



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.

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.

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