

Transcript of Video Interview with Kerri Howarth

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Hello and welcome to the Incredible Healing Journals. I'm your host, Lisa Robbins and today I'm very excited because in this audio I'll be talking to Kerri Howarth.

I met Kerri several years ago, but really got to know her story through an interview about her situation. Kerri has always been healthy and very slim, but in 2002 she began to experience multiple symptoms, including headaches and

depression, the most disturbing symptom was a weight gain of almost 70 pounds over only a few months.

Kerri wanted to share her story in the hope it may help others who are facing diagnosis of a pituitary tumor.

Hi Kerrie, can you tell us what you have been through and what has happened in your life and how you got to eating raw food.

About 6 years ago I started gaining a lot of weight very quickly, I had a lot of headaches and a general, really feeling like crap.

When I say gaining weight very quickly, it would be you know, more fluid than fat, because it would be 20 pounds in a night. Very psychologically disturbing because you are not used to that kind of thing. So I went through the medical system and was trying to figure out what it was. It didn't really work for me, the medical system, I think it's really overloaded and I only need to look after me. So after a lot of tests and diagnostics and going to a number of different doctors, they are very busy and it was very disappointing and confusing information, I think predominantly they didn't know, there were so many different symptoms and I didn't have a baseline set up because I've always been healthy there wasn't a lot of information on me. Through going to the U.S. to have an MRI we discovered I have a tumour on my pituitary gland, the gland behind your forehead, it counts as an organ.

That's the main gland that produces hormones that tell all the other glands what hormones to produce.

It does. The pituitary works in tandem with the hypothalamus which then tells the thyroid and the parathyroid, what they are supposed to do. So, it is the master and really directs everything else in your body.

The pituitary is only 13 mm, it's very very small, very powerful, and when there is something on there it can mess up what's going on in your body. All of your hormones fluctuate like a pendulum.

It can affect all of your glands because it's the master gland. It can affect kidney function, weight gain, depression, headaches ...

Absolutely! Sex hormones or any hormone, water balance, kidney, liver, higher incidence of certain kinds of cancers with a tumour on your pituitary, again because your hormones are always fluctuating. With pituitary tumours and other kinds of brain tumours, there is a certain kind of growth. They can see with my MRI's that it is growing, it is growing at a certain rate, it's not exploding, which can be indicative of a non-cancerous tumour. You would only really 100% if you took it out and they won't do a biopsy because if they are going to go in, they are going to take the whole thing out.

What did you do?

First, I wanted it out. Absolutely, you know my mother died of cancer, just about every woman in my family has died of cancer, and I didn't want anything to do with it, and I didn't want to hear, "Oh, it probably is not cancerous." I just wanted this foreign thing out.

Now six years later, I don't want it out.

So you had no treatment for it whatsoever.

No

How are you managing now?

Well there were doctors who said, "This is caused by depression, your weight gain is caused by depression, or your weight gain is caused by glucose intolerance ...

But then you found out you did have a tumour, and those symptoms are generic for a pituitary tumour.

That's right.

Sudden weight gain like that is very common for pituitary tumours. So they didn't take it out and you still have the tumour. How did you get rid of all the weight?

So I gained in a very short time, within months, 67 pounds, and I've got a picture to show you that.

That's a huge amount.

Very huge, and what kind of affect did that have on me, you know I couldn't breathe, I had acid reflux, I couldn't walk as much, I'd get out of breath, my digestive system didn't work, washroom became an issue.

So your whole life you were like you are now, you were healthy and thin and then all of a sudden ...

Yeah, everything.

I was going to appointments I was feeling frustrated and I decided at some point to take control in my life, so power of thought, change in diet, I went to a vegan diet then switched in a few months to a raw diet. I did a lot of research because its personally empowering to take control of your life. The medical system as I say is

overburdened, doctors have a lot to do. I'm one person out of thousands, I can look after me. I didn't like that my family was obsessing with what was going on with me. I just started meditating, exercising to the best of my ability, a lot of positive thought and change in diet. The change in diet with the raw diet, certainly it because involves enzymes, like we talked about before, and live food, it started to put everything into balance, and now it's not that I'm not symptomatic, its that I'm starting over years now of living with this, its a lifestyle, knowing that again its a pendulum and the hormones are shifting always, so I will note, okay I'm feeling this way, or I'm feeling a particular kind of headache and with that comes a nausea, or with that comes a fatigue, or I have a surge in energy for a number of days, and as long as I maintain calm and just go okay what do I shift in my diet intake and natural food thats going to compensate this, and really once you're onto a raw food diet, that is healthy as raw food diets are, I'm talking vegan raw food, not sashimi or raw beef then a lot of it again is power of thought.

So your intention is to heal your body.

It is an intention and you use natural healing foods and herbs to maintain that.

So they can't operate, and you're not going to have that done, and you're managing all of your symptoms with your diet.

You seem really in tune with what is going on in your body. That's so important.

You have to take ownership, be accountable to your body.

Live - you've got one life and one body and be in tune, your body will tell you.

You look a lot healthier than a lot of... with a brain tumour, you look a lot healthier than many of the clients I talk to or a lot of people I just see on the street every day.

I'm a real advocate for moderation, but I know that the food I eat is living and its going to rejuvenate my cells and it makes me feel better and if you're eating food that is cooked and dead, you might start to feel that way.

Right. So this tumour isn't spreading in a metastatic sort of way, its just getting larger and larger because its not cancerous, while they don't know for sure, but they are guessing its not cancerous, so its just getting bigger slowly.

That's right, slowly its getting bigger. There is basically three criteria for to remove the tumour, if I was to go to the U.S., the doctors there say, "Take it out right away", but then you're on replacement hormones, I don't want to have to manage that.

To me that's too much work and it's giving power back to somebody else, whereas with raw food and herbs, I've got control, and so I will do anything to not have it out now.

Right.

And your tea, it is quite possible would take care of that.

It's made with 10 anti cancer herbs. It is super strong medicine.

Your tea is made with herbs, and thats documented for centuries, that kind of stuff. There are lots of places now, Brian Clements who has a clinic in Florida, who sees patients who are terminally ill and through his enzyme treatment with

sprouts and that kind of stuff that we've talked about before, it takes care of people like that and they grow on to live long and healthy lives. It works.

There are many people who have cured themselves of cancer!

That's what we are trying to do here, how if you take it upon yourself, you can actually heal anything, and especially cancer.

Green drinks, green drinks, yeah.

I think that we've just about covered everything. Thanks very much Kerrie.

Thanks very much for talking with me.

Afterthought: Kerri was diagnosed with a pituitary tumor in 2002. Kerri is still as healthy and vibrant now as she was in the video (origin of this transcript), filmed in October of 2008.

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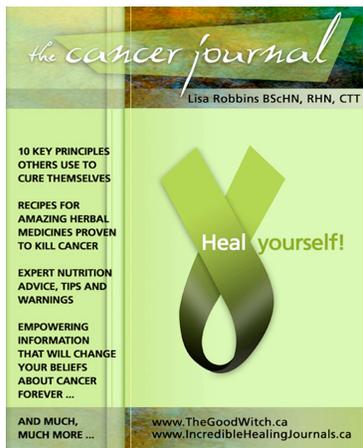
Lisa Robbins is a Registered Holistic Nutritionist, with a Highest Honors in Bachelor of Science Degree in Holistic Nutrition.

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Lisa has dedicated her life to transforming harmful beliefs about illness. She teaches you to become the leader in your life, to adopt a safe and health promoting environment, without harmful experiences, and to feel your way back to health. She delivers these empowering messages through a varied medium of writing, audio and video of real life stories and experiences.



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