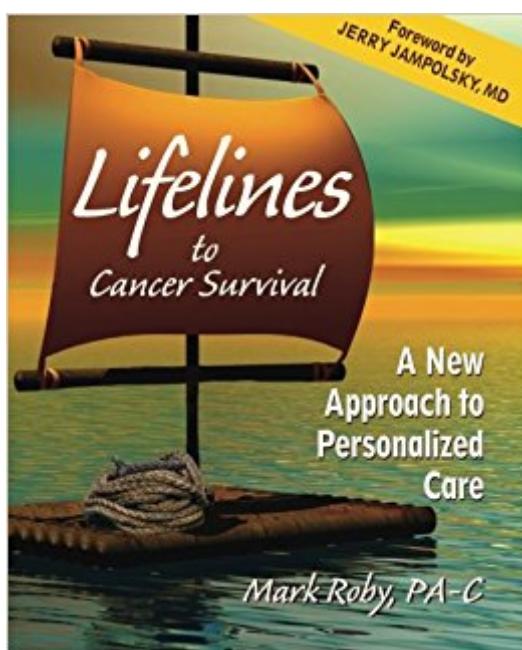


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# Lifelines To Cancer Survival: A New Approach To Personalized Care



## Synopsis

REIMAGINE CANCER SURVIVAL That's what cancer survivor Mark Roby wants you to do. On December 30, 2002, Roby was diagnosed with one of the rarest cancers in the world and told it was unresponsive to all known chemotherapy. His oncologist suggested he "accept the inevitable," but Roby thought otherwise. Quickly realizing that conventional thinking would do little to help him, he created his own, personalized treatment plan targeting his specific tumor. And he survived! This is Roby's story, but more importantly it's his compilation of the many resources he painstakingly discovered and wants to share with others who are fighting similar battles. With a medical insider's knowledge of what it takes to stay alive when all the odds are against you, *Lifelines to Cancer Survival* is the first book to help guide cancer patients toward advanced modalities and testing, such as genetic profiling, personalized vaccines, and more. Roby wants to lead the charge of patients directing and supervising their own care.

## Book Information

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## Customer Reviews

"The concepts in this book, and from Mark Roby, were a complete game changer for all of us, a surviving cancer family. They really opened our eyes about how to fight this battle, and we are indebted. Everything from the 'Triad of Survival' and having backup plans, to building our team and becoming our own experts made all the difference. And this is just the tip of the iceberg . . ." -- Marge Casteel, advanced cholangiocarcinoma" In *Lifelines to Cancer Survival*, Mark Roby offers a comprehensive and inspirational blueprint for becoming your own best health advocate. Speaking from dramatic experience as a former patient, Mark walks the talk, offering readers a variety of ways

to find personalized care. This is an articulate and heartfelt work that belongs in every library." -- Verne Varona, author of Nature's Cancer-Fighting Food "Mark Roby's 'Lifelines' have been a godsend. His research and strategies have been invaluable towards my survival. Mark's innovative ideas and novel approaches have saved his life and others. This book is a must read for all cancer patients and their caregivers." -- Jane Smith, stage IV gastrointestinal carcinoma "Mark's story is truly inspiring, and not just his continued sur-thrival-ship, but his willingness to share how to create a more personalized approach to cancer care. . . He answers some of the biggest questions for people who are dealing with cancer -- from finding the right doctor and asking for more personal treatments, to relaxation techniques, exercise, and eating a plant-rich diet. All of these methods combine to help your immune system thrive." -- Suzanne Boothby, author of The After Cancer Diet, and Dr. Richard Boothby, cancer physician for more than 25 years "Mark Roby, an odds-defying Radical Remission survivor himself, has given cancer patients a true gift with his book, Lifelines to Cancer Survival. This is the perfect guidebook for anyone feeling overwhelmed by a cancer diagnosis. Mark takes you by the hand, giving you personalized information for every step along the way." -- Kelly Turner, PhD, New York Times best-selling author of Radical Remission: Surviving Cancer Against All Odds

From a very young age, Mark Roby was intrigued with nature, health, and science. While working as a lab assistant and volunteering at an inner city hospital emergency room during his college years, Roby was drawn to the practice of medicine. He became a Physician Assistant and later obtained an advanced diploma in Naturopathy. Roby was living in New York in 1986 when he read some of the works of Dr. Gerald Jampolsky, psychiatrist and founder of The Center for Attitudinal Healing. Later, Roby and Jampolsky became friends. And in 1991, Roby cofounded the Metro Detroit Center for Attitudinal Healing with Dr. Laurie Pappas. In 2002, Roby was diagnosed with one of the rarest sarcomas (liver and lungs) in the world. He was told he did not have long to live and was offered only palliative chemotherapy. He knew he would have to go way beyond the standard of care if he wanted to survive. Roby became an incessant researcher and created crucial strategies that are still keeping him alive. He has had consults with hospitals in both the U.S. and Europe, and a liver transplant. For the past three decades, Roby has held clinical positions at teaching hospitals and has served as an integrative clinician and consultant. He has lectured extensively for over 20 years on Attitudinal Healing and integrative medicine. He is also an active member of The Academy of Integrative Health and Medicine. Roby is available for speaking engagements and consultations and can be contacted through his website ([LifelinestoCancerSurvival.com](http://LifelinestoCancerSurvival.com)).

I personally have to give Mark Roby extreme credit for his successful fight to live for 13 years and counting after being diagnosed with a rare cancer and having been told he only had 6 months to live. I didn't meet Mark until years after his diagnosis at a seminar he was giving to help people become aware that cancer does NOT have to be a death sentence. He has worked and fought so hard to be a survivor. In writing this remarkable and informative book he is now able to share his journey, and let others know of all of the options that are out there not only with medicine, but with the help of prayer healing as well! He put his heart and soul into writing this book. By reading this book you will be amazed at how Marks's journey will have you looking at courage, strength, survival and cancer differently,

For decades Mark Roby PA-C has provided me with specific holistic and integrative health guidance helping me to remain vigorous and productive into my early sixties. I am witness to much of what he went through before, during and after his deadly diagnosis. Mark was on his death bed several times yet by his faith and the will to live, had the guts to ask tough questions to learn more and the courage to try new approaches, such as non FDA European chemotherapy. I was a part of his team that accompanied him to MD Anderson (Houston TX), Northwestern Memorial (Chicago IL) and the Cleveland Clinic Ohio for consultations, procedures and surgery. Month after month, year after year, I watched Mark get knocked down but he got up and responded in positive and courageous ways. Mark is one of a handful of people to survive one of the rarest sarcomas in the world and for more than 13 years. This book is not filled with superfluous information. It is concise, to the point and filled with novel, cutting edge cancer survival strategies. They include molecular profiling, animal surrogates and personalized vaccines. Additionally, Mark guides the reader on how to incorporate these technologies into building their own "Triad of Survival". I retired from the Defense Department where national security relied on integrative strategies; which is what Mark explains how to do for surviving cancer. He explains the value of tactics such as adapt and respond, resource optimization along with back up plans and how they help patients stay alive. Knowledge is power and sometimes survival. Fearlessly ask questions. Research and seek answers. Go to as many additional sources as you can. Try as many new things as you can. Figure out who can do what for you, then delegate, delegate and delegate some more. Take detailed notes, keep records and fill in the knowledge gaps. Be grateful for whatever you can get and get as much help as you can. Glean Mark's wisdom and find the "Best Science Available" to fight your type of tumor. Read the book. Be the survivor. - Steven Kaniuga

Mark Roby's "Lifelines to Cancer Survival" has definitely been a wonderful blessing from God to us, as has Mark himself and his lovely wife Kathleen. My wife and I have a holistic medical practice, as well as both of us being Board Certified physicians in separate specialties. It was a shock when my wife was diagnosed with bilateral breast cancer last year. The local surgeon we consulted immediately recommended total radical mastectomy. After consulting several colleagues in the traditional medical as well as friends in the holistic field, and through a series of conversations, books- including Mark's, various meetings, trips, etc., we wound up in Michigan visiting Mark professionally (a 9 hour trip for us), and also getting together with him & his wife. Thank God we were led to Marks book "Lifelines". Mark gives his readers a comprehensive approach which guides patients towards individualized cancer care, all based on his own remarkable experience, which he shares in detail in this important and well written book. This involves setting your intention to survive, building your team & inner circle and instituting anticancer nutrition & supplements as well as other life supporting strategies. Additionally, he suggests researching your tumor, seeking multiple integrative medicine opinions and building your "Triad of Survival" as solid backup plans. Mark shows patients how and when to get cutting edge molecular profiles on their tumors, along with chemosensitivity assays if appropriate to help research & possibly guide their own care, along with other things that he might recommend depending on one's individual situation. These concepts are typically never even suggested in traditional cancer care, and are not something we would ever have thought of on our own, but because Mark has explored or gone through every one of these steps on his own journey, he is uniquely qualified to help others navigate the overwhelmingly confusing and terrifying maze of choices one is inevitably faced with when they face this challenge. Because of Mark and some of the people he introduced us to, we found a surgeon who we could never have found without him who was a really good fit for us, & who also had some significantly different recommendations than the first one. We are still on our journey, and are so grateful that Mark is there. Mark offers the 'best of both worlds'- including the importance of medical science as well as positivity and spiritual support in pursuit of ultimate healing. The point is: if you can't take the time to research all of this yourself - and I don't know anyone who has the luxury & clarity of mind to do it effectively when you are going through it under such great stress & duress, then the next best thing is to find someone who has done it himself and who is passionate about it and willing to help. That's Mark. God bless him. Steve from Pennsylvania

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