

## How I Conquered Cancer Naturally

This book provides information on slow metabolism, weight problems, obesity, diabetes, hypothyroidism.

Dr. Keith Block is at the global vanguard of innovative cancer care. As medical director of the Block Center for Integrative Cancer Treatment in Evanston, Illinois, he has treated thousands of patients who have lived long, full lives before their original prognosis. Now he has distilled almost thirty years of experience into the first book that gives patients a systematic, research-based plan for developing the physical and emotional vitality they need to meet the demands of treatment and recovery. Based on a profound understanding of how body and mind can work together to defeat disease, this groundbreaking book offers:
• Innovative approaches to conventional treatments, such as “chronotherapy” – chemotherapy timed to patients’ unique circadian rhythms for enhanced effectiveness and reduced toxicity
• Dietary choices that make the biochemical environment hostile to cancer growth and recurrence, and strengthen the immune system
• Ability to attack remaining cancer cells
• Precise supplement protocols to tame treatment side effects, relieve disease-related symptoms, and modify processes like inflammation and glycolysis that can fuel cancer if left untreated
• A new paradigm for exercise and stress reduction that restores your strength, reduces anxiety and depression, and supports the body’s own ability to heal
• A complete program for remission maintenance – a proactive plan to make sure the cancer never returns
Also included are “quick-start” maps to help you find the information you need right now and many case histories that will support and inspire you. Encouraging, compassionate, and authoritative, Life over Cancer is the guide patients everywhere and he was waiting for.

Now in paperback, the Wall Street Journal best-selling guide to charting a path from cancer to wellness through a toxin-free diet, lifestyle, and therapy—created by a colon cancer survivor. Millions of readers have followed Chris Wark’s journey on his blog and podcast Chris Beat Cancer, and in his debut work, he dives deep into the reasoning and scientific foundation behind the approach and strategies that he used to successfully heal his body from stage-3 colon cancer. Drawing from the most up-to-date and rigorous research, as well as his deep faith, Wark provides clear guidance and continuous encouragement for his healing strategies, including his Beat Cancer Mindset, radical diet, and lifestyle changes; and means for mental, emotional, and spiritual healing. Packed with both intense personal insight and extensive healing solutions, the Wall Street Journal best-selling Chris Beat Cancer will inspire and guide you on your own journey toward wellness.

Fifteen years ago Chris Free... I had a CAT scan and went to the lung specialist office (in the same building). We waited an extra long time for the doctor to come into the consultation room. When he finally came in you could tell from his voice and his demeanor that he was agitated, perhaps frustrated. The first words out of his mouth in a loud and obviously stressed voice were, “Mr. Lawson, you had cancer and now it’s gone and I don’t know what happened!” I replied, “Would you like for me to tell you.” His response floored me when he said, “I don’t want to hear it!” I still haven’t understood that comment after all of these years... If there were a way to help patients, without chemo, radiation or surgery, wouldn’t you logically, as a doctor, want to know about it? In this book I share my journey to Health and Hope through the use of Herbs as well as many insights into the use of Herbs as well as now insights into the use of Herbs. It is by no means “all inclusive,” but will give you a place to start to come to terms with the use of Alternative Medicine. Perhaps it will give you hope again also.

### A New Way of Living

Cancer Treatment Strategies for First Time Diagnosed Cancer Patients

Cancer Conquered Naturally : Cancer Does Not Mean Death

The Emperor of All Maladies

IP6

Eydie Mae

Nature's Revolutionary Cancer-fighter

An assessment of cancer addresses both the courageous battles against the disease and the misperceptions and hubris that have compromised modern understandings, providing coverage of such topics as ancient-world surgeries and the development of present-day treatments. Reprint. Best-selling winner of the Pulitzer Prize. Includes reading-group guide.

A woman discovers the source of cancer is bacterial, rather than viral, and spends years in the mid-1900s researching a protocol to successfully destroy it. But the medical establishment vilifies and ignores her findings. So she goes it alone, establishing her own medical clinic that has phenomenal survival rates. Sounds like a Michael Crichton techno-thriller? No way! It's the real-life story of Virginia Murray, a microbiologist and epidemiologist whose cure for cancer will one day be viewed alongside the discoveries of Pasteur, Curie, and Salk/Sabin. This story is more relevant today than ever before because the latest science is now validating her protocols. Antitubercular vaccines, autogenous vaccines (prepared from the patient's own tumor), high doses of vitamins A, C, D, E, and essential minerals, and broccoli sprouts and tomatoes are recommended by the academy that once denounced her. A tireless advocate for countless charities, her true passion is to help the poor. A fearless advocate for countless charities, her true passion is to help the poor. A fearless advocate for countless charities, her true passion is to help the poor.

With humor and warmth, legendary musician, actress, activist, and icon Olivia Newton-John shares her fascinating life story—from her unforgettable rise to fame in the classic music Grease to her passionate advocacy for health in light of her battles with cancer. Perfect for fans of Tina Turner's My Love Story and Sally Field's in Pieces, this New York Times bestseller—with new exclusive material decades. Olivia Newton-John has been one of our most successful and adored entertainers. A four-time Grammy Award winner, she is one of the world's bestselling recording artists of all time, with more than 100 million albums sold. Her starring roles in the iconic movies Grease and Xanadu catapulted her into super-stardom. In addition to her music and screen successes, Olivia is perhaps best known for her tireless advocacy for cancer patients and survivors. Her story is a powerful testament to her strength, resilience, and compassion. In this deeply personal book, candid and moving, Don't Stop Believin' is Olivia Newton-John's story in her own words for the very first time.

For more than forty years, Ann Wigmore, founder of the renowned Hippocrates Health Institute and internationally acclaimed holistic health educator, taught that what we eat profoundly affects our health. She was among the first to note that our modern diet of “convenience food” was the prime cause of illness and obesity, and she offered a positive alternative. Developed over a twenty-year and finest holistic health centers, the Hippocrates Diet allows the body to correct its problems naturally and at its own pace. Through a diet of fresh fruits, vegetables, grains, nuts, and super nutritious foods such as sprouts and wheatgrass juice, all of which are prepared without cooking, the body is able to restore its internal balance—and its capacity to maintain a healthy weight, fight diseases indispensible guide to healthy living, filled with easy-to-follow recipes and money-saving health tips. It is never easy for anyone to break bad eating habits, but when you are ready to make the decision to lose weight, regain youthful energy, or prevent illness, the Hippocrates Diet and Health Program can be your guide.

Vitamin C and Cancer

Reflections on Healing and Regeneration

Knockout

The Woman Who Cured Cancer

What You Should Know (But May Not Be Told) About Prevention, Diagnosis, and Treatment

No More Cancer

Rethinking Cancer

Over 10 million women will be diagnosed with Breast Cancer. One out of 3 women will experience some form of cancer in their life time. I was one of those statistics even though I was living a healthy lifestyle that consisted of organic foods, regular exercise, massage, Chiropractic care and colonics. How could somebody like me develop Breast Cancer? That very question led to thousands of hours of research, study, soul-searching and prayer. It all came together as the 7 Essentials - 7 basic steps that are necessary for preventing and healing cancer, or any dis-ease for that matter. Chapter 1 - Why Do I Have Breast Cancer? Scientists have come to the conclusion that cancer is a preventable dis-ease that requires major lifestyle changes. Discover how to avoid the 7 Cancer Triggers that could possibly create cancer in your body. Chapter 2 - Essential # 1 - Let Food Be Your Medicine Stop feeding the cancer by avoiding the foods that “feed” the cancer. Increasing your consumption of specific vegetables, oils and low glycemic fruits can reduce your Breast Cancer risk by 60-70%. Find out which foods lead to inflammation and dis-ease while others turn on protective, anti-cancer genes. Experiment with a sample 7 day anti-cancer meal plan. Chapter 3 - Essential # 2 - Reduce Your Toxic Exposure Is it possible to escape the effects of the thousands of chemicals that you may be exposed to every day? There are clearly environmental links to Breast Cancer but there are specific steps that you can take to reduce your toxic exposure. Learn how to make conscious choices about the products you keep in your home, the cosmetics you apply and the internal toxins that are affecting your body. Chapter 4 - Essential # 3 - Balance Your Energy Our body is 1 billionth physical matter and the rest is all energy. Our body runs on an energetic and electrical system that can be measured with instrumentation. There are specific healing arts and therapeutic tools that can help bring the body to balance, ultimately strengthening and boosting the Immune System. Proper hormone balance and revitalizing sleep can activate cancer-protective genes and boost the Immune System. Chapter 5 - Essential #4 - Heal Your Emotional Wounds In order to truly heal your body, you must heal your emotional wounds. Do you have the “Cancer Personality”? If so, your responses to stress and how you cope with it are often learned behaviors. You can change those learned behaviors and the bio-chemistry of your body with your attitude and your thought patterns. Strong thoughts “happened” with the specific steps in Chapter 6 - Essential # 5 - Embrace Biological Dentistry Metamorphosis in your teeth have the potential to increase estrogen signaling in the breast tissue. These metallo-estrogens have been found in breast tissue biopsies. Toxicity from root canals has been associated with most cancers. Learn how to take steps to detoxify these poisonous materials that may be compromising your Immune System and Meridian System. Chapter 7 - Essential # 6 - Repair Your Body with Therapeutic Plants The United States National Library of Medicine has a data base of hundreds of thousands of citations and abstracts of bio-medical literature and journals giving evidence of the benefits of Natural Medicine. There are specific plant compounds that have been shown to kill cancer cells without harming healthy cells. Others boost the Immune System and support the body's ability to heal. Enjoy foods that detoxify carcinogens, inhibit tumor growth and even reduce the unpleasant side effects of chemotherapy. Chapter 8 - Essential # 7 - Adopt Very Early Detection Would you be interested in technology and blood work that could potentially discover cancer on a small cellular level before it had a chance to develop into a large tumor? Mammography has not decreased Breast Cancer mortality rate.

The Foundation for Advancement in Cancer Therapy (FACT) has long worked to educate cancer patients about alternative therapies, enabling them to make informed decisions on treatment options. Unfortunately, there still remains a major gap in the distribution of information. To meet this challenge, Ruth Sackman has written Rethinking Cancer. Here, you’ ll find pertinent information on a wide range of topics, including the role of nutrition in health and strategies for achieving detoxification. The author provides both a list of herbs and specific advice.

A whole industry is involved in removing your prostate. Another alternative exists, which used to deal with the problem before drug companies took over: naturopathic treatment.

Tells of how engaging to the fullest a patient's own capabilities for overcoming illness resulted in a recovery from a crippling and supposedly irreversible disease.

Natural Cancer Cure

Studies in Pathography

How I Conquered Cancer

How I Conquered Cancer Naturally

I've Conquered Breast Cancer Naturally and Painlessly

Medicine or Politics?

Preventive and Healing Information Everyone Should Know

How John Hall's book is different from others \*\*John was diagnosed with Melanoma Cancer IV, had surgery to remove 10 metastasized tumors, but afterwards was informed by his Oncologist M.D. that there was little or no hope for recovery- since Chemo and Radiation Therapy do not work on Melanoma, John felt like he was facing immediate death in the next few months. However under the guidance of a Holistic Nutritionist he was able to rebuild his Immune System. As a result, 2 years later, has conquered his cancer. \*\*As an ex Premedical student, John had studied Inorganic and Organic Chemistry so that he has been able to do research on the causes, preventions, and possible cures for cancers. \*\*John is currently a Family Therapist in Roseville, Ca, and for the past 30 years has counseled the emotional and psychological issues of his clients. He now also counsels cancer patients related to their emotional and relationship problems. www.starlite@roguelink.us \*\*His major goal is to help others build up their Immune System. He believes, from experience, cancer can be cured with proper nutrition. The book cover is a microscopic image of a neutrofil swallowing the anthrax bacteria, as the best proof of EVIDENCE-BASED NUTRITION IN SCIENCE TODAY(an example of how the human immune system's defenses are what prevent diseases and cancers). Further explained in Chapter 3 of the book. \*\*The material he presents is brief, in summary form, and is easy to read. He makes suggestions of the best foods to eat, supplements, and healthy waters to consider. \*\*John learned doctors are not gods, don't have the answers to what cures cancers, and patients need to become aware that a healthy nutritional approach for their condition is a viable and doable program. He did it an won. He hopes you will too.

Drawing on twelve years of research, the author discusses the profound effects of the B vitamin inositol and its derivative, IP6, which is found in grains and soybeans, on cancer, diabetes, and a wealth of other ailments, in an accessible health guide. Original.

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 325 photographs and illustrations - mostly color. Free of charge in digital PDF format.

First and foremost, I am a woman that was looking for answers, just like you. I have claimed victory over 2 breast cancer journeys. My healing journeys taught me so much about myself and breast cancer in general. These experiences have been stepping stones into creating my first book, Heal Breast Cancer Naturally, Healing Diva Retreats and various coaching programs for women that are looking for support. One out of eight women will be diagnosed with Breast Cancer. One out of 3 women will experience some form of cancer in their lifetime. I was one of those statistics even though I was living a healthy lifestyle that consisted of organic foods, regular exercise, massage, Chiropractic care and colonics. How could somebody like me develop Breast Cancer? That very question led to thousands of hours of research, study, soul-searching and prayer. It all came together as The 7 Essentials - 7 basic steps that are necessary for preventing and healing cancer, or any disease for that matter.

Macrobiotics for Everyone, Second Edition

Guide to Cancer Treatment

Life Over Cancer

Extensively Annotated Bibliography and Sourcebook

How I Beat Cancer Through Diet and Herbs and Found a Life of Health and Hope

Everything You Need to Know Explained Simply

Reconstructing Illness

*This is a true story. The experiences recorded here happened because of a grave medical diagnosis and subsequent life-style change, all for the good. With or without such problems, our Father in heaven can give us what we need: Songs in our hearts, whatever is going on around us; real food for our bodies, whatever is being consumed around us; guidance and light; forgiveness when we ask; and even fellowship with one another.The message of this book is urgent and it begins with us. The answer to our health problems will not be found in a medical system.Lizzy became a health nut.This was not supposed to happen. An ovarian cancer diagnosis is supposed to turn an old lady Jesus "freak" like her into a suffering saint, instead of a victorious, happy health nut!Born in Virginia, Lizzy Lucy is a transplant to that sunny "foreign" land of California. Now, 23 years after the cancer diagnosis, she enjoys life with her husband, Glen, and their pets, Roxi and Lexi. She is living her childhood ambition of wife and mom, and has been blessed to become a grandma and great-grandma also.The mission of this book is to encourage you to eat only the good stuff, whole plant-based food, which is, of course, God's bountiful provision. Enjoy the recipes! Wheatgrass, that simple green plant you see growing above the counter in your favorite smoothie shop, is one of the most versatile, intrinsically useful vegetable matter available to you. It can be blended into almost anything, grows in any temperate or warm climate, and is chock full of so many vitamins and fiber that it can take the place of up to two or three servings of vegetables every day if used properly. This book guides you through the process of not only growing but successfully cultivating wheatgrass for your own personal use in nearly any endeavor, from selling at local farmers markets to mixing it with your homemade smoothies. You will learn what wheatgrass does for your body and how it provides the necessary energy you need to lose weight and fight illness by boosting your immune system. You will learn how to grow your own wheatgrass and how chlorophyll functions within wheatgrass by reducing environmental hazards, cleaning your blood with unique enzymes, improving liver function, and deodorizing the body. The nutritional benefits of wheatgrass are outlined in detail for anyone who wants to benefit from them, including information on vitamin content and comparisons to other super foods. The minerals, amino acids, cancer-fighting aspects, and weight-loss potential of wheatgrass are outlined in detail for you alongside instructions on how to grow and juice your own wheatgrass regardless of where you live. Top wheatgrass growers and experts have been interviewed and have provided tips on how you can use wheatgrass to cleanse your body and increase your nutritional intake every day. For anyone who has ever considered using wheatgrass for its super-food potential, this guide contains everything you need to know.*

When Anne Frahm discovered she had cancer, it had already spread from her breast to her shoulder, ribs, skull, and pelvic bone, and had eaten into every vertebrae in her spine.Doctors prescribed the traditional treatments of surgery, radiation, and chemotherapy, but Anne continued to sicken. Yet, throughout the course of her disease the author persisted in researching the connection between cancer and nutrition. She formulated a comprehensive battle plan and within five weeks of implementing it, her cancer disappeared without a trace. She has been cancer-free ever since. As A Cancer Battle Plantakes us along on Anne Frahm's journey of reclaiming her body and health, we learn: the nutritional rebuilding process that can help us win the war against cancer; how specific preventive measures can neutralize cancer and other degenerative diseases; how to find a team of doctors and professionals that will help battle cancer most successfully; how to encourage and help someone fight cancer; and how to keep a fighting spirit and maintain morale. With a new introduction by the author, A Cancer Battle Plan is a riveting account that has helped tens of thousands and is an invaluable nutritional program for anyone wishing to recover or perpetuate their good health.

This inspiring physical, emotional, and spiritual guide empowers patients to face diagnosis with dignity, explore their options realistically, and tackle recovery with optimism and determination. The first book to emphasize robotic surgery for prostate cancer from an informed layman's perspective, CONQUER PROSTATE CANCER discusses the latest research and advances in treatment, and profiles twenty patients who chose various treatment options. As the author and his wife share the most intimate details of their prostate cancer journey, readers learn how to: -- Become an active member of their medical team -- Reduce pain and stress and renew vitality -- Overcome impotence and incontinence -- Enhance intimate relationships -- Draw strength from faith, family, and friends Prominent robotic surgeon Dr.

Robert Carey discusses medical and patient-care concerns and the author's wife provides a running commentary, sharing her thoughts about how she and her family coped with the disease and its effects. With its low-key humor, hopeful tone, and well-researched facts, this book is a powerful tool for surviving prostate cancer, and a valuable resource for prostate cancer patients, survivors, and their loved ones. The author, Rabbi Ed Weinsberg, is a prostate cancer survivor and rabbi with a doctorate in gerontology from Columbia University. Contributing author, Robert Carey, is a prominent urologist and robotic surgeon with a Ph.D. from MIT. Dr. David Kauder, the book's medical advisor, has been a urologist for the past 30 years and is a past president of the Massachusetts Association of Practicing Urologists. "Rabbi Weinsberg draws on his own medical ordeal to bring guidance and comfort to others," says Rabbi Harold Kushner, author of "When Bad Things Happen to Good People." Dr. Ellen Kreidman, psychologist and relationship expert appearing on Oprah and other national media calls the book "brilliant, inspiring, and gutsy," and says that it will enable its readers to "experience the joys of sex again." "Successfully wrestles with the concerns of those confronted by prostate cancer," declares Dr. Robert Butler, M.D., President and CEO of the International Longevity Center and a Pulitzer Prize-winning author. Jerry Perlisho, prostate cancer survivor, former freelance comedy writer for Jay Leno, David Letterman marveled how this book is "crammed full of laughter, stories, remarkable frankness, and great advice." Leah Cohen, a prostate cancer survivor's wife and blog editor states, "I applaud the author for recognizing that wives, in their own way, get prostate cancer too."

7 Essential Steps to Beating Breast Cancer

Survival in the 21st Century: Pleanetary Healers Manual

Don't Stop Believin'

Without Surgery Or Chemotherapy

The Alternative Cancer Therapy Book

Outside the Box for Good

A Biography of Cancer

Discusses holistic approaches to treatment of cancers, including alternative treatment options, meditation, positive thinking, and nutrition.

Draws on the expertise of eight doctors whose cutting-edge methods are enabling unprecedented cures, sharing the celebrity author's personal experiences as well as the survival stories of other cancer patients while identifying lifestyle strategies and challenging mainstream practices. By the best-selling author of Ageless.

As a top academician, Mina Dobic led a privileged life, but that changed when she was diagnosed with stage IV ovarian cancer that had metastasized to her liver, bones, and lymph system. Given two months to live by her physicians, Mina rejected conventional treatments and decided to adopt macrobiotics. Six months later, Mina Dobic was cancer free. My Beautiful Life both explains how Mina recovered from cancer and details how cancer can be prevented through diet and a philosophy of living in balance with nature.

Over the years she has been in a personal battle with any other cancer. The physical, mental, emotional, and financial toll that comes with a cancer diagnosis is immense and affects not only cancer patients but also families and entire communities. The vast majority of individuals who lose the battle against cancer are treated with the standard orthodox therapy. These people may never have questioned their oncologists, believing that they were in the best possible hands with their physicians' advanced education, their knowledge of the latest treatments, and all the tools of modern research at their disposals. In Overcoming Cancer, Gary Null explores the alternative treatments that most mainstream doctors will never discuss with their patients. Did you know that eating melons balances your body's pH, which can help slow the growth of cancer? You were aware that fiber is an important part of a healthy diet, but did you know that it lowers the risk of breast, colorectal, uterine, and prostate cancers? Find health and vitality with Dr. Null's five most powerful tools for fighting cancer.

A Comprehensive Plan for Healing Naturally

A Naturopathic Alternative

A Natural Diet and Health Program for Weight Control, Disease Prevention, and

The Block Center Program for Integrative Cancer Treatment

Options

The Hippocrates Diet and Health Program

My Beautiful Life

Describes and explains biologic, drug, immune, metabolic, herbal, energy, nutritional, and adjunctive treatments.

One word strikes more fear into a person's mind than any other: CANCER. The physical, mental, emotional, and financial toll that comes with a cancer diagnosis is immense and affects not only cancer patients but also families and entire communities. This year alone approximately 600,000 Americans will lose their lives to cancer, and the forecast shows no signs of improving. Recent estimates tell us that 41 percent of all Americans will be diagnosed with cancer during their lifetimes and 21 percent of the population will lose their lives to this devastating disease. Cancer has evolved into a national crisis that touches each and every one of us. The vast majority of individuals who lose the battle against cancer are treated with the standard orthodox therapy. These people may never have questioned their oncologists, believing that they were in the best possible hands with their physicians' advanced education, knowledge of latest treatments, and all the tools of modern research at their disposal.In this groundbreaking book, Gary Null debunks the commonly accepted belief that drugs and chemotherapy are the only cures for cancer and explores the alternative treatments that most mainstream doctors will never discuss with their patients. Dr. Null asserts that there are foods and supplements that boost the body's immune system and can actually prevent and reverse cancer. Did you know that eating lemons and melons can help balance your body's pH, which will help prevent and treat cancer? You knew that fiber is important for a healthy diet, but did you know that it lowers the risk of breast, colorectal, uterine, and prostate cancers? Have you heard of maitake mushrooms, which kill cancer cells by enhancing the activity of T-helper cells? In addition to diet, Dr. Null discusses important supplements and herbs and cutting-edge therapies you may never have heard of. With twenty-five cancer-fighting recipes and testimonials from individuals who have found health through Dr. Null's methods, this book could save your life.

"This book is a fine resource for every doctor, patient, and family who has to confront the reality of breast cancer."—Bernie S. Siegel, M.D., Author of Love, Medicine, and Miracles Attitudes about breast cancer diagnosis are changing, and women and their families are becoming more assertive about managing their disease. They know that more choices are available now than ever before, and they are willing to make them. This book encourages you to take control. Cathy Hitchcock and Steve Austin, N.D., have written a book for women who are ready to actively participate in their diagnosis and treatment. A husband and wife team, Hitchcock and Austin walk you step-by-step through each part of diagnosis, treatment (both conventional and alternative), and prevention (including prevention of a recurrence). With the help of a flow chart, they examine different diagnosis options. They also suggest questions to ask your doctor and offer checklists, summaries, and overviews. Interwoven with all this information, Cathy shares her personal story as a breast cancer survivor. She describes her ordeal upon discovering the lump and the transitions she has gone through to live with the diagnosis in a life-affirming way. Unlike many other breast cancer patients, Cathy didn't simply accept the choices offered by medical doctors. Instead, with the help of her husband, she studied the research and made her own decisions about conventional and alternative treatments.

In today's busy stress-filled world, maintaining a healthy, balanced diet can be a constant struggle. Making the right food choices is not always a priority. We may be considered an educated society, yet seem to be blind to the fact that our diets are typically unhealthy—low in whole grains, legumes, and fresh produce, and high in processed, fat-laden, sugary foods and beverages. In doing so, we are putting ourselves at risk for such serious health conditions as heart disease, arthritis, diabetes, and cancer. The truth is that practicing good dietary health is not as difficult or as time consuming as people might think. In his new concise guide Macrobiotics for Everyone, best-selling author Roger Mason makes healthy eating fun, delicious, and, most important, easy. Expanding upon the Japanese macrobiotic tradition, this book offers a diet that is not only creative and less restrictive, but also very delicious and satisfying. Divided into two parts, the book begins by defining the macrobiotic philosophy and tracing the history of the macrobiotic movement. Part Two concentrates on simple yet practical ways for anyone to apply the macrobiotic diet into his or her life. Throughout the book, readers will find chapters on topics such as natural supplements, exercise, and the problem with fat diets. As an added bonus, a chapter on meditation for reducing stress is included. A balanced diet and lifestyle can both prevent illness and serve as a powerful healer. With Macrobiotics for Everyone in hand, you will learn the simplest and most effective ways to achieve both balance and good health in your life.

Anatomy of an Illness as Perceived by the Patient

A Practical and Delicious Approach to Eating Right for Better Health, Natural Balance & Less Stress

A Complete Guide to Preventing, Treating, and Overcoming Cancer

Chris Beat Cancer

Education of Cancer Healing Vol. VI - Mavericks

Fear Cancer No More

*Here is the inspiring true story of one woman's successful fight against breast cancer. How I Conquered Cancer Naturally is a detailed account of a courageous woman's march against death—from her search for a doctor who was willing to work with her, to the complete transformation of her and her husband's lifestyle and dietary regimen. This book is not a scientific treatise on how to cure cancer. Written in clear and straightforward language, it is a moving narrative of how Eydie Mae gained victory on her own terms over perhaps the most dreaded disease of our time. Fear Cancer No More is a well-documented self-help book explaining the nature of cancer at the cellular level. It explains that a plant-based diet along with exercise introduces crucial enzymes and oxygen into the body, and this creates an environment in which cancer cells cannot survive. Indexed, illustrated, and written in layman's language, this book takes a close look at why healthy cells become cancerous, and more importantly what can be done about it in terms of diet and lifestyle. Fear Cancer No More is a must read for those seeking to take greater responsibility for their own health. See: www.canceronmore.com.*

*A study of the development and rejection of vitamin C as a treatment for cancer, this text also explores the evaluation process of such a contentious treatment. Based on social, economic and financial considerations, it sees these decisions as political rather than objective assessments. Personal stories are included in a personal and moving way. The physical, mental, emotional, and financial toll that comes with a cancer diagnosis is immense and affects not only cancer patients but also families and entire communities. The vast majority of individuals who lose the battle against cancer are treated with the standard orthodox therapy. These people may never have questioned their oncologists, believing that they were in the best possible hands with their physicians' advanced education, their knowledge of the latest treatments, and all the tools of modern research at their disposals. In Overcoming Cancer, Gary Null explores the alternative treatments that most mainstream doctors will never discuss with their patients. Did you know that eating melons balances your body's pH, which can help slow the growth of cancer? You were aware that fiber is an important part of a healthy diet, but did you know that it lowers the risk of breast, colorectal, uterine, and prostate cancers? Have you heard of maitake mushrooms, which kill cancer cells by enhancing the activity of T-helper cells? In addition to diet, Dr. Null discusses important supplements and herbs and cutting-edge therapies you may never have heard of. With twenty-five cancer-fighting recipes and testimonials from individuals who have found health through Dr. Null's methods, this book could save your life.*

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*A study of the development and rejection of vitamin C as a treatment for cancer, this text also explores the evaluation process of such a contentious treatment. Based on social, economic and financial considerations, it sees these decisions as political rather than objective assessments. Personal stories are included in a personal and moving way. The physical, mental, emotional, and financial toll that comes with a cancer diagnosis is immense and affects not only cancer patients but also families and entire communities. The vast majority of individuals who lose the battle against cancer are treated with the standard orthodox therapy. These people may never have questioned their oncologists, believing that they were in the best possible hands with their physicians' advanced education, their knowledge of the latest treatments, and all the tools of modern research at their disposals. In Overcoming Cancer, Gary Null explores the alternative treatments that most mainstream doctors will never discuss with their patients. Did you know that eating melons balances your body's pH, which can help slow the growth of cancer? You were aware that fiber is an important part of a healthy diet, but did you know that it lowers the risk of breast, colorectal, uterine, and prostate cancers? Have you heard of maitake mushrooms, which kill cancer cells by enhancing the activity of T-helper cells? In addition to diet, Dr. Null discusses important supplements and herbs and cutting-edge therapies you may never have heard of. With twenty-five cancer-fighting recipes and testimonials from individuals who have found health through Dr. Null's methods, this book could save your life.*

"This book is a fine resource for every doctor, patient, and family who has to confront the reality of breast cancer."—Bernie S. Siegel, M.D., Author of Love, Medicine, and Miracles Attitudes about breast cancer diagnosis are changing, and women and their families are becoming more assertive about managing their disease. They know that more choices are available now than ever before, and they are willing to make them. This book encourages you to take control. Cathy Hitchcock and Steve Austin, N.D., have written a book for women who are ready to actively participate in their diagnosis and treatment. A husband and wife team, Hitchcock and Austin walk you step-by-step through each part of diagnosis, treatment (both conventional and alternative), and prevention (including prevention of a recurrence). With the help of a flow chart, they examine different diagnosis options. They also suggest questions to ask your doctor and offer checklists, summaries, and overviews. Interwoven with all this information, Cathy shares her personal story as a breast cancer survivor. She describes her ordeal upon discovering the lump and the transitions she has gone through to live with the diagnosis in a life-affirming way. Unlike many other breast cancer patients, Cathy didn't simply accept the choices offered by medical doctors. Instead, with the help of her husband, she studied the research and made her own decisions about conventional and alternative treatments.

In today's busy stress-filled world, maintaining a healthy, balanced diet can be a constant struggle. Making the right food choices is not always a priority. We may be considered an educated society, yet seem to be blind to the fact that our diets are typically unhealthy—low in whole grains, legumes, and fresh produce, and high in processed, fat-laden, sugary foods and beverages. In doing so, we are putting ourselves at risk for such serious health conditions as heart disease, arthritis, diabetes, and cancer. The truth is that practicing good dietary health is not as difficult or as time consuming as people might think. In his new concise guide Macrobiotics for Everyone, best-selling author Roger Mason makes healthy eating fun, delicious, and, most important, easy. Expanding upon the Japanese macrobiotic tradition, this book offers a diet that is not only creative and less restrictive, but also very delicious and satisfying. Divided into two parts, the book begins by defining the macrobiotic philosophy and tracing the history of the macrobiotic movement. Part Two concentrates on simple yet practical ways for anyone to apply the macrobiotic diet into his or her life. Throughout the book, readers will find chapters on topics such as natural supplements, exercise, and the problem with fat diets. As an added bonus, a chapter on meditation for reducing stress is included. A balanced diet and lifestyle can both prevent illness and serve as a powerful healer. With Macrobiotics for Everyone in hand, you will learn the simplest and most effective ways to achieve both balance and good health in your life.

Anatomy of an Illness as Perceived by the Patient

A Practical and Delicious Approach to Eating Right for Better Health, Natural Balance & Less Stress

A Complete Guide to Preventing, Treating, and Overcoming Cancer

Chris Beat Cancer

Education of Cancer Healing Vol. VI - Mavericks

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