

# Evolution 2.0 Newsletter

Volume 7, Issue 1

## “It Was Like Pouring Bleach in My Veins”

Jenny Davis, a former elite athlete, did a podcast with me titled “I Felt Like They Poured Bleach into My Veins.” It was about her struggle with cancer. She has since recovered and her journey includes a lot of introspection and insight into why she thinks she got cancer at such an early age and how your health can impact your chemo experience in surprising ways.

In this letter, I would like to share some of those insights with you and how they relate to the science research and education we’re catalyzing; and would like to do so with your support.

**Jenny Davis:** I was a renegade patient. I was a professional athlete. I practiced judo from super young up to my early twenties. Then I did track cycling, which is cycling in circles on the velodrome. Maybe you’ve seen that in the Olympics.

So most of my life I've done some kind of competitive sport, and I've practiced two at a world- class level. And of course I did all of the things that you need to do to be an elite athlete. The core principles. Training, recovery methods, nutrition, mindset, psychology, supplements. *All the same things you need to do when you're going through a cancer journey.*



I retired from athletic competition in 2016 and began applying the principles of sports to business. Professionally, I do change and transformation consulting within the UK. We look to make improvements to the processes that are essential to the journeys a particular business is on.

Everything that I've done or had any success at in life has always come back to those core principles that I learned from sports, and the great coaches I had.

I was just cracking on with life, working away. Then just before Christmas two years ago I started to have issues going to the toilet. As in, I couldn't go. My abdomen became very swollen. Up to this point I've never had any issues like this.

I tried laxatives and that helped for a little bit, but just after New Year's, I ended up in the hospital to get an x-ray in order to rule out anything sinister. The x-ray led to a CT scan. An hour or two later, smack dab in the middle of COVID when I couldn't have anyone around me to support me due the restrictions, they told me I had a bowel obstruction and needed emergency surgery because my bowel could burst.

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)

Oh... and there was an extremely high chance that it was bowel cancer, which as a 37-year-old wasn't really what I was expecting to hear!

They removed 30 centimeters of small and large intestine and lymph nodes and fitted me with a stoma bag to collect my waste.

They gave me eight weeks to recover from surgery and then I had to do four or five months of chemo. I did various rounds of that. My chemo got extended because it absolutely *hammered* my body. I didn't have enough levels of white blood cells and we had to delay several rounds of chemo. That's how someone who has been super fit and taken great care of her body reacts to chemo. (You can imagine how less fit bodies handle it.)

I finished the chemo at the end of last summer and got my scans, got the all-clear. Then I went on the waiting list to have my stoma reversed. That finally happened six weeks ago.

The plumbing is now back to normal and things are kinda settling down. The bowel is a bit sensitive generally, so it takes a bit of time for that to sort itself out.

In each of the three phases (surgery, chemo, reversal) I had one really dark moment which I had to work through emotionally and mentally. I spent a lot of time working with Megan Macedo to work through some of the really deep emotional questions. And I've tried to do as much as I can to reverse what happened to me, to make sure that any bad cells were completely gone.

One of the big questions was, "Why did I get this in the first place?" I had a lot of time to think since the lockdown kept me from seeing my family.

In the two sports I competed in, there's a big community base. It's not just athletes, it's support staff, physios coaches, strength conditioning, nutritionists. So I'm used to coming into worlds where there's a performance requirement with a community behind me.

But the "community" I had behind me during my cancer journey were all 70-plus years of age. 70 was the average age of the people in the wards I was in. Believe it or not, it was more than two years later that I met the first person like me who got diagnosed in her thirties. I just met her last week. She's the first person I've spoken to who had the same diagnosis as me with the same stoma and stoma reversal. Our paths crossed four weeks after my reversal surgery. She's the first person I've ever met that was even under 50.

**Perry:** So what was chemo like? What did you think about the solutions that they had on hand for you?

**Jenny Davis:** The surgical cut-out made sense, and I would've wanted that anyway because it's the quickest way to get it out of your body when it's a big lump like mine was. But the surgery took eight weeks to recover from and it was a massive shock on my body.

I had a consultation about what chemo I would need to get, and what the side effects would be. You gotta sign your life away so that you know what you're signing up for. I remember sitting in front of my chemo doctor and asking, "What's the alternative if I don't do chemo, what are the other options?"

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)

He looked at me like I had three heads. “What do you mean you don't wanna do chemo?” And I was like, “Well, I'm a fit person. Chemo is poison. What are the alternatives?”

Basically, there were NO other options except “do nothing.” So I had the choice of doing chemo, doing nothing, or doing my own thing. There were lots of homeopathic and alternative treatments. I spoke to some people that I trusted about those.

But it was very difficult to have a conversation with my family about not doing chemo because there was no science out there in the public that is well known. And when people don't know about it they don't trust it.

So when I had the conversations with my parents and my sisters and my partner about these other options, they were in disbelief that I would choose not to do chemo in the first place.

I felt like I was backed into a corner. I did the chemo because I felt pressured to do it. I felt like there were no alternatives.

**The chemo was, by a country mile, the worst thing that's ever happened to me.**

It was like pouring bleach into my veins. I would *dread* it. I would always do chemo on a Monday so I would wake up on Sunday morning sick to my stomach cuz I knew what was coming. I ended up having to try and do a bunch of fun stuff on Sundays just to mentally distract myself from what I was gonna have to go through the next day.

I had 30-plus side effects ranging from the normal stuff like headaches, pins and needles in my arms, burnt skin on my hands from where they put in the IV. Those burns lasted 12 months. I couldn't drink cold liquids for days. I had brain fog. I had a facial muscle cramp because of a mineral imbalance. The toilet issues continued as well. The whole experience was horrific and one that I would never wish on my worst enemy.

Perry, you once asked me a question which just cut me dead. You asked: **“What would you tell your sister if she was in the same position you were in?”**

The truth is, I would tell her to do what I did even though it was horrific and I felt like I had no choice. **But I can't believe** in this day and age, after the decades of research and money that's been pumped into it, that there are people who have to go through that treatment for years. It's just wrong. Which is why many people choose not to do it and have a better quality of life, even if that life is shorter.

There has to be a, there has to be a different way based on personal experience.

And I say that as a healthy, proactive person who lost count of all the other things I did on top of chemo to help me cope. I don't have any side effects now from the chemo, because as soon as that finished I did a four- to six-week detox to get all that crap out of my body. And to help me move forward mentally, emotionally, and spiritually.

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)

But there are millions of people out there that aren't like me, who will suffer much longer because they either don't have a similar body or they're much older or they don't have the mindset to tackle it in the way that I did.

**Perry Marshall:** As an athlete you have an acute awareness of your body. I remember one time talking to a dancer who knew she was pregnant just from her physical sense of balance, before there was any other indication that she was pregnant. I would think you're kind of like that. Can you talk about what it's like to be an athlete and the heightened awareness of your body, then bringing that awareness into a chemotherapy regimen?

**Jenny Davis:** Obviously I'm a female so I have a monthly cycle. There's one 12-hour point in that 28 cycle where your egg gets released. I always know when that's happened. That's deep, internal, but I know because of the other things that are happening in my body. So when I had my reversal surgery, I woke up with a pain between all my ribs and right from the top of my ribs down to where the stoma hole used to be.

It felt like I'd done a really hard session and it felt like more than just surgery trauma. I've got a good friend who's a general surgeon who does colorectal surgery. I asked her what happened in surgery because I know they did something to expand that area of my body. I could just feel it.

And she said, "Yeah, when they do that surgery they pump your bowel full of air and all your muscles are contracted. It pushes everything out. And because you're in that position for two or three hours, your muscles get really sore." But the hospital doesn't tell you that.

So it wasn't until I woke up and felt like I'd done 10 rounds with Mike Tyson, that I knew they had done something like that. That's one example.

As an athlete you have to be able to listen to your body and listen to your emotions to know where something's not right. You have to be able to act fast if something's not quite right or balanced in the body in terms of nutrients. If I'm low in minerals, which I occasionally am because I fast quite a lot, I get a tiny pulse in my eyelid. That's my warning signal that I need to take my vitamins and minerals with water.

So I have an awareness of things going on in my body. They may be cellular, or maybe my mind is impacting my body. You have to know these things as an elite athlete to know when to push, when to recover, when to make changes for improvement. And from a chemo perspective, that awareness probably didn't help. When you're shooting poison into your veins, you *don't* want to be hyper aware.

I stupidly asked my chemo doctor, "What kind of people cope well with chemo?" to see if I could position myself before it started. He said, "Jenny, you really don't want to hear this... but it's people who are really, really unhealthy, who are *used* to pouring toxins in their body, *used* to getting rid of those toxins all the time."

**So people who are really unhealthy, who smoke, who drink like a fish, who eat like a pig, who probably take drugs, those people typically cope better with chemo! Healthy people don't because their body's not used to poison.** I thought, "We'll see." I had one round and within two days I knew he was right.

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)

**Perry Marshall:** Wow. That's a mic drop moment right there. It makes perfect sense now that you say it, but it's never occurred to me.

**Jenny Davis:** Your *recovery* journey is much shorter if you're super fit and healthy. But in the moment? You suffer. That was my experience. I suffered more, but as soon as that chemo was done, ten days later, I was on the road to recovery because I was tracking stats.

**Perry Marshall:** Let's go back to when you said that if your sister had the same cancer, you would tell her to do the chemo. Did I hear you correctly?

**Jenny Davis:** Yeah... but to be honest, I don't even know. I would also tell her I believe "If you do this, if you do the surgery and do everything else I did, I think that would be enough *without* chemo."

But it would be difficult for me to show the factual evidence, because the science behind it is publicly accepted. And then I'd have to leave it to her to make the decision. But she would probably be in the same position I was in, where all the people around her who love her just want it out of her system. "Oh Lauren, it's only three months or six months, so just do it and it'll be over before you know it."

**Perry Marshall:** When people get a diagnosis, they really have to either go down the road of chemo, which is going to be miserable and *might* work. In your case it looks like it did and that's good. We certainly can't discount that. Or the other road is you roll the dice with the myriad of alternative opportunities that are available.

One of the things about the world that I inhabit, entrepreneurs, inventors, authors, consultants and business owners, is: We are by definition the "NOT Walmart, NOT Big Box, NOT Big Corporate, NOT Big Pharma" crowd.

Those people are adventurous and contrarian. They inherently know lots of interesting things, they *try* lots of interesting things. And I **routinely** hear stories from friends who pursued alternative treatments and they did work. They went to Mexico, or Germany, or did some kind of juice fast, and it actually worked.

I've heard *way* too many of those stories, from real people whom I know personally, to think that stuff can't work. I'm certain that it can, but you're rolling the dice on something anecdotal.

Your insurance won't pay for it, and a whole bunch of people are gonna look at you like you got three heads. Is that fair?

**Jenny Davis:** Yes, absolutely.

**Perry Marshall:** So you endured chemo for what, 3, 4, 6 months?

**Jenny Davis:** Yeah. So I think it was supposed to be 12 weeks and it ended up being 18 because of delays between treatments, because my blood levels weren't high enough to be able to let me do the next round. The first two rounds of chemo were so harsh they ended up having to reduce my chemo levels by 25%. I think the reason it was done wrong in the first place was because I'm an athlete with a certain weight, but my weight is made up of more muscle than fat. I was much leaner than most of

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)

the patients there, yet I was also heavier because of my muscle mass. So I think they didn't take that into account when they calculated the drug levels.

In the UK we have a charity called Maggie's, which gets you somebody to give you psychological preparation and help support you through your cancer journey.

So I was just soldiering on with my chemo. I think I'd just finished round two and the first week after was horrible. My Maggie's person, Ali, phoned me on day five after round two and she said, "I just wanted to see how you were."

I just cried with her on the phone because she caught me right at the lowest point. I'm sure you get the impression that I'm not somebody who cries. I'm not one of these precious princesses who cries all the time. People say I'm one of the most resilient people they know. I'm not saying I don't cry, I do. And it's healthy to cry.

But I cried so hard because I was just in shock from the whole experience. I had been all "Just do it. Just get this done!" She caught me at that low moment and I let the tears go. Anyway, she invited me over and we had a chat. Then she said, "Your chemo dose is too high."

So I'm thinking she'll get it reduced a little, but they reduced it 25%.

**Perry:** Jenny, this eventually led you to ask, "Why did I get cancer? I'm fit. I eat right. I'm in tune with my body. Why me?" And that led you in a whole new direction. Can you tell us that story?

(To be continued in the next issue....)

**Dear Reader:** My dear friend and mentor Rob Berkley died of cancer four years ago, age 58. My friend and mentor Bill Hammond died two years ago.

(How many people have YOU lost to cancer?)

I lost my dad to cancer when I was 17. I lost my dear friend and mentor Tom Hoobyar 11 years ago. Nevertheless, none of those losses propelled me to hunt for a cure for cancer. I 'backed into it' almost by accident, because my dear friend James Shapiro asked me to help organize the Cancer & Evolution Symposium.

Shapiro is a "bottom of the swamp" guy if there ever was one.... And great minds think alike.

Within months I was surrounded by scientists who are 20-30 years ahead of the current treatments.

Their biggest problem is: *Communicating what they do and its HUGE significance to a wider world that cannot tell the difference between their brilliance and other people who, however well intentioned, are pouring bleach into peoples' veins.*

And I am a professional communicator.

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)

Most of the medical and biological profession has gotten cause and effect literally backwards for 100 years... *but not our Cancer & Evolution scientists*. So it should come as no surprise that within months I was encountering people who are reversing cancer cells back to normal cells... detecting cancer at Stage Negative One... and truth tellers like Azra Raza who have the balls to point out that people are doing victory laps and making billions of dollars by extending patient lives by six weeks.

We are working with and supporting some of the finest cancer scientists in the world.

The problem is, we're tiny.

We need to hire a fundraising professional – a “Director of Development.” We need you to help make introductions to people you believe would be a good fit. We also need generous donors to cover the salary of this person while they build our donor base.

I am asking you to help.

Who do you know? Here's the person we are looking for...

- **Self-starter** who hits the ground running. Someone who has the confidence that they can immediately find donors and get them to write checks. Must be able to at least pay for themselves within the first three months.
- **Proven track record** of raising money. Confident they can raise at least \$1 million a year.
- **Has personally felt the scourge of cancer.** Lost a mom, dad, brother, sister, husband, wife or child to cancer. Is ready to PUNCH BACK.
- **Fervently believes** in what we are doing at ReversingCancer.org. Especially our five 80/20s unorthodox approach. Knows the traditional approaches are doomed. Isn't afraid to say it.
- **Superconnector.** Someone who likes to introduce people to each other and orchestrate events where that can happen.
- **Low maintenance.** Neither Jon nor I have space to micromanage anyone. We need someone who can do the job while meeting with me or Jon maybe once or twice a month.

Do you know someone who would be perfect for this position? Would YOU be perfect for this position? **Please contact our CEO Jon Correll at [support@reversingcancer.org](mailto:support@reversingcancer.org).**

Many people receiving this newsletter are entrepreneurs, business owners and managers. You know better than anyone that it takes infrastructure to create great things. We are building that infrastructure.

You also know that the right system, the right infrastructure with the right aims can be tremendously effective.

Those systems cost money.

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)

We are underdogs in a race where if we don't win, everybody loses. You lose multiple loved ones and maybe get the dreaded diagnosis yourself. But this problem IS solvable. Cancer is curable. And the system such as it currently is is only incentivized to prolong the problem.

If you have followed ReversingCancer you know we leverage dollars to an insane degree and generate enviable bang for our buck. You know we are funding some of the best work in the field. I am growing a culture to eradicate cancer. I am asking you to help us now. Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer).

Thank you so much. Seize the day.

Perry Marshall

## What to Do Next

- Contribute to Science Research:  
Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)
- Our Manifesto is posted online at:  
<https://reversingcancer.org/donation-fundraising-letter>  
The password is: now
- Our podcast is at <https://evo2.org/the-podcast/> and blog <https://reversingcancer.org/blog/>
- Contact us at [support@reversingcancer.org](mailto:support@reversingcancer.org)
- WE ARE HIRING! Please introduce us to a fundraising professional who is looking for an opportunity. Contact our CEO Jon Correll at [support@reversingcancer.org](mailto:support@reversingcancer.org).

## We Need Your Helping Hands

Evolution 2.0 is me, CEO Jon Correll, Mary McEvoy and a few other precious volunteers to contribute hours here and there. **We can use your hands-on assistance.**

Another thing you can do to help is fund our virus research. I know of no one who is bringing a full-fledged "Evolution 2.0" viewpoint on virus evolution. It's 501c3 not for profit, so you can go to [evo2.org](http://evo2.org) and make a tax-deductible donation.

We could also use some volunteers...

- **Administration and project management**
- Finances
- Scientific papers, research, and projects
- Film (documentary screenwriters, editors)
- **All** forms of marketing ad copywriting, buying Google, YouTube and Facebook traffic, writing blog posts, shooting videos, podcasts, publicity angles, news media
- Project management

Email [evolution@evo2.org](mailto:evolution@evo2.org) and let us know what your skills are and how you might like to help.

Donate at [www.evo2.org/cancer](http://www.evo2.org/cancer)