



Anticancer: A New Way of Life

David Servan-Schreiber

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This is an updated edition for 2011 including all the latest medical research and up-to-date studies. This is an approachable, empowering guide to staying healthy and fighting disease. Would it surprise you to hear that one in four people are affected by cancer? If you knew that simple lifestyle changes could significantly reduce your chances of developing the disease, would you take advantage of your natural defences? I had cancer. I was diagnosed for the first time 15 years ago. I received conventional treatment and the cancer went into remission, but I relapsed after that. Then I decided to learn everything I could to help my body defend itself against the illness. I've lived cancer free now for seven years. In this book, I'd like to tell you the stories - scientific and personal - behind what I learned' - Author. David-Servan Schreiber is an academic physician with a wealth of experience in the field of integrative medicine. He will show you how, through simple alterations in diet, lifestyle and attitude, you can tackle cancer alongside conventional treatments, or even avoid it altogether. This is not a biology textbook, but a practical, insightful and individual guide that will allow you to make the best choices for your own health and well-being.

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