

# How I cured the impossible: understanding a “miracle”



“Healing miracles happen. I am testament to that. Maybe it’s just science not yet understood, and I don’t really know where to draw that line between science and magic, but this seemed so unbelievable that I needed an understanding to apply it as a practitioner. This experience took me on a journey far beyond the nutrition science I already knew and into the realms of mind-body-spirit nourishment. This is my story...” by nutritional therapist **MICHAELA JEZZARD.**

**M**arch 2014. I was rushed into hospital with a pain in excess of those final throes of childbirth. Lower left abdomen. Doubled over and begging for pain relief. This was the fourth time it had happened in the last few years. Each time I am kept in, given IV painkillers and then next day it just stops. No-one had ever given me an explanation. This consultant had a good prod and this time declared he could feel a large mass. Worse case scenario, I am told, it’s Ovarian Cancer. OK, I thought, I can deal with that. I do Functional Medicine, I’m familiar with the work of Dr Kelley, Dr Gonzalez (who was still with us then) and Dr Brownstein. I figured I would need a lot of proteolytic enzymes, some iodine and I would go ketogenic.

I’d also just finished reading the book *Earthing* by Clint Ober, Stephen Sinatra and Martin Zucker, so I figured a grounding mat was going to help too. I was putting together a plan in those first few minutes.

It took weeks to get the ultrasound scan to confirm the diagnosis. I don’t recall any fear, I felt prepared for battle and eager to meet my nemesis. The sonographer was lovely, she swung round the screen so I could see.

It looked surprisingly large – 5cm diameter, about the size of a lemon. To put that in perspective, the ovary it was attached to was only 3cm diameter. It was made of dense, solid material and the weight twisting the ovary stalk was what had caused such agonising pain until eventually correcting itself. The sonographer tells me it is an Ovarian Teratoma – a dermoid cyst of the ovary. So, definitely NOT cancer, I asked her to confirm. Apparently in the many years she’d done this job she’d seen enough to be 100% certain – a dermoid cyst and the only way to resolve it was surgery. Woah! I was not OK about being cut open. I promised myself I would find another way.

Back home I started researching immediately. I found forums where ladies described the exact same excruciating pain I’d felt. They’d all opted for surgery. Some were satisfied with the outcome, and others complained of their ovaries being unexpectedly taken out due to excessive cohesion and being thrown into early menopause. Others mentioned chronic pain from scar tissue. It wasn’t looking good. Surgery was an even more definite no. I scoured PubMed for alternates but there were none. It seemed that what I was planning to



do had never been tried before. I would have to figure this out from scratch. Someone’s got to be first.

## Little monster

Teratoma literally means little monster, so the “thing” was now renamed “Monster” and battle commenced. Ovarian teratomas are described as bizarre tumours, usually benign, although I’ll never know, as I knew enough about cancer to know that a biopsy would spread cancer stem cells everywhere and that wasn’t a risk worth taking.

These heavy tumours can cause the ovary to twist, referred to as torsion, cutting off the blood supply. This I had experienced, and it was agony. As they get larger they can rupture, causing serious problems. They can contain all kinds of tissues, being born of a primary oocyte in the ovary, however my scan showed it to be mostly dense fatty tissue. That was a relief, after seeing horrific pictures of ones



Original artwork by Michaela's friend Rebecca Western, artist, healer and author of *Handbook for Health*. Used with permission. See more stunning images at <http://rebeccafineart.gallery>.

with hair and teeth. Also, a bonus, as fatty tissue is easier to break down than calcified tissue.

By the time I got my referral with the consultant, three months had passed.

I hadn't sat around doing nothing. I'd been actively taking down the Monster. I felt really positive that I'd done some serious damage to that thing.

The assistant consultant saw me and was not interested in anything positive I had to say. I was not able to see the actual consultant. She had an image of the scan, and said that she would book the surgery. Woah! No way!

I glanced at the plastic bottle of diet Coke on her desk, placed there as if to reaffirm my gut instinct that I couldn't trust her health advice. She was not seeing me as an individual, but following a one-size-fits-all protocol, and I demanded another scan to see if I had managed to shrink the teratoma, totally believing I'd done enough to put a dent in its

size and buy myself more time to carry on with my no-surgery protocol.

After all the blackmail and scare tactics bounced off me, she reluctantly agreed, told me I was stupid and that it would only show growth and increase my chances of becoming a medical emergency with a gangrenous ovary. That fear-mongering may have worked on others, but I held my ground.

### **“There seems to be a problem...”**

Second scan. I'm nervous and confident at the same time. After standing up for my beliefs, I desperately needed a noticeable shrinkage. I knew there WAS shrinkage, but not how much, and I needed it to be measurable enough to prove I was having an effect. Failure was not an option.

I'm called in.

The first scan image is there up on the screen and the instructions are to measure how much bigger it has grown.

There seemed to be a problem. The sonographer pops out of the room and comes back with her senior colleague.

They both stand there bemused, checking their notes, checking the first scan, and eventually conclude that there is no sign of any teratoma now. Nothing there at all. It has just disappeared.

I recall feeling smug and a little surprised that it was ALL gone. I know this has never happened before, as I'd checked all the research. No one had ever tried what I tried. It was unprecedented until now.

I wanted to let others know they could do this too, but then it dawned on me that I didn't really understand how I did it. I would need to figure it out first. With that threat of surgery looming, I'd thrown everything I had at it all at once, and didn't know which interventions had worked and which hadn't.

So, I'll break it down. These are the things I did. →

## The Seven Systems of Full-Spectrum Health

SYSTEM	ANATOMY	PHYSIOLOGICAL ACTIVITIES	CORE ISSUES	BALANCED LIFESTYLE	FOODS	
 THE SPIRIT	<ul style="list-style-type: none"> <li>• Electromagnetic field</li> <li>• Energy meridians</li> <li>• Nervous system</li> <li>• Pituitary gland</li> </ul>	<ul style="list-style-type: none"> <li>• Circadian rhythms</li> <li>• Clearing</li> <li>• Light sensitivity and intensity</li> </ul>	<ul style="list-style-type: none"> <li>• Connection</li> <li>• Purpose</li> <li>• Soul</li> </ul>	<ul style="list-style-type: none"> <li>• Sees everything happening for a reason</li> <li>• Knows their purpose</li> <li>• Connects to the meaning of life</li> <li>• Makes time for meditation, rest, or prayer</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting and detoxification practices</li> <li>• Fermented</li> <li>• Fruits</li> <li>• Green leafy foods</li> </ul>	
 THE INSIGHT	<ul style="list-style-type: none"> <li>• Brain</li> <li>• Eyebrows</li> <li>• Eyes</li> <li>• Forehead</li> </ul>	<ul style="list-style-type: none"> <li>• Neurons</li> <li>• Neurotransmitters</li> <li>• Pituitary gland</li> </ul>	<ul style="list-style-type: none"> <li>• Mood balance</li> <li>• Sleep</li> <li>• Thought processing</li> </ul>	<ul style="list-style-type: none"> <li>• Intuition</li> <li>• Reflection</li> <li>• Visualization</li> </ul>	<ul style="list-style-type: none"> <li>• Balances intellect and intuition</li> <li>• Able to reflect, introspect, and quiet mind</li> <li>• Has even, stable moods</li> <li>• Sees the underlying meaning of situations</li> </ul>	<ul style="list-style-type: none"> <li>• Blue-purple foods</li> <li>• Caffeine</li> <li>• Chocolate/cocoa</li> <li>• Mood-modulating foods</li> <li>• Spices</li> </ul>
 THE TRUTH	<ul style="list-style-type: none"> <li>• Chest</li> <li>• Chin</li> <li>• Ears</li> <li>• Mouth</li> <li>• Neck</li> </ul>	<ul style="list-style-type: none"> <li>• Nose</li> <li>• Throat</li> <li>• Thyroid gland</li> </ul>	<ul style="list-style-type: none"> <li>• Chewing</li> <li>• Metabolism</li> <li>• Hearing</li> <li>• Smelling</li> <li>• Speaking</li> </ul>	<ul style="list-style-type: none"> <li>• Authenticity</li> <li>• Choice</li> <li>• Voice</li> </ul>	<ul style="list-style-type: none"> <li>• Is true to their authentic self</li> <li>• Speaks personal truths</li> <li>• Speaks and listens in equal measure</li> <li>• Expresses their creative self verbally</li> </ul>	<ul style="list-style-type: none"> <li>• Bone</li> <li>• Juice</li> <li>• Soups</li> <li>• Tissues</li> <li>• Sea plants</li> <li>• Soups</li> <li>• Teas</li> </ul>
 THE LOVE	<ul style="list-style-type: none"> <li>• Armpits</li> <li>• Arms</li> <li>• Blood vessels</li> <li>• Blanks</li> <li>• Hands</li> <li>• Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Lungs</li> <li>• Lymphatic system</li> <li>• Shoulders</li> <li>• Thyroid</li> <li>• Wrists</li> </ul>	<ul style="list-style-type: none"> <li>• Breathing</li> <li>• Circulation</li> <li>• Oxygenation</li> </ul>	<ul style="list-style-type: none"> <li>• Compassion</li> <li>• Expansion</li> <li>• Service</li> </ul>	<ul style="list-style-type: none"> <li>• Is full of passion for a cause</li> <li>• Open to love without overdependence</li> <li>• Demonstrates emotional maturity</li> <li>• Is generous and sharing, as well as is open to receiving</li> </ul>	<ul style="list-style-type: none"> <li>• Leafy vegetables</li> <li>• Microgreens</li> <li>• Phytonutrients</li> <li>• Sprouts</li> <li>• Vegetables (especially green)</li> </ul>
 THE FIRE	<ul style="list-style-type: none"> <li>• Cholesterol</li> <li>• Liver</li> <li>• Pituitary</li> </ul>	<ul style="list-style-type: none"> <li>• Small intestine</li> <li>• Stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Acidification</li> <li>• Biotransformation</li> <li>• Blood sugar balance</li> <li>• Digestion</li> </ul>	<ul style="list-style-type: none"> <li>• Energy</li> <li>• Intensity</li> <li>• Power</li> </ul>	<ul style="list-style-type: none"> <li>• Is excited by good-sounding and smelling</li> <li>• Wants to do best without "losing it all"</li> <li>• Doesn't take work home, makes time for play</li> <li>• Needs energized to live</li> </ul>	<ul style="list-style-type: none"> <li>• Citrus</li> <li>• Citrus/lemons</li> <li>• Healthy sweeteners</li> <li>• Legumes</li> <li>• Potatoes</li> <li>• Fermented foods</li> <li>• Whole grains</li> <li>• Tubers/roots</li> </ul>
 THE FLOW	<ul style="list-style-type: none"> <li>• Bladder</li> <li>• Hips</li> <li>• Kidneys</li> <li>• Large intestine</li> </ul>	<ul style="list-style-type: none"> <li>• Ovaries/Testes</li> <li>• Reproductive system</li> <li>• Spleen</li> </ul>	<ul style="list-style-type: none"> <li>• Cellular replication</li> <li>• Fat storage</li> <li>• Reproduction</li> <li>• Waste balance</li> </ul>	<ul style="list-style-type: none"> <li>• Creativity</li> <li>• Emotions</li> <li>• Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Goes with the flow</li> <li>• Creates in all aspects of life</li> <li>• Is comfortable with their sexual identity</li> <li>• Cultivates healthy partnerships</li> </ul>	<ul style="list-style-type: none"> <li>• Dietary fats and oils</li> <li>• Fermented foods</li> <li>• Fish and seafood</li> <li>• Nuts and seeds</li> <li>• Orange-colored foods</li> <li>• Tropical foods</li> <li>• Wastes</li> </ul>
 THE ROOT	<ul style="list-style-type: none"> <li>• Adrenal glands</li> <li>• Blood cells</li> <li>• Bones</li> <li>• DNA</li> <li>• Feet</li> <li>• Immune system</li> </ul>	<ul style="list-style-type: none"> <li>• Joints</li> <li>• Legs</li> <li>• Muscles</li> <li>• Rectum</li> <li>• Spleen</li> <li>• Tailbone (Coccyx)</li> </ul>	<ul style="list-style-type: none"> <li>• Enzyme activity</li> <li>• Fight-or-flight response</li> <li>• Gene expression</li> <li>• Protein production</li> </ul>	<ul style="list-style-type: none"> <li>• Safety</li> <li>• Survival</li> <li>• Tense</li> </ul>	<ul style="list-style-type: none"> <li>• Belongs to a strong and stable network</li> <li>• Feels safe in home environment</li> <li>• Listens to one's koiné instinct when it comes to food choices</li> <li>• Is present and centered in the body</li> </ul>	<ul style="list-style-type: none"> <li>• Dietary proteins</li> <li>• Immune-enhancing foods</li> <li>• Insoluble fiber</li> <li>• Mineral-rich foods</li> <li>• Red-colored foods</li> <li>• Root vegetables</li> </ul>

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### → Proteolytic enzymes

These are pancreatic enzymes that digest proteins. When there is food in the gut they will digest that and work as digestive enzymes, but taken on an empty stomach they enter the circulation and digest anything that shouldn't be there, working instead as proteolytic enzymes. I used these to break down the protective wall around the teratoma so that my immune system could "see" it.

I took high doses of three different types. After about three months taking these I started feeling nauseous, so I knew their job had been done and stopped taking them.

### Ketogenic diet

If I trained my body to burn ketones for fuel rather than glucose, it could do two things that would help me. Burn up the now-exposed fat inside the teratoma as fuel and also keep insulin low so that it could not trigger growth of any kind. I ate a high-fat diet, where my only carbs were fruits and vegetables. It wasn't 100% keto, but I followed my body's instincts on eating and did the best I could.

### Iodine

Iodine is a nutrient required by the ovaries, and deficiencies are associated with various growths on the ovaries including cysts and cancers.

I'd read this in Dr David Brownstein's books.

I took potassium iodide every night. I had some selenium, too, to keep it in balance. I don't recommend anyone takes iodine without knowing what they're doing, as it becomes toxic in high amounts. There are tests you can do to check your levels. I based my dose on my own specific case history and symptoms.

### Earthing

I'd come across some very good information on earthing, both in the book of the same name and via the Earthing Institute. Being connected to the earth helps reduce inflammation and rebalance the excess positive ions that we accumulate from indoor living and technology with the unlimited negative ions from the ground. I went outside barefoot as much as I could, on grass, on sand and in the sea. I also invested in a grounding mat that I had wrapped around my ovary when I slept at night.

### Visualisation

I already knew of the power of visualization, but had never really put it into practice. I visualised the Monster being pummeled by the various attacks I was directing at it. I gave life to it all in imagery; the Monster looked like something out of a children's storybook, with goggly eyes, horns and messy orange fur; the negative ions were coming at it like arrows, the proteolytic enzymes like little Pacmans devouring its armour bite by bite. I watched

the story of the Monster being destroyed play out in my head. I saw it gradually lose power and start shrinking away. I even felt sorry for it, and having looked into the power of emotions, I think that may also have been relevant to my success.

### Colour

There were two colours that I needed to rebalance. This is where things got a little strange. I saw a very experienced and wonderful practitioner friend who was able to use muscle testing to check my protocol so far, and he was also able to provide a list of the seven key foods I needed to focus on.

These foods were Aubergine, Red onions, Blueberries, Kale, Swiss Chard, Watercress and Broccoli. At first we decided it was because of how these foods support liver detoxification, breaking down the toxic innards of the dying monster, although I later realised it was actually the colours that mattered more. It was the blue-purple and green pigments. This moved me into the world of energy medicine.

Each food has its own unique frequency profile which interacts with the frequency profiles of various cells in our body. It is the frequency of colour I was interested in here; think rainbows, which separate white light into their individual colour frequencies. It seemed my rainbow was missing some colours.

I saw a lecture advertised at the Royal

→ Society of Medicine on Phytonutrients focusing on Colour. Dr Deanna Minich, PhD, was speaking; I knew of her through the Functional Medicine world. It was a Bank Holiday and the trains were hell, but I just knew intuitively I had to get there. I'm glad I did, as I started to understand how the colour fitted into my healing success.

Deanna had a wonderful practitioner programme that I enrolled in and I studied her 7 Systems of Health, each aspect relating to a different colour. It was my big Aha! moment. I finally understood the connections.

Green is the colour linked to the LOVE Aspect, and for me this system was very out of balance. I was doing everything for others, my children, friends and family, and never doing anything for myself. My self-worth and self-love was at an all-time low. I didn't feel OK taking time out for me. I struggled to justify time spent on myself, it didn't seem important – it all just seemed like an unnecessary luxury. Eventually I realised that taking good care of myself made me a better mum and better person to those I cared about.

Blue-purple is the colour for the INSIGHT Aspect, linked to intuition and insight. I'd been ignoring my intuition. I looked outside myself for answers, for the science, the research, the evidence to prove something right, rather than looking inside and tapping into that "inner knowing".

Intuition is now my greatest ally, I trust it above all else. It is something we all have, but have to work at it to be able to use it effectively. Being a very sciencey, fact-based person, it was hard for me to accept something that seemed so flimsy, but how wrong I was! There is a lot of great research out there on intuition and activities to strengthen your own intuitive skills. Once I took it on as the "Science of Intuition", I was able to make that leap.

## Deanna's 7 Systems

Deanna's work provided a framework to understand my experience. It showed that ultimately it was about addressing imbalances



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that initially seemed totally unrelated to the physical manifestation.

The FLOW system is linked to the reproductive system and the ovaries. It relates to relationships, emotions and creativity and I was in a toxic marriage at the time, overwhelmed with toxic emotions and not connected to my creativity. The FLOW, LOVE and INSIGHT are the three feminine systems, and it was imbalances in my LOVE and INSIGHT that manifested in physical form in the FLOW system and on my left side – the feminine side. I was very much a left-brain person, always basing decisions on science and logic, until this happened and I started to trust my intuition.

By nourishing myself at a mind-body-spirit level, the problem resolved. I now see health as so much more than just diet and exercise, and look to a broader picture including emotions, thoughts,

relationships, being authentic and having life purpose. The 7 Systems approach now flows through all my work and helps bring about more miracles.

## Anything is possible...

I am grateful for my experience with the Monster; it made me a better person, took me on a journey of self-discovery and left me with a greater sense of awe for the untapped powers we all possess. I believe now that all aspects of my protocol played their part and that these interventions may in fact be unique to me, and others seeking a similar result need to take their own uniqueness into consideration.

So that is my story of how I healed myself. I hope this can be an inspiration to others in need of hope and alternatives. It is empowering to know that anything is possible. ॥१११॥

• For more information on Dr Minich's 7 Systems, visit [www.deannaminich.com](http://www.deannaminich.com) and [www.foodandspirit.com](http://www.foodandspirit.com). Next practitioner training is scheduled for 2018.

• Michaela talks about her story in a video at [www.youtube.com/watch?v=vNfmfRLPrIE](http://www.youtube.com/watch?v=vNfmfRLPrIE).

## Joining the tribe...

Having experienced her own healing miracle, Michaela has been researching how a combination of diverse healing modalities proved successful for her, and how to apply this to other situations.

Still focused on evidence-based nutrition science, she now brings in elements of mind, body and spirit nourishment, joining forces with a team of professionals to offer a full-spectrum approach to well-being.

Michaela has now created a growing community to share her discoveries on this approach, hoping to liaise with practitioners across all CAM therapies to share and support each other in the mutual goal of helping people achieve the health and life they desire. If you'd like more information or want to join this growing tribe, contact Michaela at [michaela@nutria.co.uk](mailto:michaela@nutria.co.uk) for details or find her at [www.nutria.co.uk](http://www.nutria.co.uk).



## About the author

**MICHAELA JEZZARD**, BA (Oxon), DipION, CFSP, graduated from the Institute for Optimum Nutrition with distinction and received the award for top performing student in her year. She was awarded the CAM Student of the Year Award in 2012. Michaela has since completed the AFMCP training with the Institute for Functional Medicine and the Food & Spirit Practitioner training with Dr Deanna Minich, and has recently served as Deanna's teaching assistant for the international Whole Detox event.

• [www.nutria.co.uk](http://www.nutria.co.uk).