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APRIL TO APRIL: My Year Beating Prostate Cancer



Synopsis

“In April last year I got the first indication that I might have prostate cancer. The highly aggressive nature of the cancer that followed could easily have taken me out. By the following April, I had completely beaten it. I’ve been a professional writer/researcher for 30 years, so it makes sense that I would write a book about it.”

“April to April” is Iain’s own quest for cure and it is for all men who suffer from this cancer (or may wish to prevent it), and for their families and friends who want to understand what their loved-one is going through.

“Although all the information is scattered around the internet, there is not one single book that covers all the bases. This book does.”

The book begins with an introduction to the ten basic tenets for the battle ahead. In 13 monthly chapters, (90,000 words), it deals with ways to beat prostate cancer by conventional treatment, alternative therapies, mind games, emotions, diet, exercise and love. Iain’s main argument with respect to conventional treatment is that doctors do not tell a patient all he needs to know about the process that lies ahead. He also explains how to choose the right hospital and specialist, the importance of dietary choices and ten alternative therapies that will halt tumour growth and alleviate side-effects, some of which he used alongside his own treatment. Much of the book is also about the support of family and friends. Regardless of the country in which a patient is undergoing treatment and recovery, beating cancer is a war and the patient needs all the tools at his disposal, including the tactic of embracing the enemy, not only to win that war, but to adapt his strategy for each stage in the long campaign. The final chapter offers a review of the choices he made and the longer term post-cancer fallout.

“It is extremely important to get the message and knowledge across to as many people as possible.”

The first 26 pages are free to read and the book has its own facebook page. An audio version will be out in June.

Book Information

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Customer Reviews

I really enjoyed + if that is the right word) your book. Like you I am a prostate cancer patient. Your frank and honest account has been uplifting and has given me the courage to pursue the next stage (radiotherapy). Your sensitivity and wit have made this a compulsive yet entertaining read.

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