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## **This Experience Profoundly Changed Me**

by Mauris Emeka

I was born April 1941 in a northeast Arkansas farming community and I am thankful beyond words to have had parents who were always there for me. They loved me without condition

In many respects, mine was a typical upbringing for an American of African descent growing up in the Deep South. The Missouri Pacific railroad line came through our town, and it separated Blacks from Whites. I worked in the cotton fields, and helped on my grandparents' farm. My grandmother was a school teacher, and she saw to it that I got an early start in education. I completed high school at age 16 and college at 20.

I got married in 1966, and our oldest of four sons was born in the fall of 1968. My wife and I were always mutually supportive of each other's various projects. Luckily we were patient with each other in spite of our sometimes different approaches to life. All in all, I believe that we set good examples for our four sons, as they are now productive and very responsible men in their own right.

The one experience in my life that has profoundly changed who I am was the passing of my beloved wife (of 35 years) in October of 2001. We learned in early July of that year that she had cancer of the pancreas, and just 4 months later she made her transition from this life. Her passing has fundamentally changed me in three ways:

- I.) I now make a point to be more physically active, and to consume a largely plant-based diet of mainly uncooked and unprocessed foods. (My study of health and wellness has shown me that these foods make the body's chemistry more alkaline and richer in digestive enzymes and in oxygen; and the result is an environment in our body where cancer cannot thrive).
- II.) I make a point to remind myself often – and especially when I experience feelings of aloneness -- that God (the Christ Spirit within) is always with me, and is as close as my own breath.
- III.) Since 2001 I have been obsessed with learning all that I can about the nature of cancer at the cellular level. My focus is on studying and learning what we all can do to prevent and overcome cancer. As a result of my intense interest in this area, I have authored and published 3 books and several articles on the subject of cancer and diet in the last 7 years.

In the early 1980s I read a book entitled "The Road Less Travelled" by M. Scott Peck. Near the end of the book the point is made that we fill our highest and best purpose in life when we extend ourselves in loving ways to be of service to others. In that respect, sharing important information about preventing and overcoming cancer is vitally important to me because it is part of my day to day healing. One of my sons summed it up quite well when he once wrote the words, "mom's death was not in vain"