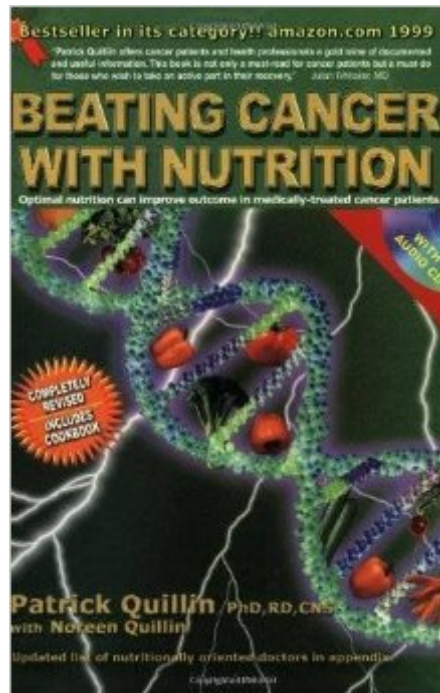


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# Beating Cancer With Nutrition (Fourth Edition) Rev



## Synopsis

There is good news in the "war on cancer". Optimal nutrition coupled with appropriate medical treatment can dramatically improve the quality and quantity of life and chances for a complete remission for most cancer patients. A well-nourished cancer patient can better manage the disease. Cancer is the number two cause of death in America and the developed nations of the world with one out of four dying from cancer and 38% of women and 43% of men projected to develop cancer over their lifetime. While the overall death rate from cancer has not appreciably declined since the start of the multi-trillion dollar "war on cancer" in 1971, there is good news from the nutrition arena. Optimal nutrition can reduce the risks of developing cancer by up to 90%, hence it is a strong preventative tool for everyone. And nutrition can dramatically improve quality and quantity of life for the millions of patients who are being medically treated for cancer. This book provides a well-documented approach for using an aggressive nutrition plan of food and supplements to:

- 1) reverse or avoid the common malnutrition that kills 42% of cancer patients
- 2) make chemo and radiation more of a selective toxin, thus protecting the patients' cells while making the cancer cells more vulnerable to medical elimination
- 3) slow cancer by limiting the amount of sugar available in the blood and gut for the glucose-dependent cancer cells
- 4) stimulate the immune system, which is in charge of killing all unwanted cells in the body, such as cancer
- 5) using foods and nutrition supplements as "biological response modifiers" to upregulate the body's built-in mechanism for eliminating cancer cells, such as apoptosis (programmed cell death).

There are many scientifically-supported nutrition factors that can slow or discourage cancer cells, including fish oil, phytoalexins from red and green fruits and vegetables, vitamin D, and much, much more. This 400+ page book includes:

- An audio CD for those who are too sick or tired to read
- A clever "executive summary" for those who want the main bullet points without reading the whole book
- A tear out two sided color chart with "rating your foods" and "better seasonings" to tape on your refrigerator
- An extensive chapter on meal plans and recipes to make practical cancer fighting foods tasty and convenient
- A comprehensive program for the cancer patient to use in conjunction with his or her doctor's best medical care.

The author, Dr. Quillin, spent 10 years as vice president of nutrition for Cancer Treatment Centers of America, a nationwide network of cancer hospitals, having counseled thousands of cancer patients and working with oncologists to provide synergism between medicine and nutrition. Quillin also organized 3 international scientific conferences on nutrition and cancer, edited the textbook *ADJUVANT NUTRITION IN CANCER TREATMENT*, and has many legitimate credentials in clinical nutrition (bachelor's, master's, doctorate degrees in nutrition; registered and licensed dietitian (RD); certified nutrition specialist (CNS)) to support the credibility of

this book. BEATING CANCER WITH NUTRITION has become the definitive book on this subject, was a bestseller on .com in 1999, has been translated into 5 other languages, and has received high praise from cancer patients and doctors alike. Originally published in 1994, this book had complete rewrites and updates in 1998, 2001, and the most current version in 2005. This book empowers the patient to be a part of their own recovery from cancer. The positive reviews from cancer patients and family members posted on .com speak for themselves. This program works.

## **Book Information**

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## **Customer Reviews**

I would like to first of all explain I am not a doctor, nurse or nutritionist. The only letters associated with my name are Mrs. I've been married to a wonderful man for the past 32 years and he was diagnosed with cancer five months ago. Not just in the colon, as we were originally told, but surgery found it in his liver, spleen, stomach, upper and lower intestines. The surgeon told us that there was too much cancer and he didn't want to start "cutting him up". I was not going to sit back and just let him be taken by cancer. I purchased "Beating Cancer with Nutrition" by Patrick Quillin, PHD, RD, CNS after reading a pamphlet, written by him, that I picked up at the local supermarket. I immediately started my husband on supplements that were recommended for the various symptoms he had. Our oncologist told us the liver is the best measure of the amount of cancer and that the tumors in the liver shrink in direct proportion to the amount of cancer in the rest of the body. The tumor on his liver was 13cm by 10cm at the time of the first CAT scan. His second CAT scan, four months later, shows it is now 9cm by 7cm. Yes, my husband is getting chemotherapy in addition to the healthy eating and supplements. He has gained back 20 of the 50 pounds he lost and is in

better health than he has been in years. His tumor markers have dropped from 75.8 to 20.5 in 2 months. I have no reason to believe that he won't be free of cancer. I have read this book from cover to cover and have seen what putting Dr Quillin's advice into use can do. If you, anyone you love, care about or know are faced with cancer, you owe it to yourself and to them to read this book, put his words to the test. It's not hard to understand. I have only a high school diploma and a strong desire to bring my husband back to health. All you need is a desire to beat cancer and as Dr Quillin says "Hope, Optimism and a Fighting Spirit".

My husband bought an earlier version of this book almost 7 years ago when I was given 8 weeks to live. The uterine cancer had metastasized to my lungs and bones. I had a large tumor on my pelvic bone which caused excruciating pain when I walked and even at rest. We followed the book exactly and yes, we bought the Immunopower which was very expensive, but you can't put a price on your life. The only thing I did differently was avoid all meat entirely. I still do not eat meat. My oncologist calls me his "miracle" patient. I've been cancer free for 7 years even though my oncologist said I had a very "aggressive" cancer and it definitely would return. Organic veggies, a juicer, Essiac tea, Immunopower and lots of prayer saved my life.

Beating cancer with nutrition is giving the reader all the background information about cancer and how to best fight it. In addition, Dr. Quillin outlines his approach for nutritional therapy. The reader can choose to buy the supplements separately or can buy Immunopower, a combination of powder (for shakes) and pills. Yes, Immunopower has been developed by Dr. Quillin and is quite expensive. But buying separately (and I have tried to do this) is even more expensive. Unfortunately, cancer is not an easy or cheap disease to fight. Dr. Quillin talks a lot about Immunopower in his book, but only because it truly is the best thing out there to fight cancer. I was diagnosed with Stage II breast cancer in Sept. 2002. At the time, I only underwent chemo without any additional nutrition therapy. My cancer metastasized and by January of 2004 I was back in chemo. This time, I had met some incredible cancer patients who had battled cancer with the help of Immunopower. I started to take the supplements myself right away. My tumor has since disappeared!! My doctor called it highly unusual. I am 38 years old, mother of a 5 and a 9 year old boy. My doctor initially felt, that I might at most have 2 years more to live. He is now more confident than even I am, that I will live to see my own grandchildren. My husband is now taking ImmunopowerEZ, just as an insurance. Health, unfortunately, is not cheap, but rather worth every last penny.

This book is the lifeline for anyone diagnosed with cancer. My father was diagnosed in January 2003 with renal cell carcinoma, metastatic. The doctors gave him less than 6 months to live. We tried a variety of the things mentioned in the book, including essiac tea, vitamins, and a nutritional diet. It had spread to his liver, spleen, and lung. Since reading and following the wonderful examples and advice in this book, my father is now working and living a productive life. The doctor was amazed and said not to change a thing that he was doing. Since he had had heart surgery and was a diabetic, many treatment options were not available. Other than interferon, he only utilized the information in Dr. Quillin's book. That was enough to stop the cancer growth and give him another chance at life. Thank you Dr. Quillin for this wonderful book and the invaluable lifesaving information within. Cynthia Haire

Dr. Quillin's book is a must-have for those who have been diagnosed with cancer and want to do something about it! Not only will you learn HOW nutrition can positively influence your cancer outcome and recovery, you will be able to APPLY that knowledge! The research-based alternative healing options are dose specific and easy to understand. The summary section and CD are added values to this already information-packed resource and have been designed to provide a short cut lesson for those who don't have the time or energy to take in the entire contents at once. Noreen Quillin provides insightful, practical lessons in the art of cooking and food preparation. Interesting case studies, well designed graphics, and an improved format round out this impressive text. As an oncology nutritionist, I use the nutritional approaches described in Dr. Quillin's book on a daily basis. Science tells us they work. My patients' results show me they work. If you've been diagnosed with cancer, you owe it to yourself to pick up a copy today.

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