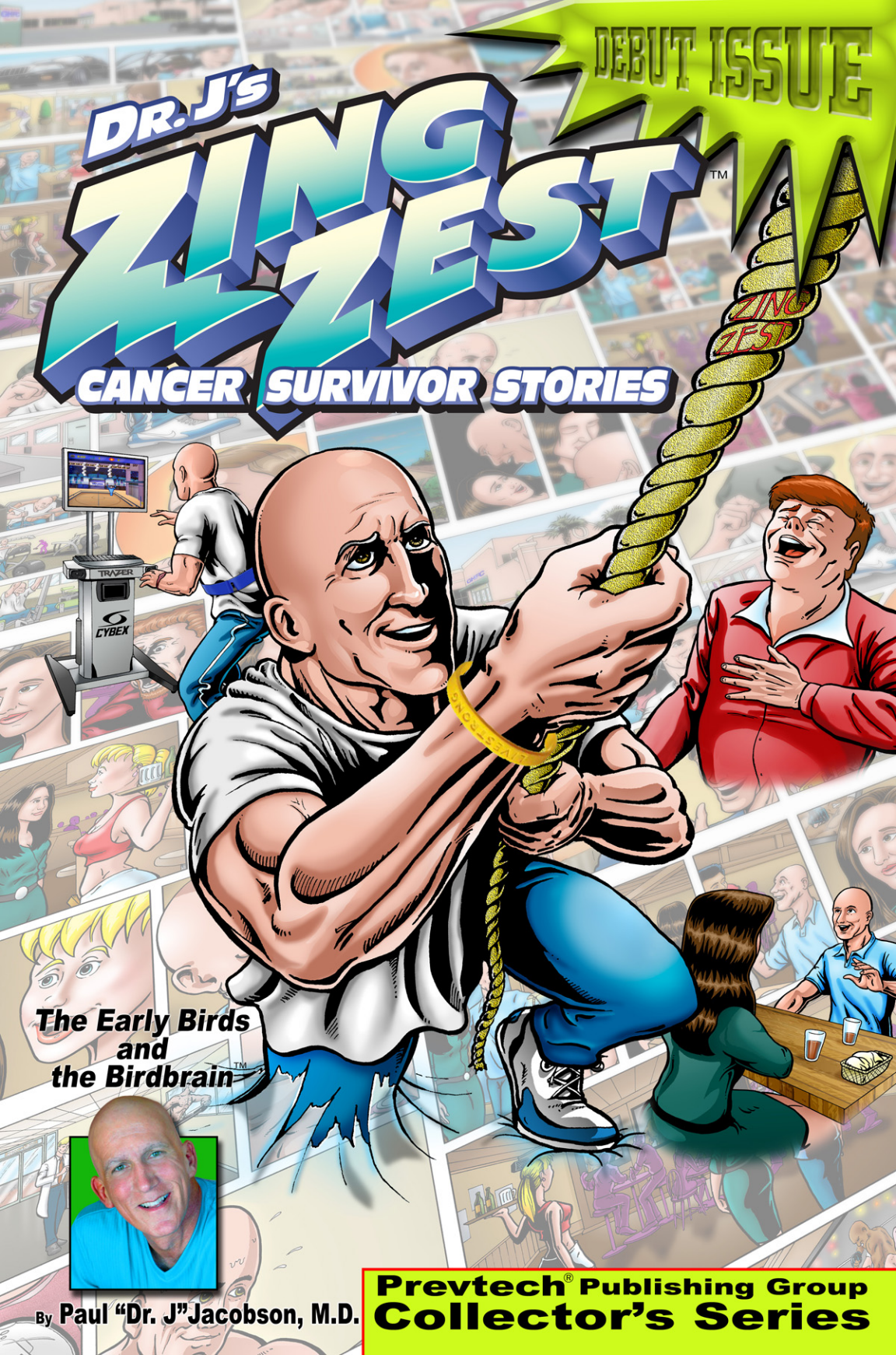


DEBUT ISSUE

# DR. J'S ZING ZEST™

## CANCER SURVIVOR STORIES

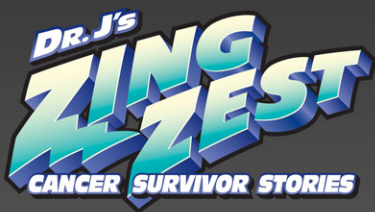


The Early Birds  
and  
the Birdbrain™



By Paul "Dr. J" Jacobson, M.D.

Prevtech® Publishing Group  
Collector's Series



## Cancer Survivor

The National Coalition for Cancer Survivorship defines a cancer survivor as anyone who has received a cancer diagnosis, whether treatment is being received or has been completed. From the moment of diagnosis onward, a person with cancer is a cancer survivor.

### Our Story So Far...

On Friday the Thirteenth, May 2005, Paul "Dr. J" Jacobson, M.D. was diagnosed with an inoperable, incurable, malignant and metastatic (widespread) form of cancer in advanced stages from unknown causes. At the age of 49, Dr. J was given only a 27% probability of surviving five years.

Rising to the challenge, Dr. J was determined not to let the hardships of Non-Hodgkin's Lymphoma reduce the quality of his remaining life. Beyond intensive chemotherapy and traditional medical care, Dr. J's eclectic fitness formula for cancer recovery was designed with exceptional balance and innovation.

Read along and share some of Dr. J's more humorous moments and unique real life learning experiences on the path less traveled of a true cancer survivor.

*Zing Zest* is about how we can all survive life's adversities, both large and small, through genuine humor, bountiful laughter, and perpetually positive attitudes. *Viva Endorphins!*™

### All Points Bulletin

ZING ZEST is seeking fresh new ideas for possible inclusion in future comic book issues!

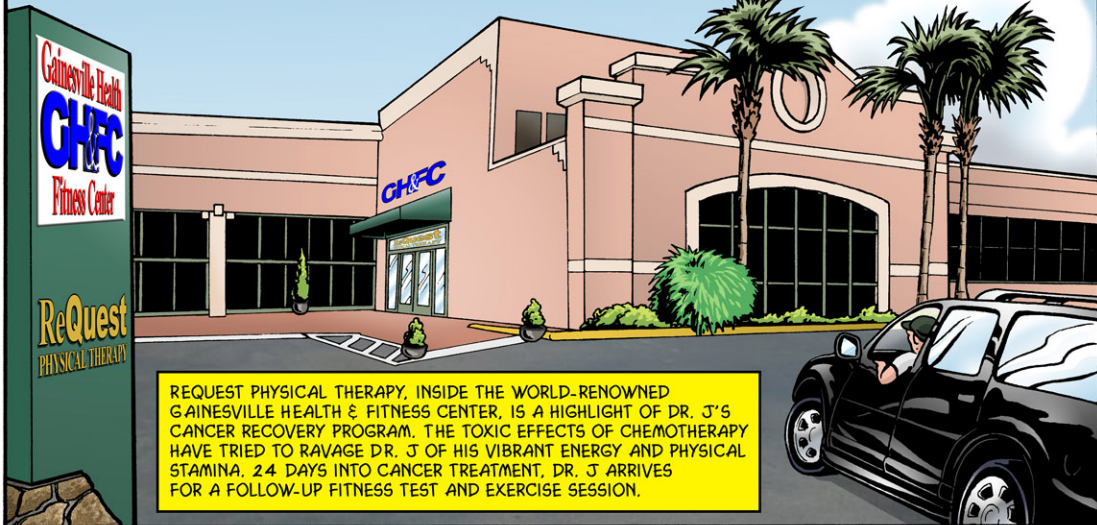
We are specifically looking for true life humorous anecdotes, hilariously funny, colorful moments of truth, laughable human character vignettes, off-the-wall bizarre situations, or anything else that lends itself to a visual fun-filled learning experience.

If you would like to share your ideas or comments, e-mail them to [info@prevtech.com](mailto:info@prevtech.com)

**Created and Written by  
PAUL JACOBSON, M.D.**  
**Pencils and Inks by  
MARK SIMON**  
**Centerfold Expressions by  
ENOC CASTANEDA**  
**Colors by  
BRAD VANCATA**

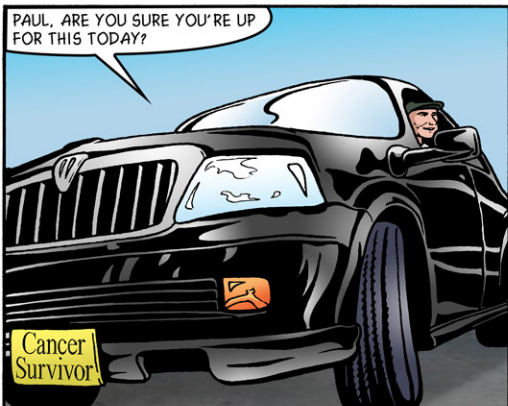


6:30 AM



REQUEST PHYSICAL THERAPY, INSIDE THE WORLD-RENOWNED GAINESVILLE HEALTH & FITNESS CENTER, IS A HIGHLIGHT OF DR. J'S CANCER RECOVERY PROGRAM. THE TOXIC EFFECTS OF CHEMOTHERAPY HAVE TRIED TO RAVAGE DR. J OF HIS VIBRANT ENERGY AND PHYSICAL STAMINA. 24 DAYS INTO CANCER TREATMENT, DR. J ARRIVES FOR A FOLLOW-UP FITNESS TEST AND EXERCISE SESSION.

## WELCOME TO THE HEALTHIEST COMMUNITY IN AMERICA!\*

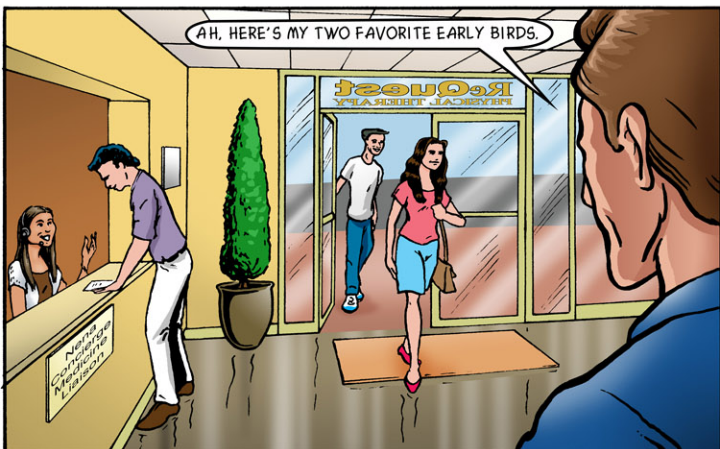


PAUL, ARE YOU SURE YOU'RE UP FOR THIS TODAY?

Cancer Survivor



WHEN YOU LIVE STRONG, YOU'RE ALWAYS UP!



AH, HERE'S MY TWO FAVORITE EARLY BIRDS.



JEFF "THE GENIUS" GILLIAM, P.T.

GOOD MORNING DR. J. IRENE. HOW'S THE SYMPTOMS?

\*WELLNESS COUNCILS OF AMERICA - 2003 WELL CITY GOLD AWARD

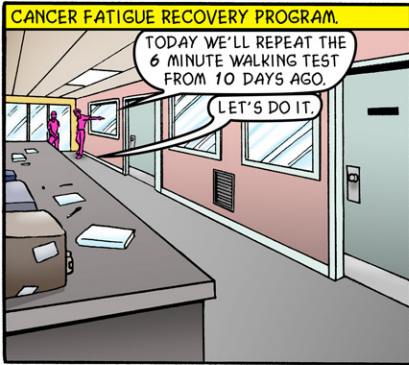
*"The last of human freedoms is to choose one's attitude in any given set of circumstances."*  
- Viktor Frankl, *Man's Search For Meaning*



YOU KNOW HOW IT IS, JEFF...



HAIR TODAY. GONE TOMORROW.



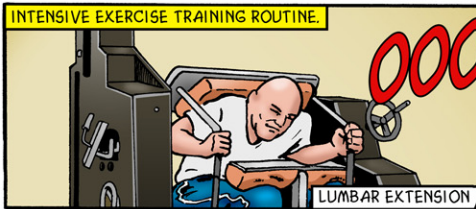
CANCER FATIGUE RECOVERY PROGRAM.

TODAY WE'LL REPEAT THE 6 MINUTE WALKING TEST FROM 10 DAYS AGO.

LET'S DO IT.



GREAT JOB, DR. J. YOU'VE DOUBLED YOUR PERFORMANCE SINCE THE LAST TEST.



INTENSIVE EXERCISE TRAINING ROUTINE.

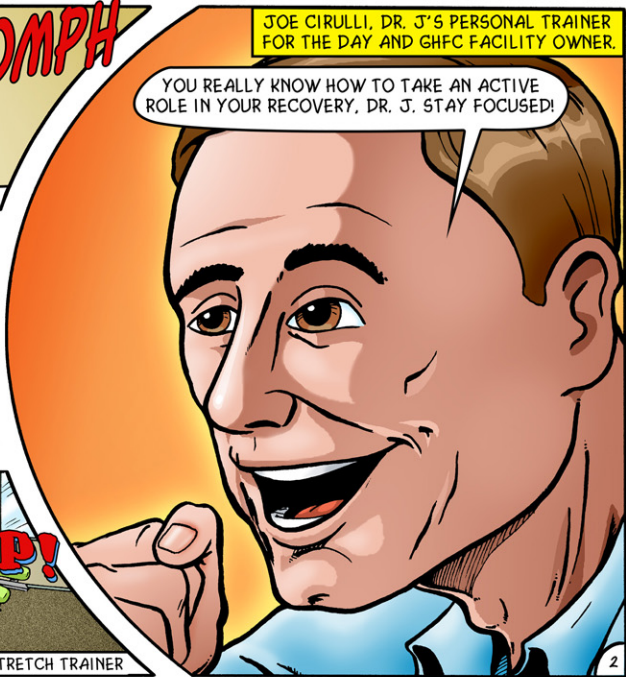
LUMBAR EXTENSION



ARC TRAINER



STRETCH TRAINER

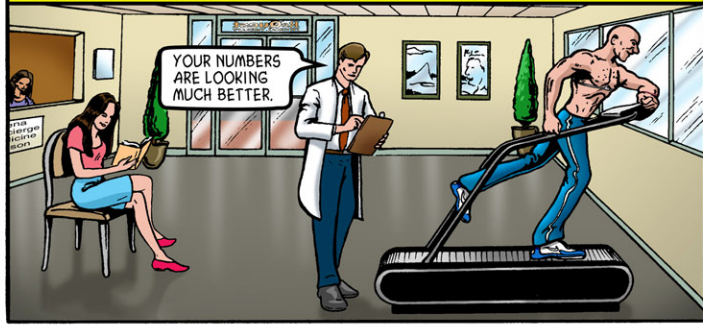


JOE CIRULLI, DR. J'S PERSONAL TRAINER FOR THE DAY AND GHFC FACILITY OWNER.

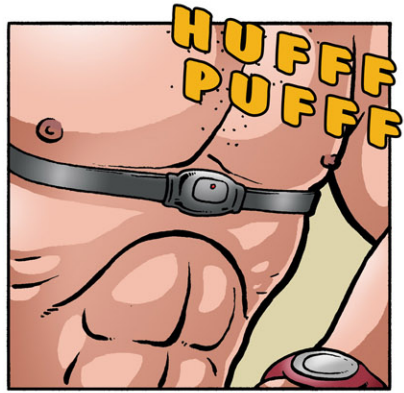
YOU REALLY KNOW HOW TO TAKE AN ACTIVE ROLE IN YOUR RECOVERY, DR. J. STAY FOCUSED!

"Whether you think you can or think you can't - you are right."  
- Henry Ford

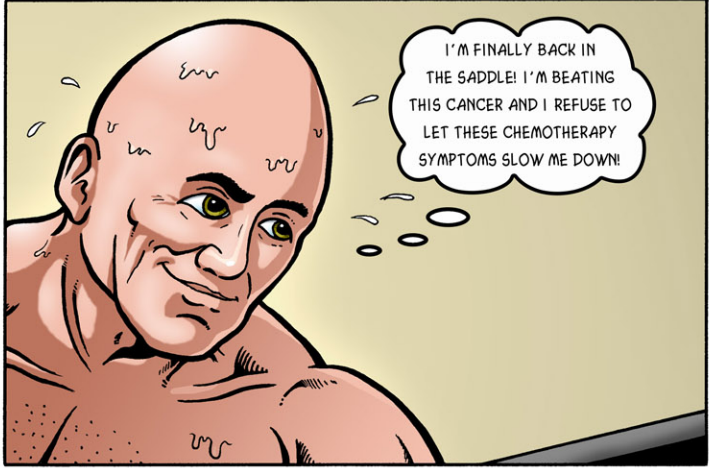
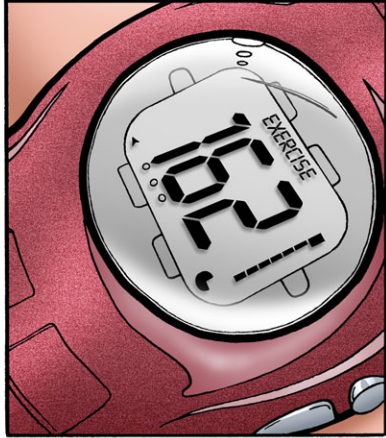
40 MINUTES ON THE TREADMILL TAKE DR. J THROUGH PRE-DETERMINED TARGET HEART-RATE ZONES TO ENHANCE HIS CARDIOVASCULAR ENDURANCE.



YOUR NUMBERS ARE LOOKING MUCH BETTER.



95% MAXIMUM HEART-RATE.



I'M FINALLY BACK IN THE SADDLE! I'M BEATING THIS CANCER AND I REFUSE TO LET THESE CHEMOTHERAPY SYMPTOMS SLOW ME DOWN!

LATER, ON THE WAY TO DINNER.



I'M STARVED.



DO YOU WANT YOUR KANGOL HAT, PAUL?

WHY? I HAVE SUCH A SEXY HEAD.



YES, YOU CERTAINLY DO.

"A coward gets scared and quits. A hero gets scared, but still goes on."  
- Unknown



Helpless



Passionate



Panic



Stoic



Disgusted



Positive



Depressed



Mischievous



Inspired



Cautious



Worried



Laughable



Pain



Afraid



Disappointed



Angry



Anxious



Surprised



Exhausted



Confident



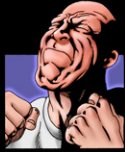
Appreciation



Confused



Ecstatic



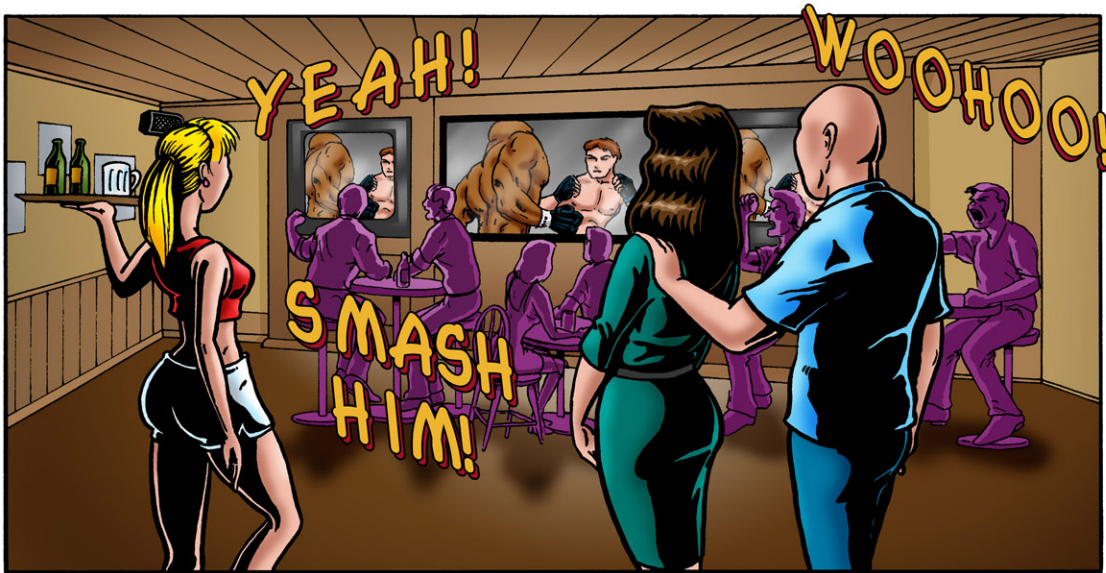
Frustrated



Emotional Roller Coaster of Cancer Survival

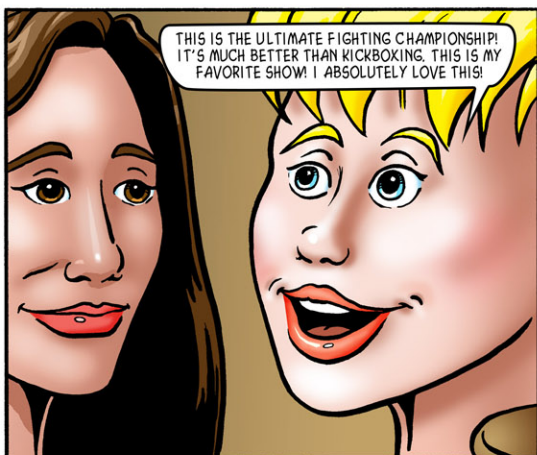
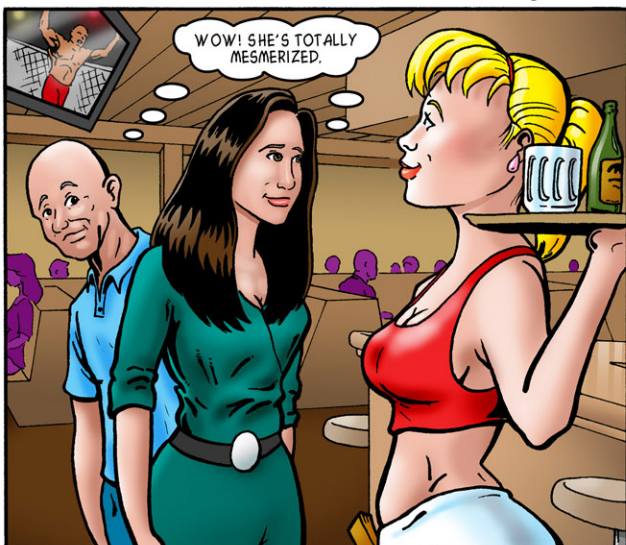
Throughout his difficult cancer recovery, Paul "Dr. J." Jacobson, M.D. experienced a Mr. Toad's wild emotional roller coaster ride with each feeling state varying in frequency, intensity and duration. Dr. J.'s attitude preservation prevented any negativity from interfering with his positive Weltanschauung (worldly view/outlook), unwavering faith, and infectious sense of humor.

**Dr. J.'s Rules for Zing Zest™ Living**  
Rule #1: Wellness is an Attitude. Rule #2: Attitude is Everything.™



"You can't do anything about the length of your life, but you can do something about its width and depth."

- Shira Tehrani



"When faced with a mountain I shall not quit. I will keep on striving until I find a way around, climb over, tunnel underneath, pass through, or simply stay and turn that mountain into a gold mine."

- Tom Hopkins



**TIME-TESTED MORAL FOR CANCER SURVIVAL**

DR. J'S ZING ZEST™ LIVING PRESCRIPTION\*

**L**AUGHTER, **A**TITUDE & **F**ITNESS IS THE VERY BEST MEDICINE!

**L.A.F.** OFTEN IT'S MEDICALLY NECESSARY. ACCEPT NO SUBSTITUTIONS. UNLIMITED REFILLS... ALL DAY LONG!

**ALL THE BEST WITH ZING ZEST! - DR. J**

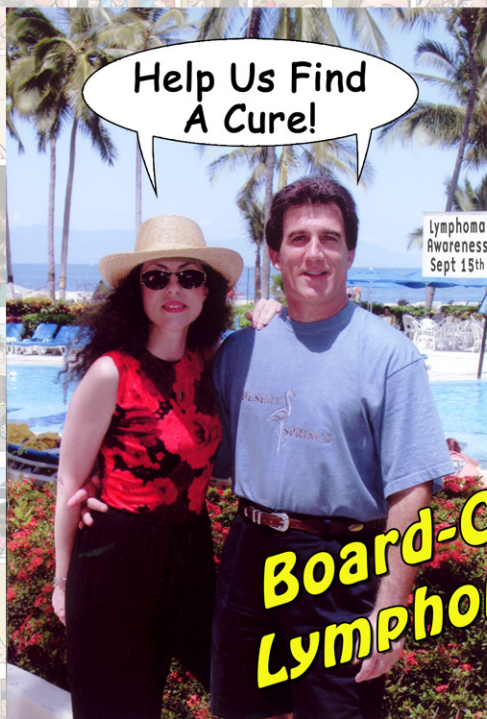
\*None of the content in this book is considered medical advice, and should not replace recommendations of your healthcare provider. The author and publisher assume no responsibility for any other resulting from use of information presented.

6

**ZING ZEST**<sup>™</sup>  
UNLIMITED  
BRINGING THE BEST TO LIFE<sup>™</sup>

**SWIM WITH THE  
ENDORPHINS<sup>™</sup>  
LET'S SPREAD  
FASTER THAN  
CANCER!**<sup>™</sup>

Join Dr. J's MagicStars<sup>™</sup> Gang  
Cancer Awareness Success Team



Irene Singletary & Paul "Dr. J" Jacobson, M.D.

**ZING ZEST MEGATHON<sup>™</sup>  
CELEBRATION WEEK**

September 12<sup>th</sup> - September 18<sup>th</sup>

For info: Go to [www.ZingZest.org](http://www.ZingZest.org)

### A Visual Fitness Formula for Your Soul

In these vibrant pages, Paul "Dr. J" Jacobson, M.D. offers hilariously funny visual stories from true life experiences realized along a reflective road of cancer recovery. With his trademark sense of humor and insights, Dr. J becomes your "personal wellness coach" for coping with life adversity and finding hidden sources of courage in the face of chronic disease.

*"Dr. J is a master of the metaphorical visualization. He has the gift of taking complex ideas and making them visual, simple, and accessible. Follow his fitness formula survival attitude, and you'll create a life more fulfilling than any you might ever have imagined."*

- Robert Briskin, M.D.

Concierge Medicine, Board Certified Internal Medicine  
Founder - VIP Primary Care Associates

*"This fun comic book is imbedded with modern day sage wisdom that one needs to live life happily even when confronted with life-threatening health challenges. Dr. J has captured the essence of the secret ingredients necessary for cancer survival and has a knack for inspiring people to reach beyond themselves and attain what they thought not possible. We can all model Dr. J's applied power of intention and choose to change our lives for the better ... right now, right where we stand."*

- Maria Regina C. Flores, M.D.

Board Certified Internal Medicine in Medical Oncology & Hematology  
Sr. Partner - Cancer Centers of Florida

## Paul "Dr. J" Jacobson, M.D.



Paul Jacobson, M.D. is a native Conch, born and raised in the "Conch Republic", Key West, Florida. He is a three time honors graduate having attended undergraduate, medical school and residency training at the University of Florida in Gainesville, FL. As a staunch advocate of humanistic medicine, Dr. J places an emphasis on a balanced healthy lifestyle of body, mind and spirit.

A talented entrepreneurial medical physician, Dr. J has made a difference in the lives of many at-risk youth during his career as an adolescent behavioral medicine specialist and sports psychiatrist. Dr. J is a published author, researcher, educator, professional speaker, trainer, and cancer survivor.

proudly sponsored by

THE INSTITUTE FOR  
**Predictive Medicine**  
*Preventive Maintenance for the Human Body*

ISBN-13: 978-0-9792251-0-9  
ISBN-10: 0-9792251-0-8

9 0000



9 780979 225109