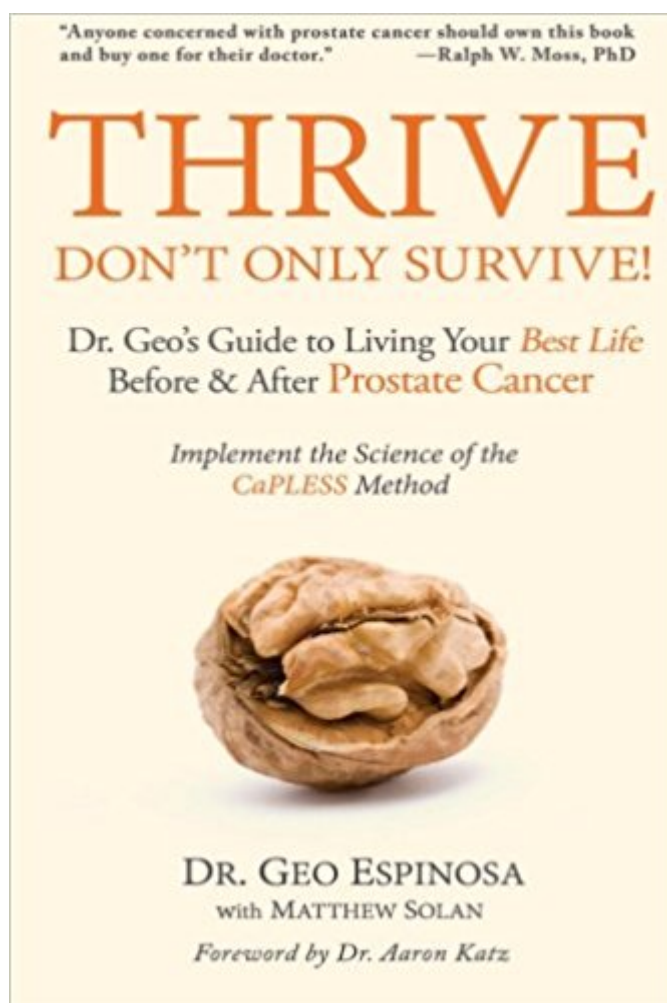


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# Thrive Don't Only Survive: Dr. Geo's Guide To Living Your Best Life Before & After Prostate Cancer



## Synopsis

Prostate cancer is not the end—it's the beginning. It's the point where you start taking control. Information on what to do isn't hard to find. There are dozens of books on prostate cancer, as well as a massive amount of online resources. What's lacking, however, is a trusted, reliable source on implementing the abundance of scientific evidence in a way that's realistic and sustainable. Based on his extensive research and clinical experience on natural medicine for prostate problems, Dr. Geo has created a lifestyle blueprint that men can apply immediately to thrive before or after prostate cancer. Dr. Geo walks readers of every stage and age (as well as their partners) through the steps to become a thriver, not just a survivor. This book delivers invaluable information and essential lifestyle practices to help you renew and rebuild your body despite prostate cancer. This one-of-a-kind book will answer the most common and important questions on prostate cancer: Now that I am diagnosed with prostate cancer, what do I do? How can Thrive Don't Only Survive help me if I have a recurrence? What foods can I eat to improve my prognosis? How can I talk to my doctor about the natural methods mentioned in this book? In this book Dr. Geo introduces the CaPLESS Method, a prescriptive program that has been tested for over a decade based on Dr. Geo's clinical experience and intensive research on natural medicine for prostate cancer. The CaPLESS Method in Thrive Don't Only Survive treats the "soil" (the microenvironment) not just the seed (cancer). Your life-partner is also deeply affected by your diagnosis and is also looking for credible answers. This unique book helps your loved one(s) help you as well.

## Book Information

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## Customer Reviews

“An excellent, well-researched guide on the application of lifestyle interventions | A must read for everyone affected by prostate cancer, men and women alike.” -Herbert Lepor, MD  
“Thrive Don't Only Survive is written with passion and compassion. It is well-researched, practical and accessible to an average reader | a must read for anyone concerned about prostate cancer, men or women alike.” -Mark Hyman, MD, author of the #1 New York Times bestseller, *The Blood Sugar Solution*.  
“This is a remarkable holistic perspective on how to deal with prostate cancer. I will recommend it to all my all cancer patients.” -David B. Samadi, MD  
“In this self-empowering, meticulously researched book, Dr. Geo provides sensible, easy-to-apply strategies that help men reinvent their health and their lives. Whether you've been diagnosed or want to prevent prostate cancer, this becomes a must-read for every man.” -JJ Virgin, author of the New York Times Best Seller: *The Virgin Diet*  
“With precision and enthusiasm, Dr. Geo provides men diagnosed with prostate cancer what they need: a guide to empowered and optimal wellness.” -Lise Alschuler, ND, FABNO, co-author of *Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing*  
“Dr. Geo is uniquely qualified to speak about the integration of conventional with complementary approaches to prostate cancer. Anyone concerned with this disease - as a patient, loved one or caregiver - should own this book | and buy a second copy for their doctor.” -Ralph W. Moss, PhD, *The Moss Reports*

Geo Espinosa, N.D., L.Ac, C.N.S., RH (AHG) is a renowned naturopathic and functional medicine doctor recognized as an authority in urology and men's health. Dr. Geo is the founder and director of the Integrative and Functional Urology Center at New York University Langone Medical Center (NYULMC) and lectures internationally on the application of integrative urology in clinical settings. He has been recognized as one of the top 10 Health Makers for Men's Health by sharecare.com created by Dr. Mehmet Oz and WebMD. Dr. Geo is the author of the popular book: *Thrive, Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer*. On his time off from work, he enjoys writing on his popular blog, [DrGeo.com](http://DrGeo.com) and spending time with his family.

If you happened to be diagnosed with prostate cancer, or even if you are just concerned that you are at risk, you are going to need Dr. Geo's book. You will use it as both a primer and a reference book. I regret it was not available when I was diagnosed. Should you be diagnosed,

your best approach is to take charge and be your own best advocate. If you are unable, get a partner to do it for you. But neglecting it means you choose not to be a part of your care and cure. You have to be a part of the solution because even in the top cancer treatment centers in the country, physicians and hospitals drop the ball. I know because I went to one of the top places (Ivy League, etc.) and received less than "standard care". This is not to knock all of them, but in every profession there are some practitioners who for the good of the client, should not be in the business. Arm yourself with this book. The normal cancer center approach is to have three specialists: a surgeon, an oncologist and a radiation oncologist. They also have a nutritional department there, but sometimes the specialists ignore everything nutritionally, a huge mistake. There is strong statistical evidence of the effects (both good and bad) of nutritional and environmental inputs. Geo takes a giant step towards making you aware of them. Get his book, make notes in it, and keep it handy. Despite being extremely well-read on this topic, I learned quite a bit in Geo's book. You can also. Bill Rafter

Dr. Geo has written a wonderful point of departure for those of us in the conversation of men's health and well-being. The tone is conversational and easy to understand and is supported with an extensive notes section at the back for further scientific inquiry. I read every word with great care. In the book he presents a common sense, easy to follow, formula to help prevent cancer. He offers methods to ameliorate the symptoms of cancer, before and after treatment. He stresses the importance of committing to personal health but not beating yourself up. The title is perfect and it perfectly describes the mission of the book: THRIVE: DON'T ONLY SURVIVE! Even with the best surgeons and specialists in the world we need an ongoing plan to get on with life afterwards. Dr. Geo is a naturopathic doctor who offers various paths that we might want to pursue to maximize our enjoyment and fulfillment in life. There were helpful notes to life partners and case study anecdotes. This is a book for everyone involved. Family, friends, and/or acquaintances are encouraged to participate in the process of total well-being. The focus is on the whole person, not the disease. This is not your grandfather's prostate cancer anymore. We are not in life alone. Share and include everyone that wants to be involved. It is a plan for living our best life before and after prostate cancer. It seems that in America the so-called affordable healthcare conversation has lost sight of affordability as well as healthcare, and well-being was never considered at all. This is a book about living a rich life that you love. First there is the prostate cancer and then there is what you do about it, how you take responsibility and live a happy healthy life in the face of it. We are reminded of many

fundamental things that we can easily implement immediately; but in our haste to find a magic cure, we tend to neglect. I love Dr. George O'Neil's reverence for traditional medicine while blending it with simple integrative holistic practices, getting back to basics in a sea of modern science. I liked the simplicity of the 21-Day Reset where he provides a step by step plan to move forward from today. The plan is not limited to prostate cancer. It is a proactive plan for EVERYONE. Why not consider living your best life? The book also provides a valuable resources list at the end as well as citing some sources within the text as well. These in and of themselves are worth the small price of the book. Doctors can influence so many people with what they say and they seem to have a knee jerk tendency to get their prescription pad out. Modern science is a miraculous gift and we are blessed to have it. Pair it with a holistic formula for treating the whole person and you complete the loop. I would recommend this book to all the men in my life and the people who love them. It seamlessly complements the sea of information and misinformation out there. Too many people self-doctor themselves with the motley collection of personal, often angry, misinformed rants on the internet. This inexpensive book is a valuable resource and is well worth your time and attention.

If this is your first foray into prostate health, this book is a good primer for the novice or lay person. Unfortunately, if you already you have prostate cancer, this book will not give you the foresight you'll need to make an educated decision on therapy options. I'd rate this as prostate health 'lite'. It's a start, but it's just the tip of the iceberg and I believe there are better, more comprehensive books out there on the subject.

Prostate cancer diagnosis and treatment protocols are evolving rapidly. Central to much new thinking is the role of lifestyle (diet and exercise) and natural supplements can play in allowing the immune system to eliminate precancerous and cancer prostate cells. Dr. Geo's approach to making these adjustments in your life is clearly explained in a down-to-earth and empowering style, supported by inspiring anecdotes, with how-to instructions that you can remember and act on. His treatment of the foods you should eat (and not eat) is particularly helpful with a 5-point scale and recommendations based on full acknowledgement that the average guy cannot maintain a perfect diet in the context of a busy and modern life. For me this made a huge difference in remaining enthusiastic about evolving my lifestyle without feeling like a failure every time I had to compromise (such as during the holidays). I am lucky to live in geographic proximity to Dr. Geo and am now also a patient. He is a unique Dr. in today's medical world--extremely knowledgeable, easy to talk to, unassuming and someone who really cares about his patients.

Thrive Don't Only Survive is the first and most comprehensive book on the natural treatment for prostate cancer. Doctor Geo reflects his life work, ample clinical experience and accomplish scholar carrier in an easy to read and easy to implement protocol. As Doctor Geo's colleague I had the opportunity to study and learn from him and I can assure that this book leaves nothing behind on the matter of Holistic Urology treatments. I personally give Thrive Don't Only Survive to all my male Holistic Urology patients to implement what I consider now the gold standard preventive treatment in the field. Bravo Dr. Geo!

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