

**Contact: Erica Harvey**  
Cancer Recovery Foundation  
Phone 717.545.7600  
[CancerRecoveryPR@gmail.com](mailto:CancerRecoveryPR@gmail.com)  
[www.CancerRecovery.org](http://www.CancerRecovery.org)



# Press Release

**For Immediate Release**

## **Cancer: Six Essential Things to Do . . . this Week**

Say "goodbye" to the Food Pyramid. Say "hello" to the Wellness Pyramid  
Adapted from the newly revised bestseller, *Cancer: 50 Essential Things to Do*

**Harrisburg, PA, March 30, 2009:** If you were told you could cut your cancer risk by as much as 50%, would you do it? The sad fact is most Americans wouldn't. With cancer expected to be the number one cause of death by 2010, over-taking even heart disease, it's time people take greater action.

"I was given 30 days to live in 1984" shares Greg, author of *Cancer: 50 Essential Things to Do*. "Thirty days to wrap up my life, say good bye to my family and plan my funeral. Thank goodness I didn't listen to the surgeon's advice. I now stand here 25 years later, cancer-free."

Greg credits his life to simple changes that took him less than a week to begin. "I took the basic food pyramid that we all know, and revised it into my Wellness Pyramid. Now, a quarter-century later, millions of people cite the Cancer Recovery Pyramid as their roadmap to survival.

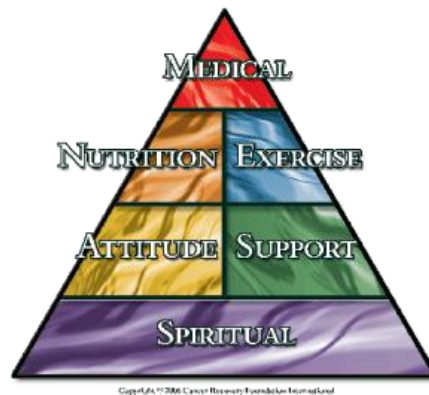
If you or a loved one have been diagnosed with cancer, here are [Six Simple Ways to Respond to Cancer Starting This Week](#)

- 1) **Medical**-Get a second opinion, even a third if necessary. Challenge the doctor on the treatment suggestion. Ask question, what are all my options?
- 2) **Nutrition**-“Whites out! Greens in!” Eat a plant says Greg. Cut out all sugars and products made with sugar. Nutrition has a huge impact on most cancers.
- 3) **Exercise**-Take a walk around your block. Walk up and down your stairs. Move. Just do it! Exercise is vital
- 4) **Attitude**-Change your mind, change your health. Cancer does not mean death. Cancer is a message to change. There are survivors of *every* type of cancer; find out what they did to survive
- 5) **Support**-Surround yourself with a positive support team. Laugh. Cry. Share. Put toxic relationships “on hold.” Nurture the people who want to help you.

- 6) **Spiritual**-Find that place of inner peace. Yoga, meditation and prayer. Be calm. Be still. Listen. Respond.

These six simple steps are the building blocks of Anderson's book, *Cancer: 50 Essential Things to Do*. In fifty simple steps, Greg defines a pathway to succeeding in each of these areas. "It takes the stress of cancer and puts it in a new light" says Greg. "There are so many things to deal with following a cancer diagnosis. Here's a plan for the journey, a guide to help you step by step to health and wellbeing."

To interview Greg Anderson, contact Erica Harvey at (717) 545-7600. For more information log onto [www.CancerRecovery.org](http://www.CancerRecovery.org)



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Greg Anderson was diagnosed with stage IV lung cancer in 1984. His surgeon gave him just 30 days to live. Refusing to accept the hopelessness of this prognosis, he went searching for people who had lived even though their doctors had told them they were "terminal." His findings from interviews with over 16,000 cancer survivors form the strategies and action points for what has become an international cancer recovery movement.

Anderson is widely recognized as 'The Wellness Authority'. He is the author of eleven books including international Best Sellers *The Cancer Conqueror*; *Cancer: 50 Essential Things to Do*; and *The 22 (Non-Negotiable) Laws of Wellness*. His writings have been translated into 31 languages.

Cancer Recovery Foundation International (CRFI) is a group of global affiliated charities, founded by Greg Anderson. Cancer Recovery Foundation's mission is to help all people prevent and survive cancer through "integrated cancer care," a strategy which Anderson pioneered. The Foundation is currently established in the United States, Canada, the United Kingdom, France and Germany. The organization is recipient of the "5-Star Best in America Award."

NOTICE: The ideas presented herein are meant to supplement the care and guidance of competent healthcare professionals. The information is not intended to substitute for personal medical advice given by a qualified healthcare provider.