



# Defy & Conquer: A State Of Mind Against Terminal Brain Cancer

*Mindy Elwell, JZ Bingham*

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According to the American Brain Tumor Association, almost 70,000 Americans will be diagnosed with a primary brain tumor this year alone.

If you or someone you care for shares the tragic reality of the above statement, Defy & Conquer will shed valuable light on contemporary cancer care, what to expect, and how to cope?physically, mentally, and spiritually.

Mindy Elwell offers a captivating memoir, describing three years living with Anaplastic Astrocytoma (Grade III), from initial symptoms to early diagnosis, needle biopsy, adopting the Ketogenic Diet, a lifetime's worth of radiation, chemotherapy, and a craniotomy to finally remove the tumor, located deep within the thalamus.

This first-person view of brain cancer spans traditional and adjuvant therapies, and is both educational and informative, with diagnostic and surgical notes disclosing pathology reports, the biopsy procedure, and the tumor resection surgery, which was performed utilizing state-of-the-art, intra-operative brain mapping.

Learn about the metabolism of cancer cells and details on how to adopt the Ketogenic Diet through contributions from Ms. Elwell's professional team at the renowned **Barrow Neurological Institute**: Dr. Adrienne C. Scheck, brain tumor researcher, and Leonora Renda, RDN.

***Publisher's Disclaimer:** As Ms. Elwell states in her Introduction, not all cancer patients will experience cancer the way she did, nor will they respond the same to her treatment regimen or diet. If you are diagnosed with cancer, there is no more important source of information and guidance than your health professional. Defy & Conquer is not a replacement for professional medical care or advice, nor is it intended to be a How To in dealing with cancer. It is merely one brave woman's account against a deadly disease, shared with the public in the hopes of helping others cope and endure a similar situation.*

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