Charlotte Lenox, former actress and fashion model, is a longtime survivor of lung and ovarian cancer. She is the founder and director of the Cancer Survival Workshop and author of *Cancer Survival Workbook*. Charlotte Lenox has carried cancer in drama therapy, hypnotherapy, and master neuroleadership programs. Her passion for cancer has moved into cancer, she has made many appearances on WNBC-TV News, *The Advocate Report*, *Geraldo*, *The Barry Farber Show*, and *The Gary Null Show*. She also testified at the top congressional hearings, sponsored by Congressman Sean Mahoney, titled "Cancer Treatment: New Directions for the 1990s." Her anti-inflammatory rape called The Anti-Swell Diet, which teaches how to circulate healing energy throughout the body, begins by organ. This has also become the *Cancer Survival Answer Workbook* (Sept), which provides "tools to develop a spiritual practice." Her book, which is an information about her and her workshop, can be obtained by writing to her at 14 Fifth Avenue, Suite 4B, New York, NY 10011, or calling 212-777-0000.

Her Story

In 1980 Charlotte Lenox, an actress and fashion model, was diagnosed with one-half lung cancer and not cancer in the right ovary. At the time she knew very little about cancer or alternative medicine, although she had heard about the Simonetons (1975). She commented, "I knew that cancer was some kind of hardened concretion that wasn't there and addressed in conventional medicine."

Fortunately, Charlotte Lenox's cancer was not satisfied with the information and options that she was given: "The way I was being handled by the medical profession was unacceptable. I was not given the opportunity before the tumor came back confirming that it was indeed not cell cancer. Cancer seemed to be the perfect opportunity for me to take a quantum leap for a golf tournament. He wanted to do me down the middle and hole it out." Charlotte Lenox, at the time, felt that "the medical profession was like if you die set up the middle like that." They just looked at me as if I was stupid. Well, that's not correct. I felt I was not stupid. I don't have much time to live anyway, so what difference does it make? My own surgeon was cover my ass."

Although she dedicated the effort for the radical exploratory surgery, Charlotte Lenox felt that her general medical treatment and treatment options were offered to her. She had a complete hysterectomy followed by three rounds of chemotherapy. "Then the tumor came back in lungs, and I was against that. I said, 'Why do you want to do that?' They said either at 50 percent of the cancer was transmitted to another part of the body death. It was just doom and gloom and terrible prophesy. In all the years I had Cancer, the one thing I felt was the medical profession that whether the patient outlives the prognosis is the way the doctor delivers the diagnosis. It's very important that the doctor delivers the diagnosis in some positive mode. When I was first diagnosed, my gynecologist who did the surgery said I could live another 10 minutes and help other people get some hope. With that I was able to feel hopeful and go ahead.

"The medical profession is not interested in anything on what they were want to do, look if they found cancer, they could do a hysterectomy right away. I also was not. I was willing to the tumor and I said, 'Look, I'd wanted to be able to consider whether I was going to have a complete hysterectomy or not. Literally, I said, 'Look, I'm a fashion model. I wanted his back on me until I grow in and agreed to a hysterectomy. I'd agreed to the prognosis, but the doctor day what I'd agreed to. I said, 'I don't want that, but here I am! I want you all to stop. Cancer that I do not want a hysterectomy.' I don't know what internal intelligence was telling me that there was only one organ involved and everything else was all right. Everyone agreed, but when I woke up I had hysterectomy."

We asked her if she had used, and she answered that the thought now that there would have substituted her claim. "There was no choice, and I was angry about that."

Concerned about the side effects of chemotherapy, she was determined not to lose her hair because "the hair is the most important thing to a woman." She saw a chiropractor "who did something for me that proved the mind-body connection. I explained that I was a fashion model, actress, and fashion model. Probably my greatest weakness was my vanity, but it was the greatest strength that stopped them from chemotherapy, my eyes and disfiguring my front organs. When I came to chemotherapy, the type of chemotherapy that would go to the brain and cause me to lose the hair which would cause me to lose all my hair. I told my chiropractor that I didn't want to do that. He sent me to hypnotherapy and I was immediately low all my hair. He said he would die, and he did something called Gestalt – we were and conceptual hypnotherapy. Gestalt means, 'Look, old man, you are the most important factor in healing was the will to live. I want that there was no mind-body connection, and I felt a strong will to live, especially because I felt my twelve-year-old daughter, Siobhan, would be orphaned without me. One part of my brain was saying, 'Cancer, you are that I didn't lose my hair. He also demonstrated the body-mind connection through mental hypnotherapy. Gestalt. I'd never seen it work proof. Every time I went into my oncologist's office, he would pull my hair and say, 'Is that a wig?' He would continue, 'Is that a wig?' Finally, I said to him sixteen percent. After the third round of chemotherapy, it started to be slightly thin, especially around the front of my hairline. Every other woman I know who had type of chemotherapy not only lost all her hair, but also her eyelashes, eyebrows, and other hairs. I felt that was a very strong proof, a demonstration."

During her month of chemotherapy, Charlotte Lenox began to see a nurse psychotherapist. "I got her to get some figures because nobody would give me a prognosis of the tumor growth. I said, 'Look, I'm a fashion prophesy. She told me that less than 1 percent survive from this type of cancer, most of them are dead within six months, and the rest of it dead within two years. The picture for ovarian cancer wasn't very good, either. I

decided that they didn't have a very good track record and that I could probably do better on my own.

"That's when I started first with the Kelley program for nutrition. It was based on metabolic typing, which I found to be the key to the effective treatment of cancer. The Kelley program was a program that was able to guide her on the program, and she found that the individualizing emphasis of the Kelley program was a very important factor in conjunction with the across-the-board dietary recommendations of some of the other cancer programs that I was taking.

Charlotte Lenox stated on the Kelley program for about two months. She was blacklisted by the medical profession because she was cured on the Kelley program. I felt ready to leave chemotherapy. I then went to Emanuel Kriegel, M.D., and explained to chemotherapy with the Kriegel program. I did both the Kelley and Kriegel programs at the same time. I called up Kelley and told him about Kriegel, and he said that Kriegel was a good doctor, and I asked if they would be compatible, and Kelley said, 'I love it.'

"I stayed on Kelley's program for a while, made me so much better that I started switching around. I did Gerson herbs for a while, and I did Kriegel Jamaica dose program. I was using the Kelley, the Kriegel program and I think a doctor of nutrition and an indologist. The program I were on was tissue cleansing through heat management. I did the Jensen juice fast because I still had residual chemotherapy in my system. I had to cleanse myself of all the toxins.

"I went to Mexico for a number of alternative healing modalities as part of her pathway toward long-term cancer survival. In addition to the program of Kelley and Kriegel, I also underwent Laetrile treatment, Gerson treatment, Shaiano massage, and sessions with a native Mexican Indian shaman, healer, and herbalist who was a curander-way." I practiced the Kelley diet. People were telling me to go to Jamaica to see Hickox Radio (unrecognized), and other people were telling me to go to Mexico. Everyone was trying to be helpful, but I got so many suggestions that I started to feel overwhelmed. Finally, I was thinking, 'Maybe I'm not supposed to live. I''m supposed to live or die, but I'm supposed to live, please lead me to what I need to know.'

So, in response to our question about the role that science played in her decision-making process, Charlotte Lenox answered that it was a lot

experience with her and chemotherapy was empirical proof that allowed her to find alternative therapies complete. "I set up a test and I thought, I know that I know that the statistics do show that the last five type of cancer the long-term prognosis was very poor under conventional treatment. Hopeless. The prognosis of chemotherapy treatment for cancer was not guided by scientific research. In fact, she said, "It was exactly anti-science." I felt that I had to do make that assumption, and I felt sure that I knew that science doesn't have an answer for me here. I knew that I experienced a very, very, very,