

foreword by **DEAN ORNISH, MD**

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**One man's Harvard-documented  
remission of incurable cancer  
using only natural methods**

**GLENN SABIN**

with **DAWN LEMANNE, MD, MPH**

**"A special story about resilience and self-efficacy."  
- T. Colin Campbell, PhD Bestselling author of The China Study**

*Glenn Sabin*

**N of 1: One Man's Harvard-Documented Remission of Incurable Cancer  
Using Only Natural Methods**



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Twenty-five years back my doctors had zero cure for my cancer. THEREFORE I went on a quest to discover my own treatment. That is my story.." Treatments could buy him time and finally ease his irritation, but there was no conventional remedy. In 1991, Glenn Sabin was a 28-year-old newlywed identified as having chronic lymphocytic leukemia (CLL)-a disease doctors called "uniformly fatal..Nobody could predict when a large-scale clinical trial would locate a remedy for CLL, so Glenn began his personal, medically monitored and carefully researched changes in lifestyle. Although Glenn and his wife, Linda, continuing to check with doctors, cancer specialists and top oncologists, Glenn made a monumental decision: he'd become his own health advocate. glennsabin. Glenn's prognosis was clear: he was going to die. Knowledge and empowerment are your best allies against a life-limiting diagnosis. He would become an "n of just one 1." Today, Glenn isn't just alive, but a 2012 biopsy in Harvard confirmed that his bone marrow contains no leukemic cells. His case is currently portion of the medical literature. In n of 1 1, author Glenn Sabin takes readers along his exceptional journey with 'incurable' cancer, where he discovers: Simply no two cancers are exactly alike. <https://www.> He would conduct his own, single patient clinical trial. Lifestyle changes are a powerful way to greatly help prevent, manage and decrease the recurrence of disease--and to boost yourself. A strong support program and a clear brain may significantly improve your health. Our anatomies, minds and illnesses are unique, and have to be treated as such. While he continued to "view and wait," Glenn would work out how to stay alive. com Twitter: @GlennSabin LinkedIn: <https://www.linkedin.com/in/glennsabin/>



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Read it in one sitting For those of us dealing with CLL inside our own idiosyncratic (sometimes idiotic) ways, this is an excellent guide. Since Western medication has nothing to provide many if not the majority of us, treatment really becomes a DIY task. and for that, I salute him in his courage, dedication and honesty in posting his story with the world, Thank you, Glenn. Seek out an array of up to date, accurate and relevant information pertinent to your trouble. We don't know. Despite having a few periods of flare-ups when his condition made an appearance grave, Glenn fought on, sticking with his program and avoiding chemotherapy, even though highly trained and experienced doctors at a number of the nation's esteemed hospitals and cancer institutes told him he should consider the "standard" therapies. I would have liked a bit more focus on the psychological areas of the disease. Although he does describe an explosive anger event, he doesn't really say if he saw his admitted anger problem as contributing to his disease. But because he included that incident in the book, I think the answer is definitely yes. I suspect he wished to emphasize the scientific aspect of his experience, instead of spiritual or psychosocial. General, a significant addition to the collection of books on first-hand experiences of healing CLL, now a library of one. Secondly, Glenn displays in his publication that even the "experts" don't always have the proper answers- and for anyone with a serious disease to be highly skeptical and seek out additional information and views. Did that play a role in his tumor's remission and possible cure? Glenn's personal tale of achieving curing through courage, persistence, and cleverness with the loving support of his family members is extraordinarily inspiring. Clear, comprehensive, and incredibly readable! His amazing journey from diagnosis at the age of twenty-eight to . The medical documentation is presented within an very easily understood & readable format. Mr. As a result, I have three preferred books about cancers: David Servan-Schreiber's Anticancer, Rebecca Katz's Cancer-Fighting Kitchen, and Glenn Sabin's N. As a physician whose wife provides CLL, I can heartily recommend this emotionally moving helpful personal story. stress decrease while remaining under several oncologists care... In his book, Glenn covers all the emotional roller-coaster emotions of a person with cancer. His amazing trip from diagnosis at age twenty-eight to his present age is amazing in itself. Inspirational An inspirational read for all people facing existence threatening decisions. Glenn Sabin's ongoing journey to treat himself with the help of an array of health providers challenges the medical model. Thanks to Glen Sabin for sharing the facts of his challenging journey for anybody with this specific kind of cancer that's sometimes nick-named "watch and wait." A sobering accounts of how he continues to fight the good fight...to stay alive # N of 1 Glen Sabin's N of just one 1 is crucial read for anyone confronting cancers. Keep an open mind with respect to "holistic" and alternative therapies- they might just offer a great option to pursue. He proceeded to go from being told "get your affairs in order" to be still here years afterwards. The understanding and treatment of this condition has catapulted over the last 25 years- from the early 1990s when Glenn was diagnosed with it. I too, as a 4th season multiple myeloma tumor survivor, strive to become an exception to the guideline twenty plus years later. A sobering account of how he proceeds to fight the good battle...to stay alive. good health insurance and greater understanding of a condition called chronic ... Glenn Sabin's trip in life has been a tortuous one- nonetheless it has taken him to a location of peace, good health and greater understanding of a condition called chronic lymphocytic leukemia (CLL). This problem is considered a significant disease, yet in the entire scheme of leukemias and types of cancers, it is much lower on the scale in terms of life-threatening immediate danger than many other illnesses. It is one that often allows patients to live fairly long and even relatively regular lives, although in many (perhaps most) cases, individuals do experience serious problems. He gives his edition of blowback, kickback, fightback, and remission of his incurable malignancy. In the past 5-10 years, numerous medicines, monoclonal antibodies and hormone therapies have generated a range of different and effective remedies for CLL. Extraordinarily Inspiring I really like this book Extraordinarily Inspiring I love this publication. Sabin takes care to emphasis that his knowledge is unique and not a cureall, and that folks need to do their own analysis and not fire their doctors. Glenn not only survived- but after years of sticking with his preferred regimen- 26 years as

of 2017- he's healthy, strong and free of leukemia, as detailed in his bloodstream tests and related lab function, totally shocking his doctors.. That's a challenge, especially when you feel actually and emotionally drained, influenced by other's who care for you, and attempting to escape. Hopefully there will be more in the future. Thirdly, Glenn proves that a positive mind-set, an extremely healthy lifestyle and rigid keeping to a documented routine- including so-called nutraceuticals, vitamin supplements and low fat, low sugar healthy foods CAN make a BIG difference in your health and outlook going forward with a significant condition like CLL. Thousands of people are identified as having CLL every year, yet I suspect few of them approach it with the clearness of mind and strict dedication that Glenn did. That may have produced all of the difference. Today by October 1, 2017, Glenn is healthful and free from CLL. My dad died of cancer and for many years I ran a complementary malignancy care training curriculum for oncologists, oncology nurses and other health professionals, immersing myself in the clinical approaches and excellent people working in this field. Glenn took many risks, as he was confronted with a significant disease; he experienced he had to take them to achieve an improved result than what was projected by nearly all of his doctors. Including and using the advice of popular and respected nutritionists and pharmacists was key in his victory from this disease. Glenn's trip can be an inspiring one for just about any person confronted with a significant illness. Have confidence in yourself and in your own body's ability to help combat disease. He actually phone calls prominent doctors on the phone! As a malignancy survivor I found it informative and inspiring to discover that the doctors are not always ideal and that integrating lifestyle changes can enhance one survival. In Glenn's case, these alternatives may actually have worked dramatically well.. Many well respected doctors have called his case remarkable- and indeed it is in many ways. I was impressed along with his take-charge attitude. God bless you...and may He give you many, many more years of good health, peace and serenity. Harvard documented success: wow, and, finally! I've been looking forward to a book that (1) explains a path to complete remission/get rid of, (2) is normally documented by professionals with their names and credentials, and (3) describes the life span of a person I possibly could relate to easily. This book is usually all three of these. I go through it within a sitting down because I couldn't wait around to understand Glenn's full route. Glenn insisted and fought to become included in and business lead his treatment. Passive doesn't cut it. Everyone should browse this after that get personalized suggestions about continue. Glenn, thanks for your lessons. For someone with a cancer analysis: that is a page turner As someone recently diagnosed with lymphoma, I came across this book very inspiring to see how Glenn Sabin managed his cancer diagnosis by taking a dynamic function in his treatment, including rejecting the typical care that was recommended to him by the medical establishment. For those of you not in peril of living or dying of malignancy it is still an excellent read that may support you to defend myself against whatever it is that is yours to do and perform it in a collaborative, conscious, caring way. Glenn pursued his treatment as a scientist and co-creator of his wellness without data (because it was unavailable) and a cause and effect modality (since it disregards the subjective but crucial and nonquantifiable factors). Challenging the medical model "n of 1" is crucial read for anyone wanting to create their health insurance and well-being, whether or not they have cancer. Many in the family never knew she experienced CLL, until someone else was diagnosed in the family and she after that shared her journey. With regards to understanding human beings, the helpful scientific technique is not, as it turns out, the same as the science used for understanding the superstars and cosmos. He illuminates a route less traveled that might shine a light on yours. While this has contributed to the advancement of pharmaceuticals and medical treatment, it has not been effective for dealing with the total person. Actually, cause and impact is limited, occasionally with chronic and possibly fatal unwanted effects. As somebody with multiple myeloma (a malignancy of the bone marrow), a cancer that's treatable and incurable, I came across Glenn's book eyesight opening. I browse it in two days. His advice about working with doctors and additional specialists (even "breaking up" with one) and seeking second opinions is an education in itself that is valuable to anyone focused on their health/recovery or that of a loved one. THE VERY BEST CLL

Book I'VE Read This is actually the best true account of one person's journey, ups & Under normal circumstances, I would never do that, but having a fatal illness is not normal circumstances, and I might change my ways after scanning this book. His approach integrates nutrition, exercise, products, &!! I'm a survivor of 3 deadly cancers, and found this book to be an outstanding contribution to the "cancers survivor" literature. For those of you who are beginning your cancer knowledge it is helpful information to honoring yourself, following your assistance, and engaging together with your physicians without becoming passive. First, it demonstrates anyone diagnosed with a serious, potentially life-threatening disease shouldn't lose hope, but should instead seek out a multitude of accurate, updated information about their condition and also opinions from well respected physicians and researchers noted in their field. The publication is very well crafted, and the tale unfolds significantly, foreshadowing the rollercoaster ride between near death experiences, remission, and cures -- a full page turner. My aunt was diagnosed at age group sixty, as this disease is certainly often referred to as "a vintage person'smalady," She resided to become eighty-eight, undoubtedly improved by a family group that had much longevity, and by incorporating a healthy life style of nutrition, workout, positive support program, keeping harmful stress away, close monitoring by exceptional doctors, and a positive lifestyle. Sometimes you just have to put your head down and work in the event that's what your intuition is telling you. Glenn was given the decision to try a few of these remedies, including types of chemotherapy- but he bravely thought we would go a different program, focusing on good diet, regular physical exercise, a strict regimen of vitamins and health supplements, filtered drinking water, and mind-body conversation through meditation and related activities. He repeatedly notes in his book that his approach may not be appropriate for everyone also to ALWAYS seek the guidance of reputable doctors and researchers in your condition- avoiding a "go it by itself" approach which might be highly dangerous. Sabin is an extremely determined and compassionate one who shares encouragement to any malignancy patient. of just one 1. down's, and best achievement in overcoming his CLL in a nontraditional way. If you or a family member has cancer—or any hard chronic health condition—I encourage you to learn this for a nourishing lesson in fortitude and wish. Doctors, however, search for cause and effect. I literally couldn't place it down.



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