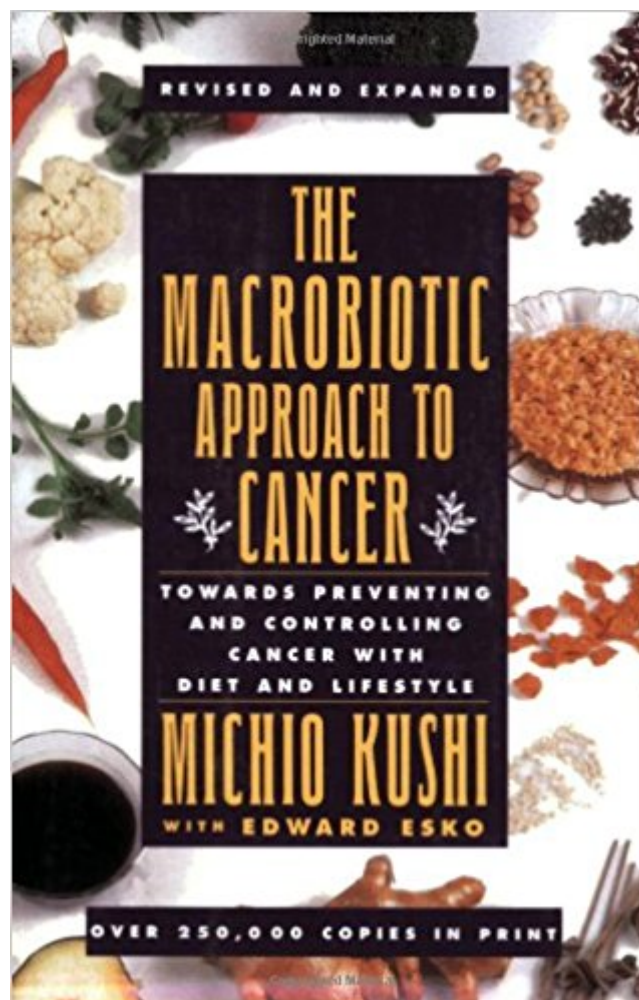




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# The Macrobiotic Approach To Cancer: Towards Preventing And Controlling Cancer With Diet And Lifestyle



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## Synopsis

The revised and expanded edition of the book that started Dr. Anthony Sattilaro on his remarkable recovery from cancer, as reported in Life Magazine. Inside, Michio Kushi, founder of Macrobiotics in America, points the way toward a long-lasting solution to the problem of cancer. Also included are twelve moving personal stories of cancer victims who overcame illness through macrobiotics. Â More than thirty-five years ago, Michio Kushi began saying that diet was a principle cause of cancer. He pointed out that a diet based on whole grains, sea and land vegetables, beans, and seasonal fruits could prevent, and in many cases, help reverse the process of cancer. In this edition of The Macrobiotic Approach to Cancer, Mr. Kushi details the macrobiotic diet and lifestyle that has helped thousands of individuals recover from illness and find better health and peace of mind.

## Book Information

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## Customer Reviews

It is not an exaggeration to call the rise in the incidence of cancer an epidemic, and modern diet and lifestyle seem like two of the more obvious possible culprits. Author Michio Kushi, founder of Macrobiotics in America, reviews what 25 years of scientific research into the links between diet and cancer has taught us, and then proposes some fairly simple, if stringent, dietary goals. Michio suggests general guidelines, rather than specific diets, allowing the reader to understand the principles of macrobiotics, and create a personalized nutritional program. The Macrobiotic Approach to Cancer includes dozens of anecdotal accounts of cancer survivors who benefited from macrobiotics, an inspiration to those of us who have trouble contemplating a life free of sugar and spice and what seems like everything nice. This is not a cookbook; Michio wisely advises that you

take a class in macrobiotic cooking if you decide to adopt a macrobiotic diet. -- From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by Patricia Pettijohn

In many ways, cancer is a symbol of the destructive trends that confront us all in the final decade of the twentieth century. The crisis in personal and global health, in which cancer plays a major role, is rapidly approaching a critical stage, and may soon threaten the continuation of society. In order to reverse this destructive trend and avert future catastrophe, we need to change our way of thinking and look beyond partial or symptomatic answers....Central to this new understanding is a respect for the importance of diet. Medical studies and case reports indicate that sea vegetables can be effective in eliminating tumors....A 1986 screening of sea vegetables for antitumor activity found that nine out of the eleven varieties studied inhibited tumors in animals.

I have owned this book many times and lent it out to many that were very ill, I have seen so many people in my immediate circle of friends and family get healed with this non invasive way of health. A great book!

Things were too confused and didn't track at all. There was so much confusion it was impossible to follow what might have been a good book. I do not recommend this book in Kindle version at all.

GOOD

Book arrived in great condition. Gave it to my daughter who is battling with cancer at this time. She really appreciated it and was already doing many of the things it suggested.

I purchased this for a friend who was dealing with cancer. Since following the information in this book, in addition to having chemo, his cancer has shrunk by over 90%.

I don't know of a more complete book on this subject available today. It covers everything anyone needs to know to follow this approach.

When my husband was stage IV-D Hodgkins Disease with bone marrow involvement, I started him on macrobiotics during his chemotherapy. He was so debilitated he could not walk or care for

himself, he had to be carried to the bathroom and I had to brush his teeth. Within 1 week of starting the diet he was back being able to walk and care for himself, it was astounding! His oncologists were convinced I was killing him as Macrobiotics is the polar opposite of how they tell you to eat during chemo. To prove me wrong, they ran a battery of tests on his nutritional status. They came back hat in hand and told me that they had never seen anyone (healthy OR sick) with such ideal numbers! They told me his test results could not be improved on, that whatever I was feeding him to keep it up, they had never seen anything like it. And they certainly couldn't argue with the improvement in his physical condition. He was never expected to even make it thru chemo, let alone go into remission. He finished his chemo and went into remission. Continued the diet for 2 years after then went back to old eating habits. Three years after that died of 2 different types of cancer caused by the combo of the radiation in 1972 and the chemo in 1986, so his oncologists say. I say his fatal mistake was his return to a typical American diet. At the very least the diet gave him 5 years he wouldn't have had otherwise, to get to know his daughter who was 7 when he died.

A great book and complemented my prior study from a school in Japan. However, the kindle version is kind of hard to read and it is kind of mess when read from computer and all the Tables do not show properly even from Kindly. As this is a good reference book too, buying a hard copy will be the best choice.

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