

Beating cancer with Nutrition

This book combines the best of what science and nature have to offer in the 21st century to help protect against and cure from cancer.

The book contains excerpts from "Beating cancer with nutrition", authored by Dr. Patrick Quillen, himself a cancer survivor, and translated by Dr. Ahmad Medhat Islam

Author's academic background:-

1- Head of the nutrition department , California's cancer institute, USA

2- A prominent int'l expert in the field of nutrition and an acknowledged authority on its role in protection against and cure from cancer.

3-Member of several int'l and American bodies and foundations specialized in nutrition VS. cancer, including the American college for nutrition, New York's Academy for sciences, the American Institute for Cancer Research and the Int'l Society for Preventive Medicine.

4- Works as a consultant with the American Health Institute for Cancer and the Food and Drugs Administration.

Authored 15 books, on nutrition VS. Cancer which sold more than 1 million copies and were translated to many languages, including the Japanese, Chinese and Korean languages.

Translator' s academic background

1- PhD. in organic chemistry from Scotland's Glasgow University.

2- Former dean of Al-Azhar faculty of science

3- Member of the Egyptian Chemical Society.

4- Member of London's Chemical Society

5- Member of the Egyptian Arabic Language Congress.

6- Member of the Egyptian Scientific Congress.

7- Member of the Egyptian Academy for sciences.

8- Member of the council for basic sciences, affiliated to the Academy for scientific research

Highlights:

Chapter (1):- What causes cancer?

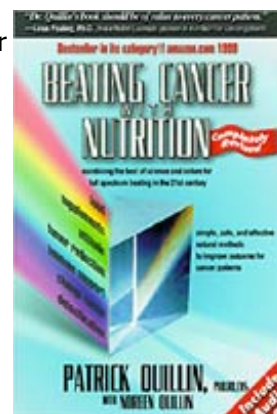
The author explains what cancer means and its main causes and symptoms

Chapter (2) Progress report:-

This chapter reviews the efforts exerted by scientists towards protecting against and curing from cancer as well as the latest scientific advances and break-throughs in the field of battle against cancer. It also provides an objective critique of some of the treatment methods in current use and analyzes its adequacy or lack thereof.

Chapter (3) Currently used treatment methods:-

It discusses the pros and cons of conventional treatment methods (Chemotherapy, Radio therapy, Biotherapy and Hyper thermia).



It also discusses other treatment methods which are used by about 50 % of cancer patients such as physical, metaphysical and phyto-therapy

Chapter (4): (Observations to Oncologists)

Provides the author's own subjective observations, drawn while himself under treatment, about the use of nutrition therapy compared to other forms of cancer therapy.

Chapter (5): (Nutrition can help cure cancer)

This chapter focuses on malnutrition which accounts for 22-67% of cancer mortality and discusses what causes it and how to treat it .

Chapter (6) :- (Nutrition improves the results of medical treatment):-

This chapter emphasizes the need for cooperation between the Oncologist and the Nutritionist. It also illustrates the benefits of some vitamins e.g vitamins K, C and E and analyzes its positive and negative impact during Chemotherapy

Chapter (7) (Treatment with Nutrition improves the function of the immune system).

This chapter discusses how the immune system works and how important this system is. The importance of the immune system is best illustrated by the fact that it contains 20 trillion cells out of the 60 trillion cells that make up the healthy adult body.

Chapter (8) :- (Cancer feeds on Sugar):-

This chapter illustrates the interwoven relationships between elevated blood sugar and the development of cancer cells, which feed directly on blood glucose.

Living with an elevated blood glucose can, therefore, be best likened to throwing gasoline on a raging fire!

The best policy is, clearly, to starve cancer cells to death and the author tells us how.

Chapter (9) :- (Nutrition helps the Biologic response).

This chapter discusses how nutrition can change the way the body works and the way it responds to illness .

Chapter (10) :- (Power of the Combined impact of foods).

The author continues his exploratory journey of the role of nutrition in fighting cancer and discusses the combined impact of food elements, singling out the magic combination of vitamins A, E, C and B6+Zinc, which prevented cancer recurrence in more than 50% of cancer survivors.

Chapter (11). (The curative powers of whole foods).

In this chapter the author lists the anti-cancer categories of food namely vegetables , cold water fish, whole grains , algae,legumes, seaweeds , healthy appetizers as mustard, curry, chilli pepper , cinnamon, ginger and last but not least clean water.

Chapter (12) (Anti-cancer supplements, friend or foe?)

This chapter explains the negative aspects of treatment with nutrition, with special emphasis on the alleged hepato-toxic effects of Nicotinic acid and the Teratogenic effects of vitamin A.

Chapter (13) (Herbs):-

Discusses the role of certain herbs and plants in fighting cancer such as curry which protects immune cells from its own toxins, Ginkgo which is a highly efficient anti-oxidant and a powerful DNA protector, Astragalus which potentiates the immune response and enhances the anti-cancer effect of Interferon and finally Ginseng which lowers blood glucose in diabetics,

protects the liver through activation of debris- removing macrophages and prevents intravascular spread of cancer through its anti-coagulant properties

Chapter (14) :- (Glandular secretions):-

Discusses the importance of glandular secretions with special emphasis on melatonin, which is secreted by the pineal gland.

Melatonin acts as a regulator of the anti-tumour action of the immune system & an alleviator of the toxic effects of Chemo-therapy and Radio-therapy.

Chapter (15): (Fats / Lipids):-

Reviews the various types of fats which it classifies into (a) curative fats e.g cod liver oil, sesame oil (b) Good fats e.g olive oil, sunflower oil, palm oil and (c) Bad fats e.g frying, hydrogenated and oxidized oils which lack vitamin E.

Chapter (16) (Minerals).

Minerals are inorganic elements which are indispensable to the body within specific ranges but some of it, namely Selenium, Zinc, Chromium and Magnesium play an important role in protecting against and curing from cancer.

Chapter (17) (Enzymes):-

Discusses Enzymes which are organic substances, catalyzing chemical reactions within the body, with digestive enzymes generally and proteases, almost exclusively, playing a prominent anti-cancer role.

Chapter (18): (Vitamins):-

This chapter reviews the anti-cancer properties of vitamins in general, singling out vitamins A, C, D, E and vitamin

E-Succinate for special praise

Chapters: (19& 20) (Food Extracts):-

Apocrates once said "let your food be your medicine and let your medicine be your food" and that saying is specially true in cases of flowery vegetables (Cabbage, Cauliflower, Broccoli...etc) Mushroom, Garlic and Bovine Cartilage.

Chapter (21) (Counter-acting Carcinogenesis):-

Discusses the difficulty of reversing the carcinogenic process, due to the great variety of cancer.

Therefore , while some cancer patients may need a conventional form of treatment, others may require psycho-therapy as well. It goes on to answer the pressing question of " how to detoxify the body and hence fortify it against cancer?

Chapter (22): (The Preferred / Most Favored Cancer Treatment)

This chapter discusses what the author views as the preferred cancer treatment, which consists of a combination of surgery, chemotherapy and radio- therapy as well as an intensive natural programme to rebuild body cells and rehabilitate the body's defense mechanisms.

Chapter (24): (Fighting Cancer Symptoms):-

Gives accessible recipes to alleviate cancer symptoms such as Ginger tea for Vomiting, yoghurt for Diarrhea, Cascara for constipation.

Chapter: (25): (Last Comments):-

Gives social and psychological recipes that provide protection against and cure from cancer such as choosing a "Cancer Mate" or "Cancer Companion", who is a fellow cancer patient, whose companionship could increase the will to recover and the power to endure.

Another recipe is to wear a constant smile and treat others with love and compassion.

Facts provided by the book:-

Food is both a malady and a medicine *

Proper Nutrition protects against and cures from cancer,*
strengthens the immune system and rids the body of toxins

Cancer is curable.*