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<https://ankkitasinha.com/>

Cancer Care and support

Before we start

‘Why me?’

Most people when diagnosed with cancer, or have a family member diagnosed with the disease have a question, ‘Why me?’

I remember asking my doctor for which she did not have an answer. I asked the same during my prayers, I was angry, miserable, and hated myself.

Years later, I DID find an answer to it though in a different way.

Why me?

Because of my bad luck.

Because of my destiny.

Because of some black magic.

Because I deserve this punishment.

Because I am a bad person.

Because of some ‘Nazar lagna’ (Evil’s eye).

Because I did not do this.

Because I did not do that.

Instead, I step back and take a pause.

I try to find out where my power lies.

I ‘feel’ what I feel, cry it out and keep doing it till it feels better.

I give myself what I need the most: Acceptance and love.

I hold the scared inner child and comfort it.

I surround myself with people I love.

I choose to believe that magic happens when we expect it the least.

I also choose to believe in hope and good days.

And most importantly, I believe in myself.

In the initial months of diagnosis, my husband had a meeting with his manager when he said, ‘I feel like this was not something for my wife. I don’t think she is strong enough to handle this. I wish it was me at her place.’

To which his manager replied, ‘Abhay, why do you think so? **You might think that she is weak but people are stronger than you think they are. She got this because she can handle this.**’

And that applies to you too, **YOU ARE STRONGER THAN YOU THINK YOU ARE!** There is a way to get better. Even if you don't believe, you just need to take action. Actions are important, more important than thoughts.

And the first step is **taking responsibility for your health**. Here is how.

1st Month

1-2 Week

1. Start with Wheatgrass juice 15 ml twice a day (If you don't get this, buy powder and take it as per instruction on the packet).
2. 10 minutes of alternate nostril breathing, and 10 minutes of Kapalbhathi morning and evening. (Don't do Kapalbhathi if you have any stomach surgery).
3. No sugar. Getting off sugar can have withdrawal symptoms and you can experience mood swings. Take it easy. Replace it with Jaggery or organic Honey.
4. 10 minutes of meditation.

3-4 Weeks (Include below in your routine along with the above).

5. Get your Vitamin D checked. There are 99.9% chances that your Vitamin D is very less if you are a Cancer patient. Start taking supplement for it every day. 8-10 drops where 1 drop is equal to 1000 ICU.
6. Introduce Flax seeds/Flax seeds Powder (2 tablespoons) every day in your diet.
7. Neem leaves (3-5) twice a week if there are no liver or kidney problems (Consult an Ayurveda Doc if there are questions).
8. Start cleaning up your diet. This means taking less processed food, oily food, and including more green vegetables and fruits in your diet.

Once you are able to do these, which I am sure you will, you can talk to me for further steps to incorporate into your healing journey.

This is your starting step, towards health and healing!

Feel free to reach out to me if you ever feel demotivated or are feeling low. **A support group is very important for Cancer Patients and Caregivers**, I will be your biggest cheerleader. I promise!

Note: If you need any help with breathing exercises or meditation, you can contact me at www.ankkitasinha.com

Helping people heal, one person at a time