

# **Unfortunately, Christina Applegate Proves My Point!**

**Lorraine Day, M.D.**

**My Point is this:**

**ALL cancers – and all other diseases – are caused by the way we live, think, act, eat, and handle stress. They are NOT genetic!**

**If you do NOT reverse those BAD behaviors, you will just develop cancer in another part of your body, or you will develop another life-threatening disease, which is EXACTLY what happened to Christina Applegate.**

**(This is explained fully at the end of this article!)**

In 2008, TV actress Christina Applegate (of “Married with children” fame) was diagnosed with early breast cancer (in one breast). After being told that she had the BRCA gene, she chose to have **both breasts surgically removed.**

# Christina Applegate: Why I had a double mastectomy



**August, 2008 (OPRAH.com) --** For more than 20 years, actress Christina Applegate has kept audiences laughing. **(Dr. Day's note: Unfortunately, the audiences were laughing at a sitcom - made by JEWS - that made Gentile parents look stupid and ignorant, with Gentile children that were smart-mouthed and rebellious.)**

"It doesn't feel the same, and it's hard to carry your purse," Christina Applegate says. "I cry at least once a day."

During her teenage years, she lit up the small screen as Kelly Bundy on the hit sitcom "Married with Children." After 11 hilarious seasons, Christina's career branched out to the big screen and Broadway.

In 2007, Christina landed the starring role on "Samantha Who?" an acclaimed comedy series. After receiving Emmy and Golden Globe nominations for her performance, it seemed that nothing could stop Christina's triumphant return to TV.

Then, in April 2008, shocking news silenced the laughter. At 36 years old, Christina was diagnosed with breast cancer. At first, Christina says she lived quietly with the disease. "It's

hard to live quietly," she says. "I went through five weeks of work without telling anyone that this was going on in my life."

Now, Christina is going public with her personal battle to raise awareness among young women who may not think they're at risk.

As the daughter of a breast cancer survivor, Christina says she's been vigilant about getting regular mammograms since she was 30 years old. **(Dr. Day's note: Mammograms are Radiation – and Radiation CAUSES cancer. Every mammogram a woman gets, INCREASES her risk of developing breast cancer by an additional 2%.)** In 2007, doctors recommended extra precautions.

"My doctor said that the mammograms weren't enough for me because of the denseness of my breasts," she says. **(Dr. Day's note: Her breasts were "dense" because of the way she was living, eating, and handling stress – all of which DEHYDRATED her body and especially her breasts. And DEHYDRATION is ONE of the causes of cancer and ALL diseases.)**"He suggested that I get an MRI."

Christina went in for her first MRI screening, which produced disturbing results. "They found some funky things going on [in one breast]," she says. Doctors told her they needed to perform a biopsy. Then, the excruciating waiting game began.

Christina continued to work and promote her sitcom, but the impending results were never far from her mind. A week later she says she got the phone call every woman dreads. "[The doctor said], 'It came back positive,'" she says. "Right now I'm sitting here shaking remembering that moment."

Doctors explained that the cancer was only in her left breast, and thankfully, they caught it at an early stage. Christina says she held back her tears and immediately went into survival mode.

The day after her diagnosis, Christina says she went in to see an oncologist and a surgeon. "I'm a Sagittarius," she says. "We need things done now. So, for me, I had to get in now, and I wanted to have my surgery now."

Within a week, Christina had her first lumpectomy. Doctors also did a biopsy of her lymph nodes to make sure the cancer hadn't spread. Since the cancer was caught early on, Christina was told she'd need six weeks of radiation instead of chemotherapy.

Then, she received more life-changing news. **A test for the BRCA gene -- also known as the "breast cancer gene" -- came back positive. Oprah.com: Should you get tested for the gene?**

**(Dr. Day's note: Neither breast cancer nor any other kind of cancer is genetic)**

"That sort of changed everything for me," she says. "Radiation was something temporary, and it wasn't addressing the issue of this coming back or the chance of it coming back in my left breast. I sort of had to kind of weigh all my options at that point."

Christina was given two options... go forward with the radiation treatments and continue testing for the rest of her life or have both breasts removed.

Christina made the dramatic decision to have a bilateral mastectomy. "It came on really fast. It was one of those things that I woke up and it felt so right," she says. "It just seemed like, 'I don't want to have to deal with this again. I don't want to keep putting that stuff in my body. I just want to be done with this.' and I was just going to let them go." **(Dr. Day's note: Unfortunately, as most people, Christina was looking for a "Quick Fix." There are NO "Quick Fixes" that really make you Well.)**

Before she went in for her surgery, Christina says she staged her first -- and last -- nude photo shoot. "I made sure that I have close-up photographs of them from every angle so I can kind of remember them," she says.

Christina's tears finally spilled over the day she met her surgeon. "I met with my doctor, and I told him that was my decision," she says. "He brought the surgeon in, and it was like it was the floodgates just opened up and I lost it." Oprah.com: Going through a double mastectomy surgery

In July 2008, Christina went through with the surgery, which has left physical and emotional scars. "It can be very painful," she says. "It's also a part of you that's gone, so you go through a grieving process and a mourning process."

Before she went under the knife, Christina says the only mastectomy she'd ever seen was the one her mother received. "[Her surgery] was in the '70s, and they didn't do a very good job back then," she says. "So in my own mind I'm thinking, 'My God, I'm going to be butchered, and it's going to be horrible. I'm never going to love that part of me again.' & But I did a lot of research, and they can make some pretty boobies."

Currently, Christina says she has saline expanders in her body, which will make way for the new implants. **(Dr. Day's note: If the "new implants" are silicone implants, they will further DESTROY her immune system.)** Though she's proud of her proactive decision, she says she's reminded of her loss every day.

"It doesn't feel the same, and it's hard to carry your purse," she says. "I cry at least once a day about it because it's hard to overlook it when you're standing there in the mirror. When you look down, it's the first thing you see... So you're reminded constantly of this thing -- this cancer thing that you had."

On the bright side, Christina says she won't have to wear a bra ever again. **She also feels victorious in the fight against breast cancer. (Dr. Day's note: Watch what happens next!)** "I have taken a very progressive stance in the rest of my life," she says. **(Dr. Day's**

**note: Her stance was REGRESSIVE, NOT progressive. She did herself a great deal of harm.) "For that, I'm really grateful."**

**Here's what happened next!**

# **Christina Applegate Reveals Multiple Sclerosis Diagnosis**

August 10, 2021, Everyday Health

Christina Applegate revealed on August 10, 2021, that she has been diagnosed with multiple sclerosis (MS).

The 49-year-old actress wrote on Twitter that she received her diagnosis "months ago," calling her experience thus far a "strange journey" and "a tough road." She also touched on her experience with the MS community, saying she's been "so supported by people that [she knows] who also have this condition."

## **Explanation of "My Point"**

Cancer does not "fall from the sky" nor does it "just happen" nor is it genetic. And it's the same for ALL diseases. Diseases are NOT genetic! (Oh yes, there are a few that are genetic, but they are so rare you've never even heard of them, and they account for far less than 1% of all deaths in the U.S.)

We give cancer and all other diseases to ourselves slowly, one day at a time, over many years. We give diseases to ourselves by the way we live, think, act, eat, and handle stress. So, the ONLY way to REVERSE Cancer

– every kind of cancer – and every other kind of disease, is to CHANGE the way we live, think, act, eat, and handle stress.

Christina Applegate’s breast cancer was NOT caused by having “too many breasts.” So, cutting one or both of them off did her NO good. Naturally, since her breasts were gone, she couldn’t develop cancer again in her breasts – because she didn’t have them anymore.

But since she did NOTHING to change all the factors that CAUSED her breast cancer, and she chose to keep living the way she had always lived - - her body just developed a different **LIFE-THREATENING Disease: Multiple Sclerosis!**

That is exactly what happens. A healthy body cannot produce cancer, or multiple sclerosis, or Parkinson’s or any other serious disease. Christina Applegate chose to deal with the RESULT of her sick body (which was the tumor) rather than the CAUSE of her sick body (which was the way she was living, thinking, acting, eating, and handling stress).

It was NOT the cancerous tumor in her breast that was causing her body to be sick. It was her SICK BODY that caused the cancerous tumor to form.

Whether or not a person “feels” sick at the time of their cancer diagnosis makes no difference, their body IS sick, because a totally healthy body CANNOT develop cancer or Multiple Sclerosis, or any other disease.

Whether a cancer patient has chemotherapy, radiation or mutilating surgery, it makes no difference. They are NOT “curing” their cancer. They are not even really in “remission.” And they are NOT a “cancer survivor.” **Incidentally, Christina also had her ovaries and Fallopian tubes removed – unnecessarily!**

In reality, they are just “waiting” to develop cancer somewhere else in their body, OR their body will develop a **different** life-threatening disease. And that is exactly what happened to Christina Applegate. Because she did NOT change the factors that caused her cancer, but kept on living the way she had always lived, with a lot of BAD lifestyle habits, her body just developed a different LIFE-THREATENING disease: Multiple Sclerosis.

And now, sadly, her career as an actress is over!

**Unfortunately, Christina Applegate Proves My Point Perfectly!**

There is ONLY ONE way to CURE CANCER and that is to CHANGE the way you live, think, act, eat, and handle stress. By doing so, you will **DEPRIVE the cancer of what it needs to grow.** Then it will DIE, and your body will resorb the cancer, and you can become totally healthy again – just like I did THIRTY Years ago!