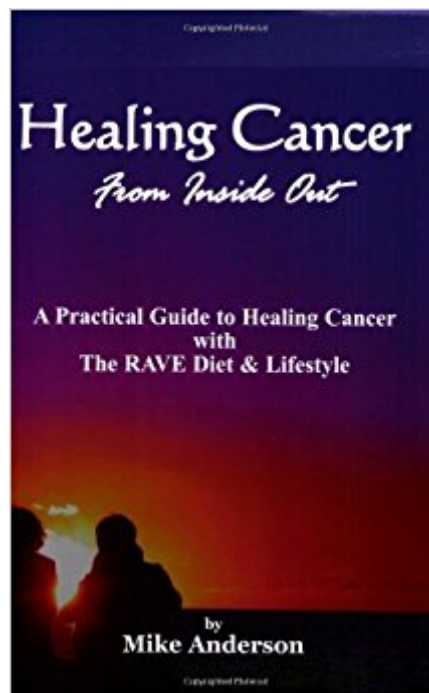




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Healing Cancer From Inside Out: A Practical Guide To Healing Cancer With The Rave Diet And Lifestyle



Synopsis

The first part of the book delves into the details behind the failure of conventional treatments and provides a shocking portrait of just how unsuccessful current treatments are. This will provide invaluable guidance to cancer patients struggling with treatment decisions. It also shows how successful nutritional treatments have been in reversing cancers. When comparing success rates, nutritional treatments are the winners. The second part of the book provides an explanation of how cancer can be reversed naturally through diet and lifestyle changes. It details how the typical "healthy" American diet creates a toxic cellular environment which promotes cancer. It also explains how to change that environment in order to rebuild your immune system, while simultaneously changing the basic biochemistry of your body so it can fight cancer. The remaining parts of the book explain the RAVE Diet, which has been tailored and optimized to fit the needs of cancer patients in order to get the maximum nutritional bang for the calorie buck. It is a how-to-book with practical tips and suggestions and over 200 recipes so you can easily make the RAVE Diet your everyday diet. And the simple Rules of Meal Preparation will show you how to prepare the meals you like very quickly without ever looking at a recipe. It also discusses the good, bad and ugly aspects of supplementation, why certain popular supplements should not be taken and why certain not-so-popular supplements should be taken. It also dispels some myths regarding supplements interfering with conventional treatments, as well as many other topics, such as the controversy over soy and breast cancer. The book is not only easy to read, but entertaining and inspirational. For anyone with an interest in cancer - or anyone interested in their health - this book delivers the goods. It may, in fact, be one of the most important books you'll ever read.

Book Information

Paperback: 282 pages

Publisher: RaveDiet.com; 1st edition (March 23, 2009)

Language: English

ISBN-10: 0972659056

ISBN-13: 978-0972659055

Package Dimensions: 8.9 x 5.9 x 0.7 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 34 customer reviews

Best Sellers Rank: #465,074 in Books (See Top 100 in Books) #192 in [Books > Medical Books](#)
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Customer Reviews

Mike Anderson is a medical researcher, author and filmmaker. He is the author of The RAVE Diet & Lifestyle and two award-winning films: Healing Cancer From Inside Out and Eating.

The information this book provides is nothing short of shocking. Two months ago I was diagnosed with colon cancer. As an unapologetic research nerd, I read everything I could get my hands on to learn more about what was wrong with me and how best to battle it. Mike Anderson's book is far and away the most informative resource I've come across. Highly recommended!

As an RN, I can fully recommend Mike Anderson's books, which confirm and complement the work done by Max Gerson in the 1950s, who CURED over 50 cases of cancer through diet alone. I didn't know that doctors will lose their license if they expouse any of this information to their patients. Anyone with cancer or who knows anyone with cancer NEEDS this information.

Most diseases come from within. So why not believe that food can cure from within? That is the message in this book. It tells you what to eat to build your immune system to fight cancer. Many people, however, don't believe in the power of nutrition and accept traditional medicine and the treatments of chemo, radiation, and surgery as the way only to treat cancer. There are thousands of cancer patients who use the right foods to HEAL them...longer than a 5-year "survival" that traditional medicine offers.

Very readable and good information about what the big pharma puts us through to supposedly heal Cancer. I found the sources for his research and conclusions to be very credible. I hope that anyone who has cancer, like me, will read this and be given hope through non-traditional methods to help our immune systems heal. A real eye opener if the reader is new to alternative methods. A great book to add to your research library.

*** Life Saver ***

I wish I had read something like this back in 2003 when I was diagnosed with cancer! I was stampeded into the oncology routine of cut, burn and poison. I have since been researching on line

to find "The better way". I have learned from this book some new truths and found that what I thought was a healthy diet IS NOT. I am going the vegetarian route now. This book is a revelation! Knowledge is freedom and Health. Sara Ohrtman

Excellent information and resources. This book gave me what I needed and the resources to look up to enable me to make the best decision for me concerning my cancer treatment. It led me to a place where I can actually heal and cure my cancer.

Still reading it but so far I find it matter of fact, informative, extremely helpful and everything he says is referenced.

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