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The Richardson Cancer Prevention Diet is an affective, easy, and safe way to help your body resist modern diseases. The Richardson Cancer Prevention Diet will help you restore your health, gain energy, and purify your body, mind, and spirit. Please check this site out:

<http://tinyurl.com/The-Alternative-Cancer-Treatme>

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Why do I need to diet. I am not fat. Maybe a little chubby round the middle but not fat. If I look at my optimum weight for my height and body size I am only a couple of kilos over. That is not to bad considering I can eat anything I want. I enjoy my fast food too. Nothing like a nice big burger and fries for a treat. Life is pretty good.

Always a big eater I enjoy my meals. I have a huge serving of meat and veg always followed by dessert of some sort. Always wash it all down with a couple of red wines. Red wine is good for you right. I mean that is my lifestyle. Come four o'clock and it is time for a couple of beers. That will get me hungry and ready for dinner at six with a couple of red wines and maybe even a rum or two to finish off. Ain't life so good.

This has been my lifestyle for years and years. My body is used to it now. I play lots of golf so get plenty of exercise and so am pretty fit. Why do I need to diet. I suppose as I get older my body is struggling to cope with this load I put on it every day. And as I get older I may need to cut back a bit but not yet. I am still pretty fit and feel good.

Life is good. We decided to take one of those short ten day cruises just for fun. They are so good because all your meals are included. And the meals are pretty good too. Big buffets where you can enjoy as much fine food as you like. So we did. Basically I suppose we spent all our waking hours on that cruise eating and drinking. It was so good. Talk about food overload. Must have stuffed myself to the max every one of those ten days.

Arrived home feeling so bloated as you can imagine. Needed a couple of quite days to recover. However, something was not quite right. The pain in my tummy just wouldn't go away so eventually had a trip to the doctor who sent me off for a scan. The doctor who did the scan was not happy with the results and when my doctor confirmed I wasn't happy either. A nasty cancer of the pancreas.

Lovely. Just what I needed. My years of over indulgence had finally caught up. Well It was straight in to hospital for urgent and major surgery, nine hours of it. Believe me, you don't want to go through this. When they got to it it was worse than they thought. Isn't it always. Had to get another surgeon in to do a blood vessel graft while I was there and then out to intensive care.

Not much fun. Absolute hell actually with tubes stuck in me everywhere you can imagine. Survived that after a few weeks and then home and now to the chemo treatment. That is not much fun either but got through that too. Prognosis is usually six months after this sort of major stuff but I have decided to go on a very strict cancer diet which is keeping me going so far.

Why do I need to diet. I have no choice now. It is either this strict diet or die. And it is pretty strict. No sugar at all. That means no fruit as they turn to sugar. No rice, pasta or potato as they turn to sugar. Only green vegetables cooked as all the rest turn to sugar when cooked. There are a few other components of this diet but you get the basic idea.

The thing is, I could have dieted before, or at least modified my lifestyle. I have no choice now. Never enjoy another beer or red wine. So if your lifestyle is similar to what mine was, have a little think. There are some new diets about now that are really not like diets at all. You could easily modify your eating habits now before it is too late. Have a serious think.

Catch you,
Nick

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