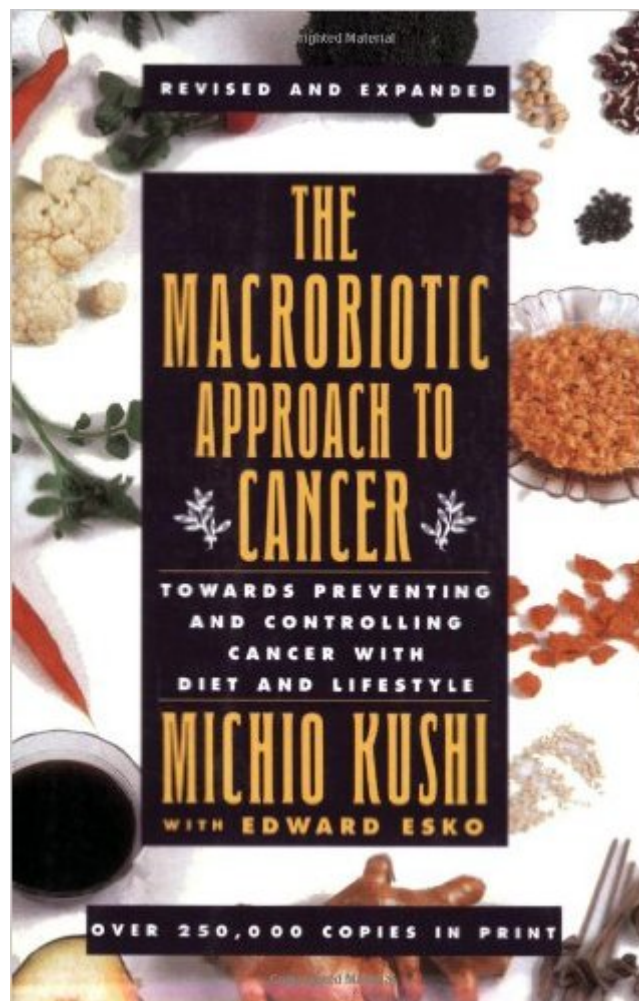


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The Macrobiotic Approach To Cancer: Towards Preventing And Controlling Cancer With Diet And Lifestyle



Book Information

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Customer Reviews

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.

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!

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.

Eighteen years ago I began the macrobiotic diet and lifestyle after attending a "Diet and Cancer" seminar and having a consultation with Michio Kushi. It was 9 months after I found a lump in my breast. I also did a lot of work on myself in order to heal but the diet was/is crucial as well. I am glad I eat that way, even now! I had the lumps taken out but no radiation or chemotherapy.

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