

Kathleen Austin, a wonderfully talented Australian lady, has compiled for you a book that says it all. She went through a grinding process of researching and writing this book. Impassioned by the large number of friends who had died from cancer, she set out to document the best healing approaches. She has done it.

Her title "One In Three" of course refers to the fact that one in three women will experience cancer. For men, the number is closer to one in two. All of us know someone with cancer -- or we are that person. To get prepared to cope with it, to cope with it now or to completely avoid it, you need to read this book. Kathleen, as a math teacher, has a wonderfully inquiring and analytical mind. Combine that with a compassionate heart and the willingness to work long hours to research and write for six years and you get this book. To give you a good idea of the content and quality, Sid Aust has gotten Kathleen's permission to quote a segment for you. It is the best collection of questions to ask any doctor you deal with about cancer that he had ever read. Here it is:

- "1. Does this treatment work? Specifically, will it guarantee a cancer free life until I'm 80 years old?
2. How much extra quality time will I gain from this treatment?
3. Will this treatment cure the cancer or just slow the growth?
4. Can you guarantee that this treatment will not damage other healthy cells? Hair loss, vein damage, balance, nausea, hearing and brain function loss indicate cell damage.
5. Could this treatment permanently damage vital organs? If so, how would that affect my life?
6. What percentage of patients taking this treatment have a return of cancer due to the treatment?
7. Do you object to me using antioxidants during this treatment? (Research shows that high potency antioxidants improve the outcome of chemotherapy.) If yes, ask to see the research to support the objection.
8. Do you assume that something unproven, by modern medical standards, must be ineffective?
9. Have you heard about IPT? Would you be willing to dramatically lower my dose of chemotherapy drugs and follow an experienced doctor's directions to see if we can get good results with reduced side effects? [Details at http://iptq.com/slide_show.htm]
10. What alternative treatments have you researched? Have you used any? Why? What were the results?
11. Do you have an effective treatment that will 'Do no harm,' as in the Hippocratic oath?
12. What is the best thing about your treatment?
13. What is the worst thing about your treatment?
14. Would you supervise my progress while I pursue alternative methods before I consider conventional? (If the answer is no, ask why not?) If there is still no cooperation and you want to do this, find another doctor.
15. Is this the only treatment that will be needed or will I have to have more? Is that guaranteed? What percentage?
16. If all the cancer was removed with surgery, would you prescribe chemotherapy afterwards? (If the answer is yes, why, if it has all been removed?)
17. If I had to have chemotherapy after successful surgery, do you test to see if it has been effective? How?
18. If your daughter/son had the same cancer as me, would you use this type of treatment for them? Why?
19. What are the proven benefits of this treatment? Can I have a copy of the research? What is the downside?"

Kathleen urges you to make copies of these questions and take them to your doctor or give them to your friends and relatives. Boy, do I agree! If you can find a doctor who can satisfactorily answer these questions, go ahead and use him/her. If not, keep looking.