

# Bill's Last Cancer

The incredible story of how a 12-Time—yes, 12-time!—cancer slayer finally transformed his health with nutrition

/// BY KAT JAMES

"You'll be dead in two years" are words Bill Ellis, 71, of Pikeville, TN, had heard at least a dozen times since his first cancer diagnoses in 2007. "Wild Country Bill," as Kat James respectfully calls him, is no regular guy. He dabbles in real estate...

delivers a calf here and there... delivers the mail "just to connect with people"—especially the doctors on his route—with whom he shares formidable health research. It's a passion of Bill's, borne out of necessity and sheer will to survive the 2 broken necks, 1 bladder cancer, 2 prostate tumors, 4 melanomas, 3 carcinomas, and countless other serious health challenges he's faced. As a farmer, Bill and his other family members who got cancer, were unfortunately exposed to toxic pesticides. But Bill took an alternative treatment route and after shrinking his 5th tumor his family no longer questioned his "reckless" decisions.



Even after beating his first 10 cancers, Bill Ellis (shown above before starting James' program) realized his health was falling apart. After just 8 days on James' regimen, Ellis dropped 17 lbs. His blood pressure normalized and his energy soared. His PSA numbers have gone from 36 to 13. Today, on right, he is the picture of health.

In August of 2018, a new facial tumor had him more concerned than usual because it was near a nerve, meaning if it was missed by the biopsy, they'd have to do radiation and the prognosis would be



about six months survival. Luckily, they got all of it, leaving Bill with "only" one active tumor, which had spread from one area of his prostate to a new area. "I've got this," he thought. But this one proved a stubborn one. And the frequency of these cancers popping up was increasing, especially on his face, in spite of Bill's previous, targeted supplement regimen, which included [Editor's note: these are not intended as cancer treatment or prevention supplements; work with your doctor and do your own research]: hyssop, Carnivora, Haelan 951, nattokinase, and vitamin D, among others. Bill was strongly motivated to

escape the fate of his family members who "wound up in diapers" after their conventional treatments. Bill wasn't having it. And yes, it was satisfying to repeatedly prove wrong all the doctors who'd warned Bill he'd soon be dead, especially the one who was visibly disappointed when he could find nothing but where Bill's ureter-blocking tumor had once been (Bill actually passed it; stomach-turning but fascinating story) and "had to" cancel his kidney surgery. But Bill was also getting tired of getting new cancers in new places at the rate of about one per year. He knew bigger changes were in order.

Again, to be clear, we don't suggest that anyone make the decisions Bill has made. Cancer is a serious issue and you should seek qualified medical supervision. In fact, Bill did do that. He just ultimately made decisions based on the vast amount of information he amassed. But even after beating the first ten cancers, Bill realized his health was still falling apart, even though he'd long cut out most sugar and processed foods. He believed that the herbs are what had saved him many times over (no one really knows), but he still lived in severe pain, day and night, that also rendered him sleepless, along with the severe apnea and food regurgitation that stopped his breathing hundreds of times per night (prompting his wife, Pat to call an ambulance once when he could not talk), poor energy, a "basketball belly," and weekly trips to all kinds of doctors—not just for cancer checks but for odd things like having his sinuses and salivary glands drained, or his prostate manipulated to allow him to urinate more easily. Oh, and his kidney stones checked.

Tennessee farmer, mailman, and real estate buff, Bill Ellis in his element: "I have to remind myself that I'm 71 now. Just had the best health exam ever. All numbers and sleep and even vision back to normal! Best thing is I don't fear the worst anymore." Photo: Freida Holmes



Kat James has been called "a master of self-transformation" by SELF magazine in response to her self-guided, recovery from liver, autoimmune, and eating disorders. Her controversial and pioneering dietary method—now recommended at top neurology, fertility, functional medicine, and even dental clinics—has left countless success stories in its wake and been featured at top spas and institutions such as Omega Institute and Canyon Ranch, as well as on "Today," Fox, and PBS, among others. Learn more about her upcoming retreats at informedbeauty.com or by calling 877-54-TOTAL. Listen to her Sirius XM radio show Saturdays on channel 131 (Family Talk).

## Synchronicity and a Look at Leptin

In August, 2018, just after the facial tumor scare amidst battling his latest prostate tumor, Bill was listening to satellite radio while delivering the mail one Saturday and heard Kat James talking about the "master hormone," leptin and its relationship with certain cancers. Although Leptin (already in our bodies) has profound effects on all systems, Bill's interest piqued when James mentioned how keeping the hormone low (something only achievable through individualized dietary strategy)—while optimizing its functioning in the brain—had reduced proliferative cancers in some research. By quite a coincidence, James' leptin-focused educational seminar was coming to Bill's neck of the woods, Chattanooga, TN, that fall. Taking it as a sign from God, he signed up right away and started—with his docs' supervision and James' coaching, and ... with full understanding that she made no medical claims or promises—her unique, high fat, very low carb, moderate protein (note: excess protein correlates with cancer risk) regimen she'd pieced together back in 1990, well before leptin's discovery, to save her own life (for more about leptin and the personal health crisis and transformation that inspired James' original protocol, search "Transforming Our View of Fat" at [www.BetterNutrition.com](http://www.BetterNutrition.com)).

After eight days on the regimen James individualized for Bill, his weight dropped from 239 to 222 pounds (yes, 17 lbs), without hunger. He felt lousy for two days prior, but then saw a "ton" of swelling leave his body as his blood pressure normalized, and his appetite dropped—and his energy soared. By the time of the retreat, his PSA numbers had dropped, astoundingly, from 36 to 19—something he and his docs had simply never seen happen. At his next prostate exam, they could not, at first, find his tumor, but finally did. It had reduced by about 40% to the size of a pencil eraser. Docs heads were shaking (again, no claims are made here that Bill's choices affected the tumor; which, of course, could be

## SOME OF BILL'S FAVE SUPPLEMENTS

[Note: These are intended only as health-supportive supplements, not as "cancer-fighting" or prevention supplements; please consult your physician before taking supplements if you are being treated for cancer or any other disease.]

- \* **Vitamin D:** to optimize immunity.
- \* **Dr. Ohhira's Probiotics:** to help with fungus and Candida overgrowth with the extra power of "post-biotics."
- \* **DIM by Nature's Way:** to support hormonal balance to reduce harmful estrogens.
- \* **Selenium:** well-known for its immune-supportive effects.
- \* **Formula 109 by Kyolic:** anti-inflammatory, blood pressure, and relaxation support
- \* **Reg'Activ by Essential Formulas:** increases the master antioxidant glutathione, which helps detoxify pesticides and other harmful toxins.

coincidence) and a nurse commented that it "defied reason." During the Chattanooga event, Bill was shocked to effortlessly hit his high school weight of 198 without ever feeling hungry. Just to hit 200 had been his "bucket list" goal he had given up on. His weight loss had slowed before the retreat, but then accelerated during it, as his unwitting mistakes (even with James' allowed foods) were being corrected left and right by James. He noticed major improvement in urine flow at that retreat as his energy "went through the roof." But this was just the beginning ...

Coming Next Month!

Read Part 2 of Bill Ellis' astounding journey of survival through 12 cancers, and his transformation from a tumor-prone, ravaged body, to his head-to-toe new body and life. Coming in our January issue and at [betternutrition.com](http://betternutrition.com).

