

SUGGESTED READING – NOTEWORTHY BOOKS ON DEFEATING CANCER

Defeat Cancer: 15 Doctors of Integrative and Naturopathic Medicine Tell You How

by Connie Strasheim

Intensive interviews with fifteen highly regarded doctors who specialize in cancer treatment. They share the core principles upon which they base their approach to healing cancer, from anti-neoplastic remedies and immune system support to dietary and life-style choices.

Beating Cancer with Nutrition

by Patrick Quillin, Ph.D., RD, CNS

Chemotherapy, radiation, and surgery can temporarily reduce tumor burden, however, these therapies fail to change the underlying cause of the disease. Comprehensive cancer treatment must include an aggressive nutrition component, which can increase life expectancy by 12 to 21 fold along with better chances for remission.

Anticancer: A New Way of Life

by David Servan-Schreiber, M.D., Ph.D.

This personal memoir comes with a clear scientific explanation of what makes cancer cells thrive and what inhibits them. It is filled with easy-to-understand charts and diagrams and a sixteen-page color "Anticancer Action" insert that enables readers to make small but essential changes in lifestyle and diet. The body knows how to heal itself, and it is better able to fight and prevent cancer with nutrition, physical exercise, stress management, and the avoidance of environmental toxins.

The Metabolic Approach to Cancer: Integrating Deep Nutrition, the Ketogenic Diet, and Nontoxic Bio-Individualized Therapies

by Dr. Nasha Winters, ND, L.Ac., FABNO and Jess Higgins Kelley, MNT

The authors identify ten key elements of a person's terrain – including the microbiome, the immune system, and blood sugar balance – as they relate to the cancer process. They prescribe a researched, tested, and nontoxic metabolic therapeutic approach that encompasses the ketogenic diet, fasting, specified phytonutrients, herbal treatments and more.

A Parent's Guide to Childhood Cancer: Supporting Your Child with Integrative Therapies Based on a Metabolic Approach

by Dagmara Beine, PhD, PA-C

Based on Winters's work, this comprehensive, patient-centered, evidence-informed approach to treating pediatric cancer teaches parents how to effectively incorporate integrative therapies and nutrition alongside conventional oncology.

Cancer: Step Outside the Box

by Ty Bollinger

"Discover the TRUTH about cancer that your doctor probably doesn't know and the drug companies hope you never find out." This book reveals some of the most potent and well-proven strategies for preventing and treating cancer.

The Burzynski Breakthrough: The Century's Most Promising Cancer Treatment... and the Government's Campaign to Squelch It

by Thomas D. Elias

*In the 1970s, Dr. Stanislaw Burzynski compared urine and blood samples of both cancer patients and non-cancer patients, and he discovered that cancer patients lacked certain naturally occurring peptides. After isolating some peptides that were commonly absent in cancer patients, he found many had potent anti-cancer properties, which he named **antineoplaston**, Greek for anticancer. He synthesized these antineoplastons to treat cancer patients with notable success. This book tells of Burzynski's government initiated legal battles (no patient malpractice lawsuits), and it includes patient success stories.*