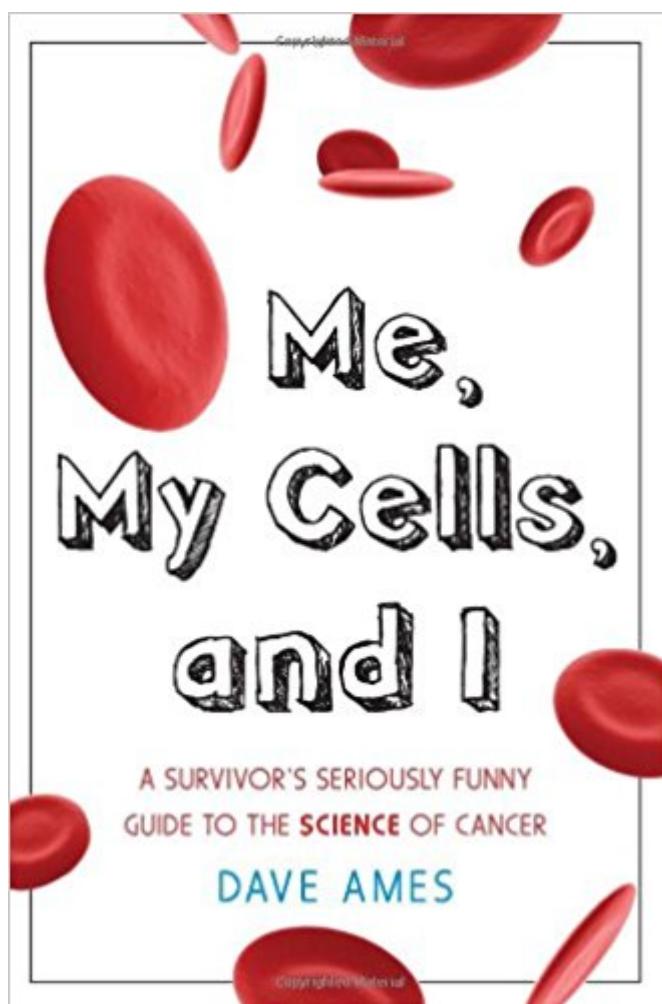


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# Me, My Cells And I: A Survivor's Seriously Funny Guide To The Science Of Cancer



## 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 eveytime 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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Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Me, My Cells and I: A Survivor's Seriously Funny Guide to the Science of Cancer Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) JOKES : Best Jokes And Funny Short Stories (Jokes, Best Jokes, Funny Jokes, Funny Short Stories, Funny Books, Collection of Jokes, Jokes For Adults) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor Cancer Cureology: The Ultimate Survivor's Holistic Guide: Integrative, Natural, Anti-Cancer Answers: The Science and Truth Funny Jokes: Funny Jokes and Riddles for Kids: Funny Jokes, Stories and Riddles, Book 5 Funny Fish Jokes for Kids: Funny and Hilarious Fish Jokes for Kids (Funny and Hilarious Joke Books for Children) Memes: Google Autofill Fails and Other Funny Memes: (Search Engine Madness, Funny Books, Funny Jokes, Memes XL, Memes 2017) Best Funny Stories: Best Funny Stories for Adults: Funny Jokes, Stories & Riddles, Book 3 Memes: Cat Memes: (Funny MEMES Featuring Hilarious Cattos! Funny Jokes & Funny Stuff) Memes: Classical Art Funny Memes - Ultimate Dank funny Classic Memes - OMG So Funny Folks!

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