If testimonials are a measure of a treatment's success, then *The Breuss Cancer Cure* may be just the ticket to lowering universal health care costs. The key to Breuss's therapy lies in its simplicity, and his book clearly prescribes the necessary steps to follow.

Austrian naturopathic healer Rudolph Breuss dedicated his life to diagnosing and treating many patients with life-threatening diseases. His theory was based on age-old indications that whenever cancer occurs in the body, it feeds on protein. Detoxifying by fasting correctly rids the body of protein and starves those cells under stress. Replenishment with natural juices and teas allows stronger cells to re-oxygenate the body back to health.

Until his death in 1991 at age 92, Breuss was busy helping sufferers who were unable to heal using conventional medicine. A remarkable man by many standards, he was probably too busy to notice that his findings were being paralleled around the world. Many modern approaches to health build on the same principles embraced by Breuss. Science has caught up to support him. Beta carotene—an essential component of his 42-day juice fast—is now officially recognized as having anti-cancer properties.

In addressing various cancers, leukemia, and other degenerative conditions, Breuss stresses that his treatment must be followed exactly as prescribed. Thankfully, his instructions are clear and simple. The organic juice mix breaks down as such: 55-percent red beet, 20-percent carrots, 20-percent celery root, three-percent raw potato, two-percent radishes. In proper combination with specified teas, this supplies all the minerals and vitamins required while fasting. Nowadays, with easy access to fresh organic juices (fermented bottled juice is fine) and herbal teas, adherence to instructions should not pose a problem.

An unexpected pleasure of this book is reading some of the fascinating patient testimonials Breuss retained over the years. The course of each patient's diagnosis and return to health is recorded in detail, and these are more than heartening to read.

*The Breuss Cancer Cure* makes for helpful, fascinating reading. I wish Breuss were here today to witness the success of his treatment and the support it now receives from scientists around the world.

Hélène Meurer is a writer and book reviewer. She lives on Salt Spring Island, BC, where she consults for web-based publishing projects. See saltspringpublishing.com.