



Amy Davis

HEALING HAS ITS own Timeline

Re calibration. I heard this word in my mind as I awoke today. I want to do everything, experience life to the fullest. I have goals, aspirations, visions, timelines. I also had a childhood that was chaotic, scary, uncertain, and unsafe. I sit on my front step every morning, open to answers. I believe this simple ritual has been my saving grace.

My body is shifting as I grow wiser, calibrating to a better version of me. What people don't know about me is that I was diagnosed with Obsessive Compulsive Disorder eight months ago, after living much of my life thinking that the never-ending wheel of internal fear was normal. I have been to many doctors and therapists over the years, leaving with a diagnosis of, "Anxiety." What I experienced was different, it was as if my brain would get stuck in a mode named "fear." I could never understand why I couldn't just, "let things go." I have been in a silent battle with myself much of my life. With this new diagnosis, I have been given an opportunity to give myself grace, which is notably a lesson I needed to learn. We heal in waves, sometimes gentle, sometimes tsunamis. I now have a deeper understanding of myself, which allows me to have a deeper understanding of my clients. I am now trained in Exposure and Response Prevention therapy, the very same therapy that helped ME heal. *

Amy Davis, MSW, LISW

Amy is a mom, wife, Clinical Social Worker, advocate for mental health, public speaker, and soon to be published author. Since losing her mom to suicide in late 2011, Amy began her journey of healing with the understanding that it was up to her to heal and change generational wounds. This meant seven years of advanced education as a single mom, showing herself, and her daughters, that they could do anything they set their hearts and minds to. Amy now is married and has a beautiful blended family with four amazing children, who are all on their own path of self-discovery.

Website: diamondhearttherapy.com • **Email:** amy.davis.lisw@gmail.com
Phone: 515-850-2894



*Fresh Brewed
Iowa Conversation*

Tune in every Wednesday!



If you are interested in sponsorship,
contact Kari at 515-771-2032



BEFORE TREATMENT

Kari Elbert

checked out mentally.

But then I thought of two friends, one who had healed her tumor holistically and another who was treating her colon cancer that way in Phoenix at Euromed Foundation. I called to talk to the doctor there, and he said to get there as soon as possible. I stopped to think about my choices. I usually see cardinals in my yard, but while I was debating, one came right to my front porch. I took it as a sign from my dear friends, Pam Dixon and Lori Bosley – whom I lost after brutal battles with cancer – to pursue this alternative treatment. Since, like most alternative treatments, insurance does not cover it, my husband Dave and I committed to investing in my health. The goal was to treat my cancer but help me still feel good. Another friend who treated her cancer holistically told me that God does not want us to be miserable while our body is healing. That was in the back of my mind the whole time.

At Euromed, they used insulin potentiation therapy (IPT). It is a low dose of chemotherapy that pairs with insulin. The goal is to directly impact cancer cells without damaging your immune system. I stayed in Phoenix for five weeks, doing two IPT treatments a week and two detoxifying treatments a week. I did have side effects – a couple of blood clots in my arms, and my ankles swelled – but that was less than I might have

My Alternative Cancer Treatment Journey

Two years ago, I had a hysterectomy. Afterward, they found that I had Stage 3 endometrial cancer. You could have knocked me over with a feather. The oncologist wanted to start six cycles of chemotherapy, with radiation five days a week, for five weeks. Our son's wedding was just two months away, so I asked if we could wait until afterward. I was told an emphatic, No. I immediately

experienced with traditional treatments. It helped lessen the stress that my cousin allowed Dave and me to stay with her while there, which meant I could have my sweet dog with me. I can never thank her enough. Gratefully, all my family and friends supported me as well – I could feel the love and the prayers.

Two months later, I enjoyed our son's wedding in Wisconsin and felt fabulous the whole time. No one could believe I had had ten treatments.

Afterward, I sought help at another clinic in Downers Grove, Illinois, closer to home. Nourish Healthcare offers the same IPT treatment. My tumor was no longer showing up on scans, so the doctor wanted me to do blood and tissue analysis to identify my cancer mutation. When the results came back, I did not understand them, so my husband and I scheduled a Zoom call with my new holistic oncologist. While waiting, I needed a distraction and turned on the Kelly Clarkson Show. She was belting out The Warrior by Scandal. I took that as a positive sign, and I still cannot get it out of my head! Sure enough, the doctor told us that the test proved that the treatments had worked – there were no longer cancer cells in my body! After that fantastic news, my husband and I are committed to sharing my story with as many people as possible. I am so thankful WOW Magazine can be my vessel. *



AFTER TREATMENT

THIS ARTICLE WAS ORIGINALLY PUBLISHED IN FEB/MAR 2023