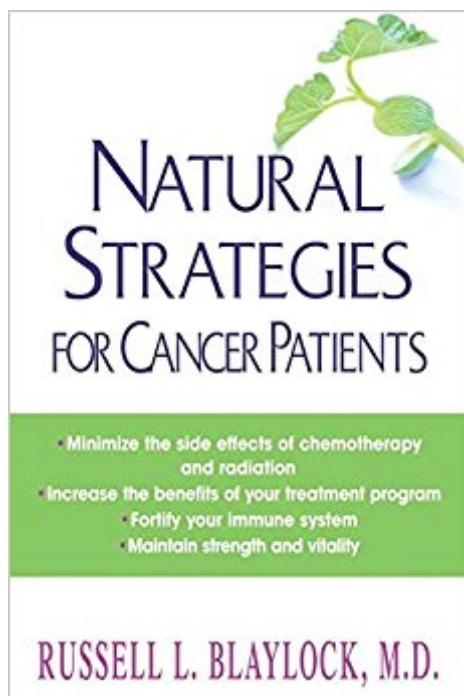


The book was found

Natural Strategies For Cancer Patients



Synopsis

Cancer and current cancer treatments wage war on the body, but Russell L. Blaylock - a respected doctor and clinical assistant professor of neurosurgery - has developed an easy-to-follow program to fight back naturally. This book shows how easy it can be to fortify nutritional status during this critical time.

Book Information

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Customer Reviews

Blaylock is director of Advanced Nutritional Concepts, and clinical assistant professor of Neurosurgery at the University of Mississippi Medical Center.

Perfect for cancer patients, or for just knowing how to lessen your chances for getting it. I've given several of these books to friends who needed them. Dr. Blaylock's "Nutritional Secrets That Can Save Your Life" is a must-have, also. I've bought that one for a number of people, as well. When I first started reading it, I thought I should use a yellow highlighter on important information that I might want to come back to later on -- things that were really need-to-know. After changing the first few pages to nearly solid yellow, I gave up on that! The rest of the book is perfectly pristine...well except for all those pesky dogeared corners. :) Everyone needs to have those two books on their shelf.

This book is for anyone who has cancer, had cancer, has a genetic predisposition towards cancer

or who's passionately interested in leading edge nutritional information. Blaylock persuasively and effectively drives home the message that cancer can be prevented, lessened, and possibly even cured by what you eat. Nutritional fitness is especially important for those dealing with chemo and radiation treatments because they do such great damage to the immune system. His bottom line advice is to veggie overdose and to cut out caloric sweeteners, processed foods, additives and omega-six oils. Those are the supposedly-healthy polyunsaturated oils that every major health organization says you should eat. Blaylock also advocates supplementation and gives explicit advice about types, quantities and how to determine a good manufacturer from a not-so-good one. Blaylock's writing style is particularly smart and easy-to-read. He has the rare ability to explain complex ideas in a way that most people can understand. This book was so interesting, so informative and so filled with information you won't find elsewhere, I literally could not put it down. Honestly, I finished it in two days with no skimming. I have read hundreds of books on diet and nutrition, and Natural Strategies stands way up and way apart from the pack. Do yourself a favor, spend the \$11 and give yourself or someone you love the gift of life. **HIGHLY RECOMMENDED!**

Dr. Blaylock's book is by far the best when it comes to explaining the importance of nutrition and cancer. We are inundated with ads telling us to eat processed, junk foods and don't get me started about fast foods. He exposes the pharmaceutical and biotech industries and how eating these toxic foods get us sick in the first place. I am a cancer survivor and luckily I found individuals who not only survived their cancer but did so with alternative treatments or a mix of conventional and alternative. I changed my diet from their advice, but I wish I knew about his book when I was going through treatment. He reinforces what regular people told me, since he is from the medical establishment. I am cancer free 2 years and will stay that way by following his recommendations. The book is easy to follow, and I appreciate his list of trusted companies where I can find supplements.

I was diagnosed with a rare form of cancer called synovial sarcoma in June 2012. I chose to treat using conventional medicine, but was hoping to improve my outcome by using the information outlined in this book. I improved my diet and started to take most of the supplements recommended by Dr. Blaylock. Although my radiologist advised against taking supplements during radiation, I crossed my fingers and continued to take the supplements anyway. I'm happy to report that the side effects from radiation were very minimal - only experienced hyperpigmentation of the skin - and the sarcoma shrunk by almost 70%, much to the amazement of my radiologist. This made my surgeon's job very easy. In addition, my surgery went very well (just had it a week ago). I had little

swelling and did not need as much pain medication as I thought I would, probably because my body was strong enough to deal with the trauma of surgery. Overall, I feel the diet and supplements helped me tremendously with the favorable outcomes I had for my cancer treatments. I'm still healing, and time will tell whether or not Dr. Blaylock's approach will keep me healthy in the future, but for now, I'm a true believer. Follow up review (11/13/13)... Still doing well a year after surgery. I continue to eat well and take the supplements, although I cheat occasionally and do not take the high dosages that I did when actively treating my cancer. Overall I feel good and have stayed healthy. I highly recommend Dr. Blaylock's approach in conjunction with any treatment approach you decide to take.

Outstanding all the way around! I recommend this book to all of my cancer patients who are receptive to trying a complementary strategy and learning how to eat and supplement when healing from cancer. I'm a nurse for a major metropolitan health care system and unfortunately our cancer program doesn't have nutrition counseling. When I'm with cancer patients I have a limited amount of time with them so I try to teach them what I can and then I recommend this book.

Very good book for preparing patients for the three cancer regimens, chemo, Radiation, or surgery. Blaylock gives you specific directions so you aren't left guessing at what you need or how much and his suggestions are back by scientific data. Plus he is NOT pushing any of his own product like a lot of these guys do. This is the second best book out there that I have found so far for cancer patients, the best being "Anticancer: A New Way of Life" by David Servan-Schreiber

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