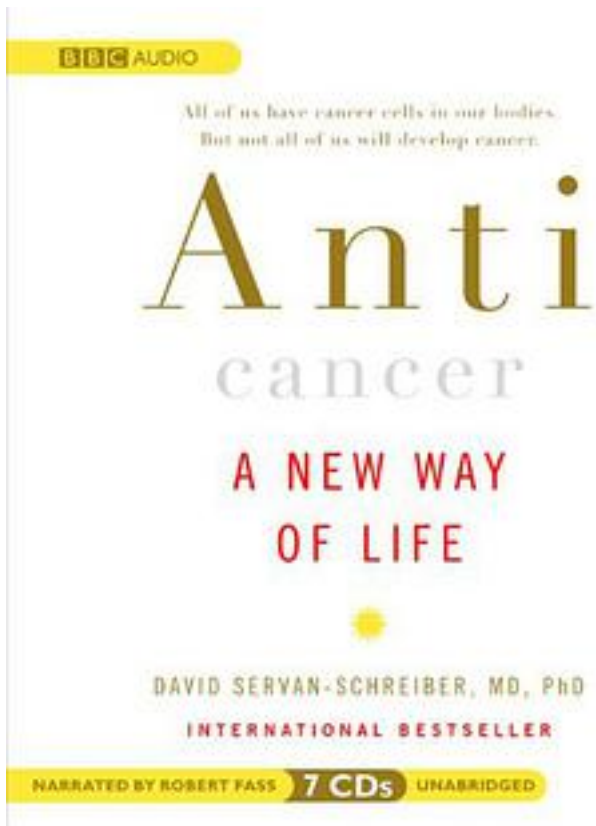


# Anticancer



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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.

作者介绍:

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## 标签

健康

饮食

肿瘤学

癌症

原版

医学

oncology

medicine

## 评论

健康的饮食，环境，情绪管理，冥想/按摩，运动。

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本书结合了作者作为癌症病人的亲身体会，和作为医生的专业知识和经验，以及近年来科学研究最新成果和包括中印在内的全球多国饮食、健身和治疗方式对于防癌抗癌有价值的内容。本书传递的不仅是关于防癌抗癌的知识，而且是关于健康积极并坦诚面对自我的生活态度。作者虽已过世，但他所留下的，相信可以给成千上万的读者以极大的帮助。

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## 书评

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