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*Here's The Deal About Cancer*

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## **Foreword from Julie Mills**

The material in this book is being presented in an effort to let the average person see that there are workable ways to deal with cancer. With conventional treatment, there is conflicting information and virtually no support for supplemental methods. I want to show you that it's all doable or, in other Here's The Deal About Cancer words, workable. I want you to understand that it isn't easy, by any stretch of the imagination, but it's simply doable.

You cannot incorporate supplemental treatments with the mentality of just "trying it." You have to take things seriously. It's important to build your immune function. In order to do this, you have to give your body vital nutrients on a daily basis.

By understanding how Here's The Deal About Cancer the therapies work, you can determine if they're right for your body. Once you decide on some therapies, how do you monitor them? You do that by understanding how they support your body's immune function. Ask yourself if

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they're reducing inflammation, reducing acidity, removing toxins, blocking tumor growth, providing antioxidants, inhibiting blood flow to the tumor (prohibiting growth), etc.

Once you're Here's The Deal About Cancer diagnosed with cancer, you have to understand that your body is broken. It's up to you to repair it and maintain it for life. This isn't the mind set of Here's The Deal About Cancer "just get the treatments over with and I'll be fine." The diagnosis of cancer is a wake-up call. A lifestyle change has to occur to keep the cancer from growing back. Your body already created an environment where the cancer can Here's The Deal About Cancer live. Without changes, it will continue to live. The incorporation of complementary therapies Here's The Deal About Cancer doesn't mean a person will survive forever. However, these therapies will improve a person's quality of life tremendously. Supporting your body will Here's The Deal About Cancer allow you to participate fully with the ones you love and in the things you love Here's The Deal About Cancer to do.

My family and I came up against some huge obstacles and many wake-up calls while battling brain cancer. I wouldn't wish cancer on my worst enemy; however, as I look around me, I see that it's an epidemic, but one that can be prevented in so many ways. There isn't just one thing that "causes" cancer. It's a cascade of many things that have gone wrong which means that there's not just one "cure" for cancer. A cure is the incorporation of many therapies that help fight the disease and keep it at bay.

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You don't have to suffer so greatly while undergoing treatments either. If you educate yourself about your disease and your immune function, you can incorporate changes in your lifestyle and eating habits that can greatly improve your quality of life. As I said earlier, it's all doable if you just take it seriously. You have the rest of your life ahead of you. What are you waiting for? Here's The Deal About Cancer

I write this book to share my experience in the hope of sparing others the learning curve we had to endure. The unknown is the biggest fear factor. Hopefully, through my journey and what we discovered, you will -

- Have a light at the end of that tunnel.
- Be empowered with a plan.
- Have a direction when it seems as if there is Here's The Deal About Cancer none.
- Be able to make educated decisions Here's The Deal About Cancer instead of desperate choices that you later regret.

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With warmest Here's The Deal About Cancer regards,

Julie Mills

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## **Here S The Deal About Cancer**

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