



pre-myeloma cancer coaching

introduction



DAVID EMERSON
Director PeopleBeatingCancer
Multiple Myeloma Survivor
MM Cancer Coach

Hi, my name is David Emerson. I am a long-term myeloma survivor, cancer coach and director of PeopleBeatingCancer. Welcome to the Introduction for the Pre-Myeloma Cancer Coaching Program.

My goal for this introduction is for you to understand the basics of your diagnosis of pre-myeloma and to explain the options you have for managing your health going forward. A diagnosis of pre-myeloma is scary. I believe that learning about your diagnosis and therapies can help you feel more in control. **Knowledge is Power.**

In an effort to help you understand both pre-myeloma and the pre-myeloma cancer coaching program, I am giving away two of the 9 guides from the program for free.

In the next few minutes, I will:

1. identify and define the three different pre-myeloma diagnoses,
2. explain the risks of pre-myeloma becoming full blown myeloma
3. talk about the evidence-based therapies that can help you prevent Multiple Myeloma from developing from pre-myeloma
4. explain the Pre- Myeloma Cancer Coaching Program that I have researched and created.
5. explain the BASIC pre-myeloma cancer coaching program and the “name your own price” feature

The three different types of pre-myeloma are 1) a single bone plasmacytoma, 2) monoclonal gammopathy of undetermined significance or MGUS and 3) smoldering multiple myeloma or SMM.

Conventional oncology considers pre-myeloma to be a “blood disorders.” Pre-myeloma is not cancer and therefore according to conventional oncology does not require treatment. Pre-myeloma is also considered to be “asymptomatic” aka no symptoms.

All three pre-myeloma categories can exhibit low levels of the signs and symptoms of multiple myeloma. Bone damage, anemia, infections, for example, can exhibit themselves and might lead to a pre-myeloma diagnosis. The difference is that these levels are low and therefore less worrisome than full blown multiple myeloma.

If you get nothing else from this introduction, please know that in my 25 years of experience as a Myeloma survivor and cancer coach, I have learned about evidence-based non-toxic therapies shown to reduce the risk of pre-myeloma from becoming full-blown myeloma. Further, I have communicated with many pre-myeloma patients who experience painful symptoms of their condition such as bone pain, anemia and nerve pain.

I created the pre-myeloma cancer coaching program to provide evidence-based therapies to patients who didn't want to "wait for the other shoe to drop."

One of the first things that you may have been told by your oncologist is that depending on your age and oncogenic features or genetic make-up, your risk of progressing to full-blown Multiple Myeloma ranges from 0.26%-12% annually and continues for the rest of your life. ([READ MORE!](#))

The reason why I am giving the "Questions" guide away for free now is that I think its important for you to ask your oncologist the right questions as soon as possible during your pre-cancer journey in order to get as accurate and complete a diagnosis as possible.

I was diagnosed with a single plasmacytoma in early 1994. I didn't ask my oncologist any questions about either pre-myeloma or multiple myeloma. My lesion was surgically removed...radiation administered...radiation tattoo as you can see... and I was told not to do anything until I developed full blown multiple myeloma- which developed less than a year later. I believe that I may have been misdiagnosed.

My point is that an accurate diagnosis is critical.

The pre-myeloma cancer coaching program is comprised of more than 60 studies broken down into 9 different guides all that apply to the diagnosis and treatment of a single bone plasmacytoma, MGUS or SMM.

As I mentioned previously, I am providing two of the nine guides to you- both the introduction and questions guides. The other seven guides are as follows.

the program and guides



INTRODUCTION GUIDE

You are now reading the Introduction Guide.

QUESTIONS GUIDE

Newly diagnosed pre-myeloma patients don't know what they don't know. Asking your oncologist these questions will help you begin learning about your therapy, diagnostics, etc.

NUTRITION GUIDE and SUPPLEMENTATION GUIDE

The Nutrition and Supplementation Guides establish three nutrition/supplement-based therapies for pre-myeloma patients- anti-oxidant nutrition, anti-angiogenic nutrition and anti-inflammatory nutrition.

BONE HEALTH GUIDE

The Bone Health Guide offers 11 evidence-based, non-toxic, bone health therapies.

DETOXIFICATION GUIDE

According to studies, over 90% of cancer is caused by environmental factors. The detox guide outlines specific therapies to help your body detoxify ([READ MORE²](#)).

CANNIBIS GUIDE

The Cannabis Guide discusses how Cannabis aka medical marijuana reduces pain, strengthens bones and is another anti-angiogenic therapy.

MIND-BODY GUIDE

As I mentioned at the beginning of this video, a diagnosis of pre-myeloma is scary. The Mind-Body Guide provides specific evidence-based mind-body therapies that will help you manage your mental health long-term.

ONLINE SUPPORT GUIDE

Research shows patients who communicate with each other learn from fellow patients and can make better decisions about their health. This Online Support Guide lists seven of the currently established online Facebook MGUS/SMM communities. These online communities are free and private.

The Pre-Myeloma Cancer Coaching Program comes in a both the BASIC and PREMIUM packages. Both packages include all nine guides. I am making the BASIC package available to you based on what you choose to pay. Let me say that again. **All nine guides in the pre-myeloma program are yours based on what you choose to pay. The suggested price for the BASIC package is 24.00 dollars but you decide what you can pay.**

Please click the link below the video frame and remember that your purchase of either the BASIC or PREMIUM Pre-Myeloma program funds ongoing research for cancer patients, survivors and caregivers.

Thank you for your time.

David Emerson

FOOTNOTES

1. <http://www.bloodjournal.org/content/125/20/3069?sso-checked=true>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>