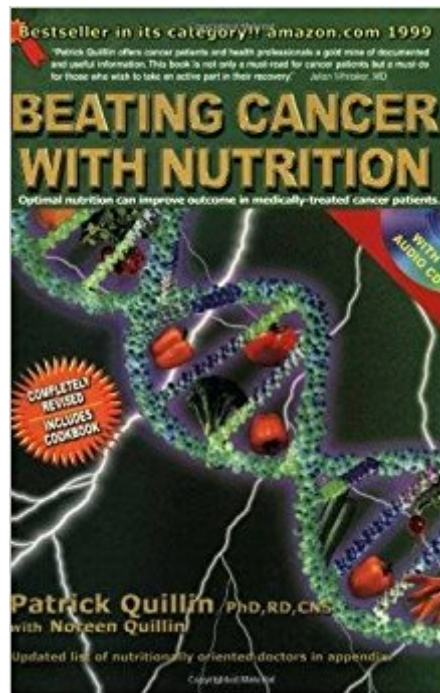




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# Beating Cancer With Nutrition (Fourth Edition) Rev



## 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**

This completely revised edition of a 1994 title offers up-to-date information about the human body's own "host defense mechanisms" in the war on cancer, providing a multidisciplinary approach to treatment based on scientific studies and clinical experience. Quillin, a medical professional who has published extensively, has conducted nutrition studies with hundreds of patients in formal clinical settings. He discusses conventional therapies (chemotherapy, surgery), alternative therapies (macrobiotics, herbal and vitamin therapies), and related factors (psychosocial health, drugs, tobacco, immune dysfunctions). Appendixes list treatment referral agencies, mail-order nutrition products, suggested readings, nutritionally oriented doctors in the United States and Canada, and recipes using foods known to slow tumor growth. Written in an easy-to-read style, this work is informative, but some sections seem misplaced or redundant, and charts and graphs occasionally lack an identified source and are difficult to read. Still, this useful guide to authoritative alternatives in cancer treatment would be appreciated in public library or consumer health collections. --Virginia Lingle, Hershey Medical Ctr. Lib, Pennsylvania State Univ. Copyright 1998 Reed Business

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**Editorial Reviews From Library Journal** This completely revised edition of a 1994 title offers up-to-date information about the human body's own "host defense mechanisms" in the war on cancer, providing a multidisciplinary approach to treatment based on scientific studies and clinical experience. Quillin, a medical professional who has published extensively, has conducted nutrition studies with hundreds of patients in formal clinical settings. He discusses conventional therapies (chemotherapy, surgery), alternative therapies (macrobiotics, herbal and vitamin therapies), and related factors (psychosocial health, drugs, tobacco, immune dysfunctions). Appendixes list treatment referral agencies, mail-order nutrition products, suggested readings, nutritionally oriented doctors in the United States and Canada, and recipes using foods known to slow tumor growth. Written in an easy-to-read style, this work is informative.... Still, this useful guide to authoritative alternatives in cancer treatment would be appreciated in public library or consumer health collections. --Virginia Lingle, Hershey Medical Ctr. Lib, Pennsylvania State Univ. Copyright 1998

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**Review** "Dr. Quillin's book should be of value to every cancer patient." --Linus Pauling, PhD. 2 Times Nobel Laureate "...a must-do for those who wish to take an active part in their recovery. --Dr. Julian Whitaker, MD of the famous Whitaker Clinic in Newport Beach, California and author of the world's best selling health newsletter, Health and Healing "...every cancer physician should recommend Beating Cancer with Nutrition to each of their cancer patients. --Dr. Barry Sears, author of the bestseller THE ZONE

In 1996 I was diagnosed with stage 3 pancreatic cancer. I had developed an adenocarcinoma on the head of my pancreas. I was given the option of a Whipple (surgery), chemo and radiation. I did all three. After the surgery the "doctors" gave me no chance of survival as they discovered the cancer had migrated into my lymph system. During the chemo and radiation I was introduced to Patrick Quillin's book which became my food and nutrition bible then and as it is today. I followed everything in his book. I completely changed my lifestyle. Food had a new meaning. My outlook on life changed. I went through a rebirth. My doctors thought I was nuts and only grasping at straws until my 2 year survival date arrived. Once it appeared that the cancer was gone I asked each doctor who had attended me if they would take credit for the fact I was still alive? Each one answered with an emphatic NO! But each one did tell me whatever I was doing not to stop. To this day I still follow the nutrition protocols I learned from Patrick Quillin's book! Believe me it is never

too late to change your lifestyle and diet.

A little confusing and contradicts itself in places - but a very good look at using good nutrition to help beat cancer. Actually helped me find a new DO to assist in my battle against cancer.

lots of good info for those of us that are trying to win the war against cancer.

I bought this for a family member who was recently diagnosed. I did a quick flip through before I sent it along. There is a LOT of great material here. I think, I'll get one for myself.

I noticed some of the information is outdated so can't give this book 5 stars. However, I do applaud any physician for bucking the system and telling the truth.

Great book on battling cancer via nutrition and supplements. Book is very hardcore as far as this goes. I can't imagine following to the t but lots of helpful ideas.

My husband had stage 4 lung cancer last fall. Along with chemo, he followed many integrative medicine recommendations which included changing the diet. He ate as recommended in this book and still does---he is now in remission.

I guess I shouldn't be surprised, since this was written quite some time ago, but many items suggested for one's diet are no longer recommended. For example, canola oil... knowing what we now know about GMO corn. And soy. And pasteurized dairy. I might re-sell it in a garage sale, but heavily edited with warnings about these foods.

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