# Nevada chef defies stage four melanoma odds with positivity and unconventional lifestyle



Kevin Ashton, a chef from Nevada with a significant social media following, has defied medical expectations after being diagnosed with stage four melanoma, a severe form of skin cancer. In September 2023, doctors found several grape-sized tumours in his abdomen and gave him just a 30 percent chance of survival.

Following his diagnosis, Ashton commenced immunotherapy and radiation treatments to combat the cancer. Despite medical advice, he maintained his usual lifestyle habits, which included a largely carb-heavy diet and a lack of exercise. Throughout his treatment period, he documented his eating habits on social media, sharing videos of himself preparing and consuming meals such as smash burgers, overstuffed sandwiches, and cheesy quesadillas. Ashton also continued to work as a chef in a sorority house and made monthly trips to Chick-fil-A before his treatment sessions.

Ashton openly acknowledged his unconventional approach to dealing with cancer. In a video posted on TikTok, he admitted, "I did everything wrong in terms of treating your own cancer. I didn’t eat well, I didn’t exercise — but the one thing I did and I stayed true to the whole time was being positive and focusing on the power of positivity." He added, "Positivity does wonders. It changed my life and it changed the course of my cancer. So, in the future, just remember, keep on smiling and keep on chucking."

The chef revealed that he did not let the diagnosis affect him mentally. "I’m not going to let it beat me mentally. Maybe someday it’ll beat me physically, but right now I’m gonna stay stronger up here so I can continue to live my life and have a good time," he stated in another video.

Initially experiencing stomach pains in the summer of 2023, which he thought were caused by diverticulitis, Ashton sought emergency care after his symptoms worsened. Following scans, doctors informed him of his advanced cancer diagnosis, describing it as the worst news of his life. He then underwent 20 courses of immunotherapy, with the tumours shrinking from up to 3 cm to just 1 cm.

However, around a year later, one tumour developed resistance to the immunotherapy and rapidly increased to the size of a golf ball in eight weeks. This led Ashton’s medical team to introduce radiation treatment, which he started in September 2024 and received over five sessions. His recent scans have since shown no detectable cancer, marking a significant medical victory.

Medical experts typically advise cancer patients to avoid refined grains and sugars, as there is growing evidence these can fuel cancer growth by causing blood sugar spikes. Researchers, including those at the University of California, San Francisco (UCSF), suggest that restricting carbohydrate intake may enhance treatment effectiveness, inhibit tumour growth, and extend survival. Studies also indicate cancer cells consume significantly more sugar than normal cells, and diets high in sugary, ultra-processed foods are linked to cancer through mechanisms involving inflammation and weight gain.

Despite this, Ashton’s case demonstrates survival without adhering to these dietary and lifestyle recommendations. While Ashton credits his positive attitude for his recovery, doctors continue to advocate for healthy diets and exercise for cancer patients, highlighting these measures as supportive strategies with no major side effects that could potentially improve treatment outcomes.

The Daily Mail is reporting that Ashton spent his convalescence engaging in activities he enjoyed, such as cooking and fishing, rather than focusing on a conventional "bucket list." His experience adds to ongoing discussions about the varied nature of cancer treatment responses and recovery paths.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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