



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

By Mauris L. Emeka



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

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Gary Gonzales:

Spent a free time to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they undertake activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, maybe the reserve entitled Cancer's Best Medicine -- A Self-Help and Wellness Guide, second edition can be fine book to read. Maybe it may be best activity to you.

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