

**Testimonials for Sally Errey,
Nutritionist, Speaker and Best-selling author
Staying Alive! Cookbook for Cancer Free Living**

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Brought this book when I attended the 2 day information session at the Center. I have been impressed by the useful information about food groups and healthy food choices. I was also very interested in the testimonials by so many Cancer survivors. I feel this positive attitude helps make you feel in control of your life and survival a reality. I have enjoyed the recipes and have developed some of my own using your excellent advice. Thank You!

Cynthia McRae, RN , Registered Nurse

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What I loved most about “Staying Alive!” were all the yummy and healthful recipes and the wonderful tips for preparing cancer fighting foods. This isn’t just about conquering cancer but also about preventing cancer. “Staying Alive!” will be a great Christmas present for almost everyone on your list.

Dona Bradley. RHN, Nutritionist

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This book helped me by showing me easier ways to cook simple and delicious meals without having to use meat or dairy. I was really moved by the the many stories of the cancer survivors and how they have changed their lives... I learned how to cook brown rice!.. What I loved most about “Staying Alive!” are the scrumptious soups ,the sensational salads, and amazing grains. This book is my #1 one cook book and reference guide for daily living. I have bought it for all my family for Christmas... Staying Alive! will be a #1 best seller. It is a “must read” for all people. It is easier to prevent cancer than it is to cure it!!

Marion Pavan, Retired RN, Registered Nurse

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Good Afternoon Sally ...I have a good news to tell you. I want to express my THANKS for you guidance & help. My medical examination results came in June. Everything good... cholesterol no problem.... Liver, pancreas, kidney no problem. Sugar in the blood..... no problem. Everything OK. My blood pressure normal 120/80 Thanks again for your consultation and advice.

Evelyn A, Canada

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I started making things from your book and could not stop. I was able to skip right to the phase 3 program because we always did eat more veggies since I have been sick. There has not been a recipe that we have not liked .I have not used any other cookbook since. At my cancer meeting I have brought in some things for them to try and has always been a hit. I really have a feeling of power now that I have your cookbook . I have something to really help me fight and win this. Thank you so much for giving me this power and knowing that everything that goes in to my mouth is helping.

Tina J, Canada

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Can you believe it! I've lost 15 pounds since I'm back from Vancouver. From a 218 to 203 pound morning weight! I could never be too thankful to you. My Doctor called me this week and I told her that I could not feel the lumps in my neck anymore... She said that ordinarily, with weight loss, lymph nodes would be more prominent. So she was impressed just as I am! Actually, I never enjoyed cooking so much in my whole life. I often surprise myself with the way my dishes all turn out. Truly, you have my utmost respect Sally. Thank you so much for showing me the way on this part of a not so well trodden path.

Raymond W, Canada



Thank you for joining us as a guest speaker for the UBC Staff Health Symposium. Your presentation was dynamic, interactive, energetic and full of valuable information.

Dana Mahon, Health Promotions Co-ordinator, University of British Columbia



Your presentation was great! I was astounded by all the great things that tea can do. And you are a great presenter, your delivery was terrific, and you are clearly passionate about what you do. It was a delight. Thank you for taking the time to share your knowledge.

Mary E, Business Coach, Canada



Staying Alive! Cookbook for Cancer Free Living offers experiential testimonies from cancer survivors, along with over 100 recipes intended to boost one's immunity in an effort to prevent cancer and aid in its treatment. Certainly this book does provide amazing insights into the healing path of eight cancer survivors (chapters two to nine) and offers the top five dietary changes that were made in their particular situation. This cookbook also provides a number of appetizing recipes, coupled with several full color photos in which to whet the appetite. The intended audience is clearly the lay public who are in cancer treatment and for those who would like to experiment with non-traditional medical approaches to healing. Health professionals working in the field of oncology may be interested in reading this book as it gives an overview of non-traditional dietary recommendations.

B Conrad, Resource Review, Dieticians Of Canada



I am one of the lucky people, who have bought your book: "STAYING ALIVE". I got cancer the first time when I was 32. I am still alive. Know that you have participated in inspiring me along with the many people who have shared their stories in your book. In the middle of frustrations and fear, you have given the message that there is a rainbow on the other side. Thank you so much,

Karin T, Denmark

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“we consulted with Sally Errey RNCP and made adjustments to his diet. After these changes he was better able to maintain his weight. The improvements in the results of the protein, albumin, calcium and magnesium clearly demonstrated that a good diet, which could contain a reasonable level of nutrition, was essential. ...that appeared to be the key, for not only did the HGB (haemoglobin) results rise quickly, but the MCV (Mean Cell Volume) returned to normal.”

S Aitkinson, Canadian Journal of Medical Laboratory Science – 68: 2006



The volunteers are still talking about your presentations and our Coordinator said she overheard a lady in a local restaurant raving about the forum and educating her friends over tea about the Top 20 cancer fighting foods! Our director was very inspired by your talk as well and for our office added a new carafe and press to make tea with –now there is always a pot of hot green tea in our office which many of us are drinking instead of our usual coffee.

Patti Moore, Community Action Coordinator, Canadian Cancer Society