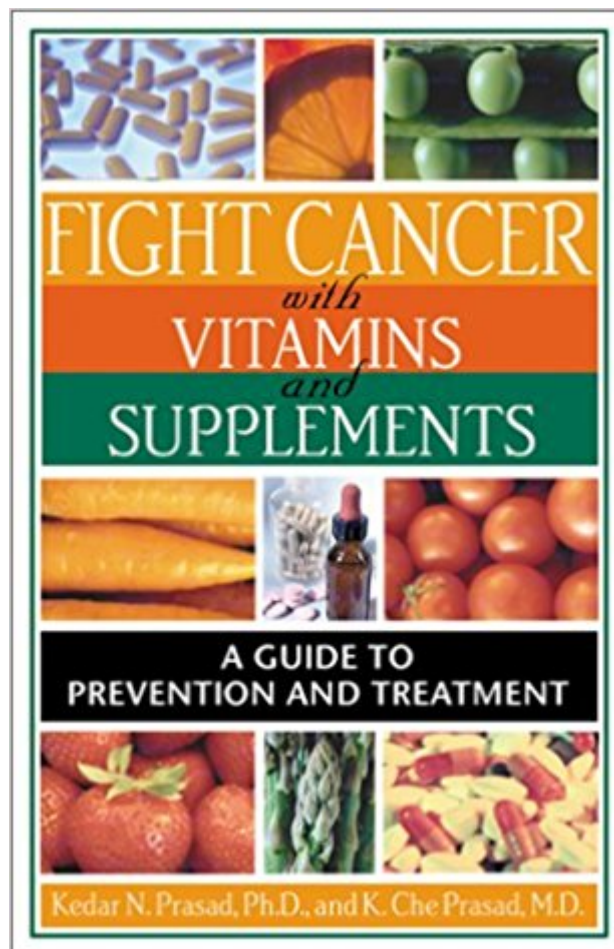




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Fight Cancer With Vitamins And Supplements: A Guide To Prevention And Treatment



Synopsis

Clear information on why vitamins and micronutrients are essential to prevent cancer and to recover from it. Includes the latest studies from the field of dietary cancer prevention. Provides a simple program of nutritional supplements that will improve your odds of avoiding cancer. Written by the nation's leading expert on vitamins and cancer research. The evidence is in and it is overwhelming: the micronutrients found in certain foods and supplements can have a positive and powerful effect in the battle to prevent cancer. For those with cancer, these same micronutrients can enhance the beneficial effects of conventional cancer treatments, reduce the toxic side effects of those treatments, and improve the long-term prognosis. Fight Cancer with Vitamins and Supplements explains the latest studies in this cutting-edge field, gives you a simple nutritional program to follow, and separates the facts from the myths on the most promising anticancer compounds, including the antioxidants coenzyme-Q10 and lipoic acid and herbs such as green tea and garlic. It explains everything from the surprising role of selenium in cancer prevention to the reason why many vitamins in foods are destroyed during storage. It also shows how the same simple program recommended for preventing cancer is equally effective in preventing heart disease, Alzheimer's disease, and Parkinson's disease.

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Customer Reviews

"A useful and well-organized antidote to the mass of irresponsible information about vitamins. I applaud Dr. Prasad for providing the public with a responsible presentation." (Frank L. Meyskens,

Jr., M.D., Director, University of California Cancer Center)"The best plain-spoken summary I've found of what the research shows." (Paul S. Davis, Whole Earth Review)"A trenchant, responsible survey of the vitamins that can help treat cancer conditions. Scholarly, readable, of vital importance to the intelligent general public." (The Book Reader)

Kedar N. Prasad, Ph.D., is the director of the Center for Vitamins and Cancer Research at the University of Colorado School of Medicine. An eminent scientist who has spent 30 years researching cancer, he has published more than 200 papers on the topic and is the former president of the International Association for Vitamin and Nutritional Oncology. His son, K. Che Prasad, M.D., is a graduate of the University of California at Berkeley and is currently a fellow at the University of California, San Francisco.Ã Â

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