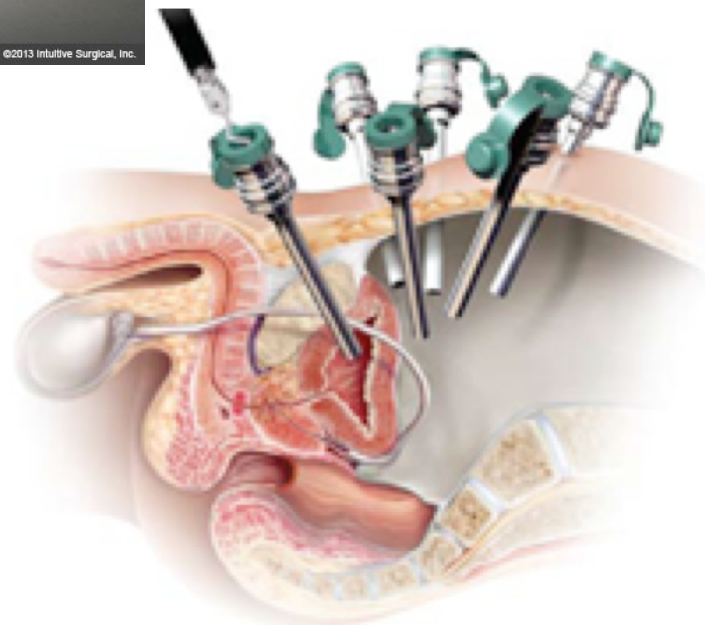
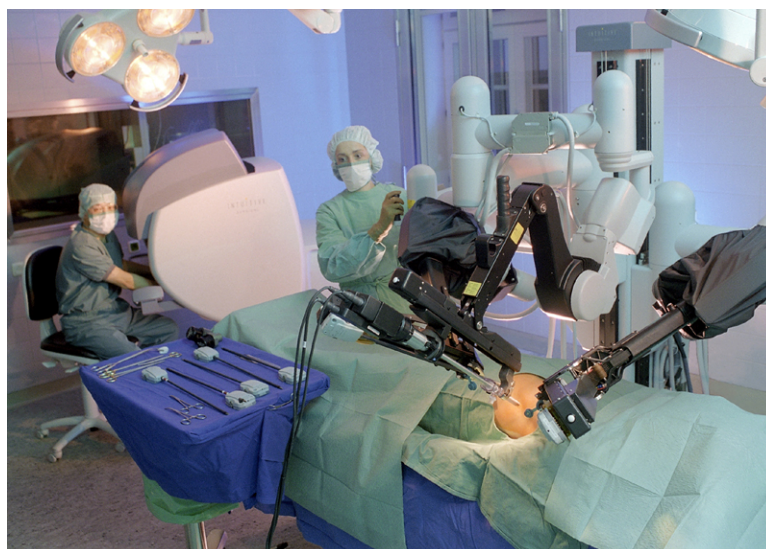
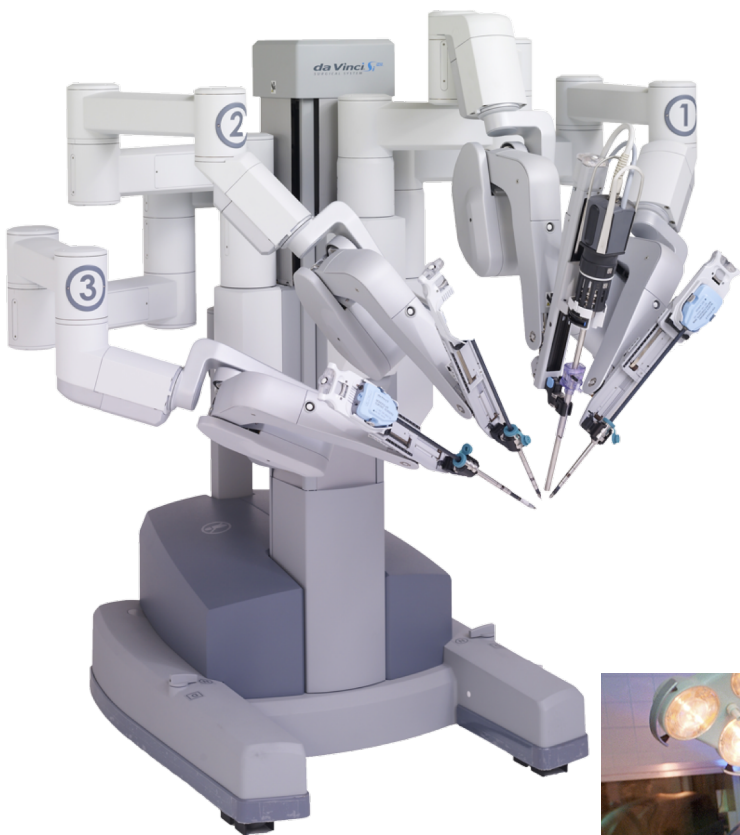


How Not to Die from Prostate Cancer

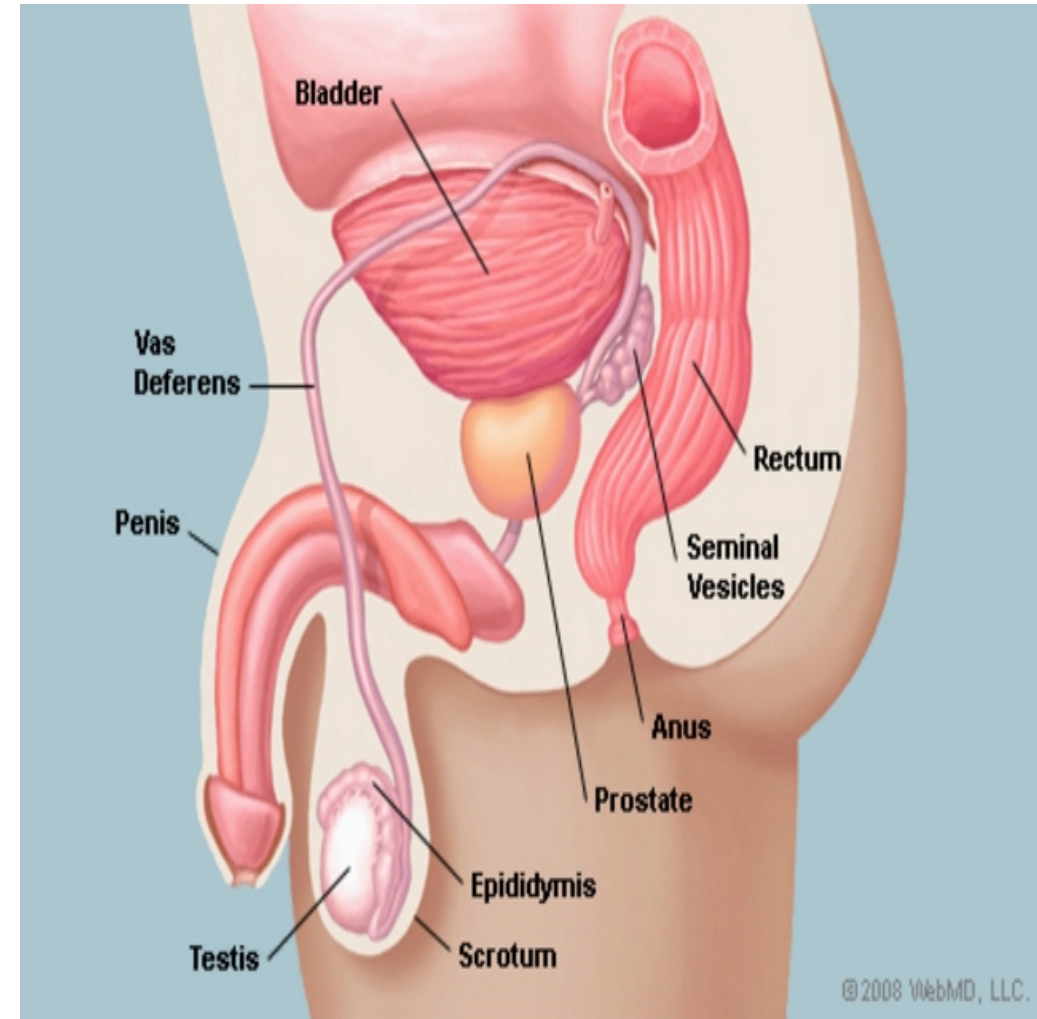
Steve Liu, L.Ac., BSEE

Prostatectomy



The Prostate

- The prostate is a walnut-sized gland located between the bladder and base of the penis, just in front of the rectum
- It surrounds the urethra, the outlet from the bladder, and secretes the fluid portion of semen
- Just as the glandular tissue in the breast can become cancerous, so can glandular tissue in the prostate



Optimizing Resilience Probability Factor (RPF) – A Balancing Act

- **Resilience** is defined as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors
- **Probability** is the branch of mathematics concerning numerical descriptions of how likely an event is to occur. **Probability** is a number between 0 and 1, where, roughly speaking, 0 indicates impossibility and 1 indicates certainty
- The goal is to have a “descent” lifestyle to optimize RPF to be as close to 1 as possible to prevent prostate cancer and any types of cancer

How Not to Die

by
Michael Greger, MD



NEW YORK TIMES BESTSELLER

HOW NOT TO DIE

Discover the Foods Scientifically Proven to
Prevent and Reverse Disease

MICHAEL GREGER, M.D., FACLM
FOUNDER OF NUTRITIONFACTS.ORG
with GENE STONE

FEATURING DR. GREGER'S DAILY DOZEN:
WHAT TO EAT TO ADD YEARS TO YOUR LIFE

Contents

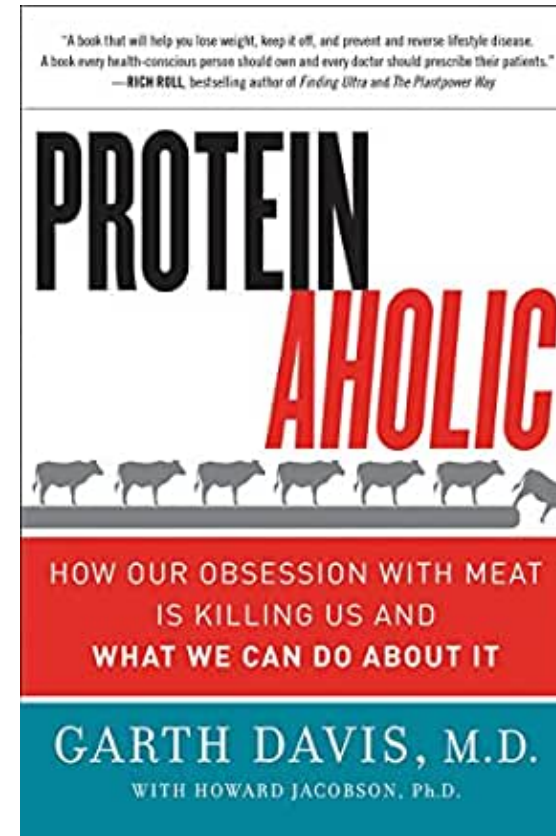
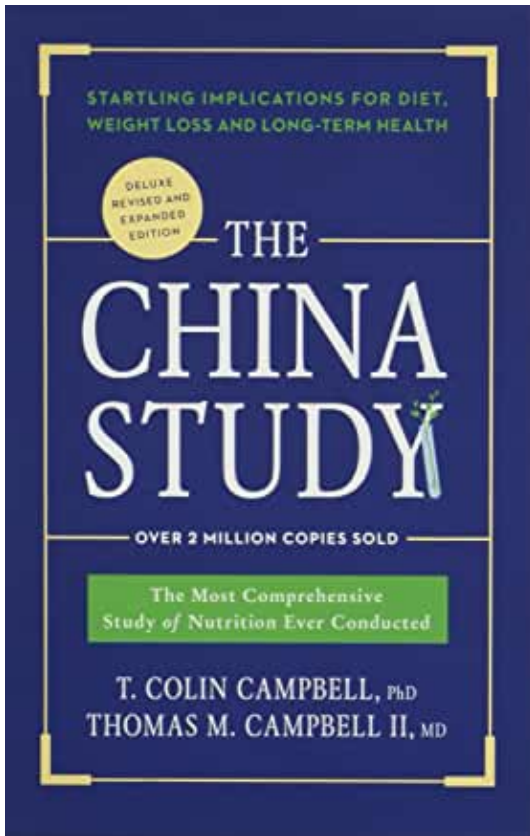
PREFACE

INTRODUCTION

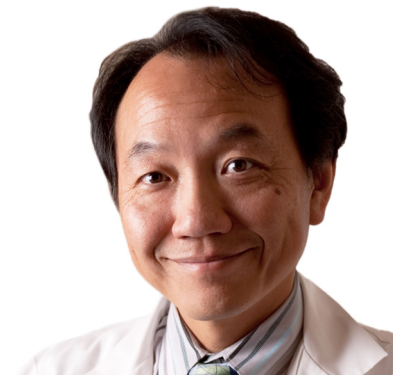
PART 1

1. HOW NOT TO DIE FROM HEART DISEASE
2. HOW NOT TO DIE FROM LUNG DISEASES
3. HOW NOT TO DIE FROM BRAIN DISEASES
4. HOW NOT TO DIE FROM DIGESTIVE CANCERS
5. HOW NOT TO DIE FROM INFECTIONS
6. HOW NOT TO DIE FROM DIABETES
7. HOW NOT TO DIE FROM HIGH BLOOD PRESSURE
8. HOW NOT TO DIE FROM LIVER DISEASES
9. HOW NOT TO DIE FROM BLOOD CANCERS
10. HOW NOT TO DIE FROM KIDNEY DISEASE
11. HOW NOT TO DIE FROM BREAST CANCER
12. HOW NOT TO DIE FROM SUICIDAL DEPRESSION
13. HOW NOT TO DIE FROM PROSTATE CANCER
14. HOW NOT TO DIE FROM PARKINSON'S DISEASE
15. HOW NOT TO DIE FROM IATROGENIC CAUSES

Cancer Link to Animal Proteins



HanLing Acupuncture Healing Center
6812 N Oracle Road, Tucson
520-878-8116 / hlahc.com



Steve Liu, L.Ac., BSEE