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**Surrey, United Kingdom** - Irena Stoynova, a 38-year-old sales professional, was admitted to Frimley Park Hospital in a critical condition last year. Initially determined to treat her non-Hodgkin's Lymphoma with a strict juicing diet, Stoynova had rejected conventional chemotherapy based on anti-pharma conspiracies she encountered online. Her health deteriorated significantly, leading to an emergency hospital admission, where she lay unconscious and in a life-threatening state.

### Stoynova's Alternative Treatment Journey

In May 2021, Stoynova first noticed enlarged lymph nodes on her body. Her GP offered an immediate consultation and, following biopsies, she was diagnosed with non-Hodgkin's Lymphoma. Distressed by her diagnosis, she turned to social media and found a best-selling author who advocated treating cancer holistically through diet and natural therapies. Influenced by these alternative treatments, she spent over two years consuming large quantities of carrot juice and other raw fruits and vegetables, drastically isolating herself from medical advice.

### Deterioration and Hospital Admission

Despite support from her partner Ivan Kalmukov and her colleagues, Stoynova’s health worsened. Her weight dropped to 50 kg and she struggled with fatigue, hallucinations, and fluid build-up in her body. Critically ill, she was eventually rushed to Frimley Park Hospital in August 2023. Dr. Clare Rees, a consultant haematologist, repeatedly visited Stoynova, emphasizing the necessity of chemotherapy for her survival.

### Acceptance of Chemotherapy and Recovery

After a pivotal conversation with another cancer patient and repeated persuasion by Dr. Rees, Stoynova agreed to start chemotherapy. She underwent six rounds, beginning her treatment in hospital and completing the last cycle in January. Now in remission, Stoynova expresses gratitude for the modern medicine that saved her life. She continues to undergo immunotherapy and regular monitoring.

### Aftermath and Health

Stoynova’s extreme diet has led to some lasting health issues, including tooth decay and signs of osteoporosis. She currently advocates for evidence-based medical treatments and cautions against relying on unverified alternative therapies for serious health conditions.

For more information on non-Hodgkin's Lymphoma and available treatments, visit lymphoma-action.org.uk or macmillan.org.uk.