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Your Vitality Leigh Erin Connealy John P. Thomas Jenny Hrbacek Ann Louise Gittleman Toni Toney Dr. Willem Serfontein Brian
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founder and medical director of the center for new medicine and the cancer center for healing dr leigh erin connealy shares an

integrative approach to preventing and treating cancer with a practical program and strategies this book will empower you with knowledge that just might save your life or the life of a loved one ty m bollinger author of the truth about cancer when it comes to cancer conventional doctors are trained to treat their patients exclusively with surgery radiation and chemotherapy these methods are grueling on the whole body and they don t treat beyond the tumor or the cancer itself the focus is on the disease not the whole person and because of this the outcomes in conventional medicine can be bleak but it doesn t have to be this way dr leigh erin connealy has developed a whole person approach to treating cancer and these treatments have helped thousands of patients through her cancer center for healing in the cancer revolution dr connealy shows you how to get to the root causes of cancer and the practical steps you can take to get back on the path to healing chemotherapy and radiation have their place in treatment but in many cases they are simply not enough because cancer isn t caused by one thing but by many different factors all of these causes must be addressed not just the tumor the cancer revolution will equip you to make impactful achievable lifestyle choices that fight the root of the disease and that offer hope for recovery and a cancer free life now fully revised and updated with the latest research and treatment protocols

we have lost the war on cancer at the beginning of the last century one person in twenty would get cancer in the 1940s it was one out of every sixteen people in the 1970s it was one person out of ten today one person out of three gets cancer in the course of their life the cancer industry is probably the most prosperous business in the united states in 2014 there will be an estimated 1 665 540 new cancer cases diagnosed and 585 720 cancer deaths in the us 6 billion of tax payer funds are cycled

through various federal agencies for cancer research such as the national cancer institute nci the nci states that the medical costs of cancer care are 125 billion with a projected 39 percent increase to 173 billion by 2020 the simple fact is that the cancer industry employs too many people and produces too much income to allow a cure to be found all of the current research on cancer drugs is based on the premise that the cancer market will grow not shrink john thomas explains to us why the current cancer industry prospers while treating cancer but cannot afford to cure it in part i in part ii he surveys the various alternative cancer therapies that have been proven effective but that are not approved by the fda

your go to guide for cancer testing roughly 38 percent of men and women will be diagnosed with cancer in their lifetime according to the national cancer institute breast cancer survivor and nurse jenny hrbacek knows it doesn't have to be that way americans are led to believe that the only way to discover cancer is by waiting for a tumor to grow big enough for a mammogram biopsy or pet scan to detect it jenny hrbacek proves this to be wrong tumors can grow undetected for seven to ten years knowing this you can intervene with early testing and avoid chemotherapy and radiation in cancer free are you sure learn where to get the most effective tests for early detection what those tests entail and how accurate they are building on her knowledge as a nurse as well as her own journey with breast cancer hrbacek gives you the tools to be an advocate for your own health cancer free are you sure features steps to accessing the most current early detection genomic and chemosensitivity tests treatment options other than chemotherapy surgery and radiation resources to connect you with integrative cancer physicians insight as to which drugs and natural therapies are effective for your cancer if you've already had cancer and you think you're cancer free hrbacek

challenges you to validate that status you deserve to live cancer free

from the new york times bestselling author of the new fat flush series and a visionary and pioneer in the world of natural healing
a fat burning diet izabella wentz pharmd fscfp functional pharmacist and 1 new york times bestselling author of hashimoto s
protocol and hashimoto s the root cause radical metabolism reveals the secrets to reviving a sluggish over forty metabolism no
matter your age if you re a slow loser who wants to speed off stubborn pounds and keep those pounds off for good then this
book is for you inside radical metabolism you ll discover which forbidden fats forgotten flavors and fat busting beverages you
must eat and drink in order to supercharge your metabolism making weight loss easier than ever before but weight loss is just
the beginning with this easy to follow program you ll also enjoy greater energy balanced mood healthier skin and protection
against autoimmunity gallbladder issues type ii diabetes and other health problems a breeze to use the radical metabolism
program consists of a four day radical intensive cleanse designed to rest your digestive tract and detoxify your body a twenty one
day radical reboot where you ll learn exactly what combinations of foods to eat for results you can feel and see a maintenance
plan for a radically healthy life with menu plans fifty sumptuous recipes an extensive resource section radical metabolism has
everything you need to supercharge your metabolism and transform your body into a fat burning dynamo in just twenty one days
i deeply respect and honor the work of ann louise gittleman as well as what she has done to bring intelligence to the world of
nutrition mark hyman md medical director of cleveland clinic s center for functional medicine and 1 new york times bestselling
author of young forever

a sustainable way of eating for your body and your planet the ecotarian diet is far more than being a vegan vegetarian or raw foodist it is a sustainable way of eating that supports the ecological balance of our bodies and our planet change the foods you're burning for fuel and you'll not only change the course of your life but the life of your planet

there are few things that instill more fear in the hearts of human beings than the verdict you have cancer for most patients this is the equivalent of a death sentence because of the extremely high mortality rate associated with most cancers despite conflicting reassurances by medical doctors and costly treatment using orthodox methods this fear is aggravated by the fact that patients generally have no misunderstanding of the disease and also do not understand that successful treatment consists of much more than orthodox medical treatment

proceedings of the american academy of anti aging medicine s a4m seventeenth world congress on anti aging medicine regenerative biomedical technologies spring summer and winter sessions 2009 conference year also includes anti aging clinical protocols 2010 2011

unleash your vitality disease is on everybody's mind nowadays and if we want to change that we should think about preventing it unleash your vitality is a step by step guide which will show you what to do to prevent becoming ill while being able to live a long revitalized and happy life in this book you will learn how to strengthen your immune system and keep disease at bay once you've reinforced your immune system you won't have to worry about illnesses allergies or cancer become more energetic and do

anything you want and enjoy without feeling tired low energy is the first symptom of your health being affected but it can be restored with a good balance of nutrients increase your bone strength and reduce inflammation look your best the way your skin hair and nails look depends on the quality of nutrients you have in your diet wisely chosen supplements will make you radiant with health boost your brain activity and become smarter the brain is in constant need of vitamins so adequate levels of these will help you learn and improve your attention and concentration while also preventing alzheimer this book goes beyond these problems and illustrates how you can dramatically improve your life just by making a few smart changes are you ready insufficient vitamin intake is apparently a cause of chronic diseases most people do not consume an optimal amount of vitamins by diet alone it appears prudent for all adults to take vitamin supplements journal of american medical association investing in your health is the best retirement plan ever if you do not invest in your health you do not need a retirement plan at all what others said gets to the core of getting healthy a well written book that gets to the core of getting healthy intuitive eating isn't good enough with nutrition you will leap into vitality superfoods supplements life style and self monitoring just too much to mention get the book it's an easy read wim huppes md internist auteur the dutch institute huppes kemp a much needed wake up call dr van overbruggen's book provides a much needed wake up call to take charge of your health or likely risk the dire consequences his style is uniquely engaging energizing and very interactive with the reader it is certainly worth your valuable time to place yourself on the road to radiant health brian peskin md author hidden story of cancer and radiant health food is medicine perhaps the most powerful drug on the planet there is one place that nearly everything that matters today in the world converges it is our fork and

what we decide to put on it every single day is of utmost importance we need a real food revolution exactly the kind that rob a a van overbruggen simply and evidently described in this book as a doctor it is my job to figure out the best way to keep my patients healthy we now know that food is medicine perhaps the most powerful drug on the planet with the power to cause or cure most disease if food is more than just calories if food is information that controls every aspect of our biology and health then i better know what to advise people to prevent treat and even reverse chronic disease in this this book rob talked about facts that amazed me but it s the ugly truth as he said and we all must know it you ll enjoy your reading journey from the start till the end with up to date evidenced based information that will transform your life i would like to express my sincere gratitude to rob a a van overbruggen and to take this opportunity to let you know how much i respect and admire you as a dedicated professional who has a message to deliver to all persons all over the globe laila moustafa kamel md this is a wonderful and practical guide to improve your nutritional status and antioxidant defenses prof dr m maes md ph d

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