

Anticancer

BBC AUDIO

All of us have cancer cells in our bodies.
But not all of us will develop cancer.

Anti cancer

A NEW WAY OF LIFE

DAVID SERVAN-SCHREIBER, MD, PhD
INTERNATIONAL BESTSELLER

NARRATED BY ROBERT FASS 7 CDs UNABRIDGED

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著者:Servan-Schreiber, David

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Anticancer: A New Way of Life:

Over 1 million copies sold worldwide

#1 ranked and best selling cancer book On Amazon.com

#1 ranked and best selling cancer on Barnes & Nobles Online and #1 under Health - Diseases & Disorders

#2 best selling book in Wal-Mart's Health & Wellness

A #1 best seller in France -- over 300,000 copies sold

A two time New York Times bestseller

Anticancer: A New Way of Life is the #1 ranked and best selling book about cancer in the WORLD

Officially translated into 36 languages

What is Anticancer?

Anticancer describes natural methods of health care that contribute to preventing the development of cancer or to bolstering treatment. They are meant to serve as a complement to conventional approaches (such as surgery, radiotherapy, chemotherapy)

Dr. Servan-Schreiber's book shares his new view on life as a cancer survivor. He explores both traditional and non-traditional approaches to prevent, fight and treat cancer. His book explains how anyone can incorporate these healthier approaches into their life.

Behavioral changes slow the growth of cancer cells

Anticancer outlines the role of diet, exercise, stress management and the environment in reducing your chances for cancer. Avoiding certain chemicals found in household cleaning products and perfumes is one way you can control your environment. Healthy changes to everyday life can reduce cancer risks by stopping the growth of cancer cells, which he calls "outlaws." These changes, even if they are small, strengthen the immune system. They also reduce cell inflammation, which "outlaws" need to grow.

"All in all, anything that boosts our immune system fights cancer," Servan-Schreiber says. "And, certain food items or behaviors that have anti-inflammatory properties can help stop cancer from spreading."

Spreading knowledge about cancer prevention makes a difference

The inspiration for Anticancer came during dinner with his brother at a small Italian restaurant in Paris. While eating a plate of grilled vegetables and a small side of pasta with pesto, Servan-Schreiber listened to his brother talk about how much their family and friends had changed their lifestyles and behaviors, based on what he had taught them about cancer prevention. "For a number of years, I never talked about my disease or what I was doing to help myself," says Servan-Schreiber. "I wanted my patients to think that I was in good enough shape to care for them, which I was. But, a few years down the line, after I was doing well, my brother told me that as a doctor, I shouldn't keep that information from the public. He said I had to share my findings with the world. And, he was right. It was then that I decided to write 'Anti Cancer'."

Why I wrote "Anticancer: A New Way of Life" - by Dr. Servan-Schreiber

"This book is above all my testimony as a witness and fellow sufferer. I had cancer.

I'm cured now, and I wanted to share what I learned with other people. Being a doctor doesn't protect you from cancer. But because I'm a doctor and a scientist, I was able to take my knowledge to its limits and learn to look after myself. I wanted to write the book I would have liked to read – the book that, if it had existed, would have helped me to avoid falling ill, and that would have helped me learn very quickly how to give my cancer treatments the best possible chance of working."

Watch an MD Anderson presentation by Dr. Servan-Schreiber, as he explains the modern day cancer epidemic and the Anticancer lifestyle approach

作者介绍:

David Servan-Schreiber (born 1961 in Neuilly-sur-Seine, Hauts-de-Seine), M.D., Ph.D. is a French physician, neuroscientist and author. He is a clinical Professor of Psychiatry, University of Pittsburgh School of Medicine.[citation needed] He is also a lecturer in the Faculty of Medicine of Lyon I.[citation needed] He was co-founder and then director of the Centre for Integrative Medicine at the University of Pittsburgh Medical Center. Following his volunteer activity as physician in Iraq in 1991, he was one of the founders of the US branch of Médecins Sans Frontières, the international organization that was awarded the Nobel Peace Prize in 1999. He also served as volunteer in Guatemala, Kurdistan, Tajikistan, India and Kosovo.[1] In 2002 he was awarded the Pennsylvania Psychiatric Society Presidential Award for Outstanding Career in Psychiatry.[citation needed] He is the author of Healing Without Freud or Prozac (translated in 29 languages, 1.3 million copies sold), and Anticancer, a New Way of Life (translated in 35 languages, New York Times and international best-seller, 1 million copies in print) in which he discloses his own diagnosis with a malignant brain tumor at the age of 31 and the treatment program that he put together to help himself beyond his surgery, chemotherapy and radiotherapy. He is also a regular columnist for Ode Magazine and other publications.

Having been treated twice for a malignant brain tumor, he is a leading figure in his engagement for integrative approaches to the prevention and treatment of cancer ; he popularizes his knowledge through teaching seminars, lectures, books, a blog and audio books.

David Servan-Schreiber is the eldest son of the late French journalist, author and politician Jean-Jacques Servan-Schreiber.

目录:

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评论

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书评

不过具有讽刺意味的是，作者提出不少蔬菜水果有防癌抗癌作用的，在我天朝买到的这些蔬菜水果，也一样会致癌，因为农药用得太多，运输中还大量使用防腐剂保鲜。现在大概全世界都知道中国人吃的是有毒食品了，在中国，不需要抗癌.....癌...

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