



# **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)**

*Lise N. Alschuler, Karolyn A. Gazella*

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**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.**

There are more than 13 million cancer survivors in the United States who, although they have finished treatment, often live in fear of recurrence. *The Definitive Guide to Thriving After Cancer* combats that fear by teaching readers not just how to survive, but how to thrive after cancer. The authors' integrative health plan, Five to Thrive, combines both natural and conventional healing methods to support and enhance five critical pathways to better health: immune, inflammation, insulin resistance, hormones, and digestion/detoxification. While other health plans may focus on one or two of these functions, this book is the only program that emphasizes a comprehensive approach needed for optimal health and recurrence prevention.

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This 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) book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book will be information inside this book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This 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) without we realize teach the one who studying it become critical in considering and analyzing. Don't end up being worry 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) can bring when you are and not make your carrier space or bookshelves' grow to be full because you can have it with your lovely laptop even phone. This 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) having good arrangement in word as well as layout, so you will not feel uninterested in reading.

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