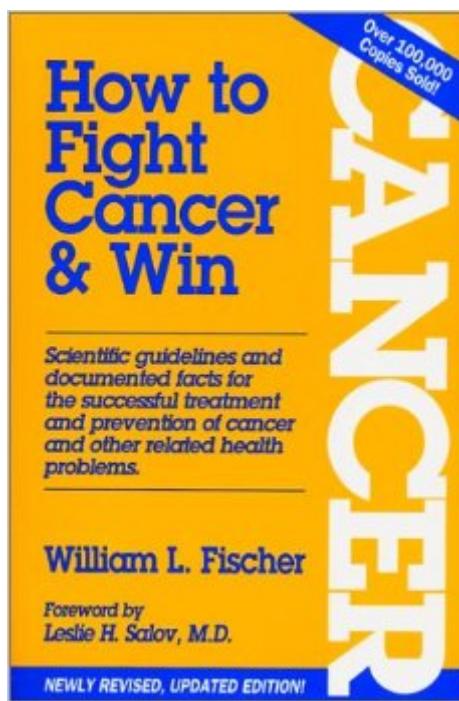


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# How To Fight Cancer & Win



## **Synopsis**

Maximize your chance of recovery from cancer - and learn how to prevent it - with this down-to-earth, practical guide that has saved and improved lives since its first publishing in 1992. This accessible book presents scientific guidelines and documented facts for the successful treatment and prevention of cancer and other health problems, and is a must-read for everyone, from those looking for a cure for cancer to those looking for a roadmap to surefire prevention.

## **Book Information**

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Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (59 customer reviews)

Best Sellers Rank: #479,110 in Books (See Top 100 in Books) #40 inÂ  Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #773 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #9200 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine

## **Customer Reviews**

Fischer's book, describing the anti-cancer method of Johanna Budwig, is excellent. But the essence of it in application can be stated very simply: Eat low-fat cottage cheese combined with flaxseed oil (sometimes known as linseed oil). It's best to obtain the oil in the REFRIGERATED section of a natural-foods store. The refrigerated form resists rancidity, which naturally happens quickly with flaxseed oil at room temperature, even in a sealed bottle..My comments are of course not a substitute for reading the book, but I have given you the essence of what to do. The rest are explanatory details that provide enough of a background that you can understand the reasons for the recommendation.

With the common American diet, transfats in our food, you too will develop problems. Do you have high triglycerides, or bad HDL/LDL ratios? Is your LDL (bad) cholesterol creeping higher and higher over the years -to the point at which your doctor is urging cholesterol lower drugs (poison)? It is very possible it is not what you are eating. It is what you are NOT eating.Sure, you may want to start

reading food labels and limit (stop) eating hydrogenated fats, but the information contained in this book -A diet exchanging Omega3 fats (as in unprocessed/ unrefined flaxseed oil) for other fat types, and adding sulfur based proteins to your diet, combined with the other surprising facts and studies -you will probably reduce your chances of developing cancer and heart disease.If you have developed cancer, the text strongly urges you to not ignore your oncologist's advice, but it gives you additional weapon for your fight against cancer. These weapons, alien to classical medical teaching, usually come in the form of food (plant teas) and lipid (fats) supplements -the flaxseed oil.This book is a must own (and studied) for everyone who has had a parent or sibling pass on from any form of cancer. And, even though this book is not a "diet" book, it will give the reader a new way to view food. It will help to modify America's behavior toward food. When the information in this book is observed and adhered to, you will loose weight. And because you will have increased your HDL lipid intake, you will not crave the snack foods containing the poisons that will leave your teenage children without your guidance.Oh... and sorry my fellow Americans... Although this book is not trying to make you a vegetarian (meats are good, they contain high density lipids -HDL-), the book will cause you to rethink the grilling/smoking of meats, nitrite cured meats (luncheon meats, ham, hotdogs, and wursted sausages) -and our beloved barbeque.

This is a spectacular book, even if you never get cancer! One of the very best parts is on Dr. Johanna Budwig and her amazing therapies. Although I have been studying natural and alternative health protocols for many years now, I had not yet heard of her work. Dr. Budwig was nominated for the Nobel Prize SEVEN times because of her amazing results in her biochemistry lab. and medical practice, using Organic Cold-pressed High Lignan Flaxseed Oil and Organic Cottage Cheese (or other high quality organic proteins). She cured DECADES worth of clients with her nutritional recipes, even those who had other degenerative diseases...NOT just cancer.Unfortunately, most Western governments hush-hushed her findings and did not allow this information to be made public, because it would take business away from big pharmaceutical companies!!!O.K., so you say, tell me about someone you know that this book has helped? Well, I've been on the once-a-day org. high lignan flaxseed oil and org. cottage cheese meal for only a few weeks, and my energy has increased by 300% and those j\*rxln!=grrrwvb?+@%^z BLESSED hot flashes completely disappeared!!! To top it off the horrid sciatica and firey nerve pain all the way down to the arch of my feet is 98% gone! This protocol seems to have been one big missing piece after 3 1/2 years of trying to heal naturally from serious Immune System damage and many serious levels of metal and chemical toxicities in my body.If I ever got cancer, this is THE BOOK I would use, along with the

wonderful Therapeutic Essential Oils from Young Living that saved my life last year. Both together have rescued me from very serious degenerative syndromes that are considered untreatable. I do not intend to be without either Dr. Johanna's diet (and there are 20-30 pages of detailed menus for those with cancer) nor the Young Living Essential Oils for the rest of my (FINALLY!!!) healthy and happy life. :-) :-)

I am an 18-year LIVER, not "survivor," of a diagnosis of low-grade, Non-Hodgkins lymphoma. I have lived 8-10 years LONGER than the "average" person lives with such a diagnosis. I have done that by doing as much alternative treatment---diet, psychology, exercise, supplementation, etc---as possible, and by using mainstream medicine as little as possible. That said, I will say, about this book, that in my 18 years of researching cancer treatments, this is one of the best, if not THE BEST, books on cancer I have ever had the pleasure to read. It is concise and easy to understand. It is encouraging---it gives the reader real hope. And it is for BOTH those diagnosed with cancer, and for those who have not yet been diagnosed with cancer. I say "not yet diagnosed with cancer" because the statistics, in the United States, at least, say that ONE out of every TWO men will be diagnosed with cancer, and TWO out of every THREE women will be diagnosed with cancer at some point in his or her life. So if you do not yet have cancer, get busy and read this book! If you do have a diagnosis of cancer, get busy and read this book! It is literally a LIFE-SAVER! Even if you were to spend \$40 dollars on this book, that is less than you would spend on one visit to an oncologist, and this book will give you 4,000 times MORE GOOD INFORMATION on how to prevent or how to heal from cancer than an oncologist EVER will!

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Cancer,Lung Cancer,Cancer Prevention) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer 33 Prostate Cancer Meal Recipes That Will Help You Fight Cancer, Increase Your Energy, and Feel Better: The Simple Solution to Your Cancer Problems Cancer Fighting Kitchen: Essential Cancer Fighting Foods to Heal Cancer and Cancer Fighting Recipes Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Roulette Rockstar: Want To Win At Roulette? These 3 Simple Roulette Strategies Helped An Unemployed Man Win Thousands! Forget Roulette Tips You've Heard Before. Learn How to Play Roulette and Win! How to Fight Cancer & Win How to Fight Prostate Cancer & Win The Anti-Cancer Diet: Healing With Superfoods: 21 Simple and Tasty Recipes That Fight Cancer Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for Your Type Health Library) Say No to Cancer: The Drug-free Guide to Preventing and Helping Fight Cancer

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