

H A R L A N R I C H A R D S

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Radical Remission
By Kelly A. Turner, Ph.D.

I recently listened to a public radio program featuring Dr. Kelly Turner speaking about her research on people who experienced remission of cancer in cases where they were expected to die. Many of the people profiled in her book rejected their doctor's advice and went off to seek a cure for their cancer using nontraditional methods. Dr. Turner identified 75 factors which contributed to radical remission of cancer but focused in her book on the 9 most prevalent factors:

1. radically changing your diet
2. taking control of your health
3. following your intuition
4. using herbs and supplements
5. releasing suppressed emotions
6. increasing positive emotions
7. embracing social support
8. deepening your spiritual connection
9. having strong reasons for living

The book is inspirational and empowering. If I had cancer I would be very encouraged after reading her book. But it is also a great book for people who are looking for a better, more meaningful life. Many of her suggestions are ideas I encountered in other books and have applied to my life. They are positive, life-affirming steps which will change your life for the better.

One theory (among many) put forth in the book is that people get cancer because they are living out of harmony with their true natures. Cancer forces them to come to grips with the disconnect and to either get themselves back in balance or die.

You don't need to wait until you get cancer. Following the steps in Dr. Turner's book will lead you into a wonderful, fulfilling life which has no place for unhappiness or serious illness.

I suggest that everyone could benefit from reading this book.