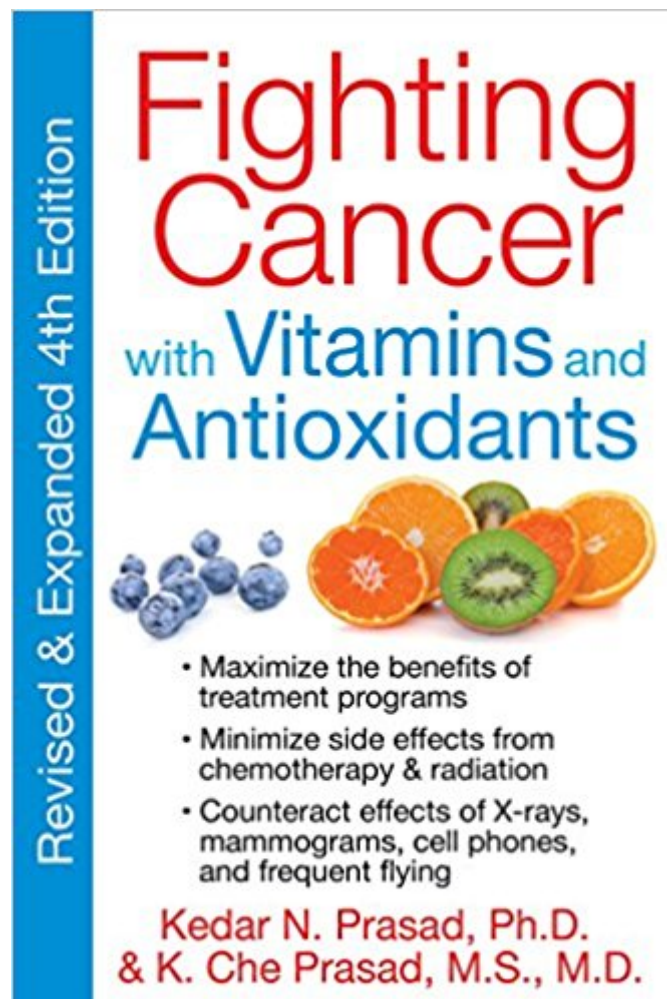




The book was found

Fighting Cancer With Vitamins And Antioxidants



Synopsis

The most up-to-date and complete resource on the powerful benefits of micronutrients for cancer treatment and prevention • Written by the nation's leading expert on vitamins and cancer research • Reveals how to maximize the benefits of your cancer treatment program while minimizing the side effects of chemotherapy and radiation • Shows how to counteract the carcinogenic effects of dental X-rays, CT scans, mammograms, cell phones, and other unavoidable hazards of modern life • Provides an easy-to-follow program of nutritional supplements to improve your odds of avoiding and beating cancer

Despite extensive research and the development of new treatments and drugs, the U.S. mortality rate from cancer has not changed during the past several decades. Yet there are promising nutritional ways of avoiding and even beating cancer. In this completely revised and expanded edition, leading anticancer researcher Kedar N. Prasad and doctor K. Che Prasad reveal the latest revolutionary discoveries in the use of antioxidants and micro-nutrients to prevent and treat cancer--and also help with heart disease, Alzheimer's, and Parkinson's. Providing a simple nutritional program to follow, the authors show how micro-nutrients, vitamins, and antioxidants can enhance the beneficial effects of conventional cancer treatments, decrease their toxic side effects, improve long-term prognosis, and reduce the risk of new cancer. Explaining how antioxidants regulate gene expression and cancer heredity, the authors detail how to counteract the risks of dental and medical X-rays, CT scans, mammograms, cell phones, frequent flying, and other unavoidable hazards of modern life; reduce the oxidative stress of free radicals in the blood; and decrease chronic inflammation. Reviewing recent studies, they deflate the controversies surrounding the use of antioxidants in cancer treatment, revealing everything from the reason why many vitamins in foods are destroyed during storage to the surprising role of selenium in cancer prevention.

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Customer Reviews

I highly recommend this book if you want to get up to speed on the science of micronutrient supplementation without reading an academic tome. The authors provide reliable and current science with clarity and in easily digestible chunks. The layout in sections and subsections makes it easy to read, and the graphs and charts provide summaries that will help you make personal decisions about how supplementation can enhance your wellness program. • (Joan Parisi Wilcox, Quantum Health, December 2011)

Dr. Prasad's book is a comprehensive and fascinating review of current cancer therapies and the controversies surrounding them. His extensive research has made him one of the leading and respected authorities in the field of antioxidant use during cancer treatment. • (Jeanne Drisko, M.D., CNS, FACN, director of the program in Integrative Medicine, University of Kansas)

A useful and well-organized antidote to the mass of irresponsible information about vitamins. I applaud Dr. Prasad for providing the public with a responsible presentation. • (Frank L. Meyskens Jr., M.D., director of Chao Family Comprehensive Cancer Center, University of Cali)

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Parkinsonâ€™s. Providing a simple nutritional program to follow, the authors show how micronutrients, vitamins, and antioxidants can enhance the beneficial effects of conventional cancer treatments, decrease their toxic side effects, improve long-term prognosis, and reduce the risk of new cancer. Explaining how antioxidants regulate gene expression and cancer heredity, the authors detail how to counteract the risks of dental and medical X-rays, CT scans, mammograms, cell phones, frequent flying, and other unavoidable hazards of modern life; reduce the oxidative stress of free radicals in the blood; and decrease chronic inflammation. Reviewing recent studies, they deflate the controversies surrounding the use of antioxidants in cancer treatment, revealing everything from the reason why many vitamins in foods are destroyed during storage to the surprising role of selenium in cancer prevention. KEDAR N. PRASAD, Ph.D., is the chief scientific officer of the Premier Micronutrient Corporation, the former director of the Center for Vitamins and Cancer Research at the University of Colorado School of Medicine, and the former president of the International Society of Nutrition and Cancer. His son, K. CHE PRASAD, M.S., M.D., is director of microbiology and codirector of cytology at Marin Medical Laboratories. Both authors live in the San Francisco Bay area.

Easy read. You don't have to read this front to back. You can skip through to the information you are looking for. Much of the information in this book I had learned through various other places. It is nice to have what cancer is, how it survives and dies in our bodies, and detailed instructions on what to do about it all in one place. I am considering giving this book to my allopathic oncologist. He is absolutely clueless on nutrition and cancer.

Interesting

Two stars may be generous for this book. Based on my knowledge, admittedly without cancer barking at my heels, this book is a derivative work and some of it seems misleading to me. If one is desperate, take a look at the recent clinical trials of intravenous Vit C. In 100g doses serum levels and tissue levels are reached which completely change vitamin C's character. These levels cannot be achieved via oral ingestion.

The book has a lot of detail, which is good but I would have liked something more straightforward maybe. Recommended if you have time to go through it.

Explains all the implications of what you need to know if you have cancer and want to take supplements. I should buy a copy to give to my oncologist.

A really good primer on anti-cancer theories and alternative ways to protect yourself. We have changed our routine after reading this book!

ok

perfect

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