



# A Fourteen-Year Journey: Facing Leukemia with Macrobiotics

*Michael Dillon*

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## **A Fourteen-Year Journey: Facing Leukemia with Macrobiotics** Michael Dillon

A Fourteen-Year Journey: Facing Leukemia with Macrobiotics is a story of the courage and dedication while facing cancer to live each day to the fullest, and a valuable contribution to the growing literature exploring the importance of complementary and alternative medicine. With the growing acceptance of Eastern modalities, such as acupuncture in Western medicine, A Fourteen-Year Journey offers you the opportunity to:

Explore the gulf separating Western and Eastern medicine, including proof versus performance and the cult of expertise  
Discover the wide range of macrobiotic practices affecting food choices, cooking, eating, chewing, exercising, and sleeping  
Consider the evidence presented on one woman's fourteen-year journey to control and ultimately reverse an allegedly irreversible blood cancer without chemotherapy or radiation  
Learn to listen to your own body so that you can become your own best advocate  
And decide that you can take more personal responsibility and control over your own health.

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