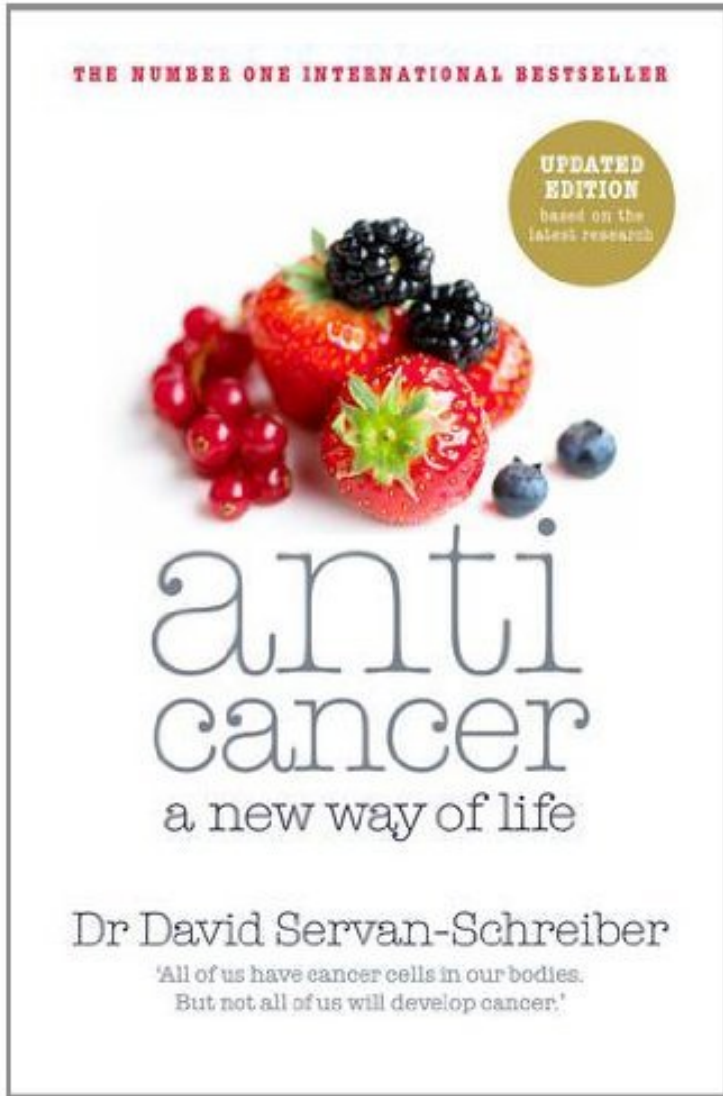


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Anticancer: A New Way of Life



Par David Servan-Schreiber
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Par David Servan-Schreiber :
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Description :

Prsentation de l'diteurAn updated edition for 2011 including all the latest medical research and up-to-date studies.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.

Extrait Foods That Act Like Medications

From ANTICANCER: A New Way of Life by David Servan-Schreiber, MD, PhD

Foods That Act Like Medications

If certain foods in our diet can act as fertilizers for tumors, others, to the contrary, harbor precious anticancer molecules. As recent discoveries show, these go far beyond the usual vitamins, minerals, and antioxidants. In nature, when confronted with aggression, vegetables can neither fight nor flee. To survive, they must be armed with powerful molecules capable of defending them against bacteria, insects, and bad weather. These molecules are phytochemical compounds with antimicrobial, antifungal, and insecticide properties that act on the biological mechanisms of potential aggressors. They also have antioxidant properties that protect the plants cells from dampness and the sun's rays (by preventing cellular rust from forming when the cells fragile mechanisms are exposed to the corrosive effects of oxygen).

Plums, Peaches, and Nectarines: Its Time for Stone Fruit

Berries have recently found some competition: peaches, plums, nectarines, etc. (collectively known as stone fruit), whose anticancer virtues were previously unknown. According to a group of researchers in Texas who reviewed more than a hundred species, these fruits particularly plums are at least as rich in anticancer elements as small berries. In this time of economic recession, it's good to know that a single plum contains as many antioxidants as a handful of berries and costs far less. In laboratory tests, stone fruits have also demonstrated their efficacy against breast cancer cells and cholesterol.

Probiotics

The intestines ordinarily contain friendly bacteria, which help digestion and facilitate regular bowel movements. They also play an important stabilizing role for the immune system. Among the most common of these bacteria are *Lactobacillus acidophilus* and *Lactobacillus bifidus*. It has been demonstrated that these probiotics inhibit the growth of colon cancer cells. Their effect on the facilitation of bowel movements also lowers the risk of colon cancer by reducing the time the intestines are exposed to carcinogenic substances in food. Probiotics thus also play a role in detoxification. In addition, according to a 2006 Korean study, probiotics improve the performance of the immune system, as well as increasing the number of NK cells.

Organic yogurts and kefir are good sources of probiotics. Soy yogurts are usually enriched with probiotics. These precious bacteria are also found in sauerkraut and kimchi. Finally, certain foods are prebiotics, which means they contain polymers of fructose, which stimulate the growth of probiotic bacteria. Examples are garlic, onions, tomatoes, asparagus, bananas, and wheat.

Green Tea

Rich in polyphenols, including catechins (and particularly epigallocatechin gallate-3, or EGCG), which reduce the growth of the new vessels needed for tumor growth and metastases. It is also a powerful antioxidant and detoxifier (activating enzymes in the liver that eliminate toxins from the body), and it facilitates the death of cancer cells by apoptosis. In the laboratory, it enhances the effects of radiotherapy on cancer cells.

Turmeric and Curry

Turmeric (the yellow powder that is one of the components of yellow curry) is the most powerful natural anti-inflammatory identified today. It also helps stimulate apoptosis in cancer cells and inhibit angiogenesis. In the laboratory, it enhances the effectiveness of chemotherapy and reduces tumor growth. Take note: To be assimilated by the body, turmeric must be mixed with black pepper (not simply with peppers). Ideally, it must also be dissolved in oil (olive, canola, or linseed oil, preferably). In store-bought curry mixes, turmeric represents only 20 percent of the total. So it's better to obtain turmeric powder directly.

Recommendations for use: Mix teaspoon of turmeric powder with tablespoon of olive oil and a generous pinch of black pepper. Add to vegetables, soups, and salad dressings. A few drops of agave nectar can remove the slightly bitter taste.

Ginger

Ginger root also acts as a powerful anti-inflammatory and an antioxidant (more effective than vitamin E, for example) and has protective effects. It acts against certain cancer cells. Moreover, it helps reduce the creation of new blood vessels. A ginger infusion tea also helps alleviate nausea from chemotherapy or radiotherapy.

Recommendations for use: Add grated ginger to a vegetable mix while it is cooking in a wok or frying pan. Or marinate fruits in lime juice and grated ginger (a touch of agave nectar may be added for those who prefer more sweetness). Make an infusion by cutting a small piece of ginger (about an inch) into slices and steeping in boiling water for ten to fifteen minutes. Can be drunk hot or cold.

Cruciform Vegetables

Cabbages (brussels sprouts, bok choy, Chinese cabbage, broccoli, cauliflower, etc.) contain sulforaphane and indole-3-carbinols (I3Cs), which are powerful anticancer molecules. Sulforaphane and I3Cs are capable of detoxifying certain carcinogenic substances. They prevent precancerous cells from developing into malignant tumors. They also promote the suicide of cancer cells and block angiogenesis. In 2009, at the Cancer Research Center of the University of Pittsburgh, biologist Dr. Shivendra Singh and his team studied the impact of sulforaphane antioxidant

contained in cruciform vegetables on prostate cancer in mice. They made two radical new discoveries. First, consumption of sulforaphane three times a week considerably increases the action of NK cells against tumors (by more than 50 percent). Second, tumor-carrying rats that consumed sulforaphane were shown to have half as much risk of developing metastases as those that did not. Take note: Avoid boiling cabbage and broccoli. Boiling risks destroying sulforaphane and I3Cs. Recommendations for use: Cover and steam briefly or stir-fry rapidly in a wok with a little olive oil. *Revue de presse* My belief is that diet has played an important part in my survival (Bruce, Prostate cancer survivor, Sussex (.co.uk)) As a breast cancer patient I found it empowering to feel I could do something to aid my own recovery (Lucy (.co.uk))