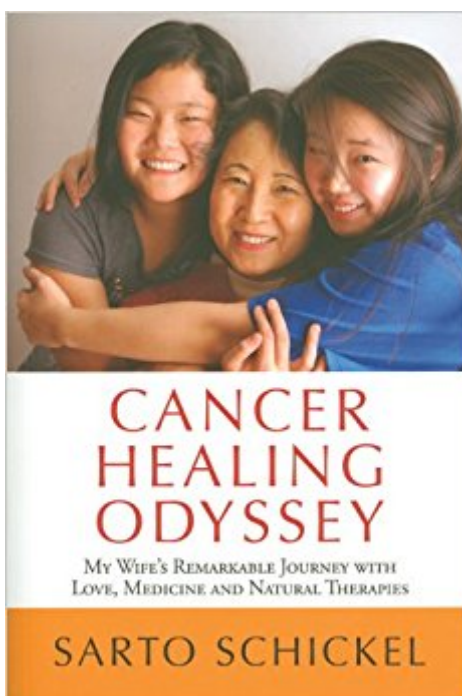


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# Cancer Healing Odyssey: My Wife's Remarkable Journey With Love, Medicine And Natural Therapies



## **Synopsis**

This inspiring and hope-filled book will change the way you look at cancer. It shows that cancer is not a death sentence and that recovery may be possible even if diagnosed at an advanced stage. It tells the story of a woman with stage IV ovarian cancer who used both conventional and alternative medicine to recover her health. It shows that much more is needed for cancer recovery than a Medical Program, which is all that doctors are typically trained to provide. A quality Nutrition Program, a Detoxification Program and a Mind & Spirit Program, which constitute The Trinity of Natural Healing, are also needed. Cancer Healing Odyssey is one of a handful of books written from the family point of view. It tells the story of Sun Hee Lee and her shocking diagnosis of ovarian cancer, with metastasis to the chest cavity causing a pleural effusion (fluid build up) and a collapsed lung. About 80% of women with this condition are gone within one year. Sun Hee is now over four years from diagnosis and living a normal life. Sun Hee's story is unusual and successful because her family knew about The Trinity of Natural Healing and implemented this approach beginning the first day after her diagnosis. Using this natural program derived from Gerson and Macrobiotic methods, Sun Hee's health improved dramatically in only ten days. The progress of the first ten days is captured on chest x-ray comparisons shown in the book, as is the eventual complete disappearance of the pleural effusion. Cancer Healing Odyssey is packed with inspiration and information that can assist families who are now facing cancer. First and foremost, reading this book can restore hope which is a critical element needed for recovery. Second, it shows that one can carefully combine conventional medical treatments, such as surgery and even some chemotherapy, with alternative dietary and detoxification approaches, together with mental and spiritual practices. This combined integrative approach was critical in Sun Hee's recovery. Cancer Healing Odyssey is full of useful charts, graphs and Appendix material including the recipes that Sun Hee used for her recovery.

## **Book Information**

Paperback: 206 pages

Publisher: Paxdieta Books, Inc.; First Edition edition (January 15, 2012)

Language: English

ISBN-10: 0615540007

ISBN-13: 978-0615540009

Product Dimensions: 0.5 x 6.2 x 9.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,376,540 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #1943 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #21062 in Books > Health, Fitness & Dieting > Alternative Medicine

## Customer Reviews

Sarto Schickel is a graduate of Cornell University and the University of Pennsylvania. He is a partner in a Philadelphia architecture and design firm and a passionate advocate for natural healing through organic, whole foods nutrition. Sarto grew up on a dairy farm with twelve brothers and sisters. He embraced a healthy plant-based diet twenty-seven years ago. Sarto and his wife Sun Hee have two daughters.

**Cancer Healing Odyssey: My Wife's Remarkable Journey with Love, Medicine and Natural Therapies!** I'm very grateful for this book. I have been searching for something like this for sometime now. Of all the healing diets that I have learned and tried, I like Gerson and Macrobiotics the best. And yet there are things in both that I prefer to modify. Combining the two really makes sense and agrees with my present physical condition. I learned a lot from this book. I like the Gerson way of using juicing and low-heat long cooked vegetables (easier on the digestion), and using coffee enemas to detoxify. But I also like the macrobiotic way of using brown rice and some miso soup for their healing properties. The author gives detailed information about how his wife's end-stage ovarian cancer was healed using this method. He also gives diet and lifestyle guidelines to heal oneself of many chronic diseases by using a blend of the Gerson and Macrobiotics methods. This book is one of the very best that I read, and I have read many. I highly recommend this book.

This is an easy to read and very engaging book that is truly an inspiring story of a successful path to recovery from ovarian cancer. As I began reading this book I realized this story was something very special. Sarto and Sun Hee chose to use an integrative approach to the healing that is so sensible. The details of this integrative approach are what make the story so compelling. It is a valuable book for prevention and good health. Sarto Schickel's last chapter, A Path to Healing in Ten Steps, is by itself, worth the price of the book. This is a must read for anyone dealing with cancer.

Cancer Healing Odyssey is a beacon of hope for those who are looking for an alternative method to

help treat cancer. Almost everyone can say that their lives have been affected by cancer in one way or another, whether they have witnessed a loved one suffer through the disease and its grueling treatments, or had the sobering misfortune of being diagnosed with it themselves. This book captures the story of a brave, stage IV ovarian cancer patient who overcomes her small chance of survival by combining conventional (chemotherapy) and alternative treatments (The Gerson Therapy, Macrobiotic diet, juicing and detoxification methods). It was with the helpful knowledge of Sun Hee's husband, Sarto, that she was introduced to alternative nutritional and detoxification therapy after her grim diagnosis. When one is diagnosed with a terminal disease such as ovarian cancer, it is very easy to follow the contemporary, conventional methods advised by clinical doctors. Multiple rounds of chemotherapy leave the patient so exhausted that he/she barely has any strength to recover their sick and weakened body. It takes a certain amount of faith and courage to try alternative healing methods when one is unsure of the possible positive results and is guided by the fear of death. This book outlines the amazing improvements in Sun Hee's health as directly related to the introduction of the Gerson Therapy, and shows the reader that there are more natural ways for patients to reclaim their once healthy body. Reading this book is like having an important and insightful conversation with a good friend. It is a book about tackling fear and overcoming the often bleak odds of survival that cancer patients face everyday. Beyond the scope of Sun Hee's inspiring narrative, *Cancer Healing Odyssey* also proclaims a universally relevant message of the importance of taking care of your body and preserving the only chance you have to experience an amazing, fulfilled life on earth with the ones you love. I highly recommend this book for you, our friends, and family.

Following the diagnosis of a stage IV ovarian cancer with metastasis, a large pleural effusion and a partially collapsed lung, Sun Hee Lee and her family embarked upon a journey, not by choice but by necessity, and against all odds succeeded in making it back home... to full and vibrant health. The chances that Sun Hee would survive more than a few months after her initial diagnosis were next to nothing. But this doesn't mean that her case is exceptional - what is exceptional is the coordination of her care, from adopting the Gerson method the day following her diagnosis, to meeting with health specialists of various backgrounds, to organizing a benefit concert, and the trip to a Mexican Clinic, that would ultimately give Sun Hee the tools necessary to recover from her potentially fatal state of health. *Cancer Healing Odyssey* is a tribute not only to the therapeutic value of certain natural methods of treating cancer, but more importantly to the cooperation that was necessary in order to bring about positive results, between members of a family, their doctors and

health advisors, and the powers of the Universe. This is possible for anyone, by coming together and making decisions about what is really important. This book demonstrates what is possible for a simple human family to do, faced with a monumental crisis, like the one that Sun Hee Lee, author Sarto Schickel and their daughters faced with courage and determination: to overcome cancer, the most loathed and feared of all diseases. They came together as a family, reviewed what really matters, and aligned their ideas and energy with the creative healing forces that govern our existence. As a naturopath and medical intuitive, I can only commend their approach, as I strongly believe in the inherent healing powers present in the physical body, as evidenced by the healing process of a simple wound. No doctor or drug, or even surgery is "making" that wound heal - it is doing the job on its own, as long as the natural parameters of adequate nutrition and hygiene are being observed. In our society, these parameters are sometimes severely compromised, as well as other factors that I esteem also vital to good health, namely emotional stability (or at least good emotional support), and spiritual connection to an encompassing "greater than self", whatever that may be. In this book, Sarto Schickel presents the Integrative Healing Paradigm, which unites four programs into a pyramid formed by four triangles: the middle triangle is the Medical Program, the top triangle is the Mind and Spirit Program, and the lower triangles are the Nutrition and Detoxification Programs. This paradigm embraces medicine (as necessary) together with this powerful holistic trinity of programs with the focus on strengthening the immune system. In my view, this middle triangle is a temporary one, eventually to be replaced by the Heart, meaning our connection to all beings. A person who is fully connected through the heart to all of humanity, as well as to the other realms (animal, plant, mineral...), is a healthy, happy individual, who rarely, if ever, needs the services of the medical profession. To read Cancer Healing Odyssey is to step into the lives of Sun Hee Lee and author Sarto Schickel, and their family, during the momentous upheaval that they experienced, which changed their lives for the better. This book is easy to read and chocked full of interesting charts, recipes and the results of testing done during Sun Hee's recovery. I recommend it to all of my clients who are dealing with cancer at some level, be it for themselves or for others. And I recommend reading this book to anyone who is interested in what being human really means: helping oneself and one another to live a happy and healthy life. Sarah Murray, LMT, Naturopath and Medical Intuitive, certified by the American Association for Drugless Practitioners

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