

# Chris Beat Cancer

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*Chris Beat Cancer* by Chris Wark is at the top of the New York Times Best Seller list, and is definitely on the top of my must-read list as well! I am extremely picky about what I read and if it doesn't lift, inspire and touch my heart, it just doesn't make the cut.

Sometimes as we search to further our education on health, we read books filled with statistics and charts that bring about the desire for a nap . . . *Chris Beat Cancer* is NOT that book! This is a hope filled work with a plethora of information that will give you hope and knowledge to help you heal.

Filled with timely and relevant information this must read is not only for those who have cancer and are seeking step-by-step help, it also serves as a great resource for those who are in a support-role of a family member or friend. I also regard this as a preventative handbook of what to do to keep your body in a disease-free state. The information is clear and concise. This is inspiration and motivation without the fear-based mind-set that so often accompanies the other cancer option. As Chris states, "My perspective on cancer is different from most. I don't see cancer as something to be fought or killed, I see it as something to be healed."

Chris has included a few of his favorite recipes, as well as describing his typical meals while healing and what he eats now to keep his body cancer free. Another great tool that Chris includes at the end of several chapters are his Action Steps. These are the re-cap and the wrap-up at the end, with steps to take to move forward with your healing journey.

*Chris Beat Cancer* is loaded with stacks of statistics, studies and facts with the documentation to back them up. Chris hasn't just researched this lifestyle, fact checked and regurgitated the information, he has lived it, is benefitting from it, is living proof that cancer can be eradicated. It is evident throughout this book that he seeks to serve, help and lift others who are on this healing journey. "My intention is not to blame you or shame you but to empower you to take control of your situation and change your life."

**Tonya Judd** is a Master Herbalist graduate of the School of Natural Healing.

