



Tijuana, Mexico

Rob's Daily Journal!

First Visit - 20 days

Stage 4 Prostate Cancer

June 28 - July 17, 2020

Return Visit Journal - No evidence of disease

January 17, 2021

Return Visit Journal - No evidence of disease

July 25, 2021



Happy 64th birthday, Robert John!!

I'm so proud of your trust, faith and will to get healthy
by listening to your own mind and body...

You are a true inspiration!

I pray through this journal, your journey,
you will inspire many people to do the same!



*“ If the tumors stay the same, we are happy the treatments are working...
If the tumors shrink, we pat ourselves on the back for continued success in new and
older treatments...”*

*But if the tumors disappear, we get on our knees and **thank God**
For it is only God who can perform miracles...”*

~ Dr. Francicso Contreras

This daily journal started off as an evening email being sent to just a few people who knew we had decided to go to Oasis of Hope Hospital for alternative cancer treatments. We knew our phone service wouldn't be great in Tijuana, so it was simply a way to keep in touch... Wow, we had no idea this experience would be one of the best experiences we'd ever encounter!

I decided to turn my daily email into a PDF so we could share this wonderful experience with others who might be dealing with cancer and would like a more natural approach.

Day One - June 28, 2020

Our flight to San Diego was very uneventful, it is a cool and sunny day here! We had two different taxi rides to Oasis of Hope, it's a beautiful facility!

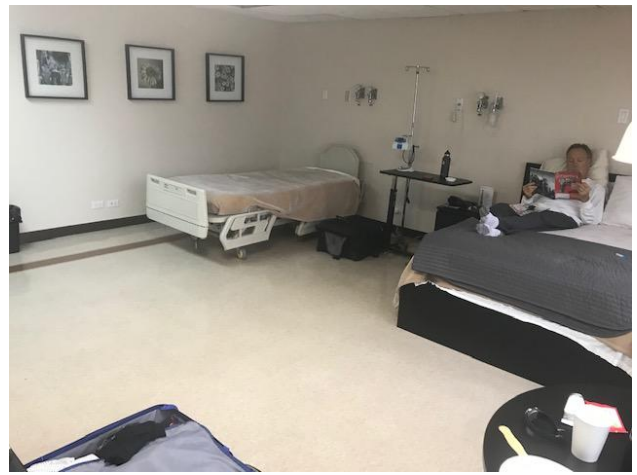
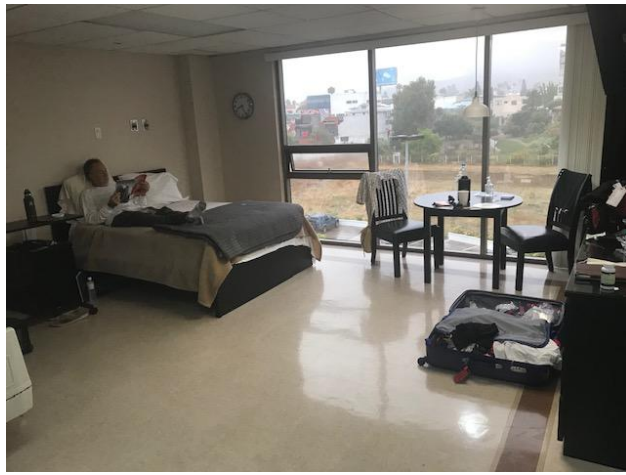


Robert is feeling good and looking good!



Beautiful clinic, just like the brochures!

We were met in the garden by a nurse to give us a quick covid-19 test. My test came back negative right away, Rob's took awhile but showed negative also. We were then shown to our room, 307! It's a big room with two beds; a hospital bed and a full bed.



Before unpacking, we were told that Rob's test looked like it had two faint lines (there was only supposed to be one dark line if negative), so he took another one. We didn't get to see the second test and by the time we thought to ask if we could see it, they said it was too late, it had been too long since he'd taken it, ugghhh! We were then told we'd have to move into a hotel until we got an actual swab covid test and the results, we were so bummed! Eventually we were told we could stay at the clinic as long as we didn't come out of the room for the next few days. They will check him tomorrow and then we will wait 24-48 hours for the results.



They both looked negative to us!

Lunch was sent to us in our room:

A tostada type meal but I'm not sure what the topping was, it looked like shredded beef, but I knew it was some type of vegetable. It was good but a little salty, Rob liked it, yay! We also had a small salad and some yummy soup, not sure what kind though. I hope to find out since Rob liked the soup too, which I think was probably a veggie soup put into a blender. We also had lemongrass tea which Robert enjoyed!



Very yummy!

Dinner was sent to us in our room:

Cauliflower soup (I think), Rob liked it so I gave him mine also as he didn't like the entree, a yummy vegetable roll in rice paper!! We were also given fresh juice, I think it may have been celery and either apple or pear, I had Rob drink his and mine!



Very yummy!

I hope we get to stay, I'd love to know exactly what the meals are so I can duplicate anything that Rob likes when we get back to keep changing his diet to plant based.

We spent the rest of our day reading, watching TV and texting our babes to give them an update!



A little bored already, we hope to get started soon!

We are discouraged about this darn test, we feel God led us here, we don't want to go back without trying this route first!

Day Two - June 29, 2020

We had a good sleep on our first night here. Just like at home, Rob was awakened by a delivery of juice. It tasted like celery juice again but this time perhaps with a green superfood supplement!



Well, we thought we were going to have the swab test at Oasis, but were taken in a van to a lab center in Tijuana called INFECTOLAB for the swab test. We realized half way there that we didn't have any identification on us, or our phones or wallets. We were starting to wonder if we'd been abducted, Lol! It was quite the experience! We now wait 24-48 hours to get the results. Rumors are correct, it was very uncomfortable getting the test... I'm glad it's over!

We had a yummy breakfast delivered to our room when we got back!



Oatmeal with cinnamon and pumpkin seeds, grapefruit, coffee with almond milk and juice!

Rob had his vitals checked at 1:30p, all still good and healthy with a temp of 97.8. We then had a visit from Dr. Sebastian who looked like he was going to the moon after our visit, Lol! Rob shared his story with him and if all goes well getting the test results, we'll visit with him more tomorrow with Rob's files of information and then he'll start infusions. The doc did say Robert could have some infusions today, but we'll wait, just in case we need to go back home.



Another amazing meal. I'm not used to eating this much food, I can tell it's healthy as I'm not the least bit hungry by the time the next one comes! I love sharing with my clients that the healthier they eat, the less hungry they can be in-between meals.

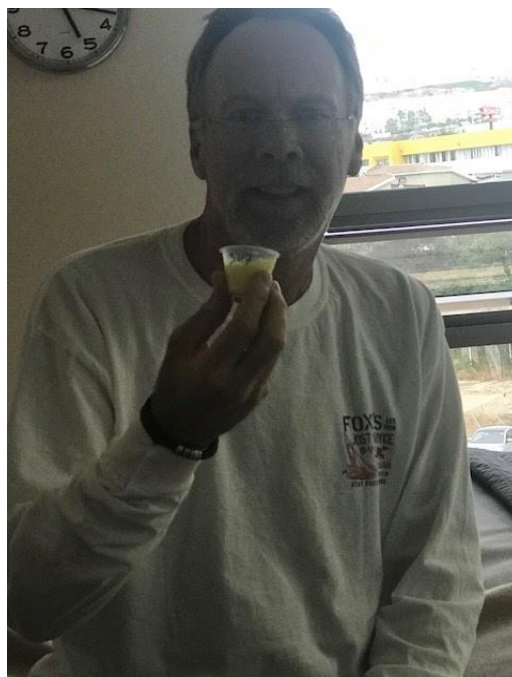
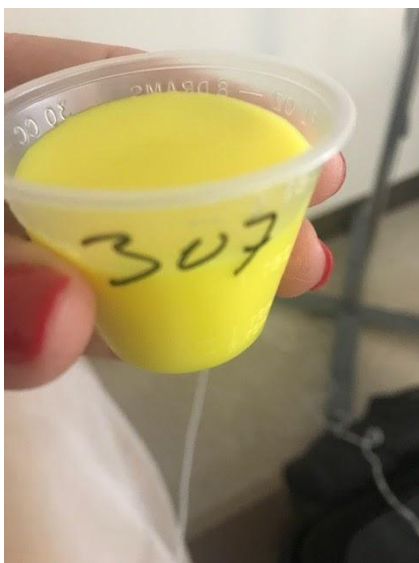


Salad with jicama, the salty meat looking stuff from yesterday, pepper medley with guacamole + juice = Yum!

We spent the rest of the day working on work!! I'm glad to use the tray for a stand up desk, and we're glad the sun has come out!



Rob received his first supplement this evening before dinner. We're not sure what it was exactly, hopefully we can ask tomorrow when the nurses aren't afraid to visit with us.



Dinner was yummy! Another good salad, rice & potatoes, soup and juice!



This evening we plan to read, watch a movie perhaps (they have netflix in the room) and pray that we get news in the morning that we can stay and start treatments.

Day Three - June 30, 2020

WooHoo! Dr. Contreras came into our room to visit with no mask, gloves or space suit!! We both tested negative for COVID-19 and are able to stay here at Oasis of Hope, we are soooooo grateful. Thank you ALL for your prayers and good thoughts/vibes, we know we're supposed to be here before taking our next steps at Mayo.

I started my day off with exercising in the room. I'm so glad I brought my resistance bands as the gym offered to us is not available due to COVID. I was also able to have a client meeting even though cell service here is pretty patchy!



I know I'm a little crazy with these food photos, but I want to add these to my website eventually with recipes to share with everyone. For all of us, building up our immune system with healthy food, vitamins and supplements is the best way to help avoid disease and we know it can also help fight disease. Dr. Contreras is amazed at how healthy Rob looks and feels based on how long he's probably had prostate cancer (2014/2015) and that he's not in any pain at all... Praise God!

So, our breakfast today was green juice (my favorite), cantaloupe, raspberries, and blueberries, oatmeal with almond milk & pumpkin seeds, whole wheat toast with avocado & cilantro, yum!



We had a good visit with Dr. Contreras (he's the founder's son of Oasis of Hope - I gave him a big hug when he told us the news that we passed the covid test) and was very interested in Robert's journey so far. He's surprised Rob wasn't told in 2014/2015 that the rise in his PSA # was concerning (as is Rob), but now we move forward. Rob will start his stay here with infusions of many vitamins and minerals, coffee enemas (detoxes), supplements, ozone therapy, dendritic cell vaccine, all of which I will explain along the way, but we will also go to a San Diego hospital to get a pet scan in a few days so more can be added to Rob's protocol if needed, based on those results. Dr. C wants a full, detailed scan so we have a clear picture of what's going on exactly. We were denied a pet scan through Mayo by our insurance (really?) so instead of paying over \$5,000, we can get it here in San Diego for about \$1,000.

Speaking of "here", I took a photo of how close we are to San Diego. You can see the wall on top of the hill that separates the border. We can also see the ocean, but it is closed. We might at least take a walk down to the beach tomorrow!



This has been our view since Sunday!

After the staff knew we could stay, we were offered a room that had just become available with a balcony, so nice! I might be able to jump rope out here when the neighbor who shares the balcony leaves on Sunday, but just to be able to work and sit outside in the sun will be a dream, I am sooo excited! The room looks exactly the same as the one we had across the hall, so moving out was easy since we really hadn't unpacked yet not knowing if we could stay!



We had our first meal in the dining room, it was so nice to see and meet other people. We met the lady next door who came to help her niece while she's here getting treatments, and a dentist who is here with her dad. This is the dentist's second time here, which is recommended for a follow up after three months.



Cauliflower & potato soup with a bean burger, salad and cucumber/lemon water!

As soon as we got settled in our new room, Rob had his vitals taken, had a 2+ hour IV of minerals and is now in the bathroom having a coffee enema (yikes, he has to keep it in for 10 minutes). He was also given his supplement pill box for the day. He's already taking most of these supplements and then about 20 more, but they want him to just take their supplements while we're here so we're not doubling up.



Dr. C. is on board with Rob continuing to take Afaya Plus, a natural supplement given to him which is currently in a phase 1 trial at Mayo and Honor Health in Scottsdale (but in synthetic form). Dr. Gene Zaid, is a chemist who has been giving Robert his supplement for over a month which is helping him go to the bathroom without having to use a catheter every time, such a blessing! Here's a video explaining who Dr. Zaid is and the trial. <https://www.youtube.com/watch?v=onFncCJbAN4>. Our brother-in-law, Kelly, knows this gentleman who was very interested in helping Rob! We will be sharing his literature and supplement with Dr. Contreras while we're here.

Still full from lunch, we head down to dinner by 7pm (the latest we can go). While there we sat with the same lady from lunch (dentist from El Paso) who shared with us how different it is here since her 20 day stay in December. The meals used to be buffet style with the dining hours being social time for everyone. They had something special every evening (game night, movie night, cooking classes, worship services, they'd visit each other's rooms, do IV's together), but now it's very quiet. She actually came alone

this time knowing she wouldn't need the company of her dad with how much there is to do, but her dad just arrived to stay with her because it's just too quiet now. That makes me sad, this pandemic is changing everything and everyone... She had made a new friend here last December who had arranged to come back and do her follow-up treatments at the same time so they could see each other, but being from Puerto Rico, it was too risky to not be able to stay if she tested positive for Covid. I bet she's glad she's only here for a week this time...



Navy bean soup with salad & zucchini pasta & peppers



First dessert - Date Truffles!

A very full day for us, but we feel so relieved to get things going. It would be nice to get to know everyone more and enjoy all the festivities they used to offer, but knowing this is a Covid-free hospital is a blessing and so perhaps we can visit a little bit each day during our meals.

This is probably my longest journal post as every day going forward will be about the same until we get the pet scan results.

Off to bed!

Day Four - July 1, 2020

We had another good sleep last night, it's pretty noisy with a balcony room and of course we're not as active as we usually are, so I'm surprised, but we are grateful.

Robert's coffee enema was the first thing on the agenda today, right before breakfast! A coffee enema is a liver detox. When given a mineral IV here at the clinic, they require a coffee enema afterwards in the evening and again in the morning. He won't have another mineral IV until Sunday so he's off the hook from more of those until then (not his favorite thing to do).

We had a nice breakfast and met a wonderful couple from Spokane, Washington. They live in southern Mexico, Chetumal next to Belize half the year where they built an orphanage, Kent is a contractor. We're excited to visit with Kent & Diane more over the next few weeks, they arrived yesterday.



Oatmeal w/ almond milk & seeds, eggs, toast, papaya & blueberries & coffee!!!

After we got back to the room, Rob had 4 IV's which took about 3.5 hours:

Vitamin C - 30 grams - Boosts the immune system!

Vitamin K - 100 mg. - This gives Vitamin C a boost!

B17 - 6 grams - Kills cancer cells!

Vitamin C - 30 grams - Boosts immunity!

We do not have good cell service, but somehow my mum was able to get in touch with us through FB video chat, I was very impressed and so happy to see her sweet face. Mum had a nice visit with Robert while he was getting his last IV plus he had a chance to get some work done!



I picked up some lunch for Robert as he couldn't go down to the dining room, but it wasn't anything he was interested in...



Oriental soup with mushrooms, salad, zucchini pasta with broccoli & peppers,
Cinnamon Chai tea with almond milk - YUM!!

AND THEN WE ESCAPED, Lol!!! Since we haven't been out for any walks since Sunday, our nurse reminded us that we're not in a prison, Lol, so we took a walk to the beach! The beach is currently closed and he did suggest we wear masks if needed and suggested we change clothes and shower when we return, so off we went, it was soooo fun!!



We enjoyed seeing the ocean, we **LOVE** the beach! So many businesses are closed due to Covid, we'd love to come back when the whole area is hustle and bustle with beach guests, music, and excited children ready to get in the ocean. We plan to come back before we leave so I can have some clams and oysters, I was too full from lunch, but will know next time! We did have a mexican beer to celebrate my 52nd birthday today, so fun!

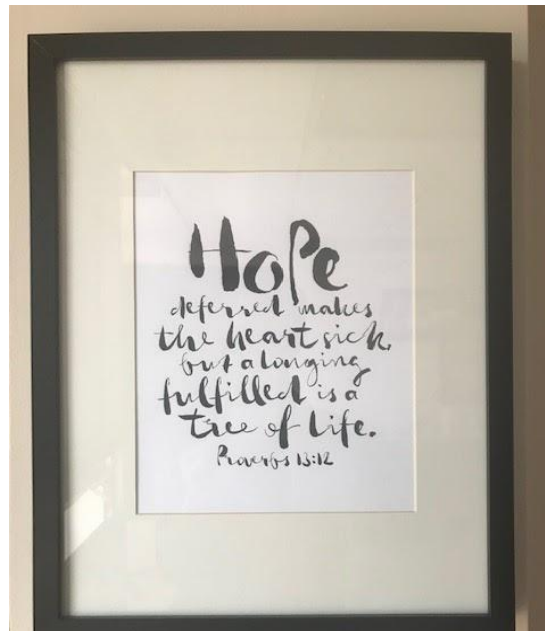


"Here the homeland begins"



After we got home and showered, we had a nice dinner, but I forgot to take a photo! Vegetable soup, gluten free tacos with salmon, yum! They only serve animal protein 4 times per week here. Eggs twice and fish twice. We also had salad and grapefruit juice! We had a chance to visit with Kent & Diane again and a girl named Rochelle who is here doing a 6 month follow-up. When you have a 6 month check-up you only get a vaccine, a 10 day stay, so a lot of relaxing and time on the beach. That will be so fun!!

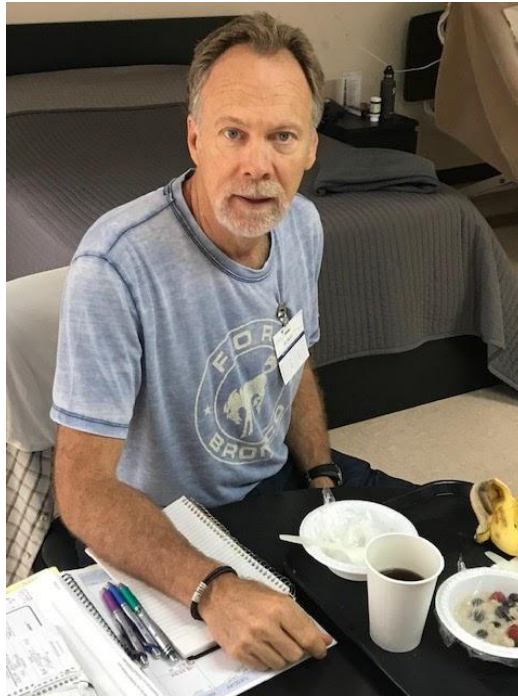
This was a big work evening for me while Rob watched some TV. Today was a good day...



I love this plaque in our room... Hope deferred makes the heart sick, but a longing fulfilled is a tree of life... Proverbs 13:12

Day 5 - July 2, 2020

So our big news first comes from when we woke up... **Rob slept through the night!!!** He hasn't done that for about two years! So, now we're wondering... Is it the Afaya Plus from the chemist in Kansas? We think and hope so! Rob has been taking this supplement for over a month now and has noticed big changes in that area, as well as some basal cell carcinoma disappearing from his ears. OR, is it the melatonin that he's been asked to take at bedtime? Rob has never needed help falling asleep or getting good sleep (besides his bladder waking him up several times in the night), so it could be that he's sleeping even harder and doesn't notice that he has to urinate in the night perhaps?!?! Not sure, but we'll see how tonight goes. Rob was catheterizing anywhere from 3 - 4 times a day before taking Afaya Plus, so we definitely think and pray that it's working.



Rested & ready for day five!

I stayed in the room to workout while Rob went to the dining room for breakfast so I'm not sure what was offered with the usual oatmeal, but that's all Rob came back with! He wasn't interested in the "sweet potato that had a bunch of stuff on top!" What - Really? That sounds amazing!!! Lol! Hopefully they'll offer it again so I can share the idea/recipe!!



Oatmeal with almond milk & berries + coffee w/almond milk!



Improvising!!

After breakfast, Rob had ozone therapy which only takes about 30 minutes. Some of Rob's blood is taken out, spun with oxygen, then put back in. Having ozone gas put into our bodies helps treat disease or a wound. It's a gas made up of three atoms of oxygen (O_3). It can be used to build up the immune system and also be used to disinfect and treat disease.





This is our main nurse, Eddy, he's wonderful! He explains everything so well and loves that we bombard him with so many questions! If you know Rob well, you know that he questions **EVERYTHING!!**

Next was the same protocol as yesterday - Four IV's! Vitamin C, Vitamin K, B12, then one more round of Vitamin C! We also learned that Rob's pet scan is scheduled for 7/14/20 but will be sooner if an opening happens!

HOSPITAL TREATMENT SCHEDULE CAT + VACCINE (20 DAYS) ID # 200									
NAME: Robert Clausen					ADMISSION DATE: 6/26/20				
DATE TO START: 30-06-20					DISCHARGE DATE: 05-07-20				
DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
DETOX	DETOX	DETOX	DETOX	DETOX	DETOX	DETOX	DETOX	DETOX	DETOX
MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT	MINERAL REPLENISHMENT
T	N	M	Fr	Sa	Su				
DON'T DRINK WATER 30 MINUTES BEFORE, DURING AND 30 MINUTES AFTER VITAMIN C									
EDUCATION CLASS WITH DOCTOR CECERA EVERY WEDNESDAY 11:15 AM									
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
LAK	LAK	LAK	LAK	LAK	LAK	LAK	LAK	LAK	LAK
(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)	(lymphocyte activated killer cells)
DON'T DRINK WATER 30 MINUTES BEFORE, DURING AND 30 MINUTES AFTER VITAMIN C									
EDUCATION CLASS WITH DOCTOR CECERA EVERY WEDNESDAY 11:15 AM									
Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine	Dendritic Cell Vaccine
Pet Scan									
PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL	PERITONEAL PINK PILL
B-12	B-12	B-12	B-12	B-12	B-12	B-12	B-12	B-12	B-12
OZONE THERAPY	OZONE THERAPY	OZONE THERAPY	OZONE THERAPY	OZONE THERAPY	OZONE THERAPY	OZONE THERAPY	OZONE THERAPY	OZONE THERAPY	OZONE THERAPY
VIT C	VIT C	VIT C	VIT C	VIT C	VIT C	VIT C	VIT C	VIT C	VIT C
VIT K	VIT K	VIT K	VIT K	VIT K	VIT K	VIT K	VIT K	VIT K	VIT K

Rob's schedule for the next 15 days + a few more additions!

After Rob was finished with his IV's we went downstairs for lunch, but I forgot to take a photo, darn it! Every time we meet a new patient and companion (that's what I'm called here), we get so engrossed in their stories, I forget to take a photo of our food! We enjoyed eating bean soup, salad, brown rice with some kind of yummy sauce with Tom & Cathy from Massachusetts. This is Tom's third time being here, the treatments are working well for him. Third visit means a 10 day visit with only the vaccine (I'll explain when we get that far)

We had so much fun stretching our legs yesterday, we decided to do it again! The beach was beautiful and there were a few more people out watching dolphins jump around, incredible!



Rob had an EKG when we got back to be sure he will be able to tolerate hyperthermia tomorrow (I'll explain on day six post!). He did great, but you can imagine how painful it was taking the stickers off his chest - obviously ~ Ouch!



We then went down to the dining room for dinner. Today we had mushroom cream soup, salad with tofu, and veggies with an oriental sauce. Rob told me to not tell anyone he ate tofu, Lol! He says tofu is illegal in Montana and he still considers himself a Montana boy! We enjoyed eating with Tom & Cathy again!



Our sweet neighbors, Kent & Diane decided to watch the movie, Game Changers (it's a MUST see if you haven't watched it yet on Netflix), but had no idea how to use the TV! Rob got them all lined up so I'm excited to visit with them about it tomorrow. Everyone should watch that movie, it's a life changer for your health!

This evening I'm working on this post, it's taking a long time as we have patchy wifi tonight. Rob has a big day tomorrow, so he's relaxing with his Ipad and watching a show!

Today I'm grateful for Eddie (our nurse), dolphin watching, making new friends, and God's peace!

Day 6 - July 3, 2020

We had another good night's sleep, Rob only got up once at 4:30a, but did a catheter before he went to sleep as he was feeling like his bladder was too full, probably from all the IV's.

An early morning for us as Rob has to fast for 6 hours before having his first hyperthermia treatment, so he had an early breakfast! I think this has been my favorite meal so far - An omelet made out of chickpeas stuffed with sauteed veggies, grapefruit & berries, oatmeal with seeds and granola and coffee with almond milk!!! I brought mine back to the room as I don't usually have an early breakfast!



After breakfast, Rob had another ozone therapy. We then had a nice visit with Dr. Paulina, we loved every minute visiting with her, which was for quite a while. Before Covid, the doctors (I think there's 4 on staff) would offer a Q&A two times per week for all the patients' questions, but because we can't all gather, they spend extra time with us during their visits, one-on-one. We learned so much, which I will explain each day as Rob experiences new treatments. He also had another blood draw, they check blood every few days to see how the IV's are affecting him which helps decide how much of each supplement he needs, so cool!



Dr. Paulina is getting her masters degree in palliative care, which is helping patients stay on track with their health goals.

We then got a visit from Annia, a counselor who helps patients with emotional health. Because Oasis of Hope is an integrative hospital, they treat emotional healing as part of the physical healing to boost the immune system. They offer meetings to help manage stress and transform negative emotions into healing thoughts. Rob enjoyed sharing how great he feels both physically and emotionally and believes it's the diet changes he made before hearing the "C" word, and all the positive things happening in his life. He feels like his cancer is more of a bump in the road instead of an obstacle.... He is amazing! Oasis usually offers weekly group meetings so the patients can share their journeys, support each other, and make lifetime friendships, but of course with Covid they can't offer that right now. We are enjoying sharing with new friends at mealtimes though, it's been a big blessing and a highlight of our stay so far.

Rob has a treatment this afternoon, so we decided to go out for an earlier walk!



Beautiful day...



A bullfighting arena across the street from the hospital. It's been closed for ten years.
Oasis of Hope was founded in 1963, but I'm not sure how long they've been at this facility.

When we got back to the hospital, we stopped by the garden where they grow most of their herbs and vegetables. We'll get a tour of the vegetable garden next week, but we did see a few herbs.



Swiss Chard



Rosemary



Basil



Mint

Even though I wasn't hungry, I couldn't pass up taking lunch to the room because it looked so interesting... It was delicious!!



Salad with a zucchini crust topped with blackbeans and some kinds of sauce!
Lemon verbena water

After a Vitamin C IV at 1:30, Rob had to strip down to his undies and put on a plastic type suit to wear into a hyperthermia chamber, yikes! He's in there for 45 minutes, increasing his temperature to about 104 - 114 degrees. Typing most of these notes from Oasis' explanation, I hope it makes sense. Basically, increasing the body temperature this high, changes the malignant cells' microenvironment, making them vulnerable to direct apoptosis (cell death) along with oxidative therapies like high doses of vitamin C, chemotherapy and radiation. Tumors cannot dissipate heat as efficiently as normal cells, therefore hyperthermia may kill some of the cancer cells while making tumors susceptible to other anti-cancer agents.



Isabelle said her dad looks like a Teletubby!
Rob asked if they'll put a thermometer in him that'll pop out when he's all cooked, Lol!



All finished, getting a popsicle to cool him off!
He said it wasn't as bad as he thought it would be, and may have even fallen asleep for the first 15 minutes!
I have to admit, I'm a little jealous, I'd love to get rid of toxins in my body this way, it's soooo healthy!
FYI his head is not inside, just neck down!

We went to the dining room a little earlier than usual because Robert still has a few more IV's to go this evening and hasn't eaten since breakfast. Another delicious meal!



Lentil & vegetable soup with salad & fish with cilantro sauce
Oat horchata water with cinnamon - yum!

We enjoyed meeting a couple from Illinois. Theresa is back for a 6 month follow-up. The protocol is usually to come back in 3 months for the first follow-up (a week's worth of treatment), but she had a clear MRI, so she was able to wait until 6 months. I'm not sure what stage breast cancer she had, but we're so excited for her. They head back home tomorrow morning!

Today I'm grateful for... Time with my prayer journal this morning, seeing Isabelle on FT, another walk to the beach, my jump rope, and Rob's sense of humor and optimism... he is my rock!

Oasis of Hope Mission

- ~ Caring for the whole person - body, mind and spirit
- ~ Sharing the healing power of faith, hope and love
- ~ Advancing medical science to end cancer one person at a time.

Day 7 - July 4, 2020 - Happy Independence Day!!

So our sleep last night was... interesting! We felt like we were attending a drag racing event hearing many cars rev their engines and taking off as fast as possible (Remington would've loved it!). I started to worry that someone was going to crash or a pedestrian would get hit. This started at about 7p and lasted through all hours in the night, and with having a balcony room now, it was VERY LOUD!! Now it makes sense why we received ear plugs when we arrived on Sunday, Lol! We have seen many policemen patrol the beach, so we couldn't understand why this was going on for so long! This morning I learned from Manny, the gardener, that sometimes the racers get permission from the police to do something like this, and that's why it probably went on for so long, wowza! I sure hope it doesn't happen again tonight!!

We enjoyed breakfast with Tom & Cathy. Tom started with conventional treatment in Massachusetts for stage 4 kidney cancer, he is here treating lung cancer. He looks and feels good!



Oatmeal with fruit and I think a vegetable patty, it was so delicious!
Rob spit out his bite, he does NOT like onions :(

After breakfast, Rob received another ozone therapy treatment and then his 4 IV's of vitamin C (down to 20 grams), Vitamin K, B17, and another Vitamin C.



Unfortunately this isn't a smile, it's an OUCH! He doesn't like where they place his IV sometimes, but it's only for a few hours today!

I worked out on the balcony while Rob relaxed while having his IV's. With Rob's late start on therapies today, I picked up lunch for the room.



Zucchini squash soup, salad and I think a veggie/bean burger in a pita, yum!

Rob is getting a little tired of the food, so I'm hoping he'll enjoy the dinner, we still have a lot of meals here, yikes!!

We went for another walk to the beach after a couple bites of lunch. We thought we'd enjoy a beer (shhh) to celebrate the 4th, but Rob's not feeling 100% today, so we enjoyed a nice view of the ocean then came back to the room. Tomorrow Rob only has one IV, I think he's ready for that...



So peaceful...



It was fun to see people out on a Saturday!



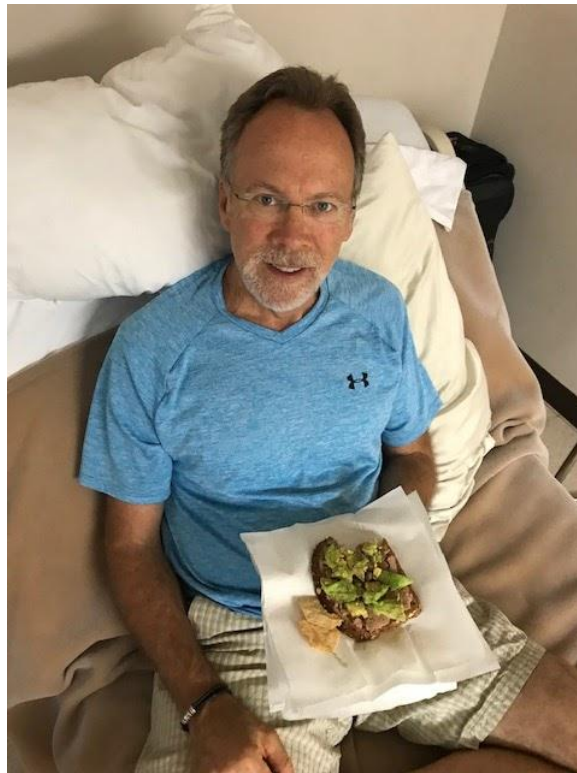
I think this is Rob's first nap since he's been here... Not enough sleep last night with the drag racers!!

I'm typing this now while Rob naps, hoping we can play a few games tonight! I'm not much of a TV watcher, but we always have good books to read too!



Rachel's "Oasis of Hope dinner" - Yum!

Tomato soup + salad & quinoa stuffed zucchini boats!



Robert's "snuck over to the supermarket dinner" - Lol!

Tuna & avocado on Dave's bread (they do serve Dave's bread here too, but very sparingly, Lol)
& gluten free sea salt crackers!

Poor Rob is just about starving, he was so disappointed with all three meals today, so I cheered him up with an evening walk to the supermarket. It was a very fun outing, and although I had to say, "No" a lot, we compromised on a loaf of Dave's bread, tuna, smoked oysters, avocado, bananas, mini Kind bars and crackers!

Robert is one happy camper on this 4th of July evening!



Today I am grateful for ~ A hug from Manny the gardener (hugs are usually given all day long around here, but not during Covid), and his smile, it is genuine and contagious! Remi & Belle spending the evening together tonight, and that the grocery store had a health food section... We can do this!!!

Oasis of Hope Philosophy ~ Founder, the late Dr. Ernesto Contreras, Sr., established the hospital with two guiding principles:

1. First, do no harm.

(Inspired by the father of medicine - Hippocrates)

2. Love your patient as yourself.

(Inspired by the great physician & healer - Jesus Christ)

These two principles guarantee that our doctors will not prescribe any treatment that they would not take themselves or give to a loved one who was facing a similar diagnosis. Our focus is on the patient's quality of life, not just tumor destruction. We believe in the body's ability to heal itself when it is provided with necessary resources, including immune boosting and anti-cancer nutrients, alternative cancer treatments, non-aggressive pharmaceuticals, healing foods and juices, emotional healing and spiritual care. The result is that most of our patients enjoy longer survival rates and a better quality of life than patients in conventional cancer treatment centers.

Sharing a special prayer sent from a special friend ~ Father God - you are the Divine Healer and Miracle Worker. We place Rob in your hands. Strengthen his body, refine his immune system, and eradicate cancer in his body. Bring Rob and Rachel confidence in your healing powers, assurance in the path they have chosen, and peace beyond all human understanding. Fill the doctors and nurses with your wisdom in treating this cancer. Lord, we know you have this and we celebrate the healing You are bringing to Rob's body. Thank you for Rob, Rachel, Oasis of Hope, the next sunrise and many, many more. We praise your Goodness and thank you for keeping Rob with those who love him here on Earth for many years to come. **AMEN**

"Heal me, Lord , and I will be healed; save me and I will be saved, for you are the one I praise."
Jeremiah 17:14 NIV

Day 8 - July 5, 2020

Today was a great day!! We are hearing everyone's prayers, thank you so much! I have so many gratitudes today!!

- *Good sleep*
- *No catheter*
- *Two church services*
- *Lunch on the beach*
- *Three FaceTime calls*
- *A clear phone call*

First of all, no drag racing last night, just three fireworks which confused us for gun shots, but that was about it, Lol! And I have to report that Rob hasn't used a catheter for two whole days, not once, and not even at bedtime... AND he only got up one time each the last two nights!! Like I mentioned before, it's been several years since that's happened. We still think it's the supplement, Afaya Plus, but it'll be good to see what this next week will bring, especially after having another hyperthermia treatment and more IV's!

Today was an easier day as far as treatment... One coffee enema before breakfast, a mineral IV after breakfast, then another coffee enema before dinner. Our nurse's intercom question before bringing Rob his first enema was would he like Espresso or Cappuccino, Lol!! For those not familiar with the process, a bag is filled up with hot coffee and enough water to make it lukewarm, then it's used to cleanse the liver which in turn completely cleans out the colon (not to get too graphic). Some people I know actually do this a few times a week because it's so cleansing! Rob might end up being one of those people, Lol!

I went to get Rob breakfast while he was busy with his coffee...



Pancakes, papaya & berries!! I thought Rob would be more excited about the pancakes but he said they tasted like Isabelle's recipe... too darn healthy!!

After breakfast, Rob had his mineral IV which lasts about 1.5 hours. We enjoyed watching two church services, our home church from Fountain Hills, and joined Isabelle from afar in watching her church service on-line too!



Only one IV today, Yay!



Wonderful message from Pastor Jeff... Hope & trust in God!

I realized this morning that we have our own phone number to our room - 619-690-8434, a direct line from the U.S., free for those calling us, yay! We texted the number to mum and enjoyed a nice, clear catch-up!



We love you, Mum! Please don't worry about us, just continue to pray...

Since Rob has the rest of the day off until 5pm, we decided to skip the hospital lunch and instead go for a long walk and try some oysters on the beach, cooked of course. This is not on the hospital's protocol, but one cheat meal a week is something Rob has been doing the last few years to be able to stay on his lifestyle change, so why stop now? Lol! It was sooo good to get out for most of the afternoon, it's just what we needed to feel refreshed to start another week of the same treatment schedule. We also ran into a car show on the way back, it was a beautiful afternoon!



Beach vacations are our favorite... today we chose to make this a vacation day!



Oysters Rockefeller!



Cheers!

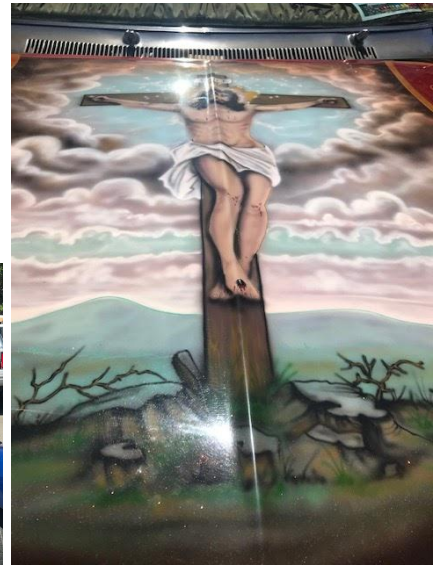


Celebrating one week down... two to go!



Fresh corn on the cob - One of Rob's favorites!

In the photo above with the beers, you can see the border wall in the ocean! We could practically swim to California from here!!!



My friend Dawn is imagining we are on a cruise ~ eating new food, making new friends, seeing new sights and helping cure Rob! **I love that!!!**

Rob took a nap when we got back to the room, then we were able to Facetime with our babes, and our birthday niece... Ali Rose - 9 years old! It seems odd that Facetime seems to work better than phone calling, but I guess it's because of using wifi instead of cell service?!?!

After Rob's 5pm coffee procedure, we enjoyed dinner with Tom & Cathy and learned more about his journey... A 6lb tumor removed from his kidney that had already metastasized to his lungs. Chemo pill for 2 years, then IV chemo for 1.5 years. He decided to then come to Oasis as he's no longer a candidate for conventional chemo. This all started five years ago! He's very optimistic and looks amazing, you'd never know that he has cancer, and it's never really bothered him, just amazing! He's also diabetic, which seems to bug him more than his cancer does!



Oasis of Hope's version of Mac-n-Cheese ~ Pasta with mushroom sauce!

This evening Rob is relaxing while I'm emailing and journaling! Thank you all for your texts, voicemails, emails, support, prayers, and love!

A special prayer sent today ~

Father God, I praise You for leading them to Oasis of Hope. I praise You for the wisdom that You are giving the staff here. I praise You for these treatments. I pray dear Lord that You would help these to be effective for destroying the cancer cells in his body. Please dear Lord, I pray for Your healing over Rob from head to toe. I pray that You would continue to bless their walks with You Jesus and that they would each draw so near to You and closer to each other during this time. We look forward to how You will use this for Your glory in and through their lives. Give them Your huge strength, peace and awareness of Your Presence as only You can. Thank You Jesus. You are Healer and we praise You in Your powerful Name Jesus

From Oasis of Hope ~ God designed our body to heal itself, and He placed all of the nutrients our bodies need to thrive in the plants He created.

“Then God said, ‘See, I have given you every plant yielding seed which is on the face of all the earth and every tree which has fruit yielding seed. It shall be food for you.’”

Genesis 1:29

Day 9 - July 6, 2020

Today is Robert's FULL DAY OFF! Supplements are the only thing on the agenda today, so he had a nice sleep in (except for his 6:45am green juice delivery). I picked up breakfast for the room so Rob could get some work done. I was so excited to return with a sunny side egg on an Ezekial English muffin with avocado and fruit!! He didn't have time to eat it right away, but even eating it cold still seemed like a treat to him, Lol!



Rob was catching up with his sis, Colleen when I got back to the room, it was definitely a highlight of our morning!

We were so excited to get a knock on the door from Oasis' pastor, Pastor Joseph, inviting us to worship in the treatment room. Services will be every morning from 10-10:30a. This is one of the BIGGEST reasons I wanted to come to Oasis of Hope, for Robert to continue with his year of spiritual growth; I know this will be such a blessing to us both. Spiritual healing, emotional healing, and healing foods are Oasis of Hope's foundation of treatment.

The treatment room is a room full of recliners where patients can still receive their treatment while they attend worship, listen to speakers, watch movies, etc. It has been off limits due to covid, but as there's only a few patients + companions here, due to no international flights coming in, they've opened back up for worship with social distancing! I'm super excited for the patients that have been coming here for years who miss the social part of the clinic due to Covid-19.

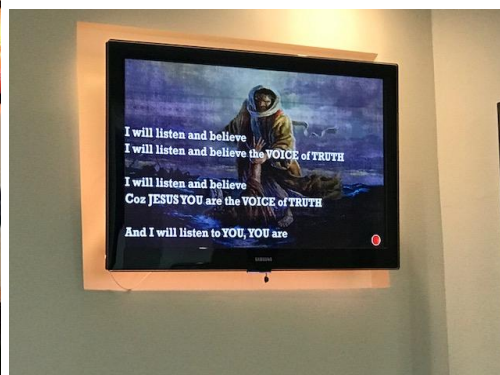
WOW can Pastor Joseph sing, I didn't want him to stop! He actually started pastoring at Oasis in 2008, then he left for a few years leading a christian band on tour. He gave a short sermon after we opened up in worship, then opened the conversation to us in attendance (only 8 of us), which was so nice. He

told us that of all the years he's been pastoring here, and the successes that he has seen, it is God that is doing the true healing. He had the opportunity to share with others while on tour and it's been nice to see people from all over come to get healed.

We asked if he'd close with a song from now on, his voice is too much of a gift to only share one song!! He said he will start doing that tomorrow, I can hardly wait!!



Pastor Joseph



Voice of Truth, Casting Crowns



Plaque in the stairway!

Lunch today was not exciting for either of us, in fact I forgot to take a photo, Lol! I decided on salad only, and did enjoy eating Rob's mushrooms from his mushroom stroganoff with brown rice! We also had beetroot water that Rob LOVED, he's missing his daily juice of carrots, celery & beets!

After lunch and a work out, we had two fun catch up phone calls and a FaceTime chat too!

After a visit with Dr. Sebastian (we had a lot of questions today, the more we learn the more questions!) and a quick shower, we headed back to the dining room! Rob was kinda dreading it actually, poor guy, but the social part of the meal is a highlight for both of us. We had dinner with Kent & Diane, our friends from Spokane. The guys had fun talking about fishing, hunting, and construction, they have a lot in common! Diane is a sweetheart!



OK, so Rob was tortured, and I was in heaven!!! A salad with roasted cauliflower & vegetable soup!

Luckily the vegetable soup had potatoes in it for some substance for Rob.

He fished around the peppers and onions in the salad, but wouldn't even try one bite of the amazing cauliflower!!!

He said he does not succumb to peer pressure, Lol!

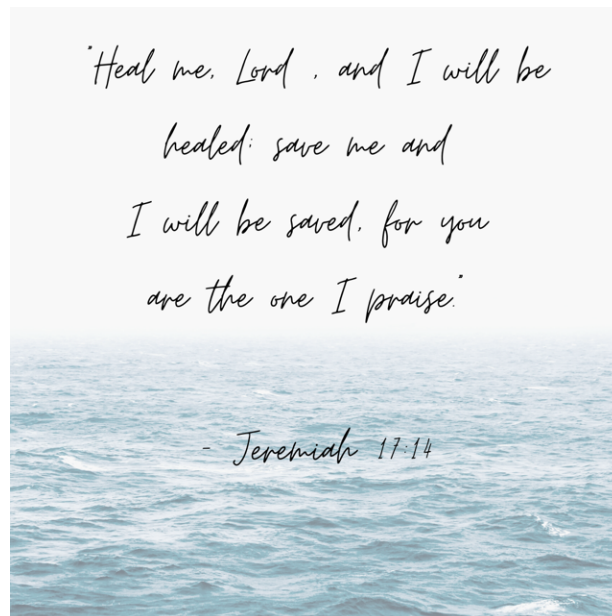
After closing down the dining room with Kent & Diane, we came back to the room to call one of Rob's clients who turned 80 years old on the 4th! He's now relaxing for an early start on a full day tomorrow while I email and journal!

Today I am grateful for

- Morning coffee chat with Kent & Diane
- Worship service & Pastor Joseph
- A balcony to jump rope on (only two rooms have balconies)
- Five catch up phone calls!

**Oasis of Hope refers to their doctors and nurses on staff as
“Healing Partners for Life!”**

Fransisco Contreras, MD - Director, President & Chairman, Surgical Oncologist
Homero Fuentes, MD - Clinical Oncologist
Paulina Larraga, MD - General Practitioner
Tomas Duran, MD - General Practitioner
Juan Sebastian Castro, MD - Internist
Fransisco Cecena, MD - Clinical & Home Care Director, Family Medicine Specialists
Jaime Ramirez, MD - Director of Imaging - Radiologist
Tomas Pollorena, RN - Director of Nursing



Day 10 - July 7, 2020

Robert has a full day today, so he tried to sleep-in as long as possible, unfortunately he got up five times in the night to empty his bladder. He felt like he had to use a catheter earlier in the evening before dinner, it seems to have made his night worse, we'll see what happens tonight :(

We skipped breakfast today so Rob could go right to his ozone therapy. If you're new to our journal, ozone therapy is when they take out some blood (about 260 ml), add oxygen to it, then put it back in. Cancer doesn't do well in a high oxygen environment.

Rob has a full IV morning after ozone, and luckily today he was able to be in the therapy room so he could attend worship and a nutrition class. After half way through his vitamin C IV he started feeling a little woozy, and we noticed the drip was going faster than usual. His nurse took his heart rate and noticed it had doubled from 60 to 120 since it was taken for ozone therapy. The Dr. decided to stop the IV's since he needed a blood draw anyway, and then his heart rate went down right away! His blood levels looked good, so they hooked him back up and he did great for the rest of his IV's:

Vitamin C - (an oxidative therapy that requires oxygen to produce an anti-cancer effect, especially when given with ozone therapy). Rob is actually getting less vitamin C than last week as his blood enzyme number was low, which basically means his red blood cell wall is thinner than it should be, so they don't want to cause more thinning. Instead of having 60 grams, he had 30 grams today.

Vitamin K - (Boosts the Vitamin C)

B12 - Induces apoptosis in cancer cells (cell death), inhibits metastasis, diminishes pain, and reduces inflammation)



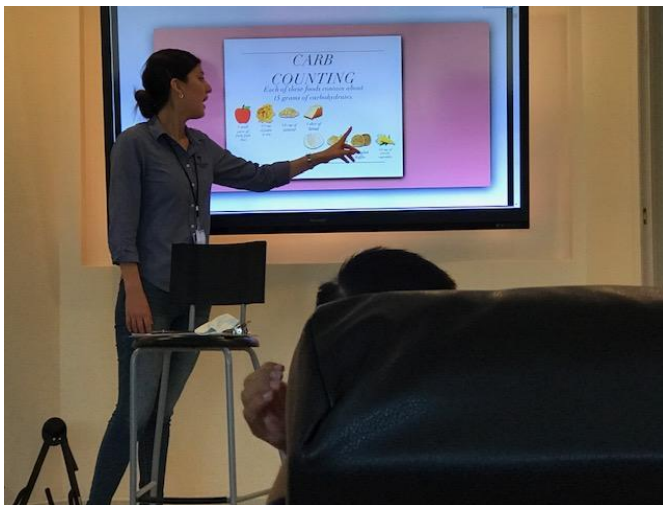
We enjoyed the worship service today and visited afterwards.

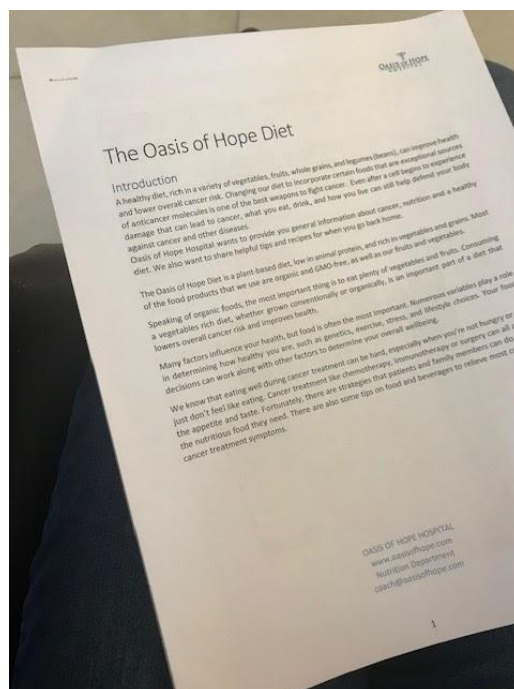


Blood draw to start making a vaccine for next week.



Rob taking good notes during the nutrition class, Lol!



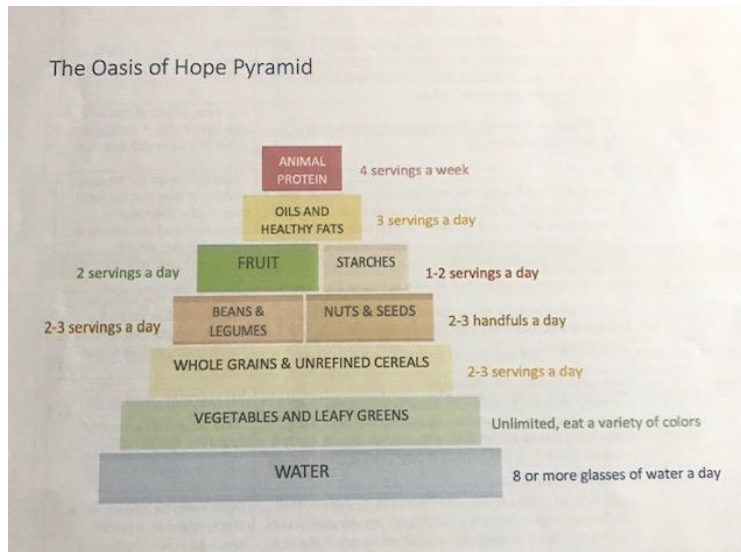


I THOROUGHLY enjoyed every minute of the nutrition class today!
I feel like I attended a continuing education class :)

Alex the nutritionist came to visit Robert and I this morning to see how he is feeling and if he had any dietary requests... You can imagine all he shared about the food, Lol! She did say she'd request to keep onions and peppers out of his salads and she told him he can go to the dining room anytime for a snack and can have up to two protein shakes per day!! He's excited of course :)

The chef also came to the class today, so I was able to ask her about the meal we had on day two that looked like meat but I knew it wasn't since they don't serve meat here. She said it was actually a hibiscus flower that she sauteed with onions and garlic!! She soaked the flower the day before to make hibiscus water, then used the petals the next day for our meal, Wowza that's so cool!

You can read more about the nutrition therapy here (<https://www.oasisofhope.com/cancer-treatments-therapies/nutritional-therapy/>), but basically they suggest eating a plant based meal with 4 sources of animal protein a week. I love everything about their food pyramid, so I thought I'd share it. Oasis' four sources of animal protein are eggs for breakfast twice a week and fish for dinner twice a week, Rob can hardly wait as he really enjoyed his egg yesterday!



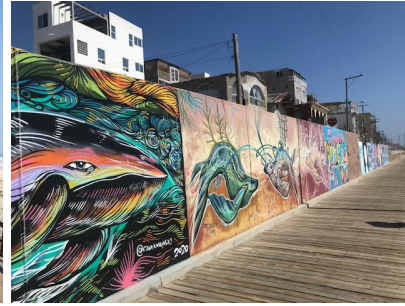
I'm so excited about the news that Oasis can be in full swing as far as all their classes and get-togethers with social distancing. I think it's because although Oasis can treat up to 60 patients/companions, there may be only approx. 20 of us here due to covid and people not being able to fly in from other countries. So, for our last 10 days we have a fun schedule to keep us busy:

Worship - Monday thru Friday at 10am
Q&A with the doctors - Monday & Wednesdays at 11am
Cooking Classes - Mon., Wed., & Fridays at 3p
Emotional Healing - Thursdays at 11am
Movie & Popcorn - Friday evenings!
Church - Sundays at 10am

After the class, we went back to the room so Robert could finish his IV's and I could work a little. I picked up lunch to have in the room, Rob wasn't tortured today, and yes, they left off all the good stuff from his salad... he was so happy!



Zucchini & carrot soup, broccoli patties & salad + cucumber water.
 They use zucchini in just about everything here... Rob doesn't like it so I ate his soup!!



After lunch we had our daily walk to the beach, this time we were able to walk on the boardwalk without being asked to get off. We saw a few people walking on the sand, so we hope we can do that soon.

We also popped in the grocery story to get a few items after shopping at the outside market for some fruit. We noticed they had AirPods for only \$15, so Rob thought he'd be a teenager and try them out. I love these photos of him belting out one of his favorite Elton John songs to make me laugh! His momma always told him that he couldn't carry a tune in a bucket, bless him!



My teenage husband wearing his earbuds and Spiderman t-shirt!
 The nurses loved his attire today :)
Lookin' good & feelin' good!

Dinner was yummy, I ate all of mine even though I wasn't hungry at all, Lol! Rob didn't eat much but did order a smoothie now that he knows he can, yay!



Mexican tortilla soup (I think it was an ezekeiel wrap) - Yum!
 Zucchini, carrots, blackbeans with vegan cheese & salad



Oasis offers one dessert per week!
Rob was afraid I shared my black bean brownie recipe with the kitchen, Lol!



Oasis makes their own pea protein powder.
Rob had the vanilla powder with ice & blueberries, sweetened with monk fruit!

Rob enjoyed talking to his brothers, David & Brent when we got back to the room. We need a lesson in Facetime conference calls so he can talk to all his siblings together!

Today's gratitudes are many...

- A visit from Alexa, the nutritionist
- Listening to Pastor Joseph sing "Amazing Grace" and "Come to the Altar" and remind us that God is in **ALL** the details!
- Oasis' calendar of events back in full swing
- A beautiful walk on the beach
- A non-hospital atmosphere
- Handyman came to fix our faucet without us even asking (the cleaning crew noticed)!
- Protein shakes for Robert!
- A hug from Mannie the gardener + his smile is big & contagious!

We've always asked our babes at dinner time, what their favorite part of the day was... today Robert's answer is... Eating a plum from the market, walking on the boardwalk and hearing Pastor Joseph sing Amazing Grace!

Sharing a beautiful prayer from our dear friends in Boston... The prayer of St. Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
And where there is sadness, joy.
Oh Divine Master, grant that I not so much seek to be consoled as to console.
To be understood, as to understand.
To be loved as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned.
And it is in dying that we're born to eternal life.

Today's devotion notes (for Erinah especially) ~ Proverbs 3:5



God is interested in all the details... In all his creation and especially in the human body. He wants us to obey him in the right way and for the right reasons.

Elijah sent a messenger to Naaman who told him to wash himself seven times in the Jordan river and his flesh will be restored and clean. Naaman was angry as he believed the Jordan river would be too dirty and knew of other rivers that were cleaner to be healed in. He ended up going to the Jordan River and he was cleansed. Pastor Joseph explained that it wasn't the water that healed his leprosy but it was Naaman's obedience to God that healed him.

When we love and trust God, we obey, including all the details. That's when the miracles happen. We need to trust, even if we don't understand and things seem to be a little crazy!

Day Eleven - 7/8/2020

Yay, Rob completely slept through the night again, we are so excited!!! Actually Rob woke up a little annoyed because I thought he had his first treatment earlier than he did and he LOVES to sleep-in, Ooops! As most of you probably know, I leap out of bed like the energizer bunny and Rob is the opposite, Lol!

We had a nice morning regardless, Rob picked up breakfast for us while I had a work-out on the balcony before heading to his first treatment where we also had worship, then a Q&A with Dr. Cecena.



Oatmeal, egg scramble, fruit & coffee



A morning date with my jump rope, prayer journal and coffee!

Worship was just wonderful again, Pastor Joseph sang two of our favorites - *How Great Is Our God* & *Amazing Grace*. His sermon was on Job and ALL the trials he went through. I'll share my notes for Erinah below, but the fact that I'm currently reading Job, it truly brought it to life!



Visiting after worship!



Rob is ready for a good Wednesday!

After worship we had a Q & A with Dr. Francisco Cecena who's worked at the hospital for 28 years. He covered sooo much and in such wonderful detail which was very easy to understand, that we really didn't have many questions. It was so calming to listen to him, he spoke right from the heart, no power point, notes or anything. I came out with so much hope and peace, I can't even describe it. I took pages and pages of notes (my shorthand skills came alive, Lol), but I'll try to share some highlights:

He started off saying that knowledge is power, and that he loves to visit with the patients because he knows that we've all done research if we are here at Oasis, it's not a decision anyone would make without it. He wanted us to understand the **"What"** to expect and the **"When"** to expect from the treatments. He said ALL who work at Oasis are optimistic and encourage high expectations because that's what they see here, there is no false hope. Over his years of working here, some protocols/treatments have changed of course, as they continue to do research and learn, but the additional therapy they started doing five years ago (Dendritic Cell Vaccine) has made things even better than the last 20 years. He explained many different types of cancers, his opinion on the worst cancer, and how cancer is divided into different categories. He talked about our immune system, cancer cells and how they camouflage and can change to be detected by our own immunity. He spent time sharing that if cancer is in early stages and if orthodox treatment looks like a good route too, then they make sure the patient knows that so they can make a good decision on which path to take. He explained science in a way we could understand but also shared that what is in our heads (knowledge) and what is in our hearts (hope) is what will make the difference in our fight against cancer. We've all heard over and over again that people who have a good outlook seem to do better with their cancer treatment (that's what I believed happened with my sis), and at Oasis they believe that 100%, which is why they offer

emotional and spiritual healing as part of the treatment. It's the integrative approach here... nutritional healing, emotional healing, spiritual healing that all help the treatment do its job! Wow! I hope to write in detail all my notes in a separate doc so I can one day explain all we learned as eloquently as Dr. Cecena. And because I don't want this post to be too long tonight, it's already long and getting close to my bedtime, Lol!

From now on, Rob will be staying in the treatment room for all his IV's with the other patients (which is all part of a good plan I think, to visit with the patients who are here for their follow-up treatments and who have amazing testimonies), so I came back to the room to make several phone calls. Rob had asian soup with fried rice and salad for lunch while I worked a little, but he forgot to take a photo, Lol!

After my calls I attended a cooking class to learn how to make Golden Milk, yum! I forgot to take a photo of the ingredients, darn it, but basically you make almond milk, then add turmeric, peppercorns, ginger, nutmeg, cinnamon, cloves, vanilla and dates, then blend it up in the Vitamix or Blendtec. The taste and color was wonderful!

After a work-out with my resistance band, we took a later afternoon walk to the beach. We did spend a little time on the boardwalk, but a motorcycle policeman was asking people not to, so we ran up a flight of stairs to stay out of trouble :)





So calming...



Enjoyed listening to this band!

We had another fun dinner with Kent & Diane, it's been so fun getting to know them. Diane had breast cancer which was removed but now has a lump in her lymph node, they found out only a week ago and

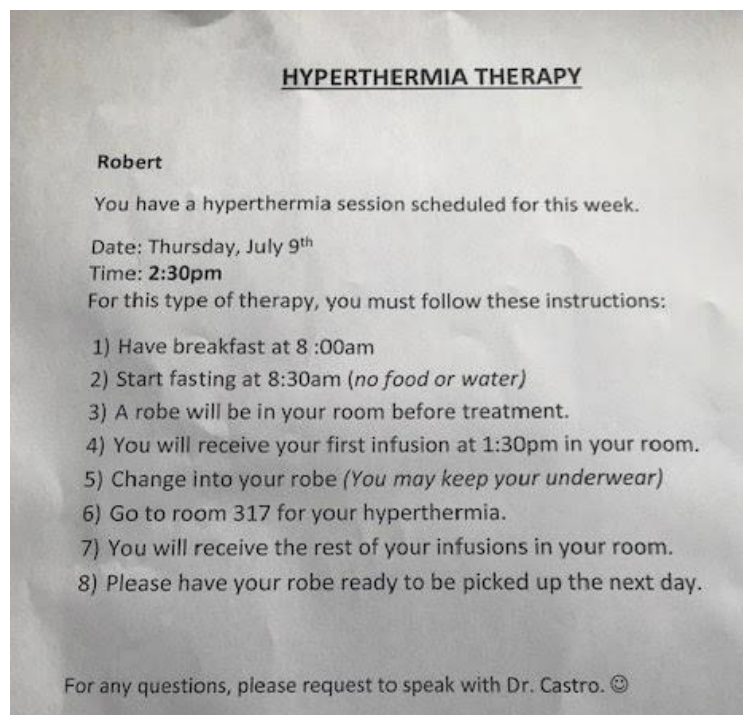
came straight here. This is their first visit to Oasis, so they are here for 20 days also. I love the way Kent looks at Diane, it's so sweet!



Vegetable/Lentil Soup



Fish with salad (Rob was over the moon to have meat tonight) - Yum!



We received a nice note when we got back to the room, Lol! Yay, Robert gets another popsicle tomorrow!

Having dessert once a week is just not enough for me, so I made Rob and I a treat of rice cakes topped with almond butter and dark chocolate chips... Life is good!



This evening we had a nice chat with Dr. Sebastian as he stopped by on his rounds, and a fun phone call with Rob's sis, Kelly! It was fun to have a good laugh while explaining our first few days here which seemed like a possible abduction!!

So, tomorrow is another full one - Ozone therapy, fasting for 6 hours, vitamin C IV, hyperthermia then remaining IV's of Vit K, B12, and another Vitamin C IV.

Joseph's sermon notes ~ For Erinah - Remembering when Joseph was young and moved to a small town close to L.A., he was called all kinds of names being hispanic, and a minority in the town, but he always told himself that sticks and stones may break bones, but names will never hurt him! It was when he grew older that he realized that words can hurt so deep and it's often hard to find healing. He talked about sometimes people can find their healing in worship which is what Job did. He shared that the real meaning of worship is "lifestyle". It's the way we live inside and outside of the home. Job was once wealthy, healthy, a good dad and a good husband, then one day he lost it ALL! He had many, many trials, but he worshiped God anyway. By trusting and worshiping God, he ended up with more than he had to begin with and was fully healed. Job never quivered in his belief, he is a wonderful testimony that if we believe, we will see the glory of God.

Pastor also talked about suppressing our feelings and how damaging that can be. God has many feelings he shares in the bible, jealousy, anger, sadness and love, he wants us to have feelings too, and not to disguise them.

A friend sent this a few days ago as a constant reminder...

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus ~ 1 Thessalonians 5:16-18 NIV

Day Twelve - 7/9/20

I'm so excited to share that Robert had his second night in a row of not needing a catheter and not needing to get up in the night to use the bathroom, sooooo awesome! He slept so hard actually, that he was in the same position as when he went to sleep, Lol! Today's gonna be a great day!

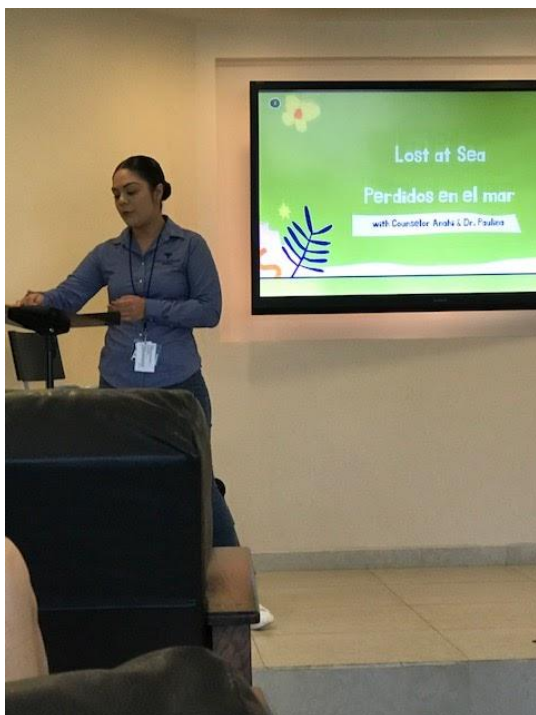
Rob actually texted Dr. Zaid to share the news with him and asked if he should lower his dose of Afaya or not. He did suggest taking 4 supplements instead of 6, so we'll see what comes with those changes. When we leave Oasis, Rob will be asked to stop taking all his supplements for three weeks, so I think it's good to start weaning this one a week or so prior, he's not going to like skipping this one!

We went to breakfast early this morning, so I saved my meal for a little later, but Rob had oatmeal, fruit and coffee as he needs to fast for six hours for hyperthermia later.

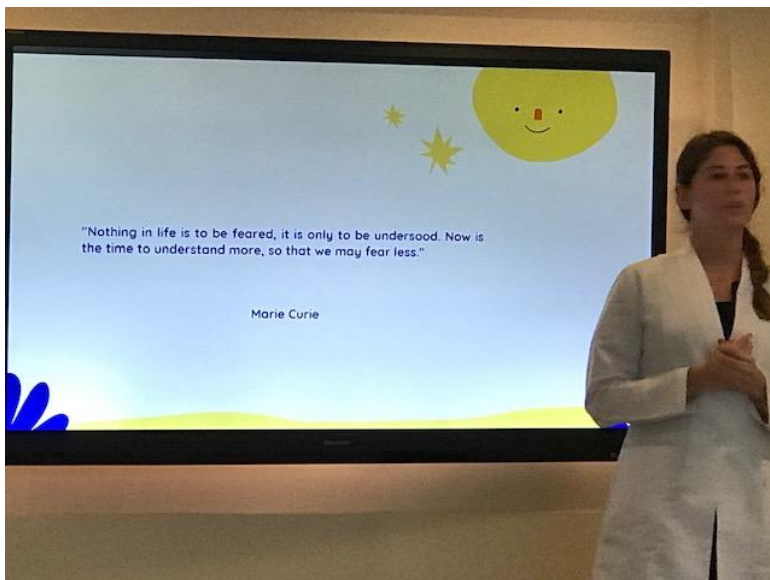


Vegetable patty with avocado & fruit - so delicious!!!

After breakfast, work and a few phone calls, we went to the treatment room for the Emotional Counseling class, we really enjoyed it. Anahi and Dr. Paulina were just as excited as we were that things are starting back up this week, as all this healing really is integrated. We played a few games as individuals and then as partners, and enjoyed the message afterwards. We need to reflect on what brought us to our current situation (whatever that might be in our lives) and learn to leave things behind, we can't change them, but just go forward. If we look at changes and challenges as blaming others and not taking ownership, then we can't face them. Stay positive - If we don't think we can make changes that we need to in our lives, then we won't!



Counselor Anahi



Dr. Paulina

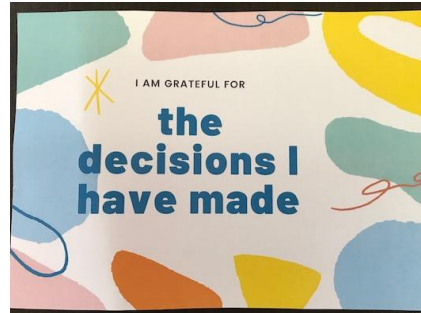


Not a big fan of playing games, but did enjoy the message!

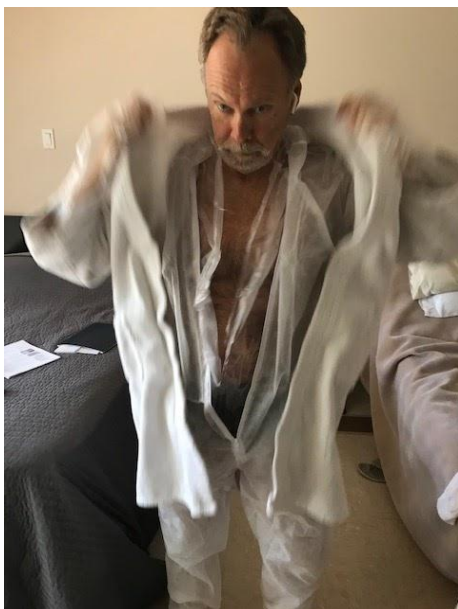
We then received homework cards to help us think of ways we can be grateful. I use this A LOT in my life and ask my clients to do the same, it can be so healing and life changing. Some of the cards we got were:

I am grateful for...

- My ability to change
- The decisions I have made
- My family support
- Feeling loved
- Feeling instinct.



After the class and some visiting, we came back to the room to work until Robert had ozone therapy. I did some jump roping while he was gone, then he came back for his first vitamin C IV. After that he went for his second (and last) hyperthermia treatment. I got my leg & ab work-out done, made a quick lunch in the room, then took a shower before he got back dripping wet to get in himself.



Here he goes again in his two plastic gowns to get all heated up! Second and last time!



Rice cake topped with avocado & tuna!



Exercise cheat sheets!

If you're new to the journal, hyperthermia is used to raise the body's core temperature to between 104 and 114 degrees. This changes the malignant cells' microenvironment, making them vulnerable to direct apoptosis (cell death) and to oxidative therapies like high dose vitamin C, chemotherapy or radiation. Cancer cells cannot dissipate heat as efficiently as normal cells, therefore hyperthermia may kill some cancer cells while making tumors more susceptible to anti-cancer agents.

Rob didn't mind the second therapy as much as the first, which is normal I suppose since he knew what to expect. He was glad to get in the shower then make some lunch before his last two IV's for the day, B12, then another vitamin C. Vitamin K is not needed on hyperthermia days because the therapy boosts the vitamin C on its own.

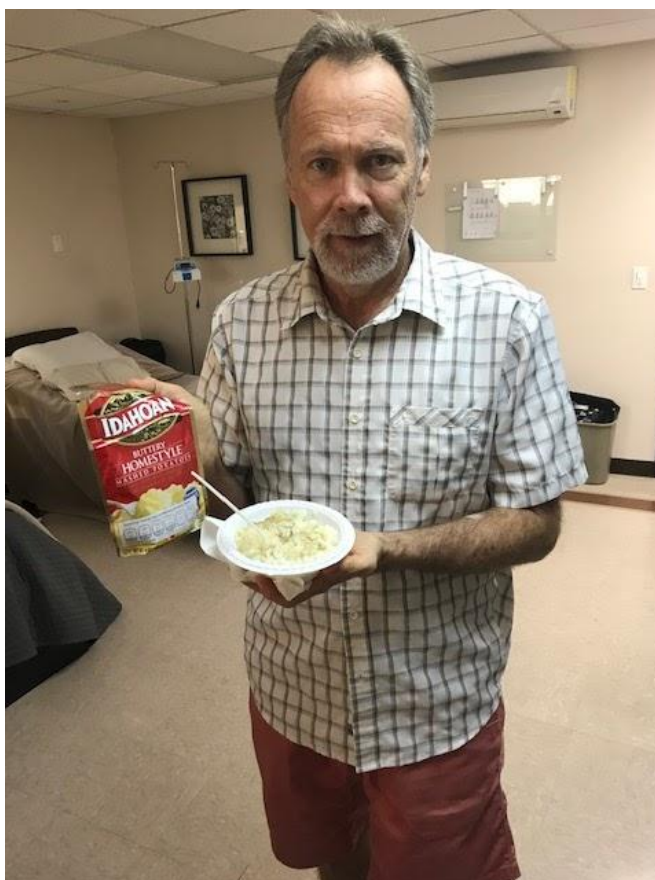


Lunch in the room ~ Tuna on Dave's Killer Bread with avocado and a shared Kind Bar!

Rob was not excited about dinner at all!! He skipped the meal completely knowing that he had potato flakes back in the room, Lol!



Tomato soup with salad (the best one so far) and eggplant - It was a VERY delicious dinner!



So excited to get Idaho potatoes in Tijuana (kind of)!

We've decided to watch a movie this evening, even though I have work to do, eek! These days go by too fast, believe it or not. I'm so grateful to be here!

Today's Gratitudes

- ❖ Speakers over the last two days - Q&A with Dr. Cesena & Emotional Healing workshop with Dr. Paulina and Counselor, Anahi
- ❖ Laundry service with smiles!
- ❖ Chocolate chips
- ❖ Laptop - My chromebook died, so thank goodness I brought my laptop along too!
- ❖ Healthy food at the market :)

Rob's favorite part of the day ~ Visiting with Isabelle during Ozone Therapy, "Her enthusiasm is exhilarating!" And surprising Remington with a photo of his first deer mount complete and ready for pick up!

No chapel today, but Rick Warren's Daily Hope always provides me with wonderful reminders at the most perfect time... Today's reading:



"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him."

1 John 5:14-15 (NIV)

Have you ever wondered if prayer really works? Maybe Satan has whispered to you, "Prayer is a waste of time. Forget it! Who do you think you are? What do you think you're doing? God's not even listening."

But here's the truth: Prayer works because God is in control.

In fact, the basis of all miracles is God's sovereignty. What does that mean? It means he is God Almighty, who has all power in heaven and on earth, so his purpose and his will prevail. It's why we learn to trust his wisdom and his goodness. It's why we learn about his loving nature and his generous character.

And we mature in faith as we understand that God has a better view of our circumstances than we do, and that he knows what is best for us. He can see our future, and we can't. The Bible says, *"But his plans endure forever; his purposes last eternally"* (Psalm 33:11 GNT).

God's unlimited resources are available to you. Twenty times in the New Testament it says, "Ask." Isn't it encouraging to know that things out of our control are not out of God's control? You may not be able to change a situation, but you can pray and God can change it.

You may be thinking, "If I can pray and ask God to change things, and if God is really in control of everything, why don't I get everything I pray for?" Here are three reasons:

God is not a genie.

Just because we pray, that doesn't mean we get whatever we want. If every prayer were answered, we'd be spoiled brats. If you're a parent, do you give your children everything they ask for? Probably not. As an adult, you know what's best for them. You can see the bigger picture. If we can see the bigger picture for our kids, how much bigger is the picture that God can see for us?

Sometimes Christians pray in conflict.

Sometimes Christians pray for different outcomes, even though they're praying about the same thing. Which prayer is God going to answer? God can't answer every prayer in the same way at the same time.

God knows what's best, and we don't.

The Bible says, *"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him"* (1 John 5:14-15 NIV).

That's how Jesus prayed: *"Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine"* (Luke 22:42 NLT).

Prayer works. It isn't a waste of your time. God is in control, and he wants to hear your prayers—he is listening!

Day Thirteen - 7/10/20

Wow, what a day!! So much to share, I hope this post isn't too long, but it was just a really good day!!

Robert had another night without needing to use a catheter. He did get up twice, but I did too (comes with age), so we're just celebrating that it's been about 4+ days now since he's needed to use one. Wowza, he feels so free!

At 8:40am this morning Rob had a blood draw for the biggest reason we are here as far as treatment goes ~ **Dendritic Cell Vaccine** which is one of the most effective treatments at Oasis of Hope. This treatment was developed at Baylor University Medical Hospital in Dallas, TX, but it's not available in the U.S. yet because it is DNA specific and therefore cannot be patented. Because it is DNA specific however, there are labs in 35 other developed countries that do offer this vaccine.

To obtain dendritic cells along with antigens specifically from Robert's tumor, blood is drawn (a sample of the malignant tissue can also be taken when tumors are accessible), then Rob's dendritic cells are encoded with the tier specific antigen. The dendritic cells are then matured and activated along with Rob's own

T cells (Major components of the adaptive immune system, their roles include directly killing infected host cells, activating other immune cells, producing cytokines and regulating the immune response) and NK cells (natural killer cells). Activated cells are referred to as lymphokine-activated killer cells (LAK cells). The encoded dendritic, T-LAK and NK-LAK cells will then be given back to Robert in a vaccine series. The encoded dendritic cells will seek out the cancer cells in his body and present them to the T-LAK and NK-LAK cells for tumor destruction. This is just fascinating to us, AND I know Remi & Belle's science teacher, Ms. Karen is thoroughly enjoying this paragraph, Lol! However, if I've completely lost you, here's another analogy ~ Basically this vaccine, made with Robert's blood and cancer cells, retrain his built up killer cells to recognize and destroy the cancer cells. Boosting his immunity first with everything else he's receiving here helps with that whole process (vitamin IV's, ozone therapy, hyperthermia treatments, and nutrition). So, as I type, Robert's blood (about 120ml) is in the lab right now being matured and activated, then will be put back in him next week. This is Rob's only treatment next week, injecting the cells back in him over three days.

Here are some downloads you can read for more scientific info for the vaccines and therapies if you need some night time reading!!! <https://www.oasisofhope.com/white-papers/>



Not a fun way to wake up, but it'll be so exciting to see how this all works!

Rob will receive another LAK infusion in 3 months which boosts the Dendritic Cell Vaccine for another 3 months! (the Dendritic cell vaccine lasts for 6 months with the booster).

So, after all that, we went down for breakfast! Rob really lucked out, they were serving one of his favorite fruits and no vegetables for breakfast, Lol!!



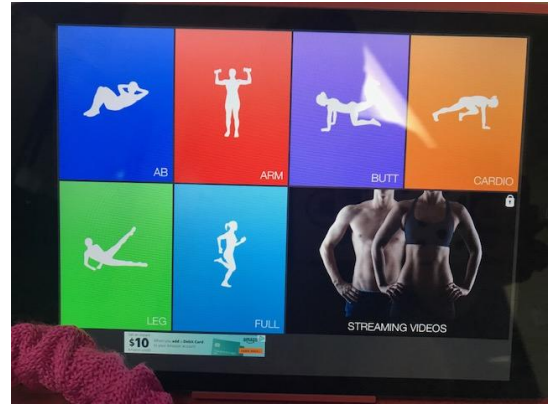
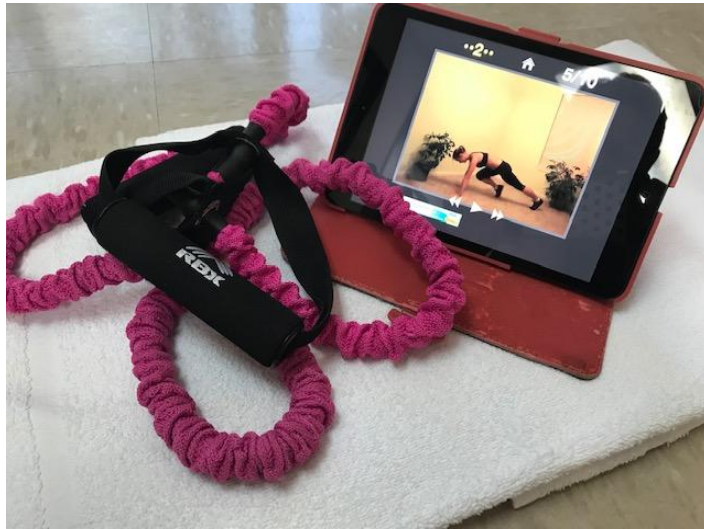
French toast with almond butter & papaya!

Rob worked a little after breakfast then went to the treatment room for his four IV's - Vit. C, Vit. K, B12, and one more vitamin C! He got some work done there too!



I think he's getting a little tired of me taking photos!!

I had a good workout since I had the room to myself! I love that I can use free apps to change things up a little :)



No excuses!! Work-outs on the go!

I picked up lunch for Rob and a salad for me while he was finishing up in the treatment room. I'm definitely making this for him when we get back home! I'm a big fan of my clients eating lentils when trying to get extra protein in their diets! Did you know $\frac{1}{2}$ cup of lentils has about 9 grams of protein? And it's sooo filling!!

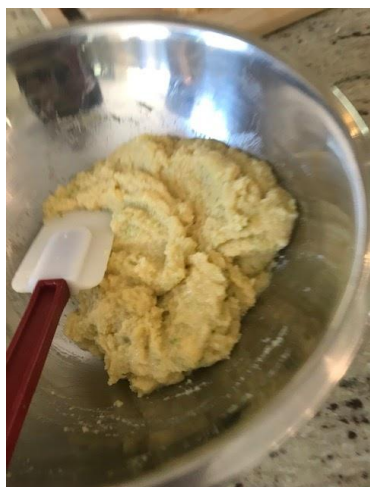


Lentils on zucchini pasta & salad!



I'm getting really spoiled with these yummy salads!

At 3pm I rushed downstairs for the cooking class - Lemon Cake, oh my!! It was so light and mild...



I'll definitely be making this at home!

We decided to do a long walk today since we didn't get out yesterday, we loved every minute of it and went adventuring to a few more spots. It was nice to see more people on the boardwalk, we were able to walk the whole thing today before we were asked to get off. It seems silly that we can walk on the road next to the boardwalk, but not on the boardwalk :(



Happy Friday!



We found a fun little spot to have a beer, our week #2 adventure, but we couldn't have a beer unless we ordered food. The waiter had to use his phone to translate that to us, and since we couldn't understand the menu, we ended up ordering nachos, Lol! Neither of us are big fans of nachos, but we practically licked the plate clean, Lol! It was so good, and a perfect cheat meal.



Cheers, Robert John!

We stopped at our favorite fruit stand and market on our way back for some provisions. New today at the store is to also have clean shoes as we enter the store as well as the customary temperature check and squirt of antibiotic gel, they are being very careful here!



Everyone is so nice and welcoming here!

We skipped dinner at the hospital, although I think it was fish and rice which would probably have been better than the nachos, but we did enjoy our date out, it truly does make us feel like we're on vacation, so fun! Tonight is also movie & popcorn night in the treatment room, but we decided to stay in our room so I could journal and Rob could finish a movie he's been trying to watch. We'll probably go to movie night next Friday to spend the last evening with new friends.

During this morning's bible study, I read another good email from Rick Warren's Daily Hope that I'll share since Pastor Joseph won't be back until Monday. We all know this verse from Jer. 29:11, but it really does hit home today...



“I know what I am planning for you,” says the LORD. ‘I have good plans for you, not plans to hurt you. I will give you hope and a good future. Then you will call my name. You will come to me and pray to me, and I will listen to you.’”

Jeremiah 29:11-12 (NCV)

God is good, so by nature, he cannot do bad things. Everything he does is good. And, because he is good, God's plans for your life will always be good.

God didn't *have to* create a plan for your life. He could have just let you be born and wander around aimlessly.

But God made you with a purpose. He gave you a plan for your life.

Jeremiah 29:11-12 says, *“I know what I am planning for you,” says the Lord. ‘I have good plans for you, not plans to hurt you. I will give you a hope and a good future. Then you will call my name. You will come to me and pray to me, and I will listen to you’* (NCV).

Do you see the connection between prayer and God's plans for your life? They are revealed and realized through prayer.

The more you pray, the more you're going to understand God's plan. When you pray to him, he promises to listen, answer, and reveal more of himself to you.

Talk About It

- What are the specific promises for believers from Jeremiah 29:11-12?
- What do you think is God's purpose for your life?
- How does your prayer life reflect how much you believe in God's plan for your life?

Today I am grateful for...

- Another catheter-free day
- My date with Robert - I love to go on dates!
- A cooking class with new friends
- Laughs during breakfast with Kent & Denise - I'm going to miss them...
- The Ocean...
- Sharing Afaya info with a new friend who's here for the 9th time! She said she wouldn't be alive if it wasn't for Oasis. The office here was so kind to make 3 sets of copies of literature for us.

Rob's favorite part of the day ~ "Going out for our walk!"

I need to share this song that came on my Pandora station while Robert's blood was being drawn this morning. It truly gave me goosebumps and let us know that everything really is "Gonna be OK..."

<https://www.youtube.com/watch?v=R0PCblOjOxg>

It's gonna be OK for all of us... We're all going through something at some point, and we're all gonna be OK!

Day Fourteen - 7/11/20

It took awhile for Robert to fall asleep last night due to racing cars (not as loud as last week, thank goodness)! BUT, he didn't get up again until this morning!! Five days in a row now, wow!

This is Rob's last day of ozone therapy and IV's! Next on the agenda is LAK tomorrow, then the Dendritic vaccine next M.,W.,F., and his pet scan on Tuesday. We still look forward to the classes and workshops next week, but we also hope to get some reading done too! I brought three books along with me but haven't read since our quarantine time here!

Breakfast was delicious, and luckily they serve oatmeal every day because Rob would NEVER touch anything with mushrooms and onions in it, Lol!



An eggless omelet with spinach, mushrooms, onions and black beans on top with grapefruit and berries!

My favorite routine every morning is the green juice that the patients must drink... They always bring an extra one for me with coffee & almond milk, they are sooo nice!

I've emailed Alex, the nutritionist, to see if they have a cookbook I can purchase. They do have an app if anyone wants to get some of their recipes from there, but not all the meals we've had are listed yet. There's also some cooking videos on the app.



HEALTHY LONG LIFE

Healthy Long Life

Oasis Of Hope

After Rob's IV's we stopped at the dining room for lunch, it was Rob's favorite... ZUCCHINI!!!! Oh my, poor guy, he won't touch it, try it, or look at it!! They serve it with almost every meal, but he was happy about the bean soup, so I gave him mine!



Zucchini & onions with a yummy sauce + salad!

We met another couple, Chris & Mike from Chicago who are here for Chris' second treatment (IV's + LAKS). Her cancer is very aggressive, ovarian I think. Chemo only worked for a little while, so her dad found Oasis of Hope for her to come last March. Her life has been a whirlwind since last September, but she's a fighter. She has four older children all off and in college, and then a 12 year old boy at home. She's had surgeries, stints, chemotherapy and now on another treatment that Oasis asked her to keep taking with her oncologist in the states. She shared that what has given her the most hope was meeting others here during her first visit that have been coming here for years, and that no one really looks like they are ill. She was very ill when she arrived here last time with no hair, and very weak, so it gave her hope. She told us the chemo pills aren't as bad as the chemo IV she was on, just different. We told them about the Afaya Plus that seems to be working for Robert, then gave them some literature and a bottle for her to try.

We spent the rest of the day at the beach and walking around, then went to Walmart for a beard trimmer for Robert, he's getting scruffy!

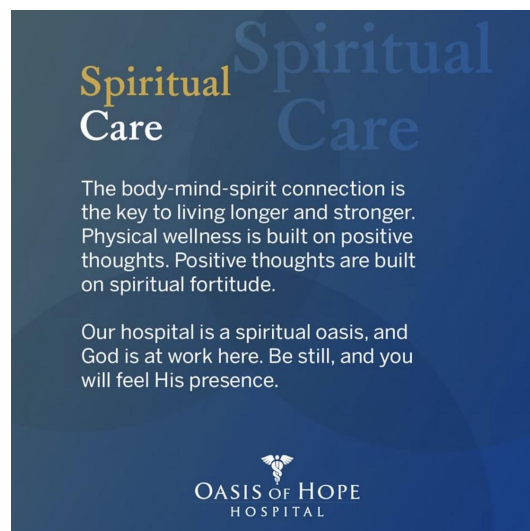


Yum, Shrimp & Octopus on-a-stick!
I might have to try this before I leave, I **LOVE** seafood!

We didn't get back until after six, so we thought we'd better get a meal for the room as the dining room phoned last night to see if we were coming for dinner (eek we didn't tell them we were full of nachos)!! Tonight was the BEST pizza I've ever had (sorry Chuck) with peppers, onions and mushrooms, Rob's least favorite next to zucchini, we told them we were going to share it, Lol! He had mashed potatoes and a can of olives once we got to the room :)



I'm hoping Dr. Contreras will be hosting Sunday service tomorrow now that most of the schedule is back on track. I hear he has a beautiful voice and sermon, so I can hardly wait! His philosophy on spiritual healing:



Restore your confidence in the healing power of faith, hope, and love.

Experience spiritual edification from our pastor and other patients.

Sense God's plan and purpose for your life.

Transform your life as you experience renewed hope.

"Come to Me, all you who labor and are heavily burdened, and I will give you rest" - Matthew 11:28

I need to dedicate this little part of my journal to Robbie and Isabelle. Isabelle has a very strong faith and a beautiful relationship with Christ. During her visit home from college last Christmas, Rob decided he should read the same devotional as Isabelle was reading so they could have a deeper, spiritual connection... This video is actually Vince Gill singing about his wife Amy, but it reminds me of Robert & Isabelle... When Isabelle prays...

<https://www.youtube.com/watch?v=QJCqgSOR738>

Tonight we'll watch a movie (that means falling asleep for me, Lol). I feel a little tired today, perhaps I need a change of pace which we'll have next week.

Today I am grateful for:

- Oasis' showers - they are roomy and have good water pressure
- Good sleep in a small bed, we're used to a king bed, Lol
- New friends
- A relaxing night!

Robert's favorite part of the day ~ "Hanging out with Rachel on the beach!" (awwww!)



I have a big prayer request for tomorrow morning at **9:45a (10:45 Idaho time)** - Robert will receive his LAK infusion at that time, which is the blood they took out yesterday that will have had the white blood cells stimulated to kill tumor cells. It would be amazing knowing that many of us are praying together and at the same time as he has this procedure. It shouldn't take more than about 10 or 15 minutes.

"Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven." ~ Matthew 18:19

Day Fifteen - 7/12/20

Today was a **BIG** day as you know, Rob got his LAK (activated killer cells) put back in his body to get ready for a fight!!!! The nurse this morning gave us a wonderful vision, she said she was putting in the soldiers as they get ready for the General, which will be the vaccine on M, W, & Friday. I love that, I can just envision it! She said he might get flu type symptoms, a headache and possible fever, but I knew he wouldn't and now at 9pm, he's doing well. Thank you so much for praying at 9:45a this morning, we felt your prayers and knew you were praying even though your texts didn't come through until this evening... Darn cell service!

We had a good sleep last night, everything is still going really well. We only had coffee this morning as we wanted to have church with Dr. Contreras. We were a little late due to the LAK treatment, but so glad to see the whole room full, it's filling up here, and we love it. We didn't have what I'd call church, but Dr. Contreras' words were powerful. He told us how his dad got the hospital started and how he was considered the quackiest of all quacks using natural medicine for healing, and what his dad had to go through to get his natural medicine approved by the Mexican government. He talked about how much the power of hope and prayer can get us all through trials and then shared some bible stories. I forgot my notepad, but as soon as I got back to the room, I wrote down as much as I could remember, so I will share that after we have the Q&A with him tomorrow then combine it all. We are so glad to be here, it is such a healing place. I truly want to rent out the whole floor for my girlfriends and I to come and spend about 10 days to enjoy all the nutritious food, uplifting talks, worship, and walks to the ocean... That would be amazing!!

We had a quick bite to eat in the room, my breakfasts don't look quite as amazing as Oasis', but Rob wanted to go to IHOP (yes they have one of those down the street) for an omelet!!



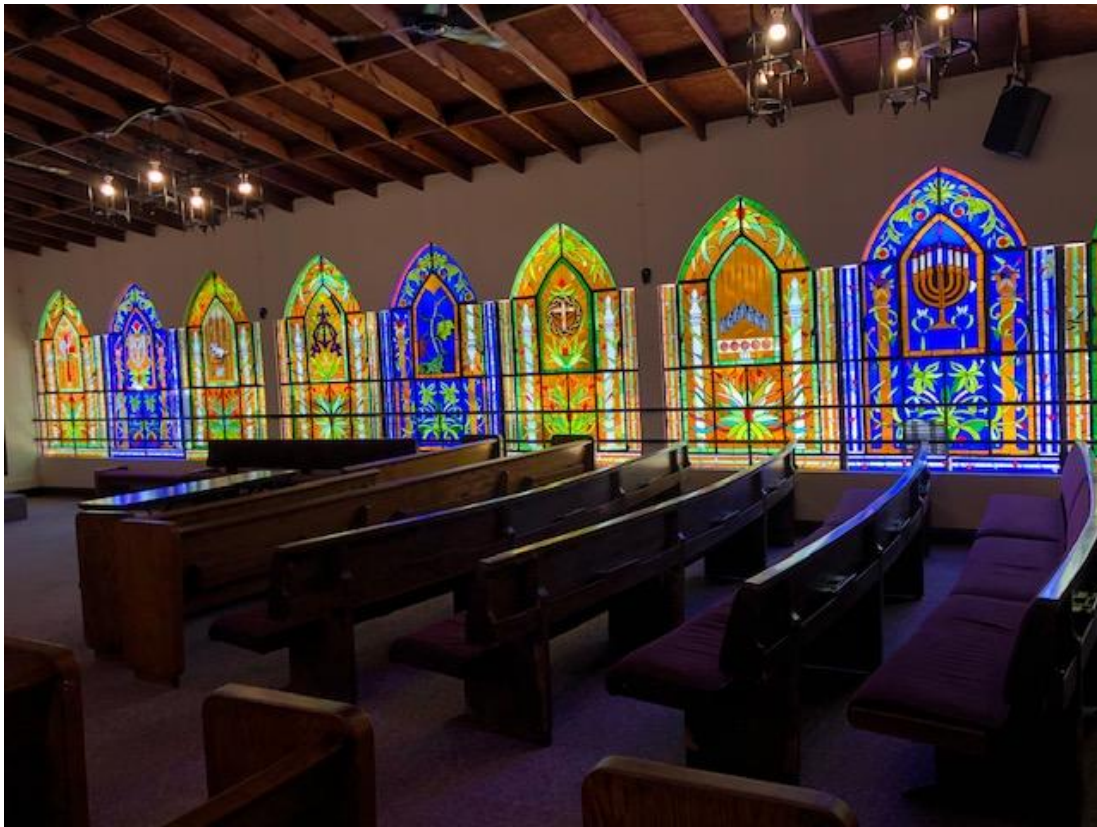
Almond butter & apple sandwich!

Well, IHOP is closed, poor Rob was soooo disappointed, but after some walking around, we found a place that was way better than IHOP! He was in heaven with his coffee, ham & cheese omelet and potatoes, it actually looked healthy, but I forgot to bring my phone to take a photo, darn it!

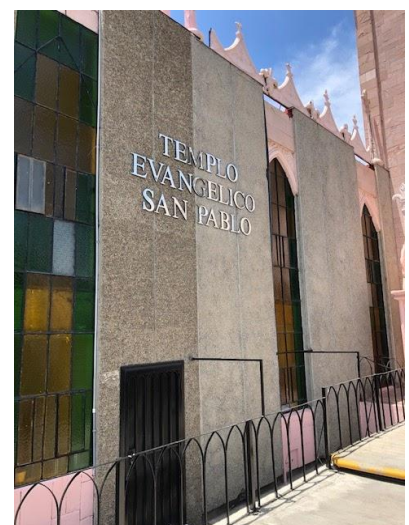
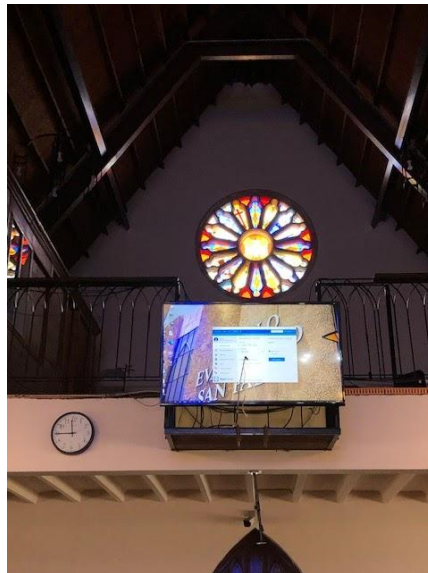
On our way back to Oasis, we stopped to take photos of this beautiful church again!! A gentleman inside noticed we were taking photos of the windows and wanted us to come in to take a look, it was gorgeous. It's an evangelical church still doing on-line services, but I think the band was still there either practicing or packing up.



This gentleman really wanted us to come in, we're so glad we did!



I wish we could have communicated better to ask how old the church was....



We decided to go for another walk to the beach remembering all the fun hustle & bustle last weekend. We found a quiet spot to ingest a beautiful view of the ocean, it was so peaceful and just what we needed.



Rob knew he wouldn't want dinner at the hospital so we got brave and tried shrimp on a stick!!
It was delicious and then Rob had roasted corn-on-the-cob!



We got back to the hotel just in time for dinner (I think they're taking notes of the meals Rob is skipping! That would be 3 of 3 today, Eeek)



Peppers & mushrooms & onions with sprouts & salad



Carrot soup!

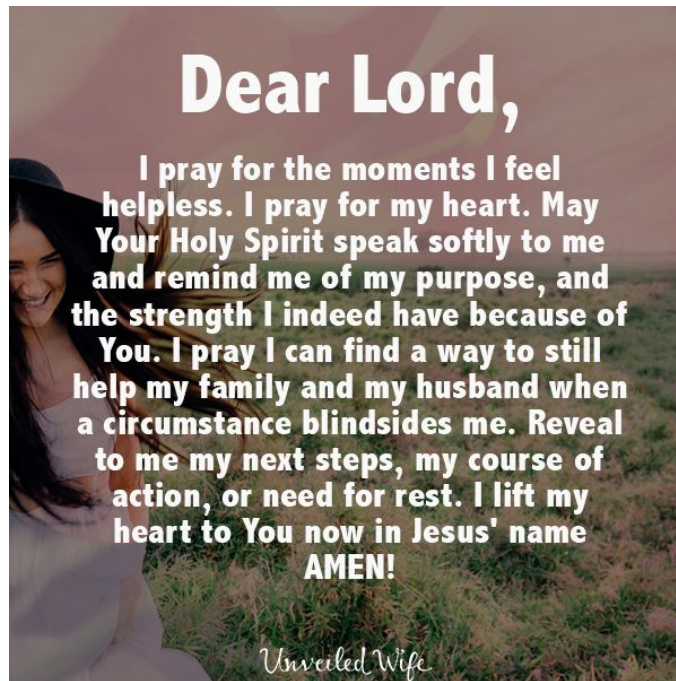
This evening we're on the phone mostly, our cell service is crazy, we are so glad we have a landline in the room!! We are missing our babes...



From our dear friend, Kay ~ We have been praying for each other for many years and for many reasons & seasons... And God always answers faithfully!

Today's gratitudes...

- ❖ Prayer warriors!
- ❖ A morning with Dr. Contreras
- ❖ Stained glass windows
- ❖ Remi & Belle's other mommas in Ftn. Hills - Eileen, Karen & Carol
- ❖ Isabelle, Katherine, Maggie & Caden
- ❖ The ocean...
- ❖ Landline in our room!

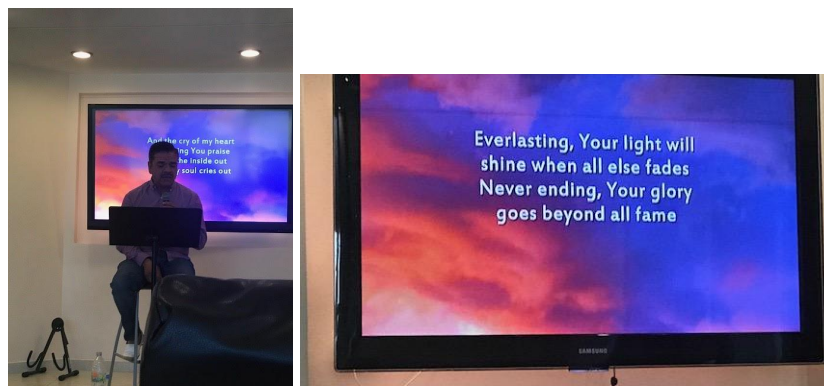


Tomorrow Robert will get his first dose of Dendritic cell vaccine at 10:15am. The General will be going in to boss those soldier killer cells around to do their work... I can just picture it!

Day Sixteen - 7/13/20

Seven days without a catheter, what HUGE progress! Rob feels amazing still from yesterday's LAK treatment. He was ready for the General this morning (Dendritic Cell Vaccine) to take charge! And how wonderful that we got to hear even more about the vaccine afterwards which I'll share more later, it was perfect timing and a good start to the day!

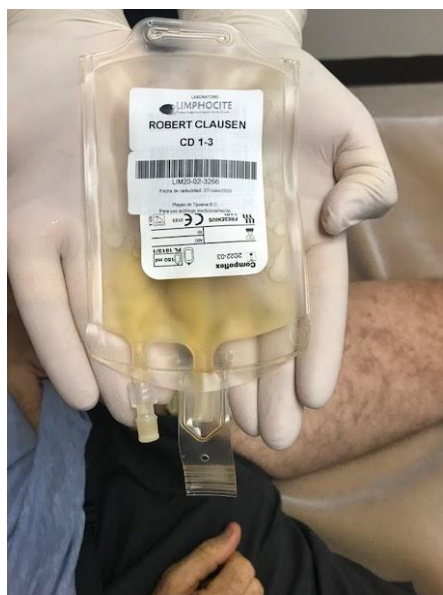
We skipped breakfast, and I went down to the worship service while Rob waited for his vaccine. The music was amazing and the sermon was about how we may feel guilty for our sins and how we can let go of that guilt through confession and repentance. It is God's grace given to us that he doesn't remember the details of those sins and that we should let go of them. We had a good discussion afterwards sharing the blessing of feeling forgiven and the gift of giving forgiveness to others when asked or even not asked!



As soon as worship was over I went to the room to see how Rob's first vaccine went and luckily they hadn't started yet, and I'm glad I was there, he seemed a little nervous about the needle. Isabelle wanted to be a part of it, so I texted her photos of what was going on so she could pray and experience it all.



Getting the injection site cold!



Verifying this is Rob's own vaccine!



Ready to go!!!

After the injection, Rob had to wait 5 minutes with the cold press on, wait another 5 minutes with it off, then walk around for 15 minutes. The side effect of the vaccine is possible flu-like symptoms and a sore thigh for a few days! Rob is feeling great, I knew he would! I honestly believe that the sicker someone is with their cancer, the harder the symptoms are since we have seen some patients that were having rough days after the vaccines for a few days. Rob saw Dr. Paulina in the hallway, so she asked to join him on his walk up and down the hallway so they could have a nice chat. We love her selflessness!

The talk from Dr. Contreras, just like yesterays, was AMAZING!! I took so many notes, but here are the highlights:

Dr. Contreras' dad spent a lot of time and money testing laetrile (B17) which is found in many plants, but mostly in the seeds of apricots, bitter almonds, apples, peaches and plums. He was able to prove that B12 destroys cancer tumors directly and was approved to offer it for cancer treatment in Mexico. He spent over \$375,000 back in the 70's to get it approved, today it costs roughly \$800,000,000 to get a drug approved in the U.S. for efficacy and safety. As soon as he got it approved, that opened the door for many other Mexico clinics to be able to offer B17. He was banned from coming to the U.S. for five years after that and accused of being a drug dealer.

Fast forward to five years ago, after research in the U.S., and two Nobel Prize winning research teams developed Dendritic cell Vaccine, he knew they needed to add that to their treatment program. The vaccine has dramatically increased the success rates for quality of life for Oasis' patients. As I mentioned in an earlier post, this vaccine cannot be approved by the FDA in the states because it can't

be patented, due to only using the patients DNA, which is the very reason it is approved in Mexico, there is no need to run a safety test because the vaccine comes from and is given back to the same person. So basically, Mexico is able to use a vaccine that was designed and tested in the U.S. which isn't offered there yet.

He explained that the basis of therapy is from metabolic needs of a genetic disease which is cancer, which is a mutation. Therapies are developed on what happens with the mutations. Mutations need special needs compared to the rest of our cells, so our bodies must change by developing the protein of what the cancer needs. Chemotherapy hasn't changed in the last 12-15 years, and he believes that chemo will be gone in the near future. Tumors have many mutations, usually 75 in breast cancer and 140 mutations in colon cancer. Each therapy is good for only one targeted mutation, which is why chemo in America costs \$10,000 per month, which is the estimate that we got from Mayo Clinic for the chemo pill.

There are 10 common metabolic denominators in cancer, no matter what kind of cancer someone has. He shared three...

1. All cancers need a lot of sugar. Tumors suffer without sugar. This is one reason why sugar is injected with radioactive dye in pet scans, to bring the cancer cells alive and visible to show up in the scan (eek, Rob's getting one of those tomorrow). This is why nutrition is so important and part of the treatment plan here at Oasis. Nutrients we eat should be for us as individuals, not for the cancer.
2. All tumors love living in a low or no oxygen environment, so if oxygen is increased in its environment, it will suffer. Ozone increases the oxygen in the tumor tissue which is why they give ozone therapy six times during the first stay here at Oasis. This will last up to 4 to 6 months.
3. Cancer needs a failing immune system to develop cancer. This is why we all have someone in our lives who might have bad habits of smoking, drinking too much, or eat junk food, but lived in their 80's, or 90's, they probably have a high immune system = no cancer environment.

Dr. Contraras shared a lot of other science that I'll continue to share in posts to come.

After the talk, we went back to the room for a while to make phone calls, I had a nice chat with my mum. We then went to the dining room for lunch and met new friends from Canada, Steve & Merle, this is her second visit for breast cancer treatment. Merle will have a pet scan to check her results on Thursday. They were explaining that with the socialized medicine in Canada it would take too many months on a waiting list to get a pet scan so her Canadian doctor won't even order one, yikes!



Tomato soup with teriyaki vegetables & salad!

After lunch we took a walk to the beach, t-shirt shop (again, Lol), and enjoyed the afternoon watching people on the beach. No police today I guess!

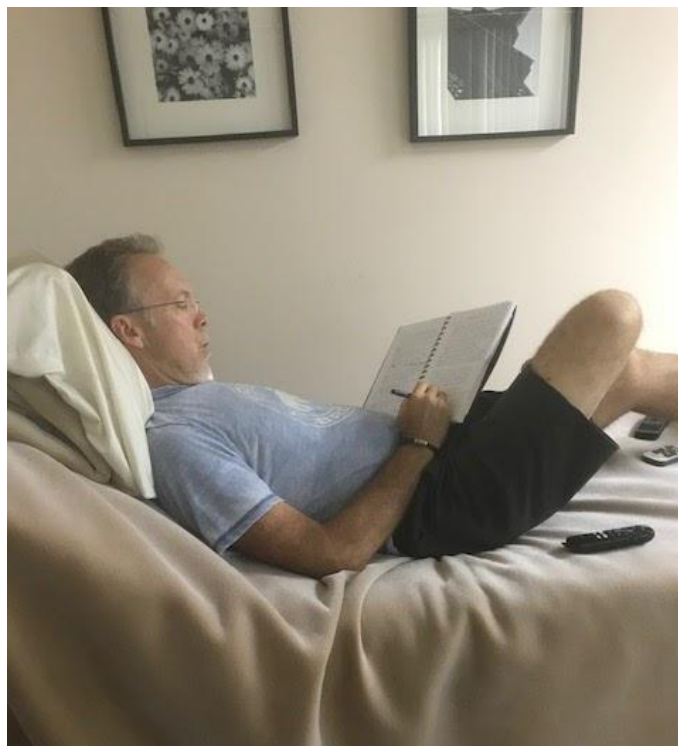


We shared a shrimp cocktail, Rob ate most of the shrimp while I ate the veggies! We enjoyed some chips & salsa too with cerveza, so we decided to make it our dinner tonight!



After we got back to the room we both fell asleep for about an hour. Rob is still doing awesome and not much pain in his leg, he's amazing!!

Rob is keeping his own journal, he always has been good at keeping notes, even back when our babies had their own 10 week stay at the hospital, he still likes to look back at them...

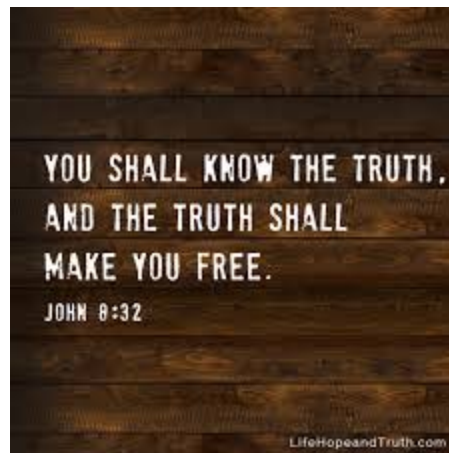


Tomorrow is pet scan day, a big day for us. We leave the hospital at 11:30a tomorrow for a 2:30p appointment at the imaging center in Chula Vista, CA just across the border. I'm not sure how long it will take for the results, but I'm praying there won't be any more noticable spreading. But, I know how important it is for his future treatments to have this scan.

Today's gratitudes...

- ❖ Jump rope & prayer time on the balcony
- ❖ Phone chat with Mum
- ❖ Facetime with Remi & Belle
- ❖ Nice room & comfortable bed

Rob's favorite part of the day... Seeing his babes together on FT!



Bible verse shard by Pastor Joseph today.

Day Seventeen - 7/14/20

Another successful night and feeling ready for Rob's pet scan day! Luckily it's not scheduled too early so our morning isn't too rushed. We'll be picked up by a driver at 11:30a, our appointment isn't until 2:30p at the SHARP Chula Vista Medical Plaza and only 13 miles away, but sometimes it can take over 3 hours to cross the border, Wow!

I had a quick work-out while Rob went to get some breakfast. He's required to fast for four hours before his scan, so he decided he'd better have some oatmeal this morning. He came back with yummy pancakes, but he wouldn't even give them a try, he said again that they looked too much like the pancakes that Isabelle makes, Lol!



We enjoyed worship this morning and listened to some wonderful testimonies from three patients. Rob shared that he truly felt that God had opened the door to Oasis of Hope to him, through a friend, by closing other doors. He was willing to have prostate surgery, but that door closed, then willing to do radiation therapy, then that door closed also. The door was closed for a pet scan and genetic testing requested by Mayo due to our insurance denying the request, it just didn't make sense. He knows that God knew he didn't have peace about doing chemotherapy for the next seven + years, without trying a different path first, he has done so much research over the last two years. Pastor Joseph explained that people hear God speak to them in all different ways, and that bringing someone complete peace is a beautiful way to know you are hearing Him.

After worship I stayed to listen to the nutritionist for a few minutes while Rob grabbed our passports, water, and final details about our day. It was pretty much the same talk as last week, so I'm glad I wasn't missing out too much, although I could listen to it over and over!



Our driver, Miguel was right on time, sooooo we headed across the border! We learned so much from him (again, Robert constantly has so many questions), so I got my notebook out and took more notes, Lol!

- Miguel was born in San Diego, then his parents moved to Tijuana when he was three months old, so he has a U.S. birth certificate and a Mexico birth certificate, he has dual citizenship. He also has two drivers licenses.
- The busiest time of day to get across the border is 3a - 9am so people can get to work on time. Approx. 300,000 travel to the U.S. from Tijuana every day. It's a lot cheaper to live in Tijuana than in the Chula Vista/San Diego area. It costs about \$4,000 - \$5,000 to rent a home in California vs. \$1,500 in Mexico or \$2,000 at the beach.
- The public schools are OK, but our driver had his boys in a private high school in Tijuana. His son is in public college now in Tijuana paying about \$500 per year. He lives at home, there's no campus housing.

Miguel was able to drive in the "Medical Lane" so it ended up taking us only 45 minutes to get to the imaging center. It didn't take long as far as showing our passports and getting across the border. Out of the hundreds of cars in line, we ended up being directly behind Miguel's wife's car also driving passengers to San Diego! What are the odds?!?



Trunks and the back of cars being searched. Miguel still sees people trying to smuggle drugs or immigrants into the U.S. every day. He showed us the impound car lot of those who got caught.



Very long lines. You can pay to go to the bathroom along the way and people stop by the cars selling all kinds of food and souvenirs.



We got here so fast, we ended up being a whole hour early. They told us to check back in for the dye injection at 2:30p, so we decided to go for a walk!





It's beautiful in Chula Vista!

Half way into our walk, the imaging center called asking us to not walk around, but to relax to get ready for the scan, ooops! We headed back and waited for Rob to get his sugar/dye. I thought he would come back but he never did. I found a place to sit for a few hours as I wasn't allowed in the waiting room with him. I was able to update my prayer journal and then prayed for Rob's scan with family and friends via texts (thank you)!

We only had to wait for about 15 minutes to get the CD of his images that we'll give to the doctors in the morning. They will wait for the radiologist's report before consulting with us in a day or two.

The drive home was about 45 minutes due to it being in 5pm rush hour traffic, a lot of people coming back from work, but we enjoyed talking to the driver who's originally from Cuba and the two ladies she picked up at the airport coming to Oasis from Kansas. The first floor of Oasis is a bariatric surgery center, I think these ladies were sisters staying for 3 days for that surgery .

We dropped our things off to the room then went to the dining room right away as we haven't eaten much today. Rob was so hungry, he actually ate more of his dinner than he usually does, picking all the good stuff out of his lentils. We had a few laughs with Kent & Dianne, it's amazing how much better Diane looks from meeting her a few weeks ago. She decided after arriving here that she needed to quit smoking, wow! She has smoked for a long time, and it took her breast cancer coming back under her armpit (lymph node cancer) to make her realize that Oasis of Hope's treatments will only work if she stops smoking. She hasn't had one cigarette since she's been here, that's incredible!! It may be a combination of no smoking, and immunotherapy, but wow, Dianne looks younger! She's one day behind Robert in her treatments, so they will go back to Spokane on Sunday. Kent loves to tease Rob, he said dinner would've been a little tastier if it had some zucchini on top, Lol!



Lentils with peppers & salad!

I made dessert when we got back to the room :)



Rice cakes with almond butter and chocolate chips!

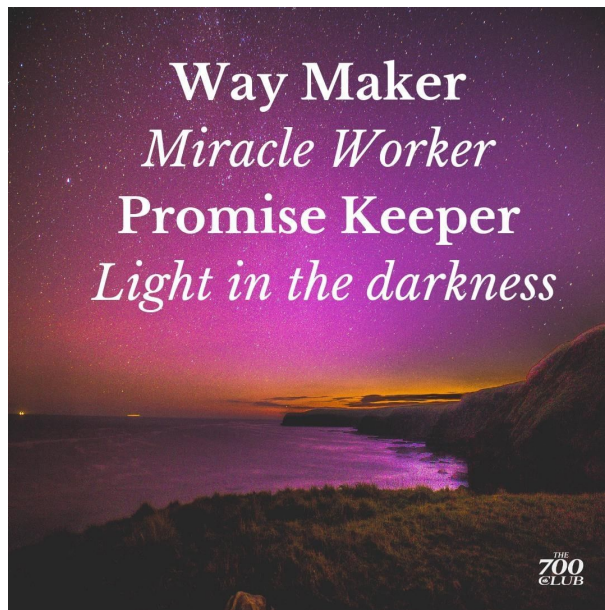
Besides working on my update, we had a few chats with Remi & Belle and our other kiddos, Jake & Mary! We miss them all...

Tomorrow Robert will get his 2nd of three dendritic cell vaccines, his only therapy this week, I hope to have a catch up day :) I appreciate all your emails and prayers, I've been saving them all to add to the final journal to put in a book for Robert!

Today's Gratitudes...

- ❖ Pastor Joseph's gift of singing - Even though the microphone didn't work today!
- ❖ Robert - He is my rock!
- ❖ Fun adventure to Chula Vista!
- ❖ Conversational drivers!
- ❖ Isabelle - Wonderful big sister!
- ❖ Kent's smile - it's contagious!

Rob's favorite part of the day ~ Talking to Remi & Belle on the phone :)



Thank you Karen Xxx!

https://youtu.be/SE_M9noEhNE

Day Eighteen - We're almost there! 7/15/20

Today was the one of the best days we've had since starting this journey 2+ years ago... Well, I won't speak for Robert on that, but for me, I feel like I can breathe a little lighter today. We had a touching worship service, survived (I was a mess going in) seeing a visual of what's actually going on inside Rob's whole body, a walk on the boardwalk, and then a dinner which Rob actually enjoyed!! Life is good and we are praising God for his guidance and peace for this whole journey!

We are not here just for Robert, we are called to love and serve others. If anyone is faced with cancer, especially phase 4, and has to choose between no treatment, conventional treatment, or both conventional & alternative treatment like we are getting here, we want to share what we have

researched, learned, experienced and have hope in... Cancer is scary, chemo is scary, and having hope taken away is scary. Thank you for reading all the details of Rob's journey and praying for him along the way. We are so grateful for all your prayers and good thoughts!!

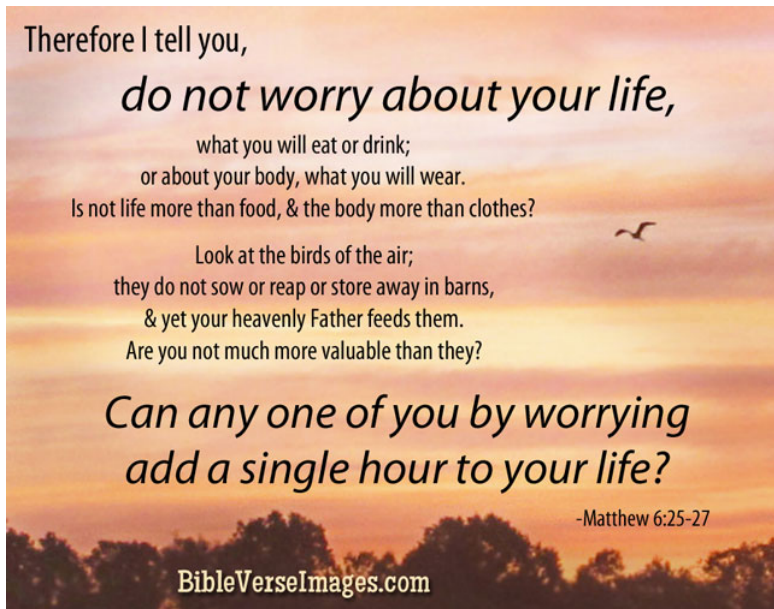


We had another good sleep... we might need to trade our king-size bed in for a full-size bed when we get home, Lol! It seems like we're sleeping better here than at home!! Rob went to get breakfast while I worked a little, then we headed to worship service before his second vaccine.



YUM!!!

Pastor Joseph sang one of Robert's favorite worship songs (not a coincidence) before his sermon, *Hear / Am To Worship*. And then it was no coincidence that his sermon about, "**Letting go of worry!**" That part was for me, I don't think us moms have that one quite figured out yet! I've shared my sermon notes below, but he ended the sermon praying for specific worries that we shared with him and each other...



Pet Scan Results!

Dr. Contreras was ready to visit with us immediately after the service about the pet scan, yikes, I wasn't ready, Robert was! He said right away and to calm me, "Everything is good and better than he expected!" After getting myself together, I got out my notebook and we asked for all the details!

He and Dr. Paulina showed us many images of the pet scan and then a detailed look as though we were looking right through Robert's body from his head to his toes, and we saw the good news! No tumors in any organs or any other lymph nodes. We already knew from an earlier MRI where in his prostate the cancer was located (inside, outside, seminal vesicles and left pelvic lymph node) but had not seen any other area of his body scanned. Dr. Contreras said he was expecting his body to light up like a Christmas tree, not that he would be overly concerned, but for Rob having cancer for probably 6 - 7 years, and having a Gleason score of 9, he was just prepared for having to treat more areas. Rob only had three tiny **red/orange Christmas lights** that showed up, one on the tip of his right shoulder, but mild, one on the upper spine, but far from the nervous system, and one on the second toe of his right foot, Wow!! He also noticed that Robert's bladder was large, due to not emptying completely when he urinates, but doesn't recommend going back to cathrizing unless he gets uncomfortable or gets an infection. He had mentioned on day two that he was surprised Rob didn't have any pain from his cancer, and now this scan showed him why. He says that only God can perform miracles, but at Oasis of Hope they often see extraordinary miracles and that Robert is one of those!

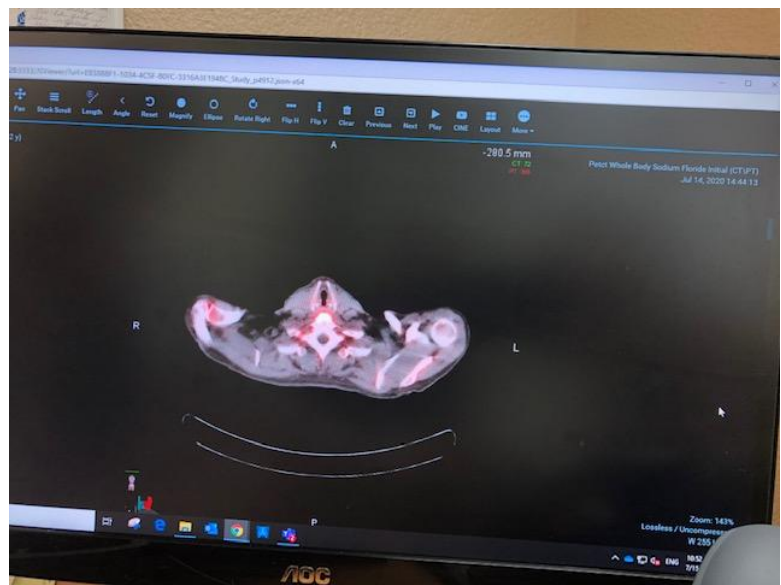
He confirmed that the changes that Robert has made in his diet (juicing daily, eating raw vegetables and fruits, blending more of those in a smoothie, cutting out sugar, lowering his beer intake, eating less processed food and no soda has paid off for Robert. Changing his diet along with having previous treatments of vitamin C & Vitamin D IV's, salacininium & mistletoe IV's, ozone therapy and about 30 natural supplements a day has already helped begin Rob's healing. Most of the patients

here usually learn about nutrition changes, immune building IV's and ozone therapy during their first visit here, then they go home to make the changes. I am **SO PROUD** of Robert for sticking with his lifestyle change for 2+ years, even when we didn't know exactly (without a scan) how much healing it was really doing. He had hope and he had faith that all really was working, and it has. We learned this week that cancer is a lifestyle disease. You cannot go back to the previous lifestyle that may have caused the cancer and for Robert he believes it was the lack of nutritious food and excess sugar!

Robert wants to keep feeling better than he has in years, so he'll keep up with *immune building therapy* instead of *immune killing therapy*, so we'll be back in three months for his next pet scan. Until then he'll be taking all the supplements and prescriptions (low dose chemo for the tumors) that Oasis prescribes, keep up with the Lupron injection (prostate cancer tumors are hormone dependent), keep eating as healthy and clean as possible, continue with daily walks (we'll miss our daily ocean walks), and continue to have faith, hope, and spiritual growth. AND of course be praying that the general is guiding the soldiers! The soldiers will get boosted in three months, and the general will be replaced in six months!



Red/Orange glow at upper spine & Prostate



Left glow is right shoulder, center glow is upper spine

After our meeting, Robert was happy to go back to the room to get his second Dendritic Cell Vaccine while I went to the Doctor Q&A talk. It was the same talk as last week, but hearing it again was awesome, there's a lot to learn and retain, so I'll share extra notes tomorrow!

We had lunch with Pastor Joseph and a girl named Valerie. Valerie has uterine cancer that I think metastasized from breast cancer. I'm not positive about that, but she did mention that she's also had a double mastectomy. She had a very sad story to share about her life and why she thinks she has cancer, I'll be praying for her tonight. This is her last hope of beating her cancer as she's had all the chemotherapy that her body can handle. She is here by herself which breaks my heart...



A vegan hot dog - It was yummy



Tomato soup!



A pretty flower in my salad, too cute to eat!

We spent the late afternoon going for a walk on the boardwalk and stopping at our favorite fruit stand and grocery store for a few provisions to last us until Saturday.



My happy, healthy, handsome hubby!



So peaceful...

We heard more good news when we got back to the hospital, fish with asparagus, green beans and carrots. Rob was soooo excited, his three favorite vegetables, all on one plate, Lol!



We met a gentleman who was back for the 3rd time, he has esophagus cancer, age 83. He's able to drive to Oasis as he lives in MexiCali, but he stays each time to enjoy the food with his wife. He told us that both his parents died from cancer and also his paternal grandfather, so he wasn't interested in conventional treatments.

Sermon notes for Erinah ~

Pastor Joseph reminded us that worry is a natural response, but God wants us to have faith that he has it handled. He reminded us that King Jehoshaphat and all who lived in Judah and Jerusalem were told to not be afraid or discouraged because of the army coming to battle. They were told that the battle was not their own, but belonged to God. So Jehosshapaht decided to gather everyone to pray instead of being scared or worried about the three armies who were coming after them. We need to believe that God can handle our worries, so we don't need to, we do this by studying his word daily for constant reminders.

Robert's favorite part of the day... Meeting with Dr. Contreras and talking to our babes!

Today I am grateful for...

- Pastor Joseph's sermon, singing talent, and prayers
- Dr. Contreras' compassion, time, and clear explanation and reading of the pet scan
- Laughs at Walmart (Thanks Sal)!
- The Ocean
- Continued support from family and friends!
- Eileen feeding my boy! Thank you!!!
- Healing praises with Julia - She is an extraordinary miracle!

Day Nineteen - 7/16/20

After a good sleep and still praising God for the relief in our hearts, we looked forward to another eventful day, even though it's technically Robert's day off from any treatments. Rob slept in while I worked out then showered for worship time. Rob heard Thursday morning was egg day, and sure enough it was! He was smiling when he got back to the room saying that this is his favorite part of the day, so no need to ask tonight, Lol! I told him I'd trade my eggs for his green juice... Deal!



Two eggs, sunnyside up with toast & papaya! I'm gonna miss this morning treat!

After breakfast, we went to another wonderful worship service. Pastor Joseph is such a blessing and his smile is contagious! He started his sermon singing, *How Great Is Our God*, another one of our favorites and after our day yesterday, this song was even more touching. The sermon today was about waiting patiently for answers after we pray. We often try to help God with the timing of His answers and often want them answered immediately. When we try to answer our prayers in our own way, we can sometimes make a big mess of outcomes! God doesn't need our help, so we don't need to interrupt the process. He ended the sermon singing *Way Maker*, another perfect reminder that He is a miracle worker!! The prayer that Pastor ended the song with was just what we needed to sum up our time here. Praising God and thanking Him for his guidance and presence here at Oasis!

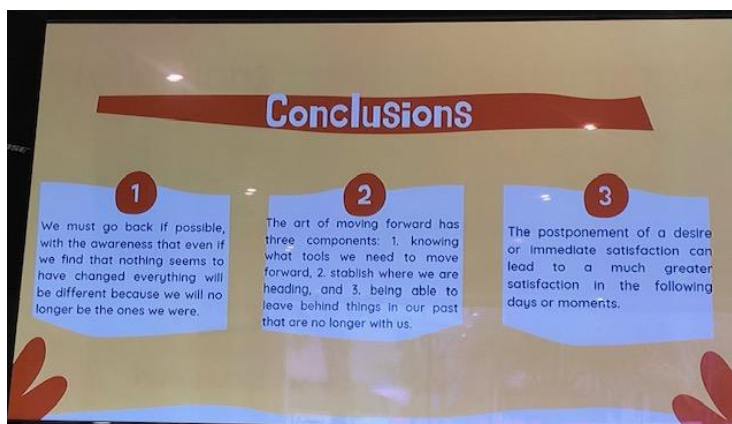
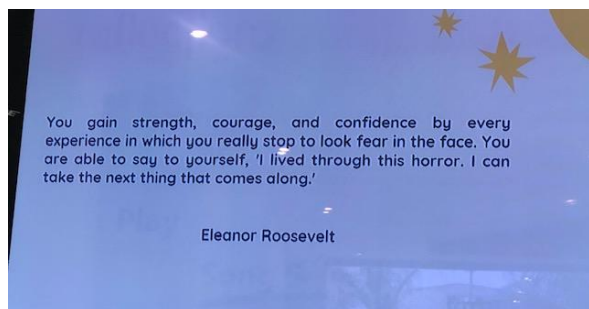
After church we stayed for the Emotional Healing class.

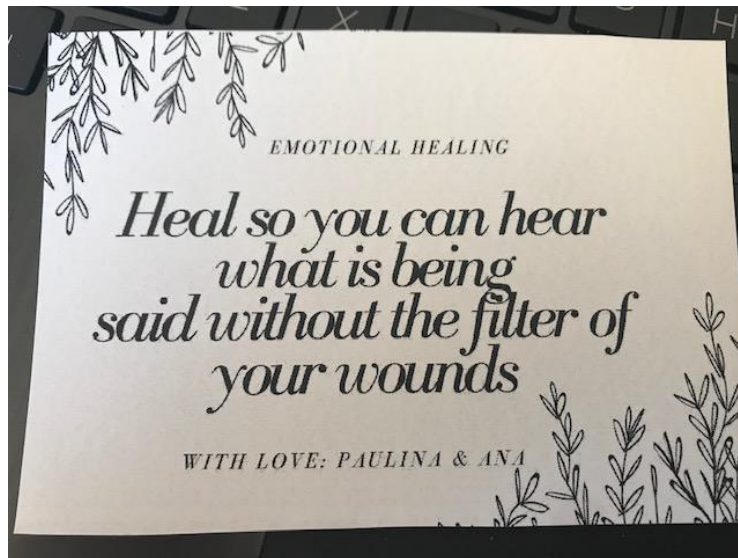


Anai, Counselor



Dr. Paulina





LOVE this!!!

Today's class was a good reminder and something I like to share with my own clients. These reminders can be used by all of us, even if we are not patients of Oasis. We cannot move forward if we look at our current situation with baggage or resentment from the past. We must let go to move forward! Sometimes it means forgiving someone, or letting go of the past hurts. Anai reminded us that although this is hard to do at times, it truly is healing for our lives going forward. I have seen this in my own life in many circumstances. I truly believe that letting go, forgiving, and focusing on our daily gratitudes can have a big healing effect, even for an illness, it's like releasing poison from our bodies.

A good analogy Dr. Paulina used with the filter, was with having to take the chemo pills or having more surgeries at Oasis. If the patient had a bad experience with chemotherapy or a surgery in the past, they are going to think, **NO WAY!!** They won't be in a good place mentally to take chemo again or have another surgery even though it may heal them. She said they need to get that thought out of their heads and look at this new chemo pill, or another surgery, as though they had never experienced it before. They need to hear what is being said about taking the new chemo treatment or having surgery without the filter of their wounds! She said to not react, just listen, and don't have judgement. Great advice for me!!

We then had three questions to answer:

1. What situations/habits/people etc, do you need to give up to have a better and long healthy life?
2. If you could have a chance to go back in time, what would you do differently?
3. What strengths do you have that will help you achieve your goals?

LOVE THIS!!

We came back to the room for a few hours to work on car stuff at home, never a dull moment! Isabelle's car broke down right before we left, so now she is selling it to someone who can fix it for less money than she can have it fixed for. She learned a lot today about selling cars and taking care of the transaction! I grabbed our lunch in the middle of this before the dining room closed.



Napa Soup - Mushroom & Cabbage!



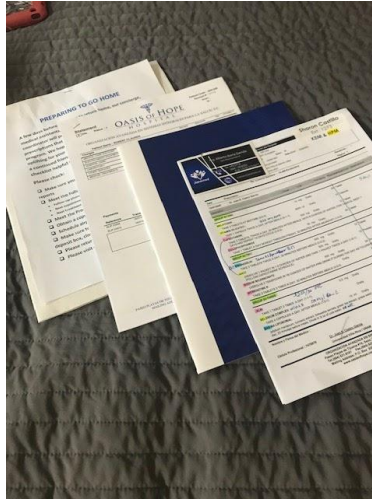
Veggies on rice noodles with salad - Yum!

Exit Review

We had our exit review and pharmacy meeting with Mike from the follow-up department, Susan from the supplement pharmacy, and Mara from the financial department. Tomorrow we'll meet with Alberto for the pharmaceuticals (chemotherapy pills). Our heads were spinning a little when Mike was explaining what Robert takes and when, but we can do this! Rob's been taking about 30-40 supplements a day for the last two years, we just need to change it up a little! I plan to use a spreadsheet when we get home to make it easier to fill his pill boxes. He won't start the meds for three weeks, so this will give us some time to get on a good system. Since Robert is taking quite a few of the recommended supplements already, we were able to take them off the purchase list since he already has them at home. This should lighten up our carry-on bag a little, Lol! I'll post a photo of what we'll be traveling home with!

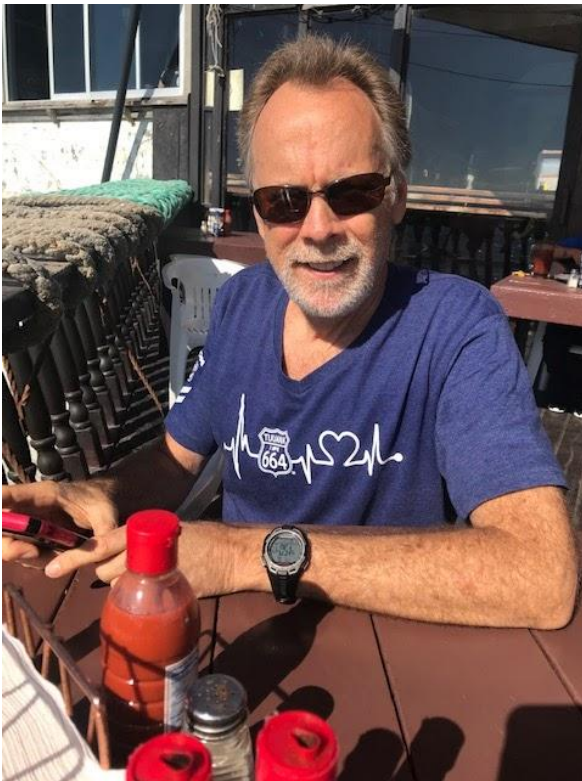
When Rob starts the supplements and meds in three weeks (due to letting the vaccine and LAKs do all its work for now), he starts taking them in increments. By doing this, we will be able to see and narrow down any meds that may cause side effects that he doesn't like. He just calls up Mike, he'll speak to the doctors, then they'll adjust or make recommendations to continue. I think Robert will do just fine! He will have four increments of about four supplements/meds over 16 days.

Mike then went over the schedule of follow-up calls, he has it all planned out and organized very well! He'll be calling Rob to check in with how he is feeling every two weeks for the next three months, then every two months over the next five years, wow! Mike will check-in to see how he's feeling, if he has questions, needs to order more meds, etc. He will also set-up phone calls with the doctors if Robert needs to talk to any of them.



We then stopped at the nurse's station to set up transportation for our 2pm flight. They prefer that we give ourselves 4 hours to get to the airport (26 miles) due to crossing the border. We expect it to be a little lighter since it's a Saturday but not sure we'll be able to use the medical lane or not.

We enjoyed a nice walk to the ocean and T-shirt shop (Lol, Carol) after the meeting. Since Rob didn't eat lunch, we stopped at a restaurant shaped like a pirate ship so Rob could have a couple of fish tacos, not too far off Oasis' meal suggestions.



Enjoying some sunshine!



A clear view of San Diego today!



We'll miss our daily walks to the ocean!



This cruise ship has been in this same spot since we got here!



Fun restaurant!

When we got back to Oasis we stopped in for dinner but I forgot to take a photo of the meal, It was a hamburger, but not really of course, I think it was a bean burger with salad and vegetable soup.



These soups are so filling!

We had a wonderful conversation with Mike and Darlene at dinner. Mike is here with Patty, they are from Canada. Patty had ovarian cancer originally and then lymph nodes. She has an open wound at the top of her leg that won't heal, so she stayed in the room tonight, we missed her, she's a hoot and has a big personality. The chemo or radiation that she had caused her wound, she's not able to have any more chemo so they researched an alternative and found Oasis. Darlene lives in Sumner, Washington. I think she has breast, lung and bladder cancer. She had heard Dr. Contraras speak decades ago, and had purchased a few of his books. When she found out she had cancer, she remembered his talk and looked into coming here right away. I sent them both some info on Afaya Plus when I got back to the room.

Rob read and watched TV this evening while I answered emails and worked on the journal.

Tomorrow is our last day... Last dendritic cell vaccine at 9:30a, worship at 10a, meds delivered at 10:30a, cooking class at 3p (I keep forgetting about those), and then movie night at 7pm. We'll get all packed before the movie. I'm really hoping to see Patty before we leave...



Thank you for this reminder, Kay!

Today's gratitudes

- Lighter heart this morning!
- Alkaline water coolers in the hallway
- Stand up desk
- Wonderful dinner conversation
- New friends
- T-shirt shop - Rob loves souvenirs!

Robert's favorite part of the day... Eggs!

Day Twenty - 7/17/20

Wow, twenty days seemed so far away when we first got here, and now it's here... **Day 20!**

For the last few days I had the same feeling of mixed emotions that I had 21 years ago when I was in the hospital 26 weeks pregnant, I did not want to leave! I felt safe, and even though I only moved as far as the parking lot, I was scared for my babies. This morning I didn't feel quite ready to leave either. It was an emotional morning having our last events of the day, but as soon as we received Robert's medicine, had our last visit from the staff and doctor and now packed up, I feel complete peace that we are ready... Ready to go and keep doing what we have been! In fact Alberto the pharmacist, said he didn't want Rob to change anything that he's been doing. A few of the meds will be different with the addition of low dose chemo, but Alberto said the goal is to not feel like anything has changed. Wow, I

guess that's what I needed to hear. I do well with structure, routine, and a little bit of mothering, so now I am packed and ready to go home!

Robert started his morning with his last dendritic cell vaccine. In six months he might have another one, but with the good news we received today (actually clarification), he also may not! During our last visit with Dr. Paulina today, Rob asked her what her main concern was about him going forward, and all she said was his urinating! What?!? She said quality of life is their main concern for all Oasis' patients, so if that is ever disrupting his quality of life, then they would consider a surgical procedure to remove a section of the prostate to relieve the pressure from the urethra (TURP). She said the immunotherapy and healthier eating that Robert did before arriving, has already taken care of anything they could have seen. Because he has no pain, no blood in his lab work or in his bone marrow, he has no bone cancer (I thought the four red/orange glowing lights were *inside* the bone, but they are *on* the bone - huge difference), so he may not even need to come back for the three month check-up, as long as he can send a pet scan to them beforehand! WOW!! The pet scan would show any inflammation, which is normal the first year, but if there isn't any, then we wait for another three months. Every case is different of course, which is the whole point of alternative medicine, there is no binder to treat everyone exactly the same!



Dr. Paulina



All patients get the vaccine in the upper leg as it's close to the lymph glands to get it into their system faster. Since Rob has a tumor in the left pelvic lymph node he thinks that's a great idea!

Yummy breakfast today!



We enjoyed the church service today with beautiful worship songs and a testimony shared by Raymond. It was his story of what led him and his wife, Lanore to Oasis of Hope, it was a lovely story about faith and trust. His wife has breast cancer, she bought one of Dr. Contreras' books about 20 years ago, so as soon as she learned about her cancer they knew they needed to hunt for it. They found it in minutes amongst many boxes of books! He also reminded us that God's plan for us involves a bunch of other people... I LOVE that!!

Pastor Joseph knew this was our last full day here, and so sweet to remember that Robert asked him to sing *Amazing Grace* at our first two worship services so he (we) sang it again, it was beautiful!!



We had several appointments right after worship, one with Sharon to drop off the supplements, and one from Alberto for the prescriptions.

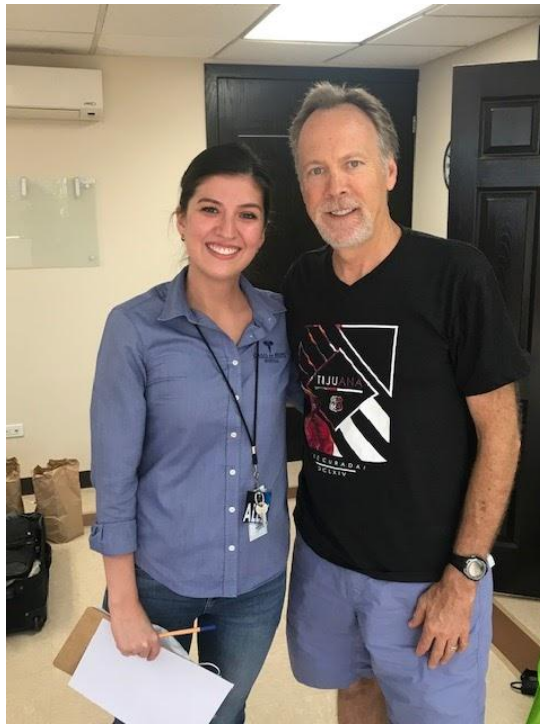


Sharon explains what he takes and when!



Three months worth!

We decided to skip lunch since we had some packing to do. You can imagine Rob's surprise when Alex, the Nutritionist stopped by to say goodbye, he was eating a tuna & avocado sandwich that he had made, Lol! She said it was a good, healthy snack! She wanted to see if we needed the kitchen to pack a lunch for us tomorrow since we'll be having a long day, really?!? That's amazing!



Alex has worked here for two years under Dr. Contreras' daughter, Rosa.
She LOVES her job!

We did some packing then decided to take our last walk to the ocean and try to dip our toes in! A policeman was patrolling the beach in his truck, so I chickened out, but “Rob the Rebel” kicked off his flip flops and ran for a quick toe dip as soon as he thought it was safe... I’m so glad he did! Some people at a nearby restaurant started clapping, Lol!



Run, Robert, Run!



Love it!

We enjoyed walking around afterward and Rob decided he needed a treat to celebrate the good news this week. I won't tell you what he found, nor did I take a photo, but it begins with a "P" and ends with ASTRY! Lol! He did find a cinnamon roll without frosting and enjoyed every bite (minus my two bites)! He says often that he's not trying to be perfect, just better! Another stop in the T-shirt shop (really?!?), and back to the hospital for our last supper!

We met a couple in the lobby who asked us to sit with them for dinner, they looked a little scared. Patrick had just been told by Dr. Contreras that he didn't think he could help him at Oasis so they are leaving before starting their 20 day stay. Patrick may have Lymphoma, and if that's the case, conventional chemotherapy would work much better for him. Mexico cannot (at the moment) get that particular chemo prescription. This is actually sad news for Mexico because a lot of younger children with lymphoma are dying because they can't get to the U.S. to get treated. A biopsy that Patrick had done by his U.S. doctor showed no cancer, but only 50% of those types of biopsies are correct. His pet scan showed several lumps in his lymph nodes and one in his chest. Dr. Contreras decided it was better to remove one of the lymph nodes to send to pathology to get a clear diagnosis. It will take 7-10 days for a pathology report, so they've decided to go back home to Pennsylvania on Monday as their 4 children are staying with relatives there. They actually came here for a clear diagnosis, but they don't know yet if he even has cancer, but if so, they were hoping they'd be able to get treated right away. This news changes everything, but of course they appreciate the honesty of the doctor.

Tonight is movie night, but I wanted to finish up my journal and finish packing (I always fall asleep during movies anyway).

Rob's Journal of Hope...

Dedicated to Eileen!

My original purpose for this journal was to keep accurate records for Rob and I, and to send it to a handful of people who knew we were on this adventure. By day 20 we're sending it to about 45 people! I know God will use this journal in many ways, He already has. My hope is that you will never have to share this journal, but please do if you need to. When someone is told to get their affairs in order, they lose hope... But hope is here at the Oasis!



To Eileen, a dear friend gifted to us by a mutual friend many years ago... Today I realized the purpose of that meeting and we are so grateful... Thank you for your love, support, strength, prayers, tears, walks, laughter, and hope! Thanks for being **YOU!!** We love you!

Today's gratitudes - Too many to name - I'm just grateful for the WHOLE day... I'm grateful that we can go home without any major changes. Grateful for the healing service we had at Shepherd of the Hills in March. Grateful for new friends, their smiles, their laughs and their love!

<https://www.youtube.com/watch?v=xb1bx3hYfzg>

Keep Me In The Moment - Jeremy Camp
Thank you, sweet Lynn

https://www.youtube.com/watch?v=XF_iYRtZwSs

You've Always Been
Thank you, Karen, we love you!

Robert's favorite part of the day... The music at worship and having bare feet in the sand & ocean!



To be continued...

Six Month Followup (Second Visit) January 17, 2021

No Evidence of Disease

Today we're excited to go back to Oasis of Hope for a followup and another round of Dendritic Cell Vaccine. We are very hopeful for more good news after sharing PSA and MRI results with the doctors at Oasis.

Since our visit here last July, Rob has kept up with a healthy diet, takes ALL his supplements (about 70 per day), and continues with Lupron injections every three months. We were going back to Mexico with VERY good news!



1/17/21 - Email to family and friends:

We want to thank you again for your prayers and good thoughts for Robert, he's doing so well! I wanted to give a quick update as we head back to Mexico for another Dendritic Cell Vaccine. This visit will be for 10 days instead of the 20 day stay we had in July. While receiving the vaccine (which was during week 3 last time), no other therapies take place so that the "General" can be ready to attack more cancer cells. In fact Rob also gets a 4-week break from taking his 70+ supplements and meds, I am so excited for him!

Since July, we've had bi-weekly check in calls with Oasis of Hope, answering any questions we might have, but mostly just to check in, they've been wonderful. The team of doctors are so pleased with Rob's recent blood and MRI results that they're not even requiring a pet scan for this visit, Woo Hoo! We are so grateful for this miracle of healing from Oasis of Hope, Afaya Plus, and Lupron, and for your prayers, they are working!! THANK YOU!

Monday's PSA results show his # at **0.2**, down from **24.5** on July 1st - AMAZING!! A normal PSA for Rob's age is 0 - 4 but more commonly between 4 - 10!

Tumor details from 3/17/20 MRI to 12/18/20 MRI are:

Weight of prostate - **41** grams down to **23** grams (normal weight)

Size of prostate - **3.4**cm down to **1.5** cm (normal size)

Lymph node size - **22**mm down to **7**mm (normal size)

I am so proud of Rob for sticking with his lifestyle changes, having high expectations, his spiritual growth, and his loving attitude!

Rob is excited to meet with Oasis' urologist while we're there to get some answers about nightly bladder issues. He will have an ultrasound to see if he has some scar tissue from when the tumor was pushing up into his bladder.

I, of course, am excited about the wonderful plant based meals I'll get to enjoy and learn about at Oasis! I've already put some healthy snacks in my case for Rob so he doesn't starve as he hides in his room from all the zucchini dishes, Lol!

Day One - Three

Hi All, we got to Mexico safely on Sunday, and have been busy ever since with doctor visits and schedules. Rob will have an ultrasound today on his bladder to meet with the urologist on Wednesday or Thursday for some ideas on nightly bladder issues.

The AMAZING news we got this morning from Dr. Contreras and Dr. Cessnia is... ***"There is no evidence of disease!"*** Wow, I want to say that this is just unbelievable, but the last time we were here, both doctors told us that we must have, "High Expectations", and Rob never looked back... He's always been such an optimist, it's one reason I fell in love with him!

Yesterday during a Q&A with Dr. Contreras, he told the patients that if their tumor size after Oasis' treatment stays the same, that's GOOD! If the tumor(s) decreases, then they pat themselves on the back! However, if the tumor(s) disappears, "Then we get on our knees and THANK GOD, because we are not that good, Only God can perform those outcomes!" We are praising God and Oasis of Hope for this wonderful news!

Rob is not ready to say he is "Cancer Free" due to his high Gleason score and stage 4 diagnosis, but as of today, there is no evidence of cancer. He is still getting the LAK & Dendritic cell vaccine injections this week while we're here and probably again when we come back in July.

After the doctors meet with the urologist, we'll see what the protocol will be, but they will ask that Rob continue to take all the meds, lupron injection for 6 more months and of course keep eating a mostly plant based, very low processed food/sugar diet. The ONLY thing different that is prescribed is exercise (yay)! The Lupron injection (hormone blocker) has caused excess hunger and weight gain, the doc said exercise will help astronomically! I'm pretty sure Rob has heard that before, Lol, but I think he'll take it more seriously coming from Dr. C!

I'll send another update in a few days after we meet with the urologist.



Amazing Doctors!
Dr. Contreras & Dr. Cecena

Day Four - Nine

We are coming up to our last supper at Oasis of Hope (Yay for Rob!). We've had a VERY busy week considering we thought the vaccine to boost Robert's immune system was the only thing on the agenda! We had fun conversations and even hugs from other patients, attended 3 cooking classes, 3 Q&A's with the doctors, a nutrition class, morning worship time and Doctor's sermon yesterday about destiny (amazing), a few walks to the beach and then Rob ended up having surgery!!! What!?!?



Checking vitals and blood for upcoming surgery! L.A.K. - Ready for the Dendritic Cell vaccine tomorrow!



Dendritic Cell Vaccine! He will have three of these in the upper thigh!

After hearing Rob's good news on Tuesday, they suggested he visit with a urologist to find the reason he was having night time bladder issues. Quality of life is the #1 priority here at Oasis and having bladder issues is getting really old for him. To make a long story short, his bladder is twice the size of a normal bladder and has had chronic obstruction for several years. Also, an ultrasound showed that Rob's is only emptying 50% of his bladder during the day, which is also causing night time issues. The procedure is much like the TURP which is not an uncommon surgery to have for older men (not that I'm calling Rob old)!



Urologist, Dr. Carlos



Rob had a very informative appointment ultrasound.
They told him he has a small prostate and a large bladder that is only emptying 50%.

The procedure was Saturday morning, the Dr. was very happy with the surgery but did say that his bladder does not look like a regular smooth bladder due to the chronic obstruction, it has a lot of ridges inside. He's excited to see if the look will change and if it will go back to a normal size in another ultrasound down the road, but the good news is that Rob is doing great and already noticing a huge difference. He slept all night last night and had no catheter or leaking, amazing and probably TMI for

most of you readers, Lol! He is having a little bladder cramping this evening, but I'm sure his bladder is very confused and happy all at the same time!



EKG for surgery prep!



Ready to go!



Robert came back two hours later... He slept most of the day away!

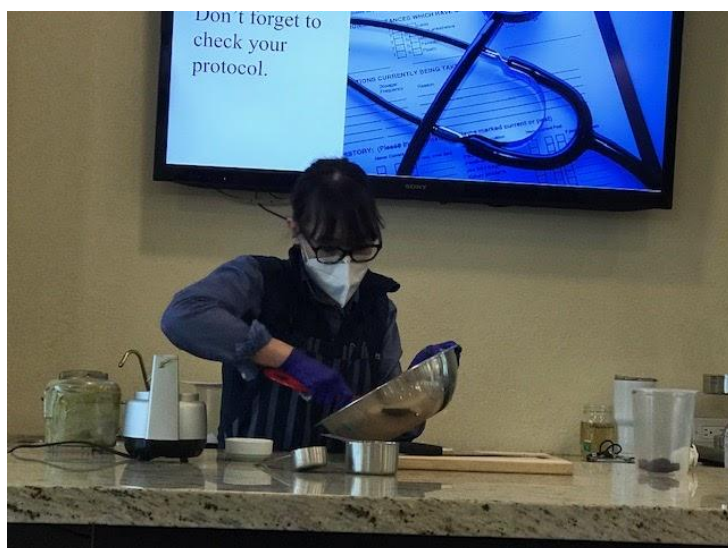


This is probably TMI, but Dr. Carlos gave me the parts of Robert's prostate that he took out...
In case any inquiring minds ever wondered what this would look like Lol!



Rob's 2nd dendritic cell vaccine had to be in the upper arm due to his procedure, ouch!
One more to go!

Here's a few photos of the cooking classes I attended while Rob was recovering. We were taught how to make avocado mousse, green juice, nutella and black bean brownies (my recipe)!



Like during our last visit, I was also able to attend morning worship, a Sunday sermon, and a nutrition class. Such a wonderful place to be for us companions also.



Beautiful voice and sermons



Food IS Medicine, and so is a happy heart!

So the plan forward is that we'll come back to Oasis of Hope in July (6 months again instead of 3) for another dendritic cell vaccine and will continue with all supplements including low dose chemo and the lupron injection (prostate cancer feeds on testosterone; all cancer feeds on SUGAR)!! We are aware of the challenges of dealing with cancer, so we will continue to visit Oasis of Hope, but eventually hoping it'll be on an annual basis!

I get asked a lot if this means Rob will no longer need to drink his big doses of juice daily or have his green smoothies, and the answer is NEVER!! He truly would miss his juice, he loves the taste so

much, it boosts his cells full of nutrients first thing in the morning, feels like he has a clearer mind, and he's convinced he doesn't have to worry about alzimers down the road with his juice and limited sugar intake!

Thank you again for all your prayers and good thoughts, we relied on them so much and we know how much they impacted Rob's healing. Robert truly believes God led him here, and is so, so grateful!

I personally feel so blessed by this whole experience, I have learned so much more than I ever thought about how good nutrition and lowering inflammation through boosting our immunity could be such a natural way to start beating cancer and many other diseases! Our bodies are amazing... God designed them that way!

I heard a great quote today... "Disease is difficult, health is easy!!"

I did put our original journey to Oasis of Hope from last July (the daily emails) on a PDF in case you ever find someone interested in learning more of Oasis' protocol, just reach out, or you can find it on my website under the "About Rachel" tab! www.deserthealthmanagement.com

We're excited to get home tomorrow to hug our babes!



We'll be back in mid-July - Hopefully we'll be able to walk on the beach!

(2nd) Six Month Followup
(Third Visit + One Year Pet Scan)
July 25, 2021

No evidence of disease!

Day One - 7/25/21

After an uneventful flight to San Diego and a quick drive over the border, we are back safely to Oasis of Hope, it is so good to be back!

As soon as we got settled in our room we walked down to the beach to see if it's finally open and wowza, we did not expect to see thousands of people walking, eating, drinking, and just enjoying family time together. Watching everyone reminded me of my childhood visiting the beach. There were vendors, food stands, amusement rides, bands playing, I loved every minute of it! It was so deserted on our first two visits due to Covid, I pray it'll never go back to that!





We had dinner on the boardwalk but did have lunch at Oasis and met a few new people already. Robert, Ruth, Jim & Cathy. I forgot to take photos, but we had mushroom soup with salad, zucchini noodles and something yummy on top that tasted cheesy, but there's no cheese here at Oasis, Lol!

We spent the evening trying to watch a new show on Netflix but ended up watching our eyelids, so it was an early to bed night for us!

Day Two - 7/26/21

Rob fasted this morning so his blood could be drawn to obtain dendritic cells along with antigens specifically from his cancer cells. I don't explain this as well as Dr. Contreras, but basically some of his dendritic cells are then encoded with the tumor specific antigen. The encoded dendritic cells, T-LAK, and NK-LAK cells will then be given to Rob in a vaccine series. The encoded dendritic cells will seek out the cancer cells in his body and present them to the killer cells for tumor destruction.

When a patient (Rob) has his blood drawn, the blood is extracted and separated as 3 types of cells:

1. Dendritic cells
2. Natural Killer Cells
3. Tumor circulating cells

Tumor cells in category 3 become unveiled so that the dendritic cells can tell the killer cells where to fight.

This will be Rob's third time receiving the vaccine and as you may remember, our last visit showed no evidence of disease. His cancer marker (PSA) has remained at >0.1 , down from 24 last July, so the Dr. is hopeful that we may only need to come back once a year for the next few years for a boost in his dendritic cells.



Ricardo loves Rob's sense of humor!



Ricardo will be back on Wednesday to give Rob his LAK IV!

After the blood draw, Rob went down for breakfast as eggs were served with toast today, and I stayed in the room for a workout and shower.

We then went to worship service and heard a wonderful devotion from a man who recently lost his wife to cancer, but he was happy to have had her for 18 months longer than expected due to her care from Oasis of Hope. He said she had a remarkable last 18 months with their family and friends and wanted to come back to give back.

We spent most of the afternoon in the room working, we got out for a little walk to the store and then enjoyed making new friends and seeing a few existing friends over dinner.

Lunch today!



Lentil & Kale Soup



Cauliflower stuffed portabella mushroom w/salad ~ YUM!

For dinner this evening we had my favorite Oasis meal, a veggie patty which is usually served at breakfast, we even had dessert too!



I missed the cooking class today, but I think the yummy dessert was made with an avocado filling!

Day Three - 7/27/21

Today was quite a doozy as most days are here at Oasis! I keep thinking I'll get caught up with work projects, but I haven't even started them or any fun reading yet, Lol!

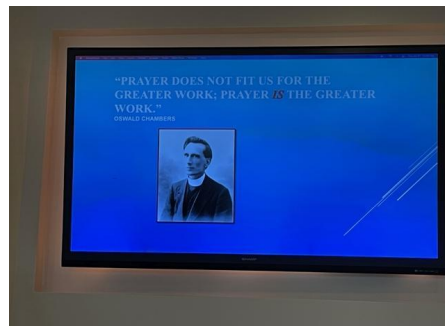
Today we started off the morning with Oasis' daily green juice (I'll share the recipe below) and a patty that looked like salmon but it was a cauliflower dish, "Very delicious" says Rachel, Rob wouldn't even touch it not alone try it, Lol! He missed out!



Green Juice Recipe for my juicing friends - 2 bunches of romaine lettuce, 1 bunch of spinach, 1 cucumber, 2 bunches of watercress, 1 inch fresh ginger, 1 leaf of chard, 2 small green apples!

Worship - After breakfast we went right to the worship hour to hear another great message from Pastor Steve. His message today was about praying, the power of prayer and the meaning of answered prayers. He asked us to think about how different our lives would look if God answered ALL of the prayers we've had over the last 12 months. This was definitely something to think about and we can easily realize why God only answers some of our prayers. He knows when, where, how and IF our prayers are answered.

Pastor Steve ended the sermon with a song, he has a lovely voice!



Doctor's Meeting - After the service I stayed for the nutrition workshop, but after a few minutes Rob pulled me out as the doctors were ready to see us. I was surprised to see that all three doctors were waiting for me, along with the hospital's counselor, which made me a little nervous, but they had wonderful news for us.

Due to Rob's good lab numbers, last MRI and CT scan, there is still no evidence of disease. Wowza!! We really didn't know how to react to this news so we had a lot of questions about how to even wrap our minds around it saying there's no cancer, it just seems too soon. They explained that this outcome in six months is definitely remarkable, but not unheard of, but do consider it miraculous for a stage 4 diagnosis. They did say however that because Rob's cancer was aggressive, they'd like him to keep doing exactly what he has been doing with his diet, supplements and lupron injections. He'll have his PSA checked every three months and we'll come back to Oasis of Hope in 6 months instead of 12 months for a booster for the killer cells and for another dendritic cell vaccine to kill the cancer stem cells. They did not feel the need to have another full pet scan as his PSA # will increase and be a good indicator if his cancer returns.

After hugs and many thanks to these wonderful doctors, Rob and I decided to go for a walk on the beach to spend time absorbing all the info, it was a fun celebration! I am feeling completely blessed with all that I have learned throughout this whole process which began over three years ago, and Rob is feeling "special" that he has been given this blessing of no more evidence of cancer...



Cheers to a man whose strength and faith has been amazing to watch!

After we got back to the hospital we had dinner with our new friends... A hearty bean soup and a yummy vegetable medley with quinoa and hummus! We had some light cookies for dessert :)



I definitely need the recipe for these!

Gratitudes for the day ~ Rob's good news of course, but also for the humble doctors who continue to give God the glory for all the miracles that go on here at Oasis of Hope...

Grateful to be able to actually walk in the ocean today, we LOVE the beach!

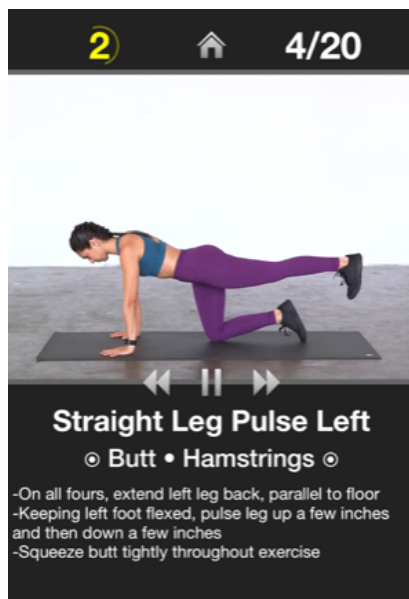
*No matter what happens,
always be thankful, for this is
God's will for you who belong to
Christ Jesus. 1 Thes 5:18*

Day Four - 7/28/21

Another busy day today! I walked Rob down to the eating lounge so he could have oatmeal and I could grab a green juice and coffee, then came back to the room with a delicious looking sweet potato with beans and pico de gallo! I saved it for after my workout and shower, it was delicious!



Love the idea of having a sweet potato for brunch!



My favorite on-the-go exercise app!



On-the-go weights ♥!

Q&A with Dr. Ceceña ~ Rob stayed in our room for his LAK IV (the killer cells (boosted soldiers) going in to be directed to the cancer stem cells by the dendritic cells) while I went to the worship hour and then stayed for a Q&A with Dr. Ceceña. Each Wednesday he gives his talk, Knowledge is Power, and even though this is the fourth time I've attended this session, I learn so much each time.

He always talks about having high hopes of good outcomes with the treatment here at Oasis of Hope and says high hopes are allowed and encouraged. He asks the patients to focus on the good possibilities instead of any discouraging news they may have been told before coming to Oasis. They MUST focus on hope, it's part of the therapy here!

Dr. Ceceña has been one of the doctors here for almost 30 years and sees positive results for many patients, especially after adding the Dendritic Cell Vaccine to their protocol about five years ago. He is hearing that there are some pharmaceutical companies who are trying to develop a drug that will increase dendritic cells within, without needing to do this process in a lab. This process would then be able to be patented and could be accessible in the U.S. and more countries. This is a while off, but for now they are also noticing that many hospitals in the U.S. are offering immunotherapy for cancer treatments, this is good news!

He talked about bullet proof cancers and highly curable cancers and how important it is to boost the immune system through all their therapies here for the best results. It is not just the diet, or just the IV therapies or vaccine or home care treatment, it's all the treatments working together. Even though they see quicker results if patients come here with a boosted immune system, most come after receiving repeated chemo and usually have chemo or radiation damage. This causes a non-working immune system, but luckily the new dendritic cells from the vaccine are able to help with this damage. In this case the results might take a little longer, but they are still hopeful in the dendritic cell vaccine making a big difference.

In some cases, like lymphoma, chemotherapy is the best treatment, so they ask the patients to start chemo right away at home. When Rob and I were here in January we met a couple that came all the way here from Pennsylvania, and after the biopsy indicated lymphoma, they were heading home the next day to start chemotherapy as soon as possible.

Dr. Ceceña reminded us that one of the best therapies here at Oasis was the gathering of patients in the treatment room and dining room to share their stories. I agree 100%, it was so nice to hear how many times people had returned for maintenance care the first time we came. We didn't really know what to expect before hearing all these details from our new friends. It's also been nice to pray for each other in between visits.



Pet Scan Scheduled - When I got back to the room, Dr. Paulina and Rob were discussing keeping the pet scan appointment in San Diego for Friday because during our “good news meeting”, they could tell that we were expecting one to compare with last July’s pet scan. They want us to go home comfortably knowing all is OK, so it was up to us if we’d like to keep the appointment, they wanted to double check before canceling.

Rob’s initial thought was to skip it if the doctors weren’t requiring one due to his low numbers, but after discussing more, we thought it was a good idea to get one for our final journal post. We’re hoping that others who may read our journal might need to see these results instead of only read about them, especially if they were ever considering Oasis of Hope for cancer treatments. So, we head to San Diego tomorrow at noon for a 2:30 pet scan!

Lunch today was a vegetable soup and a lentil dish with salad, both yummy!



We had a nice after lunch walk to the grocery store to get some greek yogurt for a treat, it’s a beautiful, cool, sunny day here!



Gut Health Class ~ After our walk I attended the 4:30p Gut Health class, it was awesome and I learned a ton of info! I'm actually starting a course next month on learning more about gut health, hormone balance and autoimmune disease, so this class was perfect timing.

We were reminded that our gut is considered our second brain so if it's off balance, it can cause all sorts of problems. I learned more about probiotics, the protocol on the best way to take them, along with info on prebiotics and the microbiome. All fascinating! I'm excited to learn more.



Oasis of Hope Nutritionist, Veronica

Fish for dinner - We all get pretty excited around here when we can have some protein from either eggs or fish. Tonight they served a teeny piece of sea bass... It was just OK, a little dry, but Rob loved it, too funny! We're on opposite sides of the spectrum when it comes to food here. Tonight's dessert was a light rice pudding!



After dinner Rob read for a little while then went to sleep early! I stayed up to update our journal during patchy WIFI moments 😡! I'm almost caught up now, WooHoo!

Gratitudes for the day!



- Having two grocery stores within walking distance
- Pretty good phone service to talk to a friend outside
- Veronica's gut health class!

A recommendation from my Mum, one of her favorite albums. Carrie Underwood's Savior album. Here's a youtube post from Easter Sunday that we're enjoying!



https://www.youtube.com/watch?v=5SktWEFqF_k

Day Five - 7/29/21

We were up early today, so we decided to go to the beach for a long power walk, soooo beautiful!! I was amazed at how many people were walking and running, I look forward to going for a run tomorrow morning!



We also saw the urologist, Dr. Carlos running with his dogs. I'm not sure how he recognized us, but he came down to give us a hug and a chat! He has ordered an ultrasound for Rob's bladder later today to see how everything looks after six months from his surgery. We're excited to see him again on Saturday.



Such a wonderful doctor!

We ran into our neighbors on our way back, Jennifer and Maria, they are sisters here together from New York. Jennifer's been undergoing chemotherapy for six years and has decided she can't take one more dose! She could hardly walk when she got her last week, but today she was able to walk to see the beach, tomorrow she plans on going down the stairs to the sand! These best friends are so happy and joyful and laughing a lot in the hallways, so fun to hear!

The four of us stopped by a cafe on the way home to have a change of pace for breakfast, the menu looked AMAZING, but I decided on an almond milk latte, it was delicious. Rob had two eggs and a small pastry. He wanted to order another one, but the sisters gave them their leftover sprouted grain pancake instead, Lol! It was delicious too!



Rob walked over 12,000 steps today all by 1:30p!

Dendritic Cell Vaccine Day ~ We got back to the room just in time for Rob's first of three dendritic cell vaccines, the general is going in to tell the soldiers where to go, yippee!



Rob loves visiting with Ricardo, he's a great guy with a bright future!

After the shot in his upper thigh, Rob has to keep ice on the area for 5 minutes, rest for 10 minutes then walk for 15 minutes, so we decided to walk to the store for another greek yogurt and some ice for our fruit we bought from a fruit stand.



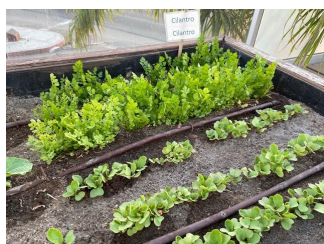
Robert came back to drink a lot of water and wait for his bladder ultrasound, so I went to the dining room for lunch!



Squash and leek soup with a tostada made from hibiscus petals which tasted like taco meat. It was one of my favorite meals when we came here the first time, yum! They boil the hibiscus flowers to make tea from the water, then use the petals for several meals, amazing!

We've pretty much been in the room ever since so I could get caught up on these posts since the wifi seems pretty good this afternoon. I'm looking forward to an evening of light reading and relaxing. We even skipped Oasis' dinner so as not to waste this internet connection, Lol! I had greek yogurt and a grapefruit we bought from the fruit stand while Rob had some oysters, tuna, olives, crackers, and a plum.

We just snuck to the roof garden to take some photos of the beautiful sunset! I love looking at their organic garden, most of our meals include vegetables grown here on sight!



Remington ~ Our boy is only 27 miles away from us these next few days! He's visiting one of his best friends who's graduating from marine boot camp tomorrow. I wish we could give him a big hug tomorrow while we're in San Diego, but he's with all his best friends having a great time I'm sure!



Congratulations Braxton!

Today I'm grateful for...

- Long beach walks
- Fun Oasis neighbors, Maria & Jennifer and their laugh!
- Hibiscus tostadas



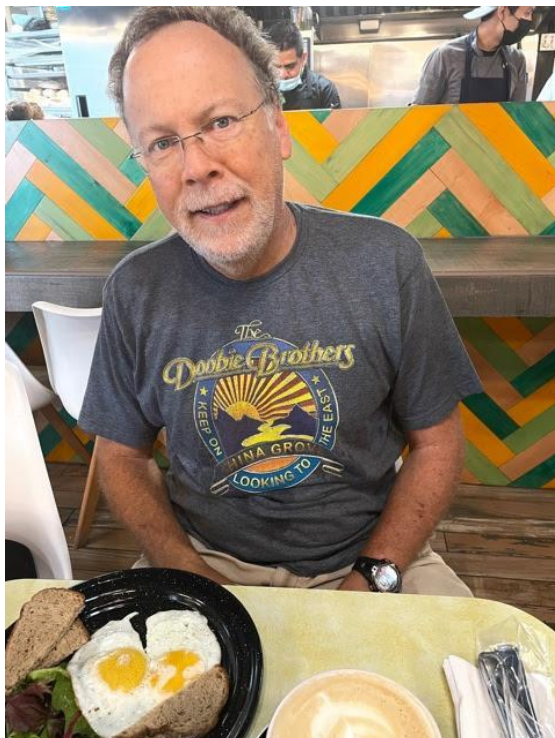
Day Six - 7/30/21

Another crazy day at Oasis even though I keep thinking things will be pretty uneventful, Lol!

We had another early morning power walk and a little run for me on the beach this morning, it was lovely! Rob had to start fasting at 9am to be ready for his pet scan, so we decided to go back to the same beach restaurant so he could have a bite to eat. He had two organic eggs, dry toast and coffee, I enjoyed another delicious almond milk latte, yum!



A lot of morning exercisers, love it!



After breakfast we had a few crazy hours while getting ready for Rob's scan appointment! First of all, the driver, Alex, who was scheduled to take us back to San Diego had a scheduling conflict. We knew it would be a little tight to get there on time depending on the traffic across the border... *A little stressful*

Next, Rob realized he lost his tooth, he has a temporary tooth while waiting for healing time to have an implant in December! One of us (yikes - We're pointing at each other, Lol) threw away the napkin he had it in from the restaurant... *Add a little more stress*

And then Dr. Carlos came in to discuss Rob's bladder ultrasound results right in the middle of chaos!!!
So stressful!

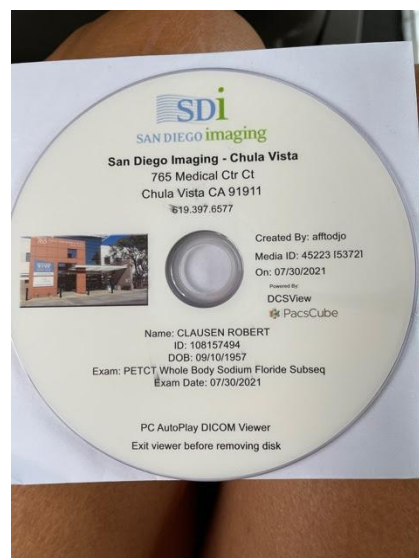
To make a stressful story good, we were instantly relieved when the janitor was able to find our specific trash bag (with Rob's help)... and he found his tooth, whew! So lucky!

Dr. Carlos gave us the good news that Rob's bladder is healing! He's also emptying his bladder properly which is a big improvement before having the surgery, awesome!! Dr. Carlos will stop in to see his pet scan on Monday to get measurements of Rob's bladder to see if it's decreased in size.

Lastly, the driver picked us up about 30 minutes late and due to VERY heavy traffic, we were about 45 minutes late to his appointment, but they let him have the pet scan anyway, whew! So lucky!

Pop has told Robert numerous times over the last 25 years, that Rob's the luckiest guy he knows, Lol, now I'm starting to believe it! Who finds their tiny tooth after being taken to a huge dumpster, then shows up 45 minutes late for a scan appointment but can still get one anyway...
Robert can!

After the scan, we went for a little walk in Chula Vista while waiting for the CD of his scan results. We'll get to see all the results on Monday morning!

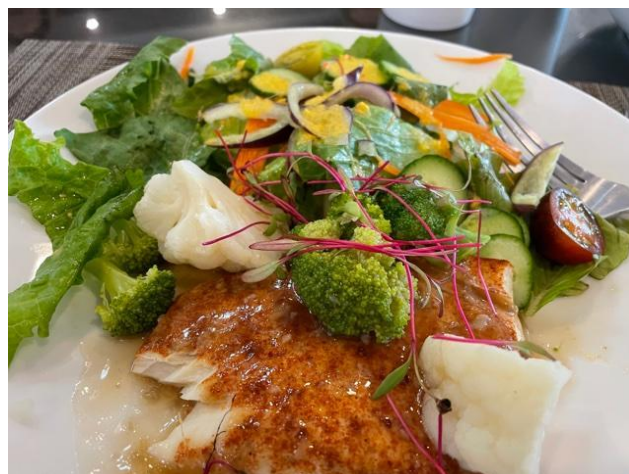


Eeek... So much info on this disc!

The traffic was just as crazy getting back into Tijuana, but we enjoyed visiting with Alejandro and learning more about his culture.



Dinner was still being served by the time we got back to the hospital, so we enjoyed some miso soup and halibut + veggies for dinner. Also two chocolate balls for dessert, not very sweet, but a nice treat!



We decided to go across the street to the Italian restaurant for a little date after our hectic day! We heard this was a common spot for some of the patients and guests who want some change in food or a cocktail like us!



Cheers to a wonderful week ~We are blessed!

Gratitudes for the day!



- A nice phone call from our bubbly Belle!
- Rob's rescued tooth from the dumpster, Lol!
- Alejandro's charm to help save our pet scan appointment
- A Friday evening date night!

Day Seven - 7/31/21

Things are a lot quieter here on Saturdays! No classes or worship hour, so I did a work-out in the room while we waited for Rob's second of three vaccines!



We then headed for the beach for a longer walk today. It's amazing how different the scenery is from one building to the next. We spent quite a bit of time looking at some construction projects.





We had breakfast at our new favorite spot and learned that this cafe actually opened because of the hospital, that's so cool. They said they believe is Food is Medicine and it gives a place for the patients to be able to dine away from the hospital but with healthy alternatives!! They even have my favorite quote from Hipocrates right on the menu!

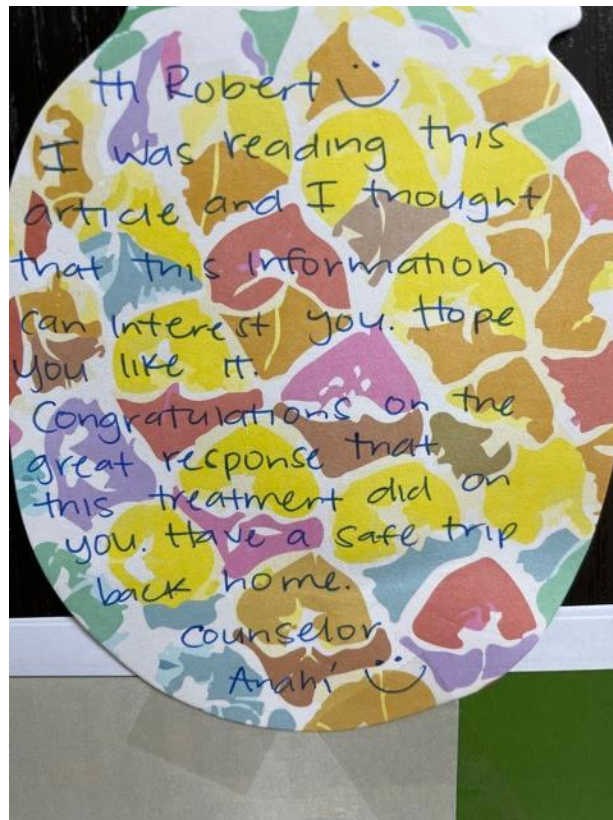
Let food by the medicine and medicine by thy food - Hipocrates

Rob had some amazing pancakes made from seed flour, pumpkin seeds, chia seeds and matcha powder topped with mango sauce and dates - They were so thick and filling, I had several bites of course! I had an eggwhite veggie omelet with paprika potatoes, YUM!!



When we got back to the room, we had a nice note on the door from Anahi, the hospital's counselor. She knows Robert is having a hard time knowing how to feel about this visit. He feels so good, healthy and healed, but has had several friends pass away from cancer this year, he's having some weird feelings about that 😞... He's also hoping he can move on from wondering if/when the other shoe will drop and the cancer will come back right away. Rob is such an optimist, so I'm sure all these feelings are out of his comfort zone, but I know it will get easier.

Dr. Paulina explained to us that some patients look forward to having their cancer gone so they can go back to normal, but then they're not sure what their normal is. This will get better with time of course, but hopefully Rob will be able to breathe easily between three month PSA checks and find his "new" normal.



Annai left a good article about:

- Your feelings after cancer treatment
- Finding meaning after cancer treatment
- Going Forward

We spent the afternoon in the room so I can catch up on this journal, the wifi is a little better this afternoon. We skipped lunch since we had a late breakfast and decided to go for a late afternoon walk.

For dinner we had squash soup and I think a bean burger. It looked like a hockey puck, so Rob skipped his meal, it was so delicious though. I forgot to take photos but I did get one from another patient, Lol! We also enjoyed a little treat, I think it was Oasis' version of a brownie!

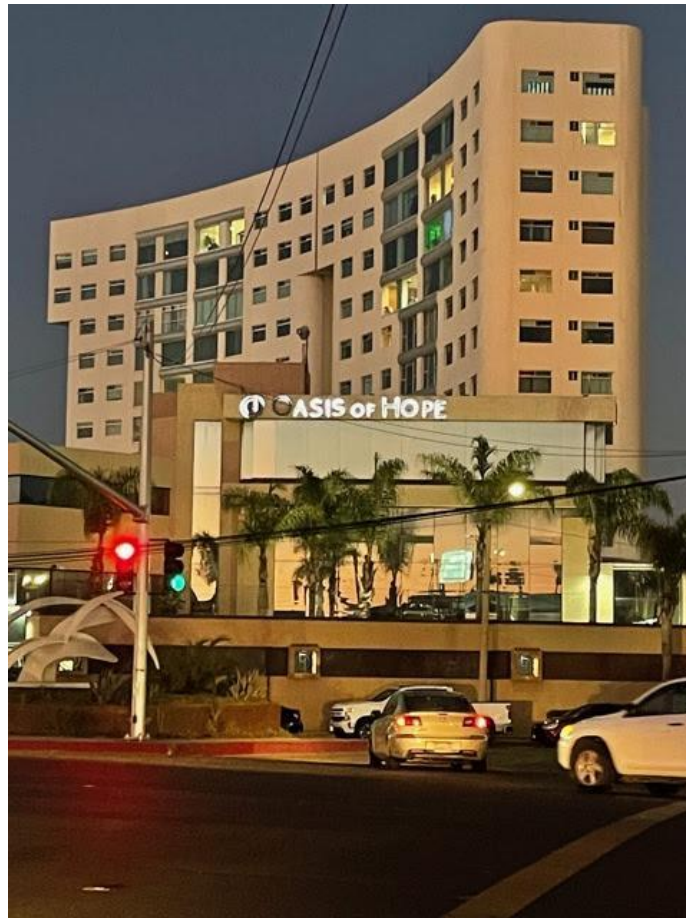


After dinner we went back to the beach to take some sunset photos, it was beautiful and the beach was lively! So fun! We sat and listened to a band for a while before heading back, it was a fun evening!





The beach was still packed at sunset!



Gratitudes for the day!



- Beach walk + over 14,000 steps in today!
- Meeting a new friend at dinner this evening, Ron.
- An uneventful Saturday!
- A beautiful beach sunset

Day Eight - 8/1/21

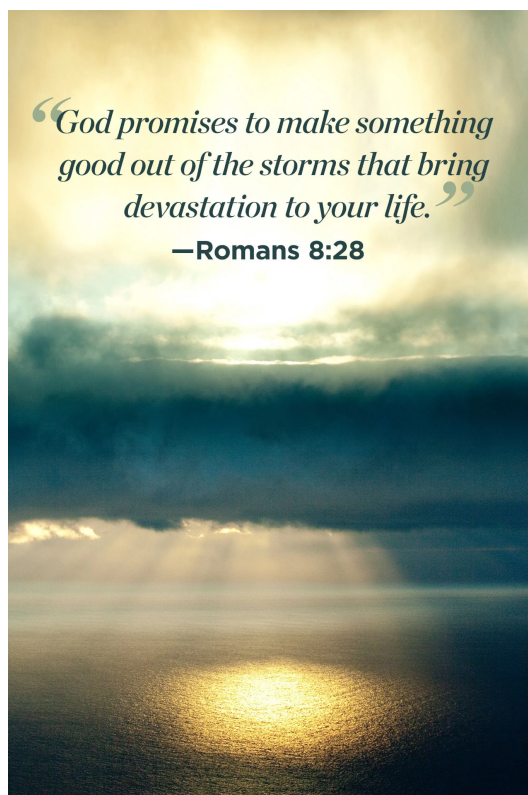
It's Sunday, another quiet day here at Oasis, but also the day new patients may arrive. We're hoping to see some friends we've made last July and January and always like to make new friends too.

Rob had some oatmeal in the dining room and brought back a veggie omelet for me. I don't think it was egg, but I enjoyed the peppers, onions, mushrooms and sauteed spinach inside, yum!



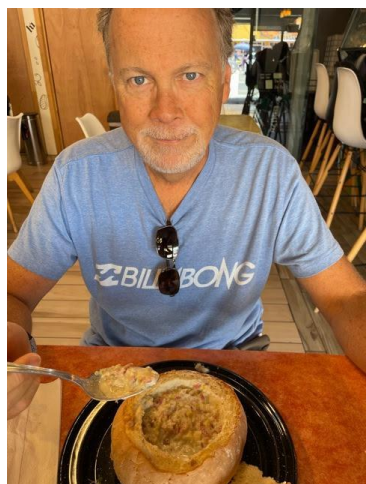
Dr. Contreras gave the sermon this morning, he always does such a wonderful job. The sermon was about our relationship with God and how good God is all the time, even through trials and tribulations. He explained that there is always a hidden treasure in our situation, whether the situation is in sickness, pain, worry or fear. He gave examples of this with the book of Jonah, the book of Job and of course Jesus dying on the cross. God had a plan and a purpose, it's not always fair, and it's not always clear to see it when we're in it, but it is good!

My prayer is that with all Robert and I have learned through this whole adventure, God will lead us to His purpose of Rob having cancer, we know He will. Even though we've made a lot of changes in Rob's health over the last three years, we also realize that the healing service at our church may be all that was needed, we don't know for sure, and we don't need to know. We are grateful for Lynn and Julia for arranging a healing service at Shepherd of the Hills. We are grateful to Eileen for finding Oasis of Hope for us. We are grateful for Greg at the health food store for spending hours with us explaining the benefits of each supplement he suggested Rob take. We are grateful for ALL the prayers, love and good thoughts from all of you and to many others who have been supporting us.



After church we went to the beach for another walk. Rob has made friends with the waiter at the Huerto Urbano Kitchen, Alberto. Alberto told Rob he would bring him a 20 pesos coin since they are no longer circulating. Rob paid him \$10 for it. Rob's been collecting coins from our travels and doesn't have this one.

Rob also ordered clam chowder for lunch, I had another almond latte, yum!



After lunch we took another long walk on the beach, it was so fun to watch and listen to all the fun being had. We heard the water isn't safe to go into, we're not sure if it's true or not, so we didn't bring our bathing suits. Next July we'll definitely bring our suits and towels!

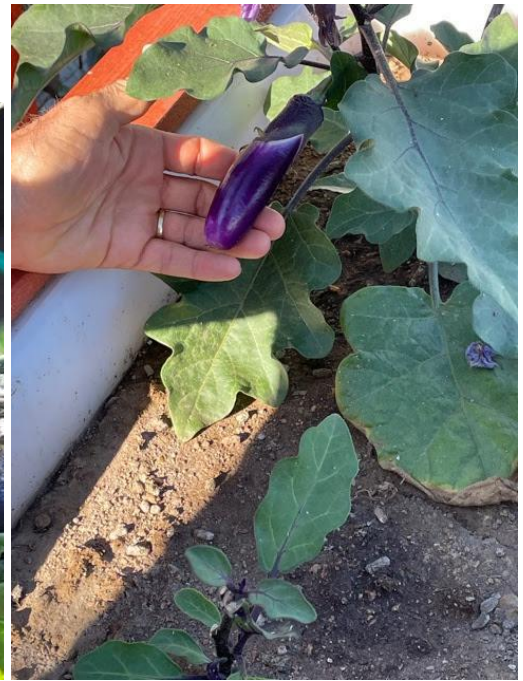


The wall you can see in the ocean is the border wall between Mexico and California!

We spent the afternoon getting packed up for tomorrow, catching up on emails and relaxing. We have a hectic August, so we're going to enjoy this quiet time while we can, Lol!

We went to the dining room to see what dinner was... Vegetable spring rolls with eggplant soup - Yum! Rob said, "No Way!" Lol. We decided since this is our last supper here for this visit we'd go out for Mexican food!

On our way out we stopped to look at more gardens Oasis has on the side of their property... Tomatoes, peppers, radishes, onions, grape looking tomatoes I think, limes, apple trees, basil, and a few others. So fun to see that this is where most of our meals come from!



We spent the evening in the dining room visiting, laughing and enjoying a quiet evening with most of the patients who are still here. Everyone is doing well, some leave in the next few days, and a few have two more weeks to go!

Since we're all packed to leave tomorrow afternoon we plan to relax and read for the rest of the night!

Day Nine - Last day!! - 8/2/21

We've made it our last day. Only events on today's agenda is to get Rob's last vaccine, visit with Dr. Paulina about the pet scan results and then head back home... We are ready!



Last Vitals - They take them two times per day!



Our walk on the beach today was a little foggy, we got some nice salty moisture on our skin!

Rob was pretty excited to come back to the beach to learn that eggs and toast were for breakfast this morning. Dave's Killer Bread, too, what a treat!



After breakfast in the room, I went to the worship service while Rob got his last vaccine. After the vaccine, he has to keep ice on it for 5 minutes, no ice for 10 minutes, then has to walk for 15 minutes. I think he went back out to look at the beautiful gardens.



I think these two will miss each other, they like to have a good chat!



Pastor Ernesto - Such an amazing voice...
He sings to us in mostly English but some Spanish, so beautiful!

Dr. Contreras Q&A - I LOVE Mondays at Oasis, the main Doctor spends an hour answering questions, I learn so much every time I come to the Q&A. This time we talked about:

Nanoparticles in chemistry! The lab doctors are currently working on increasing B17 (Laetrile) doses in the next two years using the process of nanoparticles. The patients currently get 6gm of Laetrel through IV while they are at the hospital, but at home they get 2gm through a supplement (Rob started taking this a few years ago). He explained that they are constantly working on new ways to improve and should only be about two years away from being able to increase B17 dosage at home. This was the hospital's main cancer reducing medicine up until five years ago when they learned how to boost dendritic cells for even better results.

He answered a question about **fasting** if you have cancer. He explained that fasting can substantially decrease cancer tumors from growing, especially in breast cancer. Calorie restriction through fasting also helps people live longer in general (I've seen videos on this). We were not designed to eat as much food as we do! The longer a patient fasts, especially a few days before taking chemotherapy, the better it is for the tumor to be attacked by chemotherapy.

He explained that a medical keto diet is different from the keto diet for weight loss, especially for tumors in the brain.

A 500 calorie diet per day helps with tumor reduction. It's hard to do, so he suggested trying it a few times a week with intermittent fasting.

He also answered a question about **THC and CBD oil**. He doesn't recommend THC for patients who are in remission, and doesn't think they really need CBD oil either, but taking it twice a week would be OK. He explained that following Oasis' diet is the best medicine for patients in remission.

He talked about how to keep our bodies in an **alkaline** state, very important for those with cancer. Baking soda (one of Oasis' daily supplement requirements) will change the PH of the tumor and tumors do not like to live in an alkaline state. Rob has to take 1 tsp of baking soda each morning. I recently read that to help with constipation, mixing 1 tsp of baking soda with juice from ½ of a lemon, adding it to 8oz of water can help! Good to know for my clients :)

Dietician Meeting - Veronica came by the room to discuss Rob's diet with me. She knows he's not a big fan of vegetables and wanted to make sure he was getting enough of them. She also wanted to know if there was anything else he struggles with. Luckily, with juicing veggies, blending veggies into smoothies, relish plates for lunch and the supplement, Indole 3 Carbinol (cruciferous vegetables), Rob is doing good with veggies. His biggest obstacle is animal protein. The hospital recommends only four servings per week and although they limit it to eggs and fish while we're there, he is allowed to have organic chicken and grass fed meat, as long as it's no more than 4 servings per week, Rob likes more meat than that. Cancer tumors love animal protein (IGF1 & 2) and sugar, so they both must be limited.

She also explained that it might be hard for Rob to get back down to her goal weight for him, 176lb because he is taking the hormone blocker, Lupron. I have not given him much grace in this area I'm afraid, but we'll work together to accomplish this goal. We're both going through hormone changes together, it'll be a fun new project instead of cancer!

Pet Scan Review - Eeek, always nerve wracking and although the doctors told us it would be OK, my heart just sinks as we go into Dr. Paulina's office!

As you may know, a pet scan can show solid tumors in the brain, prostate, thyroid, lungs and cervix. They can also evaluate colorectal, lymphoma, melanoma, and pancreatic tumors. The MRI that Rob had last November gives the doctor a more accurate look at the size of his prostate and lymph nodes, but a pet scan can detect bone cancer.

There is NONE!!!

As mentioned last year, the bone is where most prostate cancer will metastasize and of course in the lymph nodes. Last year's scan shows the spreading of Rob's into one of his pelvic lymph nodes and his seminal vesicles, it is no longer there!

Dr. Paulina will receive the written report from the radiologist tomorrow or Wednesday. She will forward it to us to compare all the spots from last year with all the details. She is happy with the results and reassured Rob that he can enjoy this blessing of no evidence of disease.

She did say it will take a little time to sink in, and that by doing all their recommendations (healthy diet, supplements, lupron injection, PSA check every 3 months and the dendritic cell vaccine every six months), they expect he will do very well. She gave us a big hug and told us she'd see us in January!

We are feeling overwhelmed with gratitude for this healing! We're praising God and feeling so thankful for all the prayers and good thoughts since starting this journey!

Off we go! We got showered, finalized our packing and waited just a few minutes for Alejandro to take us to the airport, another adventure across the border. Tijuana has 34 lanes and is the busiest port of entry in the world.



A lot of vendors to help with the wait!



Back in beautiful San Diego!



After an uneventful flight, we got home about 10:15p, it's good to be back home in our own beds to begin our, "New Normal", which won't be too different than before as far as Rob's protocol, but our hearts are bigger and grateful



A nice nap for this strong man!!

Final Journal Entry ~ I've updated this journal about our Oasis of Hope journey, combining all three stays (July 2020, Jan 2021 & July 2021) for others to share our story if ever anyone is looking for alternative cancer treatments. You can also find this journal on my website at www.desertwealthmanagement.com on the "Rob's Story" page!

I end this journal knowing that God has a purpose for ALL things, and it is good! When I prayed about God's purpose for my life after finishing homeschooling Remi & Belle, I never dreamed it would be to put a journal together about alternative cancer treatment. God is good, ALL the time! I look forward to helping Robert keep on a path of good health and to use all that I continue to learn to help others become the healthiest version of themselves!!



Praise be to God!

