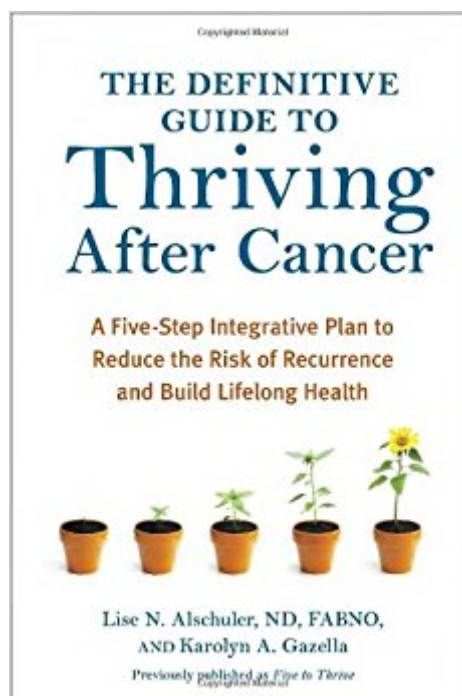




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# The Definitive Guide To Thriving After Cancer: A Five-Step Integrative Plan To Reduce The Risk Of Recurrence And Build Lifelong Health (Alternative Medicine Guides)



## Synopsis

A companion to *The Definitive Guide to Cancer*, this practical and fully revised guide (formerly titled *Five to Thrive*) outlines a five-step plan integrating both conventional and alternative therapies for cancer survivors. *You Have the Power to Thrive*. If you or someone you love is a cancer survivor, you may be living in fear that one day it will return. But you can protect yourself and build a strong anti-cancer defense system of health and wellness with this practical five-step plan from Dr. Lise Alschuler and Karolyn Gazella. In this companion to *The Definitive Guide to Cancer*, Alschuler and Gazella teach you not just how to survive, but also how to thrive after cancer by integrating the best of conventional, natural, and alternative cancer prevention therapies to support and enhance your body's five critical pathways. With simple, empowering daily actions that you can start today, it is the only program that provides the comprehensive approach needed for optimal health and recurrence prevention.

## Book Information

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## Customer Reviews

"This incredibly valuable resource will serve not only to reduce the risk of cancer and its recurrence, but also decrease obesity, diabetes, heart disease, and many other chronic ailments in those who follow its sound advice." —Donald I. Abrams, MD, UCSF Osher Center for Integrative Medicine  
By describing the epigenetic impacts on five key bodily pathways, the authors are able to effectively teach readers how to use this information to positively transform their

health.â •â "Ajay Goel, PhD, Director of Epigenetics and Cancer Prevention, Baylor Universityâ œScientifically sound and deeply movingâ |a rare combination of education and inspiration.â •â "Tina Kaczor, ND, Naturopathic Oncologist and Senior Medical Editor ofÂ Natural Medicine Journalâ œA powerful voice of compassion, optimism, and soulfulness.â •â "Philippa J. Cheetham, MD, Department of Oncology, Columbia University Medical Center

Dr. Lise N. Alschuler and Karolyn A. Gazella have been collaborating since 2002. Together they are the authors of The Definitive Guide to Cancer. They also host the popular Internet radio show Five to Thrive Live! featured on the Cancer Support Network at [www.w4cs.com](http://www.w4cs.com). For more information about them, visit [www.FivetoThrivePlan.com](http://www.FivetoThrivePlan.com). Lise N. Alschuler, ND, FABNO, is a naturopathic doctor with board certification in naturopathic oncology. She graduated from Brown University with an undergraduate degree in medical anthropology and received her doctorate in naturopathic medicine from Bastyr University. Lise currently practices at Naturopathic Specialists, based in Scottsdale, Arizona. She is past president of the American Association of Naturopathic Physicians, is a founding board member of the Oncology Association of Naturopathic Physicians, and currently serves as a director on both the American Board of Naturopathic Oncology and the Naturopathic Post-Graduation Association. She is the vice president of quality and education at Emerson Ecologics, where she developed and manages the Emerson Quality Programâ "a rigorous quality assurance program for professional dietary supplement brands. She also works as an independent consultant in the area of practitioner and consumer health education. Previously, Lise was the department head of naturopathic medicine at Midwestern Regional Medical Centerâ "Cancer Treatment Centers of America, a Joint Commission on Accreditation of Healthcare Organizationsâ "accredited regional hospital offering comprehensive integrative cancer care. Prior to that, she was the clinic medical director and botanical medicine chair at Bastyr University Natural Health Clinic. She is widely recognized as an expert in cancer treatment and prevention and is a sought-after speaker to physicians, patients, and the general public. While Lise was in clinical practice in Seattle, Washington, she was recognized as one of Seattleâ 's â œTop Doctorsâ • by Seattle Magazine, she received the Presidentâ 's Award from the Oncology Association of Naturopathic Physicians, and she was named as one of the â œNaturopathic Eldersâ • by the Canadian College of Naturopathic Medicine. Lise is also a breast cancer survivor. For more information, visit [www.drlise.net](http://www.drlise.net). Karolyn A. Gazella is the publisher of the Natural Medicine Journal, an innovative peer-reviewed medical journal for holistic-minded health care practitioners ([www.naturalmedicinejournal.com](http://www.naturalmedicinejournal.com)). Karolyn has been writing and publishing wellness information

since 1992. She is the author or coauthor of hundreds of articles and several books as well as the blog The Healing Factor, on PsychologyToday.com. In 2009, Karolyn was named one of the "Top 10 People in Integrative Health Care and Integrative Medicine" by the Integrator Blog. She is a volunteer for the Medicine Horse Program located in Boulder, Colorado, which is an innovative equine-assisted therapy program that helps high-risk youth. In 1995, Karolyn she was diagnosed with ovarian cancer. For more information, visit [www.karolyngazella.com](http://www.karolyngazella.com).

Not much here that's unobtainable in the many health newsletters out there. Probably a good way of obtaining information in one place. I am a fortunate long-term survivor and have read a lot on the subject. Exercise? Sure! Empathy? Beneficial to giver and recipient. And so on. This is a very good first book for anyone beginning recovery; if followed, it will lead to good practices.

This book provides such good advice for those of us lucky enough to have survived cancer. This doctor writes clearly and simply, and the recommendations are easy but clearly documented in the reasoning of those. Since following these 5 strategies, I have more energy, better sleep, and less fear. At the very least I'm doing the best I can to keep healthy today. Who knows what the future holds, but for the present, this advice sure seemed to make my life better.

Great book in wonderful condition. I think it should have arrived a bit sooner though. I've read this before but there is so much information contained in the book I wanted to have my own copy. This book is well worth the price.

A good follow up to The Definitive Guide to Cancer. There is a lot of wisdom, encouragement, and compassion within,

This is the best book I've read on the subject. If you have cancer or want it for a loved one, don't hesitate. Buy it!

A completely awesome lifestyle book for everyone trying to improve themselves and keep from getting cancer in the first place!

Very informative and filled with good advice both for the mind and spirit.

As a cancer survivor, I knew I had to have this book. It includes easy to follow, and easy to implement, steps so that I can continue to thrive after cancer. I don't think people realize that our bodies have 5 different pathways that need to be supported - I know I didn't! Keeping it simple, yet extremely useful and informative, this is a book I will recommend to others. Thank you!

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