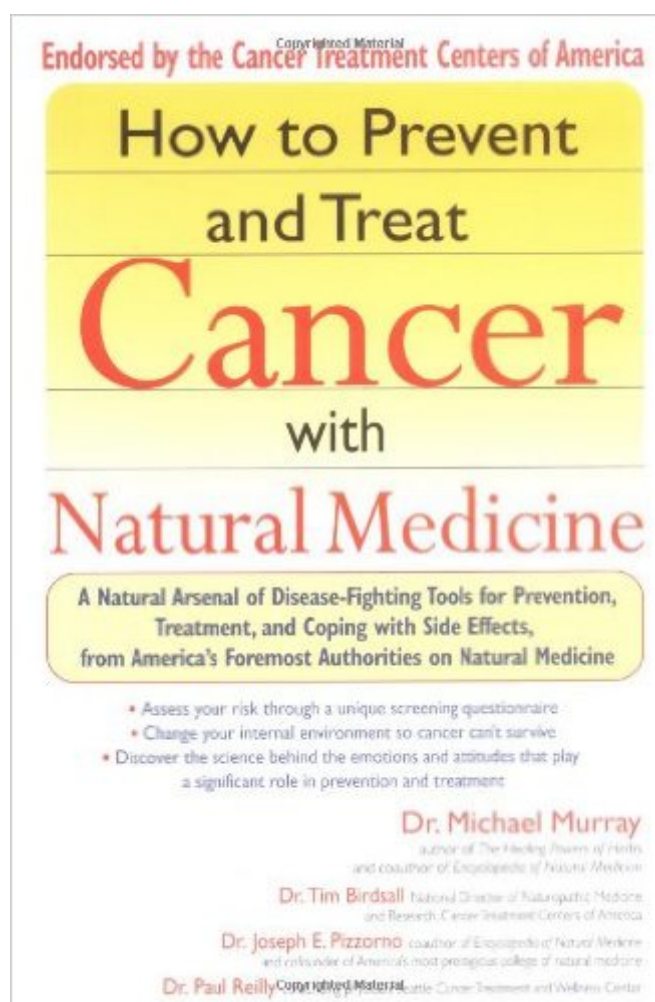


The book was found

How To Prevent And Treat Cancer With Natural Medicine



Synopsis

In this comprehensive, practical approach to combating and preventing cancer, readers can assess their risks through a screening questionnaire, learn to change their internal environment to thwart cancer, and discover the science behind the emotions and attitudes that play a significant role in prevention and treatment. Divided into three sections-prevention, treatment, and coping with side effects of treatment-How to Prevent and Treat Cancer with Natural Medicine offers precise combinations of food, vitamins, herbs, minerals, and supplements; daily meal plans; and shopping lists, as well as specific recommendations for breast, prostate, lung, and colon cancer.

Book Information

Paperback: 432 pages

Publisher: Riverhead Books; First Thus edition (November 4, 2003)

Language: English

ISBN-10: 1573223433

ISBN-13: 978-1573223430

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (46 customer reviews)

Best Sellers Rank: #115,845 in Books (See Top 100 in Books) #102 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #120 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #197 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

Customer Reviews

After having two close family members diagnosed with cancer I became very concerned about the nutritional and environmental links to the disease. When someone you love has kidney cancer and the doctors tell you that they don't know why it happened you have a tendency to panic. I set out to learn everything that I could about cancer and possible causes and/or techniques for prevention. Being a hospital administrator with just under two decades I have tended to look at complementary medicine with a jaundiced eye. In my case traditional allopathic medicine didn't seem to have the answer, so I decided to look into all the available alternatives. The book advocates a number of "natural supplements" that I have not introduced into our family. As someone that tries not to take medications due to their toxicity I choose to forgo these products. My particular medication phobia comes from having a good friend that is a pharmacist. If you don't have this

particular phobia there is a lot of information about supplementation contained in the book. The book does contain dietary suggestions that make a lot of sense. The general dietary guidelines are as follows: (increase your consumption of fish, whole grains, legumes, cabbage, vegetables, nuts, and fruits and; decrease your consumption of meats, dairy, total fat, saturated fats, refined sugar, total calories and alcohol.) It is difficult to argue with this advice. It just makes good sense for all of us. There is an entire chapter in the book dedicated to making your body a hostile environment for the development of cancer. The principles that they outline would be healthy additions to most American's lifestyle.

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