

Battling Cancer

Hope and Inspiration for the Journey Ahead

Recommended Reading

The following books helped me in my cancer journey. Updated versions of these materials may be available.

- Contreras, Francisco, and Daniel Kennedy. *Beating Cancer: 20 Natural, Spiritual, & Medical Remedies*. Lake Mary: Siloam, 2010.
- Fuhrman, Joel. *Super Immunity, The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger and Disease Free*. New York: HarperCollins, 2011.
- Keane, Maureen, and Daniella Chace. *What to Eat if You Have Cancer: Healing Foods That Boost Your Immune System*. New York: McGraw-Hill Books, 2007.
- Kushi, Michio, and Alex Jack. *The Cancer Prevention Diet: The Macrobiotic Approach to Preventing and Relieving Cancer*. New York: St. Martin's Griffin, 2009.
- Love, Susan M., and Karen Lindsey. *Dr. Susan Love's Breast Book, 5th Edition*. Philadelphia: Da Capo Press, 2010.
- Mendes, Dena. *A Survivor's Guide to Kicking Cancer's Ass*. Carlsbad: Hay House, 2010.
- Quillin, Patrick, and Noreen Quillin. *Beating Cancer with Nutrition*. Carlsbad: Nutrition Times Press, Inc., 2001.