



How I Beat Cancer: Fighting Back With Alternative Methods

Chester F. Gaines

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In 2000, a few days after completing his annual check-up, Chester's blood results came back negative. When his family physician stood in front of him explaining that the only solution is emergency surgery, his heart dropped and knees buckled. He thought about the loved ones he lost to orthodox treatments (chemotherapy, radiation, surgery), how they suffered for years transforming physically into an unrecognizable state and died within five years. Then miraculously, his physician recommended he try alternative methods and emphasized how they are safe and have a high success ratio. Chester agreed to take the risk. After researching various alternative methods that are introduced in *How I Beat Cancer*, he discovered which ones are costly, those that are inexpensive and yet just as effective, and where they can be purchased. After one full year on specific alternative methods, Chester's prognosis came back 100% cancer-free. His PSA count went from 26 to .015. Today, 15 years later, he remains in remission and is living a full and active life.

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