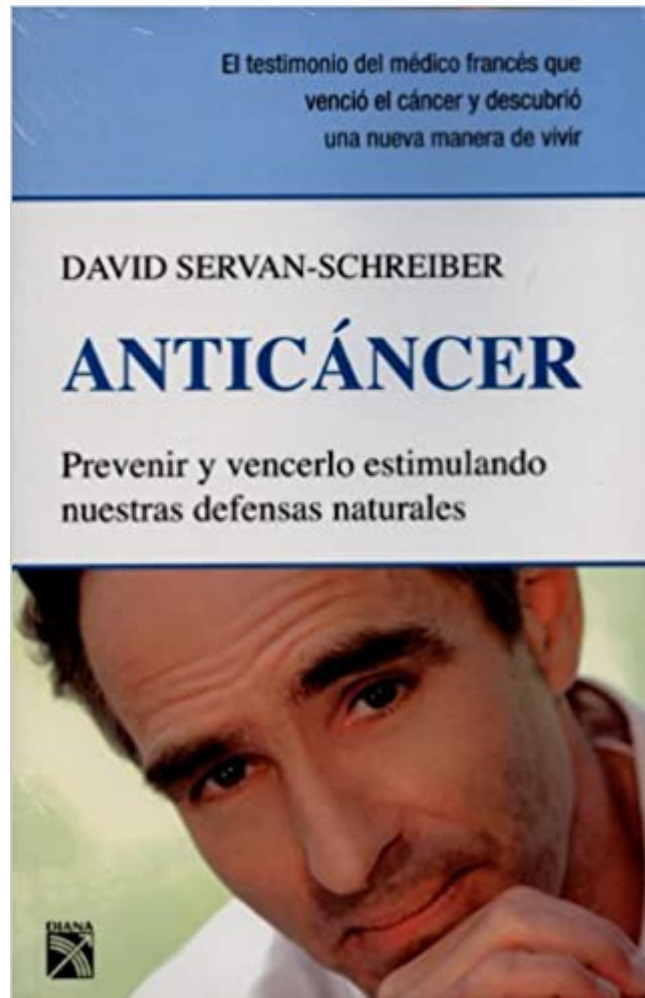




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# Anticancer (Spanish Edition)



## Synopsis

Tips on a healthy lifestyle to prevent and help cure cancer.

## Book Information

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## Customer Reviews

Anticancer is a critical read about body and mind for both those WITH and WITHOUT CANCER. I was diagnosed with brain cancer in 2010 and read it right away. And now that I'm dealing with my third round of treatment I decided to read it again to refresh and reinforce and to understand some of the updates that were added since my first read. There are key points about diet, physical activity, stress, sleep, love and support and environmental toxins that everyone should understand and address. I wish all of you the best of luck on your journey-- with or without cancer.

This book is plum-full of tips for enabling our bodies to be at their best for overall health and wellness, as well as general disease prevention. The wisdom described within is backed by research as is outlined throughout the book as well. While most of this research was specific to cancer, these ideals are conducive to properly fueling our systems (with various foods, by avoiding toxins, and tending to the psychological aspects of our being as well) and achieving the best possible quality of life. Whether you're looking to beat or defeat cancer, or simply improve overall health - I highly recommend it! I purchased a copy for myself, marked pages and made notes, and then purchased a copy for a friend as well. We can all benefit by incorporating this knowledge into our everyday lives. Happy reading!

Grab this book before you or a love one gets cancer. It tells you how to live to hopefully avoid the C. Give to everyone diagnosed as this can make a difference in defeating the C. Written by a Dr. Who knew it takes more than medicine to defeat cancer. As a nurse I think this book is right on target

This is one of the most informative health related books I have ever read. I learned a lot about what cancer is and how to do my best to prevent it. I have already started implementing some changes and will do much more. This is a must-read for everybody because it is packed full of good, practical, helpful information.

As the spouse of someone facing a terminal cancer diagnosis, I found the information in this book very helpful. It was balanced between the benefits and limitations of traditional treatments and what people can do outside of medicine to treat and prevent cancer. It makes sense to do everything you can to naturally strengthen your body's defenses to prevent illness and to improve your chances of recovery once you are sick. This updated edition is full of all the latest scientific information and is very readable. Thank you Dr. Servan-Schreiber and wishing you a long and healthy life.

There is not a better book currently available on the market that is as good as this one. The author has done a lot of in-depth research and backs all his claims with scientific studies. In fact there are over 30 pages of footnotes so that you can look up the studies, not that old "in one study" stuff you get in other books with NO reference at all to who did the studies and when. The chapter on Anti-Cancer foods alone is worth the purchase of the book. Using the information in this book and other research I have done I was able to halt the growth of my current tumors by drastically modifying my diet. Neither of the two small tumors has grown at all over the last six months! And this is the first book that does NOT try to push a bunch of products on you. Not so sure I buy into his idea of "spirituality" but I will agree that it is very important to learn to deal with stress in a constructive way and not let it bottle up in you. So the book gives great advice but you had better be willing to make some big changes if you expect his knowledge to help you. Just reading it won't help you any, you have to put it into practice!

This book definitely is useful and appears to back up its findings. My father recently diagnosed with non-Hodgkins lymphoma and I am reading what I can now. It does address death more than I thought it would which was difficult to read at times. I had to put it down a couple of times but got

through it and picked it back up. I will probably read it again to have some of this sink in better; there is a lot of information here.

David S-S lived through brain cancer twice before the last episode ended his life. But he made it 19 years, which seems like an impressive accomplishment. He gives simple, straight-forward guidelines to live as cleanly as possible in today's world. And he covers quite a bit of information about cancer, itself. I found the book quite informative and it reinforces my commitment to make better choices.

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