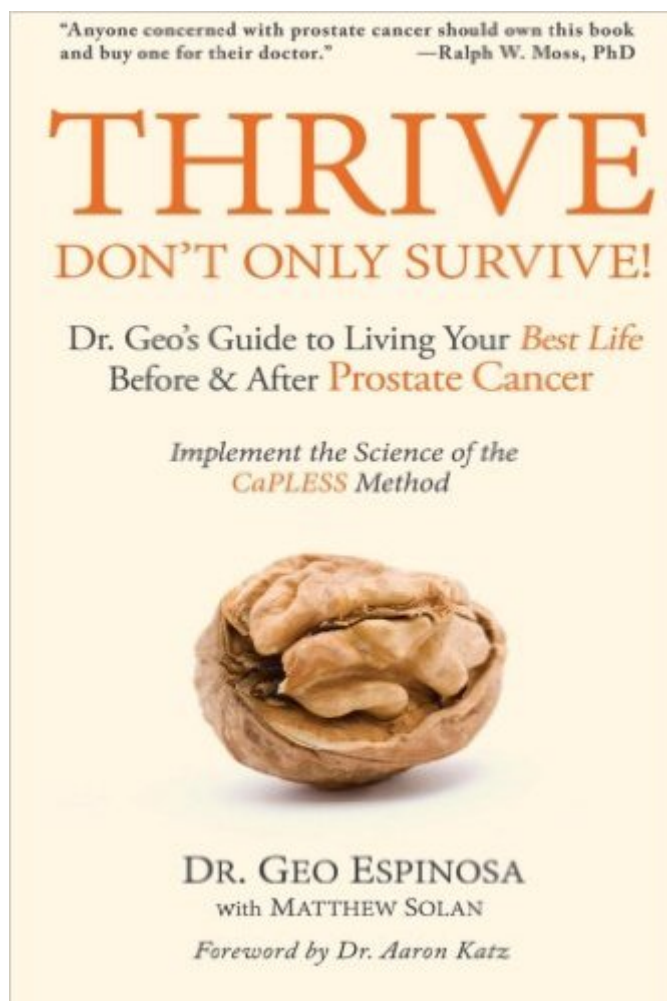


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# Thrive Don't Only Survive: Dr. Geo's Guide To Living Your Best Life Before & After Prostate Cancer



## Synopsis

Prostate cancer is not the end—it's the beginning. It's the point where you start taking control. Information on what to do isn't hard to find. There are dozens of books on prostate cancer, as well as a massive amount of online resources. What's lacking, however, is a trusted, reliable source on implementing the abundance of scientific evidence in a way that's realistic and sustainable. Based on his extensive research and clinical experience on natural medicine for prostate problems, Dr. Geo has created a lifestyle blueprint that men can apply immediately to thrive before or after prostate cancer. Dr. Geo walks readers of every stage and age (as well as their partners) through the steps to become a thriver, not just a survivor. This book delivers invaluable information and essential lifestyle practices to help you renew and rebuild your body despite prostate cancer. This one-of-a-kind book will answer the most common and important questions on prostate cancer: Now that I am diagnosed with prostate cancer, what do I do? How can Thrive Don't Only Survive help me if I have a recurrence? What foods can I eat to improve my prognosis? How can I talk to my doctor about the natural methods mentioned in this book? In this book Dr. Geo introduces the CaPLESS Method, a prescriptive program that has been tested for over a decade based on Dr. Geo's clinical experience and intensive research on natural medicine for prostate cancer. The CaPLESS Method in Thrive Don't Only Survive treats the soil • (the microenvironment) not just the seed (cancer). Your life-partner is also deeply affected by your diagnosis and is also looking for credible answers. This unique book helps your loved one(s) help you as well.

## Book Information

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## Customer Reviews

Dr. Geo has written a wonderful point of departure for those of us in the conversation of men's health and well-being. The tone is conversational and easy to understand and is supported with an extensive notes section at the back for further scientific inquiry. I read every word with great care. In the book he presents a common sense, easy to follow, formula to help prevent cancer. He offers methods to ameliorate the symptoms of cancer, before and after treatment. He stresses the importance of committing to personal health but not beating yourself up. The title is perfect and it perfectly describes the mission of the book: THRIVE: DON'T ONLY SURVIVE! Even with the best surgeons and specialists in the world we need an ongoing plan to get on with life afterwards. Dr. Geo is a naturopathic doctor who offers various paths that we might want to pursue to maximize our enjoyment and fulfillment in life. There were helpful notes to life partners and case study anecdotes. This is a book for everyone involved. Family, friends, and/or acquaintances are encouraged to participate in the process of total well-being. The focus is on the whole person, not the disease. This is not your grandfather's prostate cancer anymore. We are not in life alone. Share and include everyone that wants to be involved. It is a plan for living our best life before and after prostate cancer. It seems that in America the so-called affordable healthcare conversation has lost sight of affordability as well as healthcare, and well-being was never considered at all. This is a book about living a rich life that you love. First there is the prostate cancer and then there is what you do about it, how you take responsibility and live a happy healthy life in the face of it.

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