

**Cancer's Best Medicine** by Mauris L. Emeka (ISBN: 0-9640125-4-5 Apollo Publishing International, Oberlin, Ohio 44074, [www.cancernomore.com](http://www.cancernomore.com), Softcover, 64 pages; \$9.00, E-book \$7.50).

With many books currently on the market providing guidance concerning cancer these days, and statistics showing one in three Americans will develop cancer, don't let apathy keep you from reading this self-help preventative guide. I have already suggested it to a friend of mine whose longtime co-worker has breast cancer. For many people it may just be the quick-read needed that changes their view and path from one of total conventional thinking consisting of those few narrow options of treating only the symptoms to one of taking charge of their health.

After losing his wife of 36 years to pancreatic cancer (the type that NHF past-president, Maureen died from two years ago), the author set out on a quest to heal his own emotional loss and to inform others about what his four years of research into cancer had taught him. Pancreatic cancer is the most aggressive cancer and causes 1% of all deaths in the U.S., with the survival rate being very poor. This particular booklet is now his third on the topic of preventative basics against cancer. At the book's onset, Mr. Emeka gives the reader a "black-box warning" that this is not the book for them if they are looking for a cancer treatment (alternative or conventional), but rather a guide on how diet and lifestyle can unleash your body's incredible healing power and how to make this happen.

The true focus of his booklet is that you can nourish the body so that cancer doesn't thrive and you must halt the underlying cancer process that gives rise to the tumor. He stresses that orthodox treatment of tumor symptoms misses the mark by failing to address the cause of cancer at the cellular level, stating that a person must create a "body environment" where the process of cancer cannot survive. The individual must address his or her personal diet and lifestyle so the underlying process can be suppressed. Quoting Hippocrates in his book, "Your food shall be your remedies and your remedies shall be your

food," he reinforces to the reader the explicit need for proper nutrition.

Mr. Emeka's summation is that cancer is fueled by four things: excessively acidic body chemistry, lack of digestive enzymes, a weak immune system, and lack of oxygen at the cellular level. And with these four points being totally determined by diet and lifestyle (factors that we as individuals can influence based on our daily choices), we have the personal power to make changes to hopefully prevent cancer or to slow down or halt the progression of it if cancer already has manifested itself.

The last two-thirds of the booklet provides the reader with the specific guidelines to pursue daily dietary changes, suggested recipes, and an extensive question-and-answer section filled with good information.

Honestly, once you finish reading this wise guide, you will probably not only use it as a personal reference but you will then make a list of friends and relatives and send each of them a copy as it would make a great gift. If time is of the essence, a digital download of the booklet in a pdf file is also available and less expensive. 

*Cheri Tips has held the Executive Director position at the National Health Federation for the past five years.*

Where there is a multitude of specific laws, it is a sign that the state is badly governed. —Isocrates

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