

The Power of a Light-Bulb Moment Commitment to a WFPB, SOS-free lifestyle and fasting cured her cancer

by Midge Steuber

My day started out normal—then life changed in a blink. I was 40 years old, and my SAD diet had caught up with me.

My sudden awakening happened one morning while in the middle of remodeling an old farmhouse in Boulder, Colorado. I bent down to retrieve some cleaning products, and when I came up, my visual field was black and blurry. I blinked my eyes several times and rubbed them with my fingers, trying to get my vision to clear, but nothing made a difference. I could not see out of my right eye.

Our local hospital put me in touch with the ophthalmologist on call, who said I had 110 minutes to get to him so he might be able to do something that could help me. Fortunately, I had hired someone to help with the remodel and they were able to drive me to the eye doctor, because I had lost all depth perception and it wouldn't have been wise for me to drive.

The ophthalmologist immediately took me in and began working on me. He even cleared his schedule for a few hours. However, he was not able to move what he could see in the artery to my right eye: a blockage of plaque had formed and cut off circulation to my retina. I had had what he said was a stroke to the eye. Later, I had this clarified by Dr. Michael Klaper, who told me it was a right retinal artery occlusion, and it killed my retina. *I was now blind in my right eye.*

This experience started me on an extensive search to try to learn what had led to this. I didn't want to lose my other eye, and at that point, I was a single parent of a 10-year-old son.

Years of searching and confusion later, my light-bulb moment came when I was finally introduced to *The China Study*, by T. Colin Campbell, PhD. After reading it, I knew I

had the keys to the kingdom; I had found my Rosetta stone! The answers were all there. I now knew what had caused this stroke and could take steps to make sure it didn't happen to my other eye.

At that point, I had already been following a plant-based lifestyle for a while, but it was not SOS-free and not 100% whole-food. There was a lot of room for improvement. I devoured *The China Study*, reading it over and over; I gifted it to my friends and sought out teachings from the other doctors mentioned in it, as well. I was so excited to finally put my hand on the answer, to finally hear the truth about human nutrition. I had also found my tribe. All of a sudden, my life opened up to the glorious land of the truth and real, peer-reviewed science.

I had been searching for this for 16 years, and I'd been so frustrated navigating all the false and misleading information that is out there to keep us confused and eating the same SAD diet.

Thanks to changing my diet, my health tweaked very nicely, and I dropped a lot of weight. I've been whole-food, plant-based ever since, and now I'm also SOS-free. I originally began eating this way for health, but now it's also very much a moral and ethical issue for me, for the welfare of the animals and the planet.

Fast forward a few years: in the fall of 2018, I injured my shoulder and sought a second opinion on its possible rehabilitation. When examining my shoulder, the doctor discovered an "incidental" mass in my right lung. I had expected to hear the results of the reading, but our conversation was nothing about my shoulder; instead the doctor was very alarmed with the apparent mass. A mass in my lung? What the heck?!

Years previously, I had worked for Hospice of the Valley



Midge Steuber found health and healing through a WFPB, SOS-free lifestyle and fasting.

"I had been searching for this for 16 years, and I'd been so frustrated navigating all the false and misleading information that is out there to keep us confused and eating the same SAD diet."

in Phoenix where they have valley fever, so I thought it might be scar tissue from that or from a time when I had pneumonia. In any case, I did *not* think cancer. Dr. Klaper and I were not initially concerned and decided to watch the mass and see if it would grow.

I had two other scans after that, and although the mass did not grow, we discovered that there were masses in both lungs, not just the one. I was starting to get pressure to have a biopsy, so I agreed to do that as soon as I returned from a long-planned, two-week French language immersion trip in June of 2019. I did not want to fly to France with a hole in my lung, no matter who said it wasn't a concern.

I am sure you have now guessed the results of that biopsy. Sure enough, I was sitting on my deck with two girlfriends when I got the phone call that it was lung cancer—small cell adenocarcinoma. I was incredulous. Me? I was the health and fitness queen! How the heck could I have lung cancer?! Oh, I was stunned, mad, worried, furious, and not sure what to do. I had never concerned myself with learning about cancer and its treatment options, thinking I would never have to deal with it because I was such a squeaky-clean, whole-food, plant-based, SOS-free eater.

I remember feeling really betrayed by my WFPB-SOS lifestyle. Aren't we supposed to escape cancers with this approach? I thought I was bulletproof. I had been told more than once that the blood of WFPB-eaters kills cancer cells in petri dishes. If this was cancer, I thought perhaps it was active in my body prior to my change in diet and that my lifestyle had arrested it when I went whole-food, plant-based 15 years earlier. That was the only way I could make sense of it.

Further testing showed that my lung cancer was stage 4. I knew I did not want surgery or chemo, and, of course, that was the first thing my doctors wanted to do. Fortunately, there was a new option called CyberKnife, where several radiation waves are pointed at each tumor to blow them up; then they are left in your body for it to create antibodies (my very elementary understanding of the process). I had the treatments 10 times and refused the chemo. Then I sought out several alternative treatments, including two 2-week water fasts to hedge my bets.

Planned visits to the long-established, well-respected, and frequently completely booked TrueNorth Health Center had to be cancelled, though, due to wildfires in the fall and again due to coronavirus stay-at-home orders in the spring of 2020. Fortunately, a few other medically supervised fasting options were available.

In December, I went to Dr. Frank Sabatino's Balance for Life Retreat in Florida. With its breathtaking location right on the beach, I passed the time comfortably in the sun. After a

two-week water fast there, I became aware of an internal feeling, an intuitive sense of *knowing*, that the cancer was gone. Thank goodness for fasting!

On January 6th, 2020, I went in for my first CT scan after the CyberKnife treatments and fasting, and the glorious words spoken by my oncologist were, "You have the best-case scenario. Everything looks great. Go out and celebrate!" You can bet I did!


I was still celebrating in late April when I underwent another two-week water fast, this time at Dr. Gershfeld's Fasting Escape in California. The Fasting Escape is a charming, intimate (maximum of 8 patients), and elegant villa in Orange County, surrounded by lush vegetation and flourishing bird life. Like Retreat for Life, it was awesome; my stays at both fasting centers were stellar.

While there, I listened to the 2020 Food Revolution Summit, in which one of the speakers cautioned something to the effect that the words oncologists use may have a different meaning than what you assume. Worried, I called my oncologist to ask him about that, and his reply confirmed my fears. He kicked the door open that there could still be cancerous tumors in my lungs! What?!

Apparently, the words he used in January applied only to that one scan, but for me, the "best-case scenario" would have meant that the cancer was totally gone. I had been dancing a happy jig, telling folks that I went from stage 4 lung cancer to cured, but the oncologist changed all that. I needed answers. I was supposed to have a follow-up CT scan in April, but it, too, was cancelled due to the coronavirus. I rescheduled it for May, wanting very much to get the straight skinny—was my cancer gone, or not?

As I write this, it is May 14th, 2020, and I just heard the results of the most recent scan from my oncologist: "There appears to be no active cancer in your body."

Music to my ears...time to dance that happy jig! Yippee! My life is outstanding now. I know I have a lot of life left in my years. I am actually grateful for that stroke years ago, as it motivated me to search out what happened and why and put me on the path of plant-based nutrition. I am healthier and more fit now at 67 than I was at 40.

I was first introduced to the Natural Health Association at the TrueNorth Health Center. I eagerly joined the organization because it is home to many of the luminaries I respect and who have made a profound difference in my life and well-being. I have now committed to a lifetime membership in the NHA and will continue to do what I can to spread the vital message of the whole-food, plant-based, SOS-free lifestyle. I am deeply grateful for the meaningful services they provide. I'm happy to support NHA. 

"I remember feeling really betrayed by my WFPB-SOS lifestyle. Aren't we supposed to escape cancers with this approach? I thought I was bulletproof."