



Elvina's story

IN July 1997 I was diagnosed with osteogenic sarcoma, a form of bone cancer in my left femur. I was referred to the Children's Hospital in Melbourne, where I underwent two months of chemotherapy, which caused major side effects to my body. I spent 95 per cent of those two months either having treatment or in isolation neutrapenic, suffering from low blood counts, horrible ulcers on my body and constant nausea and vomiting.

In October it was obvious that the chemotherapy could not save my leg and I had my left leg amputated. Five days after this operation, I resumed intensive chemotherapy until the following April. Two weeks after completing my course of chemotherapy, a chest X-ray showed that I had relapsed with secondary cancers in my left lung. Surgery/thorocotomy was performed the next day.

In July 1998 three months from surgery, I had my first CT scan on my lungs. The results showed that I had relapsed again with multiple metastasis (cancerous nodules) throughout both lungs. The hospital offered an experimental chemotherapy, which was being trialed at that stage but could not offer much hope as the cancer was at an advanced stage. I was reluctant to continue chemotherapy, as the side-effects were severe and there was only a five per cent chance that it would work.

At that stage I made the decision to cease treatment and enjoy myself travelling, as I knew that I was playing with minimal time.

After researching many treatments from around the world, I arrived at Microwave Therapy, practised by Dr John Holt. For the first time, through all the different treatment options, it all made sense

what he was explaining. It was black and white and seemed to be back to basics therapy.

Dr Holt agreed to treat me and we flew to Perth the next week. We stayed in Perth all through that August and I had 15 treatments over three weeks, one a day. The treatment was completely different to what I had expected. Being so used to the horrible side-effects of chemotherapy, I was thrilled when there were no side-effects of this treatment. At that stage, I wasn't sure what to think or expect but I developed the attitude that if all else failed, at least I'd had a great holiday in Perth and a fantastic quality of life.

Each treatment consisted of a quick infusion of a glucose blocking agent, which acted as a mock of natural glucose. Then I had a dose of insulin to lower my blood sugar and I then went under a small box, similar to the average X-ray machine. After an hour I was finished and ready to enjoy the day. The only side-effects I experienced during the 15 treatments were slight nausea during the first infusion, which passed in a matter of two minutes, and tiredness.

A CT scan six weeks later showed that the galaxy of smaller tumours had gone, leaving only six nodules. No fluid had formed in the pleural places and there was no spread. A month later, in October, I went back to Perth for a second course of treatment. Like the first time, I had an enjoyable holiday and found the treatment a breeze. By this time I was quite confident in Dr Holt and his practice.

A follow-up scan in November showed that there was no change since the first treatment and that the six nodules were slightly less dense. Dr Holt reviewed all the scans and believed that the nodules had possibly calcified, as there had been no advancement. In

February I had another scan and there was no change, the cancer had not spread.

Dr Holt once again believed that he had effectively destroyed the cancer's energy field and that the nodules may have been dead

In August 2001, three years after I first relapsed, further scans showed that there was no change and that the cancer had, in fact, calcified. According to those initial scans, I should be dead, yet thanks to Dr Holt, I am healthier than ever before and continuing my life with a bright and optimistic future.

After having gone through the whole experience, I can only say that I am appalled at the medical politics in society. We are told that we must follow conventional patterns or we will be silenced. This happened to me - medical staff turned their backs on me, as I was not abiding by the age-old rules. On the other hand, some choose not to.

The sad fact is that most people are made to feel threatened by anything that is not conventional and do not follow the path beyond that until it's often too late. A large percentage of Dr Holt's patients come to him after exhausting every other conventional avenue, when they have been told that they have no chance of survival.

I walked into the waiting room of Dr Holt's practice with two months to live. I saw people there from all over Australia, even the world, sitting there, virtually on their last legs. I saw people starting treatments in wheelchairs, and at the end of their treatment, walking out pushing their wheelchair. Amazing.

I am proud that I did not blindly accept the professional opinion of my oncologist, because I know in my heart that I would not be here telling my story. I am here - and I owe it all to Dr John Holt.



people

GUNNEDAH'S
Jenny Barlow is leading a crusade for the acceptance of microwave therapy, developed by Perth oncologist Dr John Holt, as a front-line tool in the fight against cancer.

Last month she organised a rally in Wolseley Park, attended by 700 people, calling on NSW and Australian governments to establish a radiowave clinic on the eastern coast to assess the potential of radio-wave as a treatment pathway.

RIGHT: Elvina Johnson was given only two months to live by mainstream medicine when she sought treatment from Dr Holt in 1998. Today she says she has never felt better - her cancer gone. This is her testimony ...