



Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition

By Mauris L. Emeka

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By Mauris L. Emeka

We are losing the war on cancer. Our approach is all wrong. We refer to the tumor as "the cancer", when really the tumor is but a symptom. And cancer itself is the PROCESS that caused the symptom. "Treatment" efforts almost always ignore one proven fact: the fact that cancer is a chronic metabolic disease arising from dietary deficiency. Cancer's Best Medicine -- A Self-Help and Wellness Guide (second edition) is a 64-page book packed with practical information that can be useful in preventing and overcoming cancer. It is sure to attract the interest of readers who desire to take greater responsibility for their health and wellbeing. This book offers a new way of thinking about cancer. And if we are to ever conquer cancer, it is vital that we understand that the tumor symptom is not the same as the underlying cancer process that produced it. It is important to commit to a few back to basics changes in one's diet and lifestyle -- changes that can destroy the malfunctioning process that produces tumor symptoms. This book is well researched, containing an index, a bibliography, a recipe section, and a very thoughtful Q & A section. The author's user-friendly writing style shows the reader how to nourish his or her body so that the cancer process that gives rise to tumors cannot thrive. "Cancer's Best Medicine", second edition, is less concerned with getting rid of the smoke (e.g., the tumor) and more concerned with things we each can do to put out the fire that caused the smoke . It is not a book about conventional cancer treatment, nor is it about alternative cancer "treatment". The emphasis is simply on nourishing one's body with mainly plant-based foods, and healthy thoughts and actions that greatly strengthen the body's healing power. This is the author's third book written on this subject.

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Bibliography

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Editorial Review

Review

"A well-researched, ably written, "do-it-yourself" instructional guide to preventative "back to basics" health measures." --The Midwest Book Review

"Mr. Emeka inquires into what some doctors knew over 100 years ago -- that cancer is a process... a malfunctioning process...and that removing the tumor is NOT the same as removing or curing the cancer." -- Nature's Lessons Health News

"This book gets right the point. It makes an easy reference guide and a good gift for those concerned about cancer. It presents a simple system of lifestyle and dietary changes that people can begin making today. This book is part of a growing understanding that people no longer have to be victims of cancer, treating only its symptoms." --M. Epperson --The Midwest Book Review

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About the Author

Mauris Emeka is a retired army officer and retired Amtrak trainman who developed a passionate interest in health issues, and cancer in particular, when his wife passed away due to cancer in 2001. This is Mr. Emeka's sixth published book, his third book about cancer and diet.

Users Review

From reader reviews:

Julia Gilmore:

The book Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition gives you the sense of being enjoy for your spare time. You can use to make your capable far more increase. Book can to be your best friend when you getting strain or having big problem with the subject. If you can make looking at a book Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition to become your habit, you can get a lot more advantages, like add your personal capable, increase your knowledge about some or all subjects. You could know everything if you like wide open and read a guide Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition. Kinds of book are several. It means that, science e-book or encyclopedia or some others. So , how do you think about this e-book?

Krystal Sutherland:

Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition can be one of your beginning books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition but doesn't forget the main level, giving the reader the hottest along with based confirm resource info that maybe you can be one among it. This great information can certainly drawn you into fresh stage of crucial pondering.

Nora Mickey:

Is it a person who having spare time then spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition can be the answer, oh how comes? The new book you know. You are thus out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

Bernice Bland:

As a pupil exactly feel bored to be able to reading. If their teacher questioned them to go to the library or to make summary for some reserve, they are complained. Just very little students that has reading's spirit or real their hobby. They just do what the teacher want, like asked to go to the library. They go to presently there but nothing reading seriously. Any students feel that looking at is not important, boring and can't see colorful images on there. Yeah, it is to get complicated. Book is very important in your case. As we know that on this era, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition can make you sense more interested to read.

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