



The Whole-Body Workbook for Cancer: A Complete Integrative Program for Increasing Immunity and Rebuilding Health (The New Harbinger Whole-Body Healing Series)

Dan Kenner

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There are new studies every day linking common foods and habits to increased cancer risk, but many of the causes of and treatments for cancer remain a mystery to practitioners of conventional medicine. If you're ready to try a different approach for strengthening your immune system, one that's based in scientifically researched natural medicine and alternative treatments, let **The Whole-Body Workbook for Cancer** be your guide.

Written by a health care researcher with a background in Western naturopathic medicine and traditional Chinese and Japanese medicine, this book offers sound methods for supporting your body with proven cancer-fighting foods and supplements and creating a lifestyle that assists in the healing process. Using this book, you will develop a longevity strategy of seven proven immune-boosting elements: detoxification, diet, supplements, lifestyle changes, exercise, emotional healing, and psychospiritual healing. Each of the seven sections addresses the most common cancers and offers remedies for the relief of symptoms associated with cancer and chemotherapy.

This book will show you:

- How to detoxify your body
- Techniques for using positive thinking for quality of life and survival
- How to make lifestyle changes you can live with
- Proven strategies for emotional healing

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