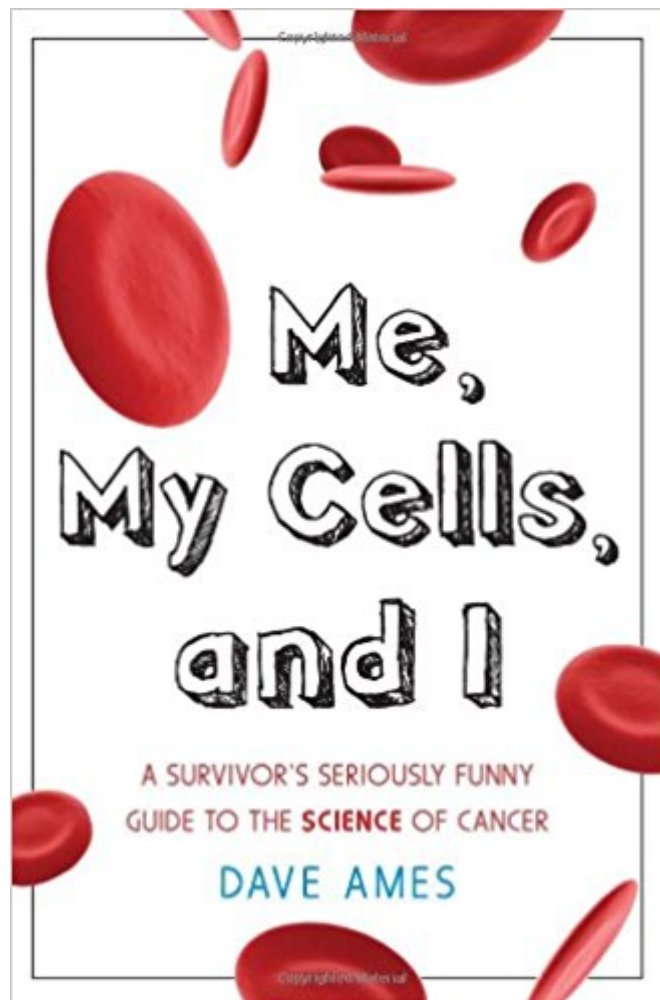




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# Me, My Cells And I: A Survivor's Seriously Funny Guide To The Science Of Cancer



## Synopsis

Conventional medical wisdom changes constantly, so how do we make educated health decisions? *Me, My Cells, and I* helps its readers sort through contradictory medical advice by comparing different cancer treatments, proposing the idea that when your cells have more energy, so will you. To learn how to deal with his advanced prostate cancer, Dave Ames studied Nobel Prize winning research and learned to make treatment and lifestyle choices resulting from the effects on his cells' ability to use oxygen. This path through the maze of conflicting health advice showed him what to eat and how to counter the side effects of radiation. His treatments ran the gamut from conventional drugs and radiation, to the less-conventional such as dietary changes and the decidedly alternative practice of Qi Gong. Dave synthesized his copious research to write the book he wished was available when he was diagnosed, adding a big dose of humor to help the biochemistry go down. He explains the benefits of alternative medicine, how the body works, and the latest mainstream research on cancer. He believes that when it comes to cancer, it's not about beating the odds, it's about improving them.

## Book Information

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## Customer Reviews

Brilliant. This is the equivalent of the best PhD thesis I've ever seen. I've forwarded copies of the book to my colleagues at Sloan-Kettering and the National Cancer Institute. (Irv Weissman, director of Stanford Institute of Stem Cell Biology & Regenerative Medicine 8/1/2012)

Dave Ames is the author of three books about fly fishing and one book about cancer. He prefers fishing to having cancer, so when he got diagnosed and heard the dire odds, he set about trying to prove the doctors wrong. Cancer-free for several years now, he's on a mission to tell others how he did it. Dave grew up on the shores of Lake Erie. He was one of those kids who read Mark Twain and the Hardy Boys late into the night by a flashlight hidden under a blanket. Fishing came naturally to him. He graduated with a degree in geology from Allegheny College, and became a fly-fishing guide. He has spoken to audiences in the tens of thousands, in venues all over the country, and has kept his listeners roaring with laughter. He's been interviewed on regional and national television, and has written for a variety of newspapers and magazines. Dave lives in Missoula, Montana, where he's been known to do a bit of fishing now and then.

I really enjoyed that book as a vacation partner on the beach. made me smile (sometimes laugh) and find it interesting all the venues that can be use around cancer. My Mom made me eat Budwig cream for over 30 years and I never knew where and why it was coming from. Tried acupuncture for tiredness, after the reading, and he's right about the pulse (which made me smile). Got some good results, going to the gym again 3-5 times a week without collapsing on the couch everytime after (still collapse sometimes but occasionnally)

Reading this book will save you a lot of research, a lot of fear, and give you a method of dealing with a diagnosis that won't let you sleep! Also great info on protecting yourself in a healthy and proactive way.

This book is very insightful and funny about a very serious subject. I would highly recommend to anyone with or without any form of cancer. It can put you on the right track to heal yourself of many healt problems.

Great science presented in a digestible way. Interesting information about cancer at a cellular level. He is a funny writer.

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