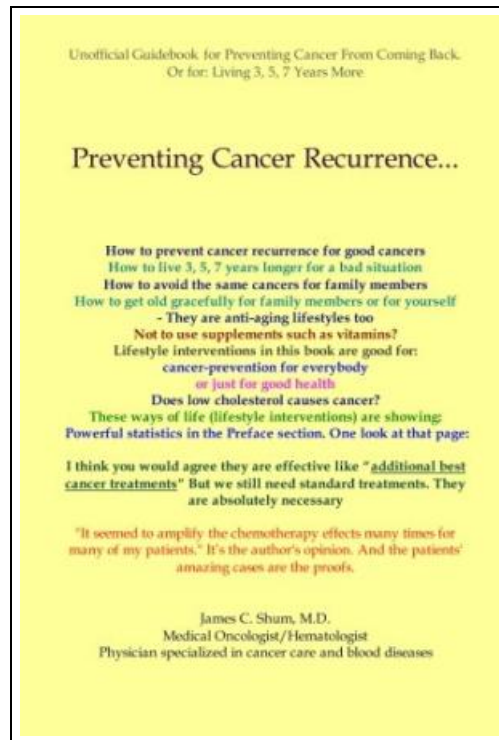


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Dear Readers: First of all, I want to say I want to prevent cancer recurrence. Recurrence means cancer coming back. I survived a Desmond tumor 15 years ago. A Desmond tumor is a very low grade sarcoma, only 10% chance to recur. I know with the lifestyle adjustments in this book I learned and do, the chance of recurrence is probably zero. Recurrence, or cancer coming back is fatal in this disease, as I read in Memorial Sloan-Kettering Cancer Center literature. The next thing I want to mention is, the price you pay for this book is the cost of printing this book. I just rounded off the pennies of the cost figure provided by the publisher, to make it a lucky number. The number .38 means being alive and thriving. I am a physician specializing in cancer treatment. That is: I am an ocologist. For the last 10 years before my retirement. I "preached" lifestyle interventions to my cancer patients, in addition to them receiving standard treatments. I hoped to treat them better. I did not have much expectations in life-style-change ended up controlling cancer in the beginning. Why, simply, cancer is a hell lot of a disease. You don't expect little things like exercise, which is one of the seven life-style interventions, could do much against this devilish disease, isn't it? But to my big surprise, patients with bad cancers that were expected to survive abut 1 or 2 year. Instead, they survived 3, 5, and 7 years. And it was most of them! I was exhilarated. Patients and families were happy. They were smiling. Can you imagine a person with "terminal" cancer, or their family, smiling genuinely? But, after all, a few...

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