ABVD and radiation saved my son's life! His hematologist, who happens to be a colleague of Mike's hematologist, would never have asked him to go through both if a green milkshake could have done the same.

Sorry if we hurt your feelings Courtney - but I don't think we are interested in snake oil.

[Blurred text]

[Blurred text]

#9



**Damien**

[Blurred text]



So the real question at hand is:

Is it wrong for me to wish bad things upon you when, in the back of my mind, I know it will prevent you from propagating your message which has the potential of killing others?

[Blurred text]

[Blurred text]

#10

**April**

[Blurred text]



Courtney has arrived....

[Blurred text]

**Isa**



I try to be nice on this board and respect other people's opinions but what a crock of shit. Not only are those kinds of websites/thoughts dangerous, it's terribly irresponsible to give many out there a glimmer of hope for some hocus-pocus BS.

#12

**April**



Cortney,

I know you are on the board at this time.... Not sure if this is the appropriate place....?!?

#13

**Thomas**



From Cortney's blog: "May 4th, 2009 I was declared in "clinical" remission and I have had a clean bill of health since then. My new oncologist did not think that that CT or PET scans were a superior way to monitor the cancer (which of course was fine with me!) so I received "clinical" status due to lack of symptoms and physical monitoring". That's a rather loose definition of remission to me. Sort of like saying, I'm feeling better, so I am cancer free.

Regardless, I'm happy you found something you feel worked for you and I'm glad you have a healthy child. Unfortunately, this site is prone to people coming in and

promoting their alternative cures and agendas, sometimes for their own profit. The human body is a very complex system that is not yet fully understood. However, I prefer to trust the experts who have spent years learning to understand it, building their knowledge from evidence based medicine and training. There are lots of self-taught and self-proclaimed experts in any complex field willing to promote their own "truths", based on limited understanding and their own experience and third-hand accounts. I don't believe that eating organic or avoiding meat can cure cancer, just as I don't believe in cold fusion or people making time machines in their garage.

People are free to believe what they want. I always say I hope they don't have to put their beliefs to the test, especially when it comes to cancer. I hope you continue to have good health, but you won't be selling me on your "cure".

#14

**Brittany**



What a load of shit. Do you not think we would have researched treatments for our CANCER DIAGNOSIS, and if there was a holistic cure, which by the way, wouldn't be called "holistic" it would be called MEDICINE, umm why would we undergo horrendous chemo treatment with all the terrible side effects that come with it?

It's pretty rotten to be hawking that absurd and medically unsound claim to sick people, you hack.

That kind of thing can get you a charge of murder.

#15

**Amy**





Quote:

My new oncologist did not think that that CT or PET scans were a superior way to monitor the cancer (which of course was fine with me!) so I received "clinical" status due to lack of symptoms and physical monitoring.

Bwuaahahahahahaha! That is the biggest load of bull I have ever heard. Good one!

#16



She has logged off. Wanted to confront her on her "cure" for HL. Please...anyone who has been diagnosed with HL...DO NOT BELIEVE the O.P!!!! There is no medical backing to her post. GRAVE danger will ensue, if a person is definitively diagnosed with HL and not treated with proper protocol for the treatment of HL!!!!

#17

[Cortney](#)

New Member



Hi Again,

It looks like I need to clear up some things. I am so sorry to have upset anyone. I

had an indolent (slow progressing) form of Hodgkin's 2A called Nodular Lymphocyte Predominant Hodgkin's. I did not have classical Hodgkin's which is most common and is treated with ABVD and radiation typically. I state that immediately on the "How I Beat Cancer" tab on my site in order to not mislead anyone. Many oncologists prescribe a Non-Hodgkin's chemo (CHOP with Rituxan) to patients with NLP HL, as it behaves more like a Non-Hodgkin's, but is still classified as Hodgkin's.

I didn't just say "no" to chemo because of someone's post I read on a forum. Clearly, that wasn't my expectation of anyone here. Many of you sound very educated and did your research to make the decision that you did to treat your cancer and so did I. It was what was best for me, and my husband and I made the decision after weeks of research, prayer, and gut instinct. I'm sure everyone on this forum can relate to that.

Lastly, I didn't just drink a "green milkshake" to put my cancer in remission. In fact, milk had nothing to do with it. I followed a VERY strict detoxification regimen followed by VERY difficult nutritional protocols and lifestyle changes that others before me had success with. I spoke to individuals, people who had cancer and now don't. I also worked closely with my oncologist who monitored my progress each and every step of the way. I have never met someone with Hodgkin's who did what I did (and neither had my oncologist) since classical Hodgkin's has one of the higher "cure rates" with chemo and radiation (I'm sure someone here knows the statistic). But when you're told that you have a 33% chance of being left infertile following treatment, and you've only been married for 3 months, you become highly motivated to find other options.

I can only say that my motivations for posting here were genuine, and that my purpose was only to share my story, one that may encourage even just one person who perhaps is feeling as hopeless as I was, to know there are other options out there. Kris Carr, Jerry Brunetti, Chris Wark, are just a few off the top of my head that have had tremendous success with alternative regimens. There are many, many more. In fact, Kris Carr started an entire community of people, some who have done just that. If you're interested, you can find them here: [admin edit to break link: my / crazy / sexy / life / com ]

Cortney

ps. Interesting enough, my path down the alternative route actually began because of what Dr. Anas Younes of MD Anderson (head of clinical trials) said in regards to chemo and Hodgkin's lymphoma. You can find the comment I'm referring to here at the 3:07 mark: [Youtube was 4WSafAa7OFE]

---

*Last edited by admin; Today at 07:59 AM. Reason: Admin break outbound links.*

#18

Trey

Cortney,

Really your path to alternative cures began with Dr. Anas Younes?? Funny your blog said it began with Jerry Brunetti who cured himself of lymphoma with his diet and supplements. A guy I know postponed his auto transplant in the hope that the Brunetti plan would cure him-- and he just died two weeks ago.

If you are so genuine with your "I'm just sharing the good news of cure and a few recipes" why does your blog link to some of the more infamous supplement mills? Mike Adams of Natural News?? His website had that wonderful headline "Elizabeth Edwards joins long list of victims killed by chemotherapy". Ugghh....

#19

 Damien

Quote:

Originally Posted by **Cortney** 

*I can only say that my motivations for posting here were genuine, and that my purpose was only to share my story, one that may encourage even just one person who perhaps is feeling as hopeless as I was, to know there are other options out there. Kris Carr, Jerry Brunetti, Chris Wark, are just a few off the top of my head that have had tremendous success with alternative regimens. There are many, many more. In fact, Kris Carr started an entire community of people, some who have done just that. If you're interested, you can find them here: [removed](#)*

Kris Carr going around the nation selling her book ... sounds pretty genuine to me. I'll give you a couple months before some advertisements pop up on your website as well as a shop.

Bottom line, if you had genuine intentions, you wouldn't be associated with a bunch of clowns peddling their goods to make a buck off of people in a vulnerable position. So believe me when I say I'm being as genuine as possible when I tell you to take a long walk off a short pier.

#20



**Marge**



I feel quite certain that the experts at City of Hope would have let me know if there was any way to cure my son other than the treatment he received. Chemo and radiation cured my son. Nothing else would have done it. To tell a parent of a child that feels crappy enough about putting their child through hell that there was a "holistic" way to beat the hodge is just unnecessarily cruel. You need to clear out before we bitch slap you.

#21



**Debbie**



I'm calling bullshit and leaving it at that....now go away.....

#22

**Debbie**



I'm also sure my Oncologist, who has studied HL at Dana Farber before going to IU, wouldn't have poisoned me with ESHAP and BEAM giving me an SCT.

Like I said you're totally full of shit and those of us that have been here and been through hell, not the made up BS you've changed twice btw, and we KNOW drinking green milk or whatever the hell it is won't cure us.

If you think anyone is buying your BS cure I got ocean front property in the middle of the AZ desert I'll sell you.

#23

**April**



Cortney,

There is no need to clarify anything. We all know how to read a blog. We are aware of the treatments for cHL and NLPHL.

Truly, I think you are making a GRAVE decision thru the choice you have made.

Nanc

#24

**Darla**



Cortney-

I agree whole heartedly with those who have argued that the strategies you are promoting are useless and dangerous to be hawking to others with hodgkin's or ANY kind of cancer. The type of testimonial offered by you, and others promoting a variety of bogus cancer treatments are meaningless, and I suggest you read why here

or here **(links were self-referencing, & thus removed for anonymity)**  
or here

I hope you are intelligent enough to understand these articles and responsible enough to remove your blog from the web and stop promoting information that could be life threatening to a vulnerable and gullible cancer patients.

#25



Amy



Quote:

Originally Posted by **Cortney**

*ps. Interesting enough, my path down the alternative route actually began because of what Dr. Anas Younes of MD Anderson (head of clinical trials) said in regards to chemo and Hodgkin's lymphoma. You can find the comment I'm referring to here at the 3:07*

*mark: <http://www.youtube.com/watch?v=4WSafAa7OFE>*

Okay, I watched the video and I dont really know what your referring to. Dr. Younes never once says anything about not treating the cancer with scientifically research based methods. He speaks of clinical trials and a hopeful future of finding more targeted therapy that is less toxic. These things are designed in ultra controlled environments not though drinking milk.

Please just stop. If you truly did or still do have cancer, which if you did, and you dont even have any CT scans, I am not sure how you or a doctor can be so sure that it isn't still present. So if you really did, then you made a very reckless decision and you should not be sharing that decision in a place where people who are scared, come for support. Write your blog about living a clean life, there is nothing wrong with that but stop making claims that you cannot back up. If you want people to believe you, people who have actually been there, then post your pathology report of your biopsy, post your first PET and CT scans - give us a reason to actually

believe you and the people who read your blog. Since many of them havent been through what we have been through, they dont know if your being truthful so they blindly believe and that is dishonest and deceitful. Backup your story with fact, otherwise, go away.

#26

**George**



On the day of my son **Adam's** first ABVD he met a young woman called **Sue** it was her first treatment also, they remained friends from that day. Both of them relapsed and **Sue's** family raised money to send her to Mexico (we live in UK) for a holistic therapy involving intense detox regimes and high amounts of vitamins and other natural therapy 'protocols'. It cost a LOT of money, and the best I can say about it was that she didn't seem to get any better or worse. Then she died, of cancer.

I took **Adam** to Houston to see Anas Younes and he achieved remission for 2 years. Yes it came back and 8 years after diagnosis my boy died too, but I know he never regretted meeting Anas Younes.

Holistic cures ? Don't do it . . . !

#27

**Bill**



Quote:

Originally Posted by **Damien**  
*So believe me when I say I'm being as genuine as possible when I tell you to take*

*a long walk off a short pier.*

Bwahahahahahahaha!

#28

**Charles**



This sounds so, so bogus... my goodness

\*face palm\*

#29

**admin**

Administrator



Thanks to the person that reported the thread.

We looked at the 2 posts here made by the OP and also looked at the blog. It looked like spam to me, not someone looking to be part of this community. It sold a blog, which in turn seemed to sell a couple specific businesses and writers. On a followup response in this thread, the OP took the opportunity to inject more outbound links, this time directly for a business plugged on the blog.

The blog's domain is hidden behind a GoDaddy anonymous service, and in essence so was the account signup here (neither of which means anything by it self, but is worth mentioning).

Additionally, the advice given seems like it could lead people down a very unpleasant road.

The account has been banned. If anyone thinks that is overly reactive then can send me a private message.

I would love it that new signups couldn't post outbound web links until they were established here, but that is a modification for another time.



#30

Lola



Quote:

Originally Posted by **admin**

*Thanks to the person that reported the thread.*

*We looked at the 2 posts here made by the OP and also looked at the blog. It looked like spam to me, not someone looking to be part of this community. It sold a blog, which in turn seemed to sell a couple specific businesses and writers. On a followup response in this thread, the OP took the opportunity to inject more outbound links, this time directly for a business plugged on the blog.*

*The blog's domain is hidden behind a GoDaddy anonymous service, and in essence so was the account signup here (neither of which means anything by it self, but is worth mentioning).*

*Additionally, the advice given seems like it could lead people down a very unpleasant road.*

*The account has been banned. If anyone thinks that is overly reactive then can send me a private message.*

*I would love it that new signups couldn't post outbound web links until they were established here, but that is a modification for another time.*

Thank you for stepping in and banning this person, Admin. =)

#31



**meg**

2017-08-18 10:00 AM



Wow, just wow. Thank you Admin. I will say that I used to live in a small town with a lot of people who wholeheartedly believed in the holistic approach to curing cancer. Without fail, every single one of them died, some sooner than others. When I was diagnosed I had so many of them tell me how bad chemo was and misinformed I was to even consider it. All's I can say is, I'm still here and they aren't.

...  
...  
...

2017-08-18 10:00 AM

#32

**kevinc**

New Member

2017-08-18 10:00 AM



Hmm...

Quote:

Originally Posted by **Charles**  
*This sounds so, so bogus... my goodness*

*\*face palm\**

I can assure you it's not. But here's an idea, maybe you guys could stop spitting insults and death wishes at my wife like venomous snakes, and actually ask her an intelligent question. It's one thing to agree to disagree, but cussing at my wife, making crude remarks and telling her she's full of sh\*t because YOU haven't heard of what she says.... Really? I get why you're upset, why you don't want to believe her, why you question her motives. She gets it to. But here's the truth, she's not selling squat and in fact is incredibly shaken up over the hateful comments from last night. She feels HORRIBLE. She's never received that kind of response from ANYONE, especially from fellow people in the cancer community. She only wanted to help, and I can assure you, she's telling the TRUTH.

Cort's blog is only a couple weeks old, and (this is important) its purpose is to disclose what she did during her cancer treatments (MANY friends and family have had questions) and to encourage healthy living through the knowledge she learned during her holistic health odyssey, NOT to offer a treatment protocol for cancer itself. However, in the interest of transparency, her pathology, prognosis, scan

results, blood work, even audio from her oncology visits (which I received permission to record) will ALL be online eventually. We know this is an extremely sensitive topic, and that's why we want to be as transparent about it as possible. But ultimately, Cort has nothing to prove. She is alive and thriving. (Right now, she's taken our daughter on a play date with a friend, so she has no idea I'm even writing this.) But as her husband, I can't help but stand up for her. So in the meantime, if you have questions, I will do my best to answer them. The way I've come to look at it is this: perhaps with over 6 billion UNIQUE individuals on this planet, there exists the possibility that chemo, surgery, and radiation are not the only pathways to health when "treating" cancer. Maybe health doesn't always have to come through a needle. If we all share our experiences (not preach them), we can all help each other. Is that really so hard to believe? What Cort and I have done thus far HAS WORKED. Not because we read some blog online or stopped by a forum and saw someone treated their cancer alternatively, but because we followed our gut instinct and did hundreds of hours of research, reading scores of books, articles, medical journals, talking with cancer survivors, watching educational presentations, and of course talking with our oncologists. You may not understand why we chose the path we did, or even believe us, but it has worked. She is in incredible health because she has given her body what it needs to mobilize its own forces against cancer to correct it.

We all know people that have died from treatment failure, of ALL types. MILLIONS have died from failure of conventional treatment. But I don't see anyone here saying, "I had a friend who tried chemo. He's dead. DON'T DO CHEMO!!" What sense would that make? So instead of slinging stones, if you have a thought, please be respectful and phrase a question that fosters support for each other instead of hatred. Afterall, isn't this a "SUPPORT" forum? Besides, this website's own guidelines towards alternative and complementary therapies state:

**Removed to maintain site anonymity. Paraphrased, the guidelines stated to not fear therapies that you don't understand or question because different people have different experiences and knowledge, which can be very valuable.**

And lastly, for heaven's sake, stop with the green milk comments. Cort doesn't even drink milk.

\_Kevin

\* Uh oh... looks like Cort's been banned. WOW. ...well, I guess that's that. Like I said, I'll still be around if any of you have a question. Otherwise, sincerely, I wish you all the best.

*Last edited by kevinc; Today at 08:51 AM.*

**Marci**



Just found this thread today so I couldn't find the blog but wanted to note that it makes me angry that there are people out there who will take advantage of our members at such a vulnerable time. Thanks to our admin. who blocked this person from posting any further. Wouldn't we all love to hear that there is a cure to cancer that is non-toxic! If it sounds too good to be true then IT'S TOO GOOD TO BE TRUE. Why would any of us or our loved ones undergo chemo & rads if there was a better way and does this person think we are all stupid and uniformed? I know pp have expressed all these sentiments already but I just had to rant a little. To all you newbies please don't let this kind of nonsense make you doubt that you are doing the best you possibly can to beat cancer. Asparagus really is not a cure either!

#34

**kevinc**

New Member



**Misleading...**

Quote:

Originally Posted by **Marci**

*...it makes me angry that there are people out there who will take advantage of our members at such a vulnerable time.*

\$20 to whomever can cite ONE way my wife took advantage of ANYONE here. Absolutely ridiculous. Like I said, she isn't selling ANYTHING. How can sharing an experience or story be taking advantage of anything?... She sought simply to help and/or encourage anyone in any way she could through the experience she has had. And btw, the links on her blog are DIRECT LINKS! They are NOT affiliate links! She receives NOTHING if you click on them, because she expects NOTHING!

Such a sad world we live in where honest people can't even recognize other honest people.

#35

**Darla**



Kevin--

The type of testimonial offered by your wife, and others promoting a variety of bogus cancer treatments are meaningless, and I suggest you read why here

or here **(Same links as before. Self-referencing & thus removed.)**  
or here

If the concepts presented in these articles are too difficult to grasp, please read them over three or four times until maybe you gain a glimmer of understanding of why folks are so upset with your wife's blog.

I hope you are intelligent enough to understand these articles and responsible enough to remove the blog from the web and stop promoting information that could be life threatening to a vulnerable and gullible cancer patients.

#36

**Ursula**



See one of the unwritten rules of this message board is you don't post things unless you can back them up with actual evidence, like a study. So if you want us to take this "seriously" then you need to produce either 1) a board certified oncologist who recommends treating Hodgkin's Lymphoma with green milkshakes versus conventional chemotherapy; 2) or a reputable medical study comparing green milkshakes versus ABVD chemotherapy in newly diagnosed Hodgkin patients.

Good luck finding #1 -- any oncologist who would recommend treating Hodgkin's with green milkshakes in lieu of chemo/radiation would certainly lose his license. As to #2, no such studies exist and no studies ever WILL exist because you will NEVER be able to find any medical ethical committee willing to do a study comparing drinking green milkshakes to ABVD chemotherapy.

#37

Isa

Quote:

Originally Posted by **kevinc** 

*\$20 to whomever can cite ONE way my wife took advantage of ANYONE here. Absolutely ridiculous. Like I said, she isn't selling ANYTHING. How can sharing an experience or story be taking advantage of anything?... She sought simply to help and/or encourage anyone in any way she could through the experience she has had. And btw, the links on her blog are DIRECT LINKS! They are NOT affiliate links! She receives NOTHING if you click on them, because she expects NOTHING!*

*Such a sad world we live in where honest people can't even recognize other honest people.*

Your wife's blog contained misinformation about Hodgkin's Lymphoma. Furthermore, the treatment she said the doctor would have given her was not standard protocol, so automatically, there were many here who raised the red flag.

Frankly, any board certified oncologist in the U.S. that is willing to say there is full remission without a follow-up biopsy and/or scans would more than likely lose their license.

On a side note, like somebody said, there are many people that come to this board at vulnerable times--when they have just been diagnosed, when they have received terrible news about relapse, etc...Holistic medicine is not an accepted treatment and even if it worked with your wife (which again, hasn't been shown or proved by a scientific community), it certainly doesn't mean that it will work for anyone else.

I'd prefer if you and your wife take your alternative treatment ideas to another board. Not a board as respected and as active as one that offers support and help for those who are inflicted with this horrific disease.

#38

**Ursula**



(By the way, if he DOES post the actual name of a board certified oncologist who is allegedly on board with this "treatment," I'll take the time to locate the oncologist's contact information and send him/her a link to this thread so he/she can comment.)

#39

**Danielle**



i love seeing everyone post their responses here in protection of our board members, future board members, and those decision-makers affected by hodgkin's lymphoma. special shoutout to **Bill** for writing such a strong, thoughtful initial response.

my gut reaction was to suggest to the admin to have this thread removed. but, after thinking about it, i'd like to put forward the suggestion to have the thread retitled. the original post alone is dangerous. but, the original post along with the thoughtful, information-rich responses is very helpful.

is there a way to retitle this thread?

#40

**Brittany**



Lol@Kevin. He's a hack, too. LOL@"backup." Because another personal anecdote (from her husband) is sure to win us over! That's like believing Ted Bundy's mother that "my son really didn't kill all those women!" or something equally absurd.

HAHAHHAAHAHA

*[Blurred text]*

#41

Quote:

Originally Posted by **kevinc**

*\$20 to whomever can cite ONE way my wife took advantage of ANYONE here. Absolutely ridiculous. Like I said, she isn't selling ANYTHING. How can sharing an experience or story be taking advantage of anything?... She sought simply to help and/or encourage anyone in any way she could through the experience she has*



*had. And btw, the links on her blog are DIRECT LINKS! They are NOT affiliate links! She receives NOTHING if you click on them, because she expects NOTHING!*

*Such a sad world we live in where honest people can't even recognize other honest people.*

I have been a board member for over 3 years and have never seen the admin. block someone before. There must have been something on your wife's blog that sent up some red flags.

What exactly are they selling on the linked sites?

I sincerely hope your wife is cured but without a clean scan how does she know? Many of our board members had advanced disease with little or no symptoms.

#42

**Thomas**

Right on, **Danielle** I was just thinking how much I love all of you on this forum for being such a great community and standing up for HL patients everywhere.

#43

**kevinc**

New Member

Wow... so many misunderstandings, assumptions, and misguided thoughts. Where to begin... where to begin... First off, I'll point out that no one has yet to ask a sincere question. Just thought that was interesting. Clearly, no one here has any desire to learn anything outside of chemotherapy and/or radiation... which kind of makes my reply pointless.

But nevertheless, that said, I'll make this quick.

**Darla:** Yes, read it. It does an excellent job of detailing exactly why you guys are so quick to judge. Almost like a chemo manifesto.

**Ursula:** I would give you some specific links, but you might think I was selling something.... But I will ask for specificity - would you like a study sponsored by a pharmaceutical company that makes the chemotherapy cocktails? Or would you like

an independent study done by independent researchers who have nothing to gain? Since we're all so big on avoiding those who stand to make a profit on the "vulnerability" of others, to make you more comfortable, I'll provide you with the latter. The [overwhelming] evidence can be found in the research of Dr. Johanna Budwig, researcher Lothar Hirneise, nutritionist Ann Wigmore, researcher Ralph Moss and Andreas Moritz, author and cancer survivor Michael Gearin-Tosh, among many others. As far as our oncologist goes, neither Cort nor I ever claimed he was backing us. We only stated he agreed to monitor our progress and make sure she was healthy along the way. The United States being a free country and all, as it turns out, no oncologist can force you to do chemotherapy. But if you'd like to spend your Saturday doing research, and seeing as we have NOTHING to hide, here's his name: Stephen M. Szabo, MD

**Isa:** We never said the oncologist said "full remision." We said CLINICAL remission. Big difference. And as far as not recommending the "standard protocol" (Talk about red flags - how can it be that over 6 billion people on earth, ALL with unique biology, geneology, environmental factors and nutritional habits, would ALL be subject to the same "standard protocol" - a one-shot answer to cancer. THAT's a red flag for me!) And could it be that the reason your doctor would lose his license (and/or be fined and imprisoned) if he recommended anything other than the "standard protocol," is the very reason no one here knows anything otherwise? THINK. About. It. You also mention biopsies and CT/PET scans AS IF they're the ONLY way to check for cancer in the body. Please. And you're absolutely right, what my wife has done, there is no guarantee it will work for ANYONE, EVER.... Just like chemo and radiation. There are NO guarantees. We all know that. The skyrocketing cancer rates speak for themselves. As far as taking our "alternative treatment ideas" and leaving this "respected board," you're also right, this board has been way too "respectful" to us...

LASTLY, and MOST IMPORTANTLY, I should point out -- NEVER did my wife say that she was here to move people over to alternative treatment or discourage them from doing ABVD or any other protocol recommended by their oncologist. Those were NEVER her intentions. Once again, she simply wanted to offer SUPPORT in the SUPPORT forum (what a novel thought). This includes emotional support, nutritional support, stress management support, ideas for how to think more positively while going through treatment, etc. Are you guys so presumptuous to assume that we have NO friends that have gone through chemotherapy and radiation? That we have NO FAMILY that have gone through conventional cancer treatment?!?? Nonsense. If you could simply lift your veil of anger and mistrust long enough, you might find that there are people in this world who actually CARE just as much as you do and have just as much to offer to help someone in their cancer battle. It's not a one-way-in, one-way-out methodology. You will lose if you think it such (hence the explosion of INTEGRATED MEDICINE). My wife is an EXCELLENT listener. She listens with her heart. That's one of the reasons I married her. You all have lost an INCREDIBLE friend, supporter, and resource.

Goodluck in your own journey,

\_K

\*\*\*CORRECTION! While this was being typed, **Marci** has just asked the first meaningful, sincere question -- "I sincerely hope your wife is cured but without a

clean scan how does she know? Many of our board members had advanced disease with little or no symptoms." -- AWESOME! So sorry it took 5 pages of comments before someone did. **Marci** please private message me and we'll talk. I don't wish to incite more controversy here. THANKS! 😊

#44

**Brittany**



You all have lost an INCREDIBLE friend, supporter, and resource. //

Haha yeah. An incredible friendly supporter and resource to help us quickly to our graves.

*[Blurred text]*

Today, 11:03 AM

**kevinc**

New Member



Quote:

Originally Posted by **Brittany**  
*You all have lost an INCREDIBLE friend, supporter, and resource. //*

*Haha yeah. An incredible friendly supporter and resource to help us quickly to our graves.*

**Brittany**, I know you're very angry. But somehow I don't think your hostile attitude is helping anyone, especially those fighting cancer. Toxic thoughts = toxic person. I'm sure you're better than that.

#46



**Damien**



I'm interested in hearing what credentials Courtney's has? Perhaps some science merits whether it be academic or vocational? (No need to reply, because I already know the answer.)

If your wife really wanted to help, she would resist from posting this garbage she calls "science" on the web. Firstly, there is a [scientific method](#) in place for a reason. This method is not based on gut feelings, faith, or Google "research." Also there is a [drug discovery process](#) in place that is designed to prevent companies as well, as people like your wife, (ie a soccer mom with a "hunch.") from killing people. These are the correct and safe avenues to pursue new therapies.

Perhaps your wife can share scans of her data notebook documenting observations on how this drink/diet she is advocating works? Oh wait, she doesn't have one. You know what that makes her?

- 1) a shitty "researcher"
- 2) A parrot who just progresses the flow of other people's (mis)information.

#47



**Sharon**



Reading through the original post and the pages of replies I am struck by two things. No one has suggested that alternative therapies in conjunction with traditional medicine is a very viable route to take. I think exploring every option has to be beneficial.

I also want to comment on the lack of CT or PET scans to confirm continued remission. When I relapsed I was technically "cured" being at that magic 5 year mark. I felt great, had negative lab tests and had also just completed a 20 mile training session for the Nike marathon with TNT. Without those scans my disease

would have been able to progress possibly to the point where a SCT would not stop it in its tracks for the next 5 years.

Do I believe in alternative medicine? You bet. I used everything I could to fight this devil.

*[Blurred text]*

*[Blurred text]*

#48

 **Jackie** 



[QUOTE



\*\*\*CORRECTION! While this was being typed, **Marci** has just asked the first meaningful, sincere question -- "I sincerely hope your wife is cured but without a clean scan how does she know? Many of our board members had advanced disease with little or no symptoms." -- AWESOME! So sorry it took 5 pages of comments before someone did. **Marci** please private message me and we'll talk. I don't wish to incite more controversy here. THANKS! 😊[/QUOTE]

Dear Kevin,  
I truly hope your wife is in good health, but my question is for you. Why can't you openly discuss your wife's health? Why do you need to PM an individual to discuss details? In our 'chemo manifesto' world, we openly discuss EVERYTHING. From death to constipation, and when we get a scan, blood work results, etc. we just tell everyone we're clean or NED. Unfortunately, when it's bad, that gets discussed as well. It's very straight forward and honest. Why can't you release the same information about your wife to the rest of us? It makes your story even more unkosher.

*[Blurred text]*

*[Blurred text]*

#49

 **Amy** 

Quote:

Originally Posted by **kevinc**

*You also mention biopsies and CT/PET scans AS IF they're the ONLY way to check for cancer in the body. Please.*

Just an FYI, yes, biopsy is THE only way to diagnose Hodgkins and PET and/or CT scans are the only way to monitor it and declare remission. Blood tests just don't cut it.

Since you want honest questions, here is one: Why are there inconsistencies in your wife's information on her website? Do a little research and you will find that not only is stage 2 NOT both sides of the diaphragm but RCHOP is NEVER prescribed as a first course treatment for Hodgkins patients. So, to me and others here, if it is true that your oncologist told you she was Stage 2 with tumors on both sides and that he recommended RCHOP, I would be VERY suspicious of his diagnosis and his credentials.

#50

**kevinc**

New Member

Quote:

Originally Posted by **Damien**

*I'm interested in hearing what credentials Courtney's has? Perhaps some science merits whether it be academic or vocational? (No need to reply, because I already know the answer.)*

*If your wife really wanted to help, she would resist from posting this garbage she calls "science" on the web. Firstly, there is a [scientific method](#) in place for a reason. This method is not based on gut feelings, faith, or Google "research." Also there is a [drug discovery process](#) in place that is designed to prevent companies as well, as people like your wife, (ie a soccer mom with a "hunch.") from killing people. These are the correct and safe avenues to pursue new therapies.*

*Perhaps your wife can share scans of her data notebook documenting observations on how this drink/diet she is advocating works? Oh wait, she doesn't have one. You know what that makes her?*

- 1) a shitty "researcher"
- 2) A parrot who just progresses the flow of other people's (mis)information.

**Damien** you sound like those that vehemently persecuted Ignaz Semmelweis for recommending physicians wash their hands to avoid spreading disease...

So much anger. Wow. I recommend a good massage.

**Sharon**, THANK YOU. You're a blessing.

**Ursula**



I'm sorry I was not specific enough. I would like to see a study that I can pull up on Pub Med (<http://www.ncbi.nlm.nih.gov/pubmed/>), i.e. one that was published in a reputable medical journal. Don't worry, we post links to study abstracts on Pub Med here all the time.

Has Dr. Szabo been so impressed by your wife's results that he now actually recommends this diet in lieu of, or as a viable alternative to, chemotherapy to his other Hodgkin's patients? Or are you admitting despite witnessing her incredible results first-hand, he does NOT recommend other people follow the course she has undertaken?

#52

**kevinc**

New Member



Quote:

Originally Posted by **Amy**  
*Just an FYI, yes, biopsy is THE only way to diagnose Hodgkins and PET and/or CT scans are the only way to monitor it and declare remission. Blood tests just don't cut it.*

*Since you want honest questions, here is one: Why are there inconsistencies in your wife's information on her website? Do a little research and you will find that RCHOP is NEVER prescribed as a first course treatment for Hodgkins patients. So, to me and others here, if it is true that your oncologist told you she was Stage 2 and that he recommended RCHOP, I would be VERY suspicious of his diagnosis and his credentials.*

She received an excisional biopsy, and it went from Piedmont Hospital in Atlanta, to Emory University, eventually to the 'Yoda' of hematology in North Carolina, Peter Banks MD, who diagnosed her. RCHOP was recommended because her type of Hodgkin's was so rare, esp. in young Caucasian females. They didn't really know how to treat it. Because it was indolent, ABVD was not appropriate. And the oncologist that recommended RCHOP, his fellowship was at MD Anderson. His name is Eric Mininberg, MD. That suffice?

As for the follow up scans, we decided not to monitor via CT/PET scan for 2 reasons:

- 1) Cancer cells are anaerobic. They NEED glucose (sugar) to survive. In other words, sugar feeds cancer, and the liquid you drink for your CT/PET scan is sugar-based. The cancer LOVES it. It gets the cancer active, so radiologists can "see" it and track it. Why would we want to feed her cancer?
- 2) The radiation from just ONE CT/PET scan is equivalent to approx. 16yrs. of chest x-rays. Radiation is cumulative in the body. Radiation leads to MORE cancer. Why would we want more cancer? This has been a hot topic in the news the past 2 years now as more and more people are realizing this (Readers' Digest even devoted their cover to for their April 2009 issue). It's one reason why doctors are exploring new ways to detect cancer earlier. It's also one of the reasons why there are so many up in arms over the x-ray scanners at the airports. RADIATION.

So we went with other methods. To each his/her own.


#53

**Marci**



Quote:



Originally Posted by **kevinc** 

*Wow... so many misunderstandings, assumptions, and misguided thoughts. Where to begin... where to begin... First off, I'll point out that no one has yet to ask a sincere question. Just thought that was interesting. Clearly, no one here has any desire to learn anything outside of chemotherapy and/or radiation... which kind of makes my reply pointless.*

*But nevertheless, that said, I'll make this quick.*

**Darla:** *Yes, read it. It does an excellent job of detailing exactly why you guys are so quick to judge. Almost like a chemo manifesto.*

**Ursula:** *I would give you some specific links, but you might think I was selling something.... But I will ask for specificity - would you like a study sponsored by a pharmaceutical company that makes the chemotherapy cocktails? Or would you like an independent study done by independent researchers who have nothing to gain? Since we're all so big on avoiding those who stand to make a profit on the "vulnerability" of others, to make you more comfortable, I'll provide you with the latter. The [overwhelming] evidence can be found in the research of Dr. Johanna Budwig, researcher Lothar Hirneise, nutritionist Ann Wigmore, researcher Ralph Moss and Andreas Moritz, author and cancer survivor Michael Gearin-Tosh, among many others. As far as our oncologist goes, neither Cort nor I ever claimed he was backing us. We only stated he agreed to monitor our progress and make sure she was healthy along the way. The United States being a free country and all, as it turns out, no oncologist can force you to do chemotherapy. But if you'd like to spend your Saturday doing research, and seeing as we have NOTHING to hide, here's his name: Stephen M. Szabo, MD*

**Iša:** *We never said the oncologist said "full remision." We said CLINICAL remission. Big difference. And as far as not recommending the "standard protocol" (Talk about red flags - how can it be that over 6 billion people on earth, ALL with unique biology, geneology, environmental factors and nutritional habits, would ALL be subject to the same "standard protocol" - a one-shot answer to cancer. THAT's a red flag for me!) And could it be that the reason your doctor would lose his license (and/or be fined and imprisoned) if he recommended anything other than the "standard protocol," is the very reason no one here knows anything otherwise? THINK. About. It. You also mention biopsies and CT/PET scans AS IF they're the ONLY way to check for cancer in the body. Please. And you're absolutely right, what my wife has done, there is no guarantee it will work for ANYONE, EVER.... Just like chemo and radiation. There are NO guarantees. We all know that. The skyrocketing cancer rates speak for themselves. As far as taking our "alternative treatment ideas" and leaving this "respected board," you're also right, this board has been way too "respectful" to us...*

*LASTLY, and MOST IMPORTANTLY, I should point out -- NEVER did my wife say that she was here to move people over to alternative treatment or discourage them from doing ABVD or any other protocol recommended by their oncologist. Those were NEVER her intentions. Once again, she simply wanted to offer SUPPORT in the SUPPORT forum (what a novel thought). This includes emotional support, nutritional support, stress management support, ideas for how to think more positively while going through treatment, etc. Are you guys so*

*presumptuous to assume that we have NO friends that have gone through chemotherapy and radiation? That we have NO FAMILY that have gone through conventional cancer treatment?!?? Nonsense. If you could simply lift your veil of anger and mistrust long enough, you might find that there are people in this world who actually CARE just as much as you do and have just as much to offer to help someone in their cancer battle. It's not a one-way-in, one-way-out methodology. You will lose if you think it such (hence the explosion of INTEGRATED MEDICINE). My wife is an EXCELLENT listener. She listens with her heart. That's one of the reasons I married her. You all have lost an INCREDIBLE friend, supporter, and resource.*

*Goodluck in your own journey,*

*\_K*

*\*\*\*CORRECTION! While this was being typed, **Marci** has just asked the first meaningful, sincere question -- "I sincerely hope your wife is cured but without a clean scan how does she know? Many of our board members had advanced disease with little or no symptoms." -- AWESOME! So sorry it took 5 pages of comments before someone did. **Marci** please private message me and we'll talk. I don't wish to incite more controversy here. THANKS! 😊*

These are simple questions. I think we would all like to hear the answers. I did look at the blog and saw reference to a HcG test but also read (elsewhere on the internet) that this is useful only with germ cell cancer.

#54

kevinc 

New Member



Quote:

Originally Posted by **Ursula**  
*Has Dr. Szabo been so impressed by your wife's results that he now actually recommends this diet in lieu of, or as a viable alternative to, chemotherapy to his other Hodgkin's patients? Or are you admitting he does NOT recommend other people follow the course she has undertaken?*

If he does, he loses his license and is fined and/or imprisoned. Such is the case with ANY and ALL doctors that recommend anything other than what they are taught in the medical schools (many of whose medical boards are rich with pharmaceutical ties). It's a sad reality. Just read up on what happened to Ralph Moss (Director of Public Affairs at Memorial Sloan-Kettering in NY) when he and Dr. Sugiura started making real ground in finding a cancer cure back in the late 70's. He has since

devoted his life to non-biased research and has presented his case before Congress, TWICE.

So, no, Dr. Szabo does not and CANNOT legally recommend anything other than the "standard protocol" as one member here put it. He is forbidden to, as are all doctors. However, he does have other patients who have taken a similar alternative route, and he has told them about us (as we have offered him our contact information) if they are in need of support.

#55

[kevinc](#)

New Member



Quote:

Originally Posted by **Jackie**

[QUOTE Dear Kevin,

*I truly hope your wife is in good health, but my question is for you. Why can't you openly discuss your wife's health? Why do you need to PM an individual to discuss details? In our 'chemo manifesto' world, we openly discuss EVERYTHING. From death to constipation, and when we get a scan, blood work results, etc. we just tell everyone we're clean or NED. Unfortunately, when it's bad, that gets discussed as well. It's very straight forward and honest. Why can't you release the same information about your wife to the rest of us? It makes your story even more unkosher.*

jacks29: What you describe sounds wonderful. It was actually my wife Cortney's original intent - FULL disclosure to anyone that asked or had a question, as well as support for anyone who was struggling with something. That's it, plain and simple. However, if you refer to the beginning pages of this post, you will see that my wife (and now I as well) has been ridiculed, cussed, mocked, insulted, and even wished dead. ...This is NOT what she nor I expected from anyone, especially a support group on a cancer forum, nor is it the type of open, honest discussion you describe. Furthermore, it is certainly NOT how we would treat ANYONE whom we are in disagreement with. Therefore, I simply offered to respond to mom20 personally because our openness seemed to be getting us only hatred and disgust. I'm sure you understand.

#56

**Thomas**



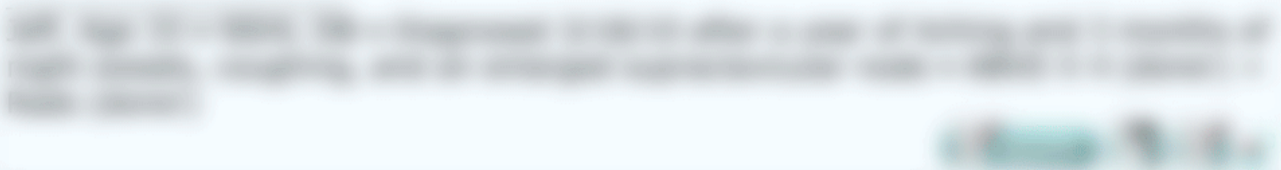
Kevin,

I suggest that you just leave this forum. You and your wife seem like nice people, and I don't doubt that your motives are genuine. However, as many have noted, good intentions can be very deadly when you start trying to "help" those with deadly diseases. It is clear that no one is going to be swayed by anyone else's arguments here, we have all become too entrenched in our positions. If you are surprised by the reaction your lovely wife received here, please consider any other group in which someone comes in, and the first thing they say upon introduction is that everyone else is doing the wrong thing, and that they have a better way. I don't think that would be well received in any church, playgroup, studygroup, etc. No, your wife did not explicitly say that, but it was implied by her message whether intentionally so or not.

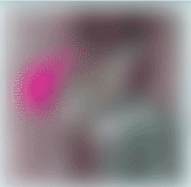
It is obvious that you have studied this subject in depth. Unfortunately, your "hundreds" of hours of research are just a drop in the bucket compared to the tens of thousands of hours of education spent by the medical professionals who treat cancer on a daily basis. Your arguments are unfortunately wrought with fallacies, half-truths, and logical errors. If you would like to be remembered as an Ignaz Semmelweis, or wish to develop a more accurate understanding of the human body and the scientific method so as to more appropriately challenge the medical establishment, I suggest you pursue a scientific degree. Until that time, unfortunately, you are relegated to the realm of the amateur or pseudo-scientist.

When you question someone's position, you force them defend their beliefs, and they thus become more entrenched in their position. For better or worse, that is what has happened here. You will not be changing anyone's mind, for better or worse, so again I suggest you simply leave us to our opinions, and we will leave you to yours.

Best wishes for the health of your family,



#57



Lola



Quote:

Originally Posted by **kevinc**

*If he does, he loses his license and is fined and/or imprisoned. Such is the case with ANY and ALL doctors that recommend anything other than what they are taught in the medical schools (many of whose medical boards are rich with pharmaceutical ties). It's a sad reality. Just read up on what happened to Ralph Moss (Director of Public Affairs at Memorial Sloan-Kettering in NY) when he and Dr. Sugiura started making real ground in finding a cancer cure back in the late 70's. He has since devoted his life to non-biased research and has presented his case before Congress, TWICE.*

*So, no, Dr. Szabo does not and CANNOT legally recommend anything other than the "standard protocol" as one member here put it. He is forbidden to, as are all doctors. However, he does have other patients who have taken a similar alternative route, and he has told them about us (as we have offered him our contact information) if they are in need of support.*

So is it fair to call this a world-wide government conspiracy to keep the drug company execs rolling in dough? Kind of like how they hide aliens from us out at Area 51?

#58

 Amy

Kevin - the bottom line here is that, while this story may be very real to you since you live it, coming on a board such as this, where cancer patients congregate for support, and discussing how you can beat cancer with nutrition, is extremely irresponsible. The subtype your wife has is extremely rare and the majority of people who come to this do not have that type. They may read your wife's information and think it would work for them when it will not. If your wife is truly in remission, I really do hope that she is, it is by sheer luck in the fact that she has an extremely slow growing cancer or that she never had any cancer at all. But if you are going to come onto a board that is a support group for people going through cancer with a very far-fetched story such as this, a disclaimer would be helpful. Had your wife come here with such a disclaimer, maybe she wouldnt have been attacked. People here have gone to ends of earth and back to fight for their lives

and someone talking about beating it with nutrition alone is insulting, to say the least.

#59

**Ursula**



In the interest of full disclosure, if you decide to pursue this "alternative treatment," you are pursuing a treatment:

1. That no board certified oncologist is willing to prescribe, even an oncologist who has seen it's amazing results first-hand.
2. That is considered so far outside the mainstream that it's advocate admits that any oncologist prescribing it would lose his medical license and that no reputable institution or hospital is willing to advocate.
3. That has never been tested scientifically, let alone proven, by any reputable medical study.

Versus.

1. Treatment that is recommended by even the medical oncologist who has seen the effects of the "alternative treatment" first hand.
2. That is considered mainstream and would be prescribed at top institutions ranging from the Cleveland Clinic to City of Hope to MD Anderson.
2. That has been tested scientifically and proven by independent researchers in countries from the US to Germany to Australia to cure a large portion of patients.

Just to be clear.

**kevinc** 

New Member



Quote:

Originally Posted by **Lola**

*So is it fair to call this a world-wide government conspiracy to keep the drug company execs rolling in dough? Kind of like how they hide aliens from us out at Area 51?*

**Lola:** No it is not fair. In fact, it's trivializing and foolish. But of course, you are free to categorize it however you like.

**Thomas:** You're absolutely right. It all comes down to world view. We have learned to believe that cancer is not a disease, but a dis-ease that the body can correct if given the proper means. But you said it best. You guys have made your mind up (which, again, it wasn't our intent to change in the first place) and I understand that. It all reminds me of a common quote: "A man convinced against his will is of the same opinion still."

**Amy:** Thanks for the sincerity. Please know, if I or my wife offended you personally, I'm sorry. We never meant to. The nutrition thing, hey, it's just part what we did. It's the truth, and as such we can't really apologize for it. (Quick fact for ya: Did you know docs receive less than 3hrs. of education on nutrition during their entire medical career? I promise you, it's not bogus.)

Lastly, my wife is definitely a rarity, but her story is not "far-fetched." It's only one in the minority. But it's a truthful story that aligns with many, many more people's. I encourage all of you to keep that in mind if you're ever at a crossroad in your journey. If you have a question you were not comfortable asking here for whatever reason, or you didn't get here in time, don't hesitate to email. I can be reached at [\[redacted\]](#) -- that is my personal email; Please be respectful of it.

God-bless you all, and good luck.

\_Kevin  
Atlanta, GA