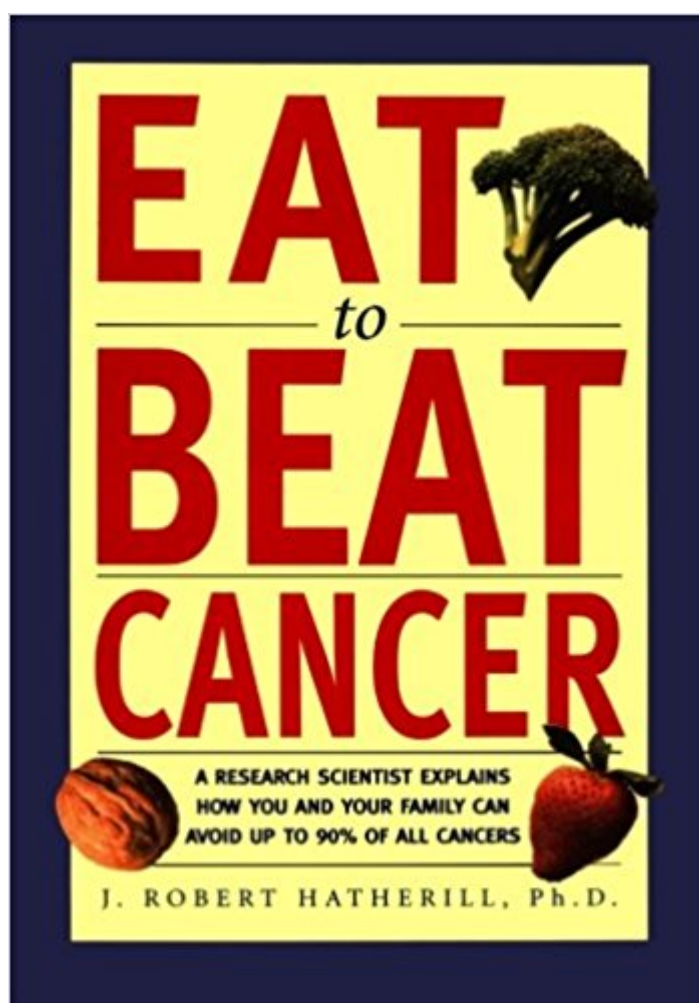


The book was found

Eat To Beat Cancer: A Research Scientist Explains How You And Your Family Can Avoid Up To 90% Of All Cancers



Synopsis

If changing what you eat could keep you from getting cancer, wouldn't you do it? Dr. Hatherill's Super Eight Food Groups are the foundation of a strategy that will help you create a cancer-busting regimen for yourself and your family. In this courageous book, Hatherill takes on the pharmaceutical and food industries to disclose dangers inherent in common foods like dairy and meat products, as well as over-the-counter supplements. "In...humbler times people rarely got cancer...Heart disease was so rare that medical textbooks from the mid-to late 1800s failed to include it. Something has gone fundamentally wrong in present times, as heart disease and cancer have emerged as the two most vexing killers in affluent countries...This book can help you convert your diet into a defensive anticancer solution. Throughout these pages you will be given practical techniques for solving the health problems that arise from eating a Western diet. Eat to Beat Cancer has identified the most protective, beneficial foods from around the globe and placed them in one simple, straight-forward diet." --from the introduction

Book Information

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Customer Reviews

Dr. J. Robert Hatherill is on the faculty of the University of California at Santa Barbara. He received his post-doctoral fellowship in molecular toxicology at Stanford University and doctoral degree in environmental toxicology from the University of Michigan. He is board certified in clinical chemistry by the American Society of Clinical Pathologists. He has been involved with research in environmental toxicology for 20 years and has published over 80 articles, abstracts and chapters in

the field of toxicology. He is a member of the Sigma Xi and Gamma Alpha honorary societies.

One of the most telling points that Dr. Robert Hatherill makes in EAT TO BEAT CANCER is that there is no such thing as a Universal Panacea for cancer. Cancer has so many facets, causes, and potential cures that he urges readers to view cancer as a spectrum, upon which they can correctly judge where they stand. Once readers know what cancer is, what causes it to grow and mutate, and how to treat it, then they are well on the "safe" side of that spectrum. Hatherill defines cancer as cells that mutate uncontrollably, causing the body's immune system to degrade. The causes he notes are legion--some of which are beyond our control and some not. Our environment is a huge ungodly mass of toxic chemicals, but even here he wisely cautions about taking common sense precautions. We might not be able to filter out the noxious air as we walk about the street, but we can certainly ensure that seemingly harmless toxins in our homes are exposed as not harmless after all. His book is full of matters that we probably already know, but to see them listed in neat rows and columns motivates us to action. I found especially helpful his handy "Super Eight Food Groups," which not only lists what they are but how they interact synergistically to protect us. He has other useful chapters on vitamin and amino acid supplementation. Although he warns us about the evils of tobacco and alcohol, he does not preach and thunder against their use. Rather, he understands that bad habits die slowly and he includes a specific regimen for those who cannot live without either. Hatherill also zeroes in on the gender specific issues of cancer, namely breast cancer for women, and prostate cancer for men. In both cases, he notes that a natural approach may not only be cheaper than surgery or chemo, but also far safer and more effective. Finally, he concludes with a series of recipes that are easily prepared, nutritious and, inexpensive. What one takes away from EAT TO BEAT CANCER is a plan not to get cancer in the first place, or failing that, what to do after your doctor drops the dreaded "C" word on you. The inner message here is that cancer is both avoidable and manageable, two terms that we must keep in mind as we make our life's daily choices.

I love how the book explains in simple terms the chemistry behind how cancer can happen in the body. It then gives the chemistry behind the foods that can help counteract this. Basically food chemistry healing damaged body chemistry. It organizes information very well, condensing the advice in convenient lists. I highly recommend it and have taken the advice to heart. It is one of the most poured over books in my permanent kitchen library. I have been eating from the Super Food Groups daily and it really feels great. I like knowing that I am at least trying to prevent cancer. I have

had several deaths in my family due to cancer, God bless them all! The last one really opened my eyes to the fact I need to be even more proactive than I was. I wish I would have had this book ten years ago to share with her, ironically she shared it with me when it was too late for her...I feel like sharing it with everyone I meet. I have bought copies for all my family members, hoping and praying this book and others like it will really make a difference. I feel really inspired to believe it will and I feel great in the process. Many thank yous to the author J Robert Hatherill.

This is a good book to have around and some interesting things to do to help keep you from getting cancer. I have used this book in recovery from cancer surgery and during two bouts of radiation treatment. I purchased this book on the recommendation of my dietitian while taking the treatments. I was able to cope with 60 radiation treatments in total with no weight loss.

Excellent book, a reference for anybody in the modern world.

Outdated info. Good book for its time.

We know Cancer can be cured;most people don't want to do what's required, therefore they succumbThe book has the answers. I've sent these books to folks I know who have Cancer

I have only glanced through this book, but I saw that there were some of the government guidelines that are old and in error.

This is a wonderful Book. The Author clearly knows a great deal about diet, preventing cancer, and how to simply eat more sensibly--and importantly, he is able to convey this message in a clear and convincing way. Notably, he recommends the sorts of foods and preparation methods that are not only better in a health sense, but that are also quite tasty to boot. Since reading this book, I have adopted a better diet--Thank You, Dr. Hatherill!!! I look forward to reading the next book you write on this subject . . . and hopefully, you will do so soon!

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