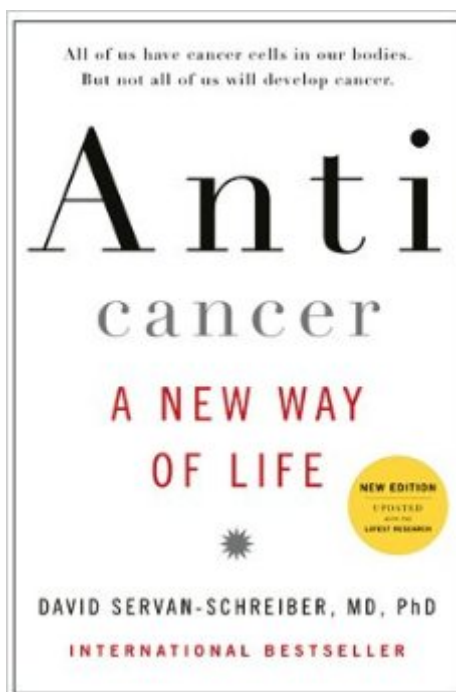


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# Anticancer: A New Way Of Life



## Synopsis

Anticancer has been a bestselling phenomenon since Viking first published it in fall 2008. Now, a new edition addresses current developments in cancer research and offers more tips on how people living with cancer can fight it and how healthy people can prevent it. The new edition of Anticancer includes:

- The latest research on anticancer foods, including new alternatives to sugar and cautions about some that are now on the market
- New information about how vitamin D strengthens the immune system
- Warnings about common food contaminants that have recently been proven to contribute to cancer progression
- A new chapter on mind-body approaches to stress reduction, with recent studies that show how our reactions to stress can interfere with natural defenses and how friendships can support healing in ways never before understood
- A groundbreaking study showing that lifestyle modification, as originally proposed in Anticancer, reduces mortality for breast cancer by an astounding 68 percent after completion of treatment
- New supporting evidence for the entire Anticancer program

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (703 customer reviews)

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## Customer Reviews

It came as a total shock when I found out I had a brain tumor in October, 2009. I am a non-smoker, a vegetarian, I've always been slim and I exercised 3-4 days a week. I'd seen this book before my diagnosis and thought it looked good, but didn't buy it. I thought I didn't need it. Once I realized the author also had brain cancer and had been able to keep it in check for over 15 years through diet and other means, I knew this was the book for me. If you want to learn how to do something, go to

someone who has done it! So I bought the book. It's an easy read and is backed up by scientific research and 28 pages of footnotes in case you want to learn more. The book is very specific in its recommendations. I took the plunge around Christmas, 2009 and have been following the diet ever since. I underwent a year of chemotherapy treatments at the same time. During that time I periodically had MRI's that showed the tumor was shrinking. The tumor has continued to shrink even after I finished chemotherapy in January, 2011, so the diet change and supplements are having the intended effect. Reading this book and changing what I eat has been incredibly empowering for me. I thought I knew a lot about nutrition before, but I learned some important things from Dr. Servan-Schreiber:- Vegetables to eat daily (broccoli, cauliflower, brussel sprouts, all cabbages)- Good oils to use (olive and canola)- Spices to add (garlic, ginger, turmeric) I also learned some sobering facts about sugar (see page 61): "The German biologist Otto Heinrich Warburg won the Nobel Prize in medicine for his discovery that the metabolism of malignant tumors is largely dependent on glucose consumption. (Glucose is the form of digested sugar in the body.

I am a two-time breast cancer survivor of 11 1/2 years with a strong faith in God, but cancer is a scary thing that can just get to you over and over again. Anticancer: A New Way of Life, spoke both to my heart and to my head. I am "in remission" (I strongly prefer a shorter word - cured). However, there's one cancer marker that keeps creeping up ever so slightly and making me lose sleep at night although there is still no clinical sign of cancer 3 years after recurrence. I tell you this not to wear my heart on my sleeve but as evidence that I have more than just a passing experience with the subject matter of this book. This is the best nutritional resource I have found thusfar on this journey (equally useful for those of you who want to avoid the ride). Dr. Servan-Schreiber has "been there" and brings a perspective to the topic that you can't have unless you have walked the road personally. He has approached the topic of how to best equip your body for maximum health in the face of cancer in a realistic, intelligent and science-based way. The statement by Dr. Mendelsohn, President of MD Anderson, in the introduction about this book filling "an important gap in our knowledge of how patients can contribute to their own care by supplementing conventional medical treatment" really persuaded me to make the purchase. Most important insights gained: There is something (actually a lot of somethings) that we can do to better equip our bodies to fight cancer - diet, exercise, sleep, stress relief. Finally, I have an outline of food suggestions with footnotes to the research itself and even a shopping list to eat what my body needs - no excuses.

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