



A new health "book of wisdom," which was recently released by Xlibris publishing company of Bloomington, Indiana, points out that most of the cancers known to man today are self-inflicted

New health book authored by FR columnist Dr. Chua

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through personal carelessness and abuse of the body.

Authored by cardiac surgeon Philip S. Chua, MD, FACS, FPCS, a columnist of this paper, the 800-page coffee-table book is written “in plain English,” in easy to understand layman’s term, with dozens of practical health tips and pointers on how to delay aging and maximize longevity, how to prevent cancer, heart attack, diabetes, stroke and Alzheimer’s.

Dr. Chua cited medical data showing autopsies on children as young as five and six, who were victims of accident, “already have arteriosclerosis (hardening of the arteries), a condition expected only among persons in their middle ages or older.”

“Obviously, we, parents and society as a whole, must be doing something wrong in the way we rear our children,” states the heart surgeon in his book, which is registered in the Library of Congress and in national circulation in the United States.

Dr. Denton A. Cooley, world-famous heart transplant surgeon and surgeon-in-chief of the Texas Heart Institute, who was Chua’s former mentor in Houston, provided the foreword for this health manual.

This book also contains critical challenges about what the author calls “our society’s failed disease prevention strategy of the past six decades, as evidenced by the rampant escalating epidemics of obesity among children and adults, hypertension, diabetes, heart diseases, stroke and, especially, cancer.”

The book is available online at www.philipSchua.com, amazon.com, and barnesandnoble.com as a Christmas “gift of health” idea.

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