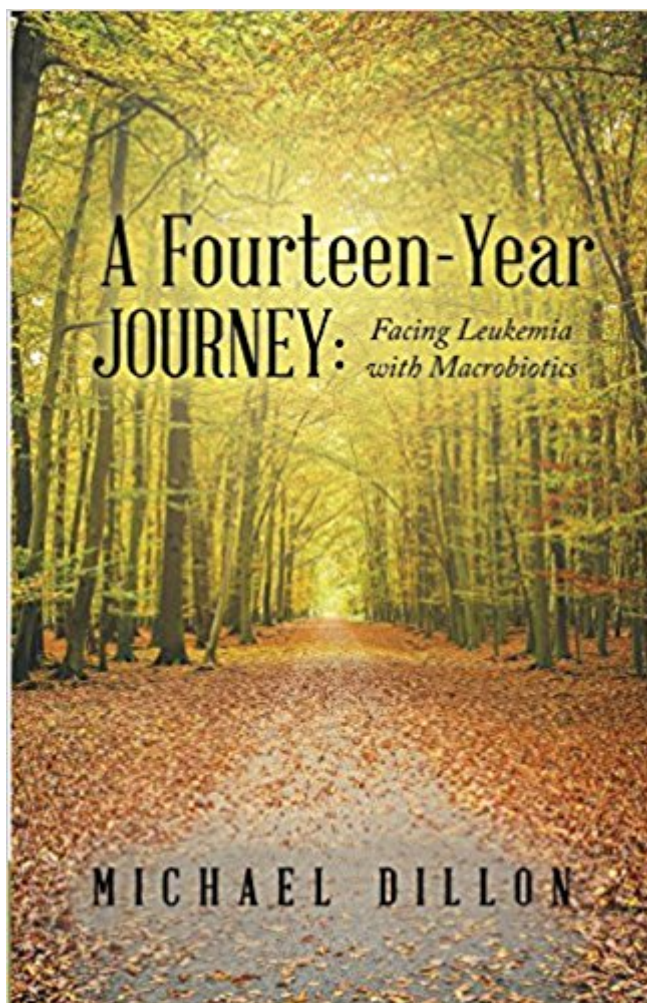


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A Fourteen-Year Journey: Facing Leukemia With Macrobiotics



Synopsis

A Fourteen-Year Journey: Facing Leukemia with Macrobiotics is a story of the courage and dedication while facing cancer to live each day to the fullest, and a valuable contribution to the growing literature exploring the importance of complementary and alternative medicine. With the growing acceptance of Eastern modalities, such as acupuncture in Western medicine, A Fourteen-Year Journey offers you the opportunity to: Explore the gulf separating Western and Eastern medicine, including proof versus performance and the cult of expertise Discover the wide range of macrobiotic practices affecting food choices, cooking, eating, chewing, exercising, and sleeping Consider the evidence presented on one woman's fourteen-year journey to control and ultimately reverse an allegedly irreversible blood cancer without chemotherapy or radiation Learn to listen to your own body so that you can become your own best advocate And decide that you can take more personal responsibility and control over your own health.

Book Information

Paperback: 150 pages

Publisher: LifeRich Publishing (March 21, 2014)

Language: English

ISBN-10: 1489701656

ISBN-13: 978-1489701657

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #3,558,497 in Books (See Top 100 in Books) #82 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Leukemia #29929 in Â Books > Self-Help > Motivational #43595 in Â Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

I read it then recycled it. This woman spent 3-4 hours per day preparing a macrobiotic diet and then died, in her 60's, of pneumonia. As a person recently diagnosed with leukemia, I view the book as more of a healing process for the author/husband than as a valuable resource for leukemia patients. My approach to survival is to go live my life to the fullest - enjoy every moment and not live my days consumed by my diagnosis. Peace to those of you, who for whatever reason, are reading this review.

A powerful book. I'm happy that the author shared these experiences. The book can be a useful, inspirational guide for others.

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