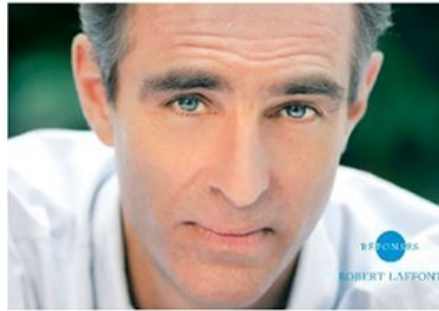


DAVID
SERVAN-SCHREIBER

Anticancer

Prévenir et lutter grâce
à nos défenses naturelles



Anticancer. A New Way of Life

David Servan-Schreiber

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Anticancer. A New Way of Life David Servan-Schreiber

The *New York Times* bestseller takes us on an empowering journey and changes the way we think about fighting cancer

David Servan-Schreiber's story of his journey from cancer patient to health combines memoir with a clear scientific explanation of what makes cancer cells thrive and what inhibits them. Anticancer is filled with easy to understand charts and diagrams and a sixteen-page color "Anticancer Action" insert that enables readers to make small but essential changes in lifestyle and diet. Your body knows how to fight cancer, says Servan-Schreiber, and you have to help it with nutrition, physical exercise, stress management, and avoiding environmental toxins. Anticancer enables people living with cancer to adopt a proactive attitude to living, even thriving, with cancer and helps healthy people prevent it.

Anticancer. A New Way of Life Details

Date : Published 2007 by Laffont

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From Reader Review Anticancer. A New Way of Life for online ebook

Erin says

I love this book. I was already obsessed with learning about food, so I knew a lot of what was in here, but now that I'm fighting with my husband against his disease, I'm more than motivated to know what foods (and other issues) help and hurt the healing (and cancer-prevention) process. I've not eaten meat for almost two months, save for fish, and although I doubt I'll ever announce myself a vegetarian, I won't be surprised if I never eat meat again. This book is fantastic. Whether or not you have cancer in your family, it's worth reading. EVERYONE is a candidate for cancer, and our westernized environment and diet are ensuring that we are going to be affected by it.

P.S. for you meat-lovers, the author does not promote giving up meat, simply cutting back and going totally organic, grass fed, etc. But, if you read "What to Eat," you'll know there's not enough planet space to support eating a ton of well-raised meat anyway. I love that book too. Oh, and "Skinny Bitch" seconds a lot of these sentiments, although I'm still not ready to go full tofu and sans cheese.

Jeremy says

I try to be sparing with my FIVE STAR ratings, but this is certainly the most important book I read in 2009 and maybe in the past five years.

This book is for you if you've battled cancer, know someone who has, or it is a part of your family tree - in other words this book is for everyone.

DSS has an amazing story (brain cancer survivor), incredible background (neuropsychiatrist, MD, PHD), and very strong pen. This book does three things that are so vital in today's society of ever-increasing cancer diagnoses...

- 1.) Puts a face on the disease through clear medical descriptions and pictures.
- 2.) Teaches the reader how to avoid and/or limit exposure to the causes and catalysts of cancer.
- 3.) Makes it possible to see past the diagnosis (or future diagnosis) so many face.

It's medical, it's inspirational and it's an incredibly important book that should jet to the top of many reading lists.

Batu says

One of the best books I have ever read fiction or non-fiction! It is not just about avoiding cancer or leading a healthy life but it is about living and dying. Although the book talks a lot of about scientific research that has been done to support his recommendations which are incredibly interesting, it is also a very compassionate book that is written from the heart. The author is an accomplished MD and Ph.D. who talks about his family, life and experiences living with brain cancer for 19 years. Please read this book and apply what you have learned to your everyday life. It will make a tremendous impact on the quality of your life.

Darth J says

[I'm not going to get too real with you guys here, 'cause some things need to remain personal and I don't do "feels" very well so no more *sad trombone noises* (hide spoiler)]

Lisa (Harmonybites) says

Color me dubious. The further I read into this book, the more skeptical I became--which is a shame, because Dr Servan-Schreiber with his unique perch as physician, research scientist and cancer patient would, I thought, be the perfect person to sift the solid science from wishful thinking and outright quackery but...

This book is rated as high as it is because nothing in his proposed program could do harm (the mindset being a different story) and I couldn't help being fascinated by parts and moved by others. Servan-Schreiber with his background as a research scientist was lucid and engaging in describing cancer's mechanisms and cancer research. I loved reading about "mighty mouse"--the mouse seemingly immune to cancer. I had to agree after reading those early chapters that "cancer is a fascinating and perverse phenomenon." And I couldn't help but be moved and inspired by many of the stories--not just his own but that of naturalist Stephen Jay Gould who against the odds beat his own cancer, and Jacqueline, a cancer patient who found reserves of strength in practicing karate with fellow cancer patients.

How could I not be moved? I was diagnosed with Stage Three Breast cancer in September of last year. In the preceding months I've undergone months of chemotherapy, a mastectomy, radiation treatments and will continue getting infusions of Herceptin until this October. And I've met far too many cancer patients who are on their second or third round with cancer. I don't want to go through all this again--thus the appeal of the promise of the title. I could certainly identify with and understand so much the people in these pages went through--and I get the fierce hope that you could take your destiny in your own hands--that you can beat back your body's betrayal. Feeling in control is so very important to you. I get that.

But there's a flip side to that which isn't so positive. I've encountered people certainly who believe the patient should be blamed for their cancer. In a review of mine critical of one health guru I was told straight out that I should listen to this author--that it was my lifestyle that had made me sick. I believe Servan-Schreiber plays into this with his insistence on the "mind/body connection"--this idea, or at least implication--that if you succumb you had not just the wrong lifestyle but the wrong attitude. Ironically Servan-Schreiber's own careful tending of his "terrain" did not stop him from dying of cancer some years ago. Humans are mortal--that's not under our control and sometimes when it comes to cancer we lose--and it's not our fault.

And there's another problem with this kind of view--that cancer is under our control and would be prevented if only the medical and pharmaceutical establishment would acknowledge the truth. To Servan-Schreiber's credit he emphasizes the importance of conventional therapy, and emphasizes his prescriptions are meant to be complimentary, not alternatives. In the book Herceptin, one of the drugs I'm taking, is described as "a revolutionary drug qualified in 2005 as a 'major turning point in the eradication of suffering and death from cancer.'" I'm expected to survive this--and for that I credit the achievements of those lambasted pillars of the medical and pharmaceutical establishment. But in these past months I've met more than one cancer patient who have refused not just (admittedly scary and debilitating) chemotherapy but the relatively low-risk/high benefit radiation and hormone treatments. Who have told me that people like my oncologist are shills for the pharmaceutical companies and "don't you know what they give you in chemo is poison?" I do know--that's

the point--it poisons the cancer. Yes, it poisons the patient as well--but we have the better chance of bouncing back.

So I worry books like these contribute to the paranoia, the distrust of life-saving medicines. All the more because in the end Servan-Schreiber struck me as ultimately far too credulous--there seemed to be no cause of cancer ever put out there from cell phones to deodorants to Teflon pans he wouldn't credit--ditto any purported alternate therapies down to that of shamans and Tibetan monks. Servan-Schreiber takes seriously T. Colin Campbell, a doctrinaire vegetarian and author of *The China Study*--a controversial figure but Servan-Schreiber skips the controversy. I just never got the sense in this book that evidence on the other side was considered beyond the quick dismissing of straw men. Some of what he cautions against might cause cancer, some of what he advises might be protective--my point is in the end I felt no confidence he could help me sort out which.

However, as I wrote above, at least the prescriptions themselves would do little harm--except maybe to your wallet--organic food and cosmetics, water filters... Much of the advice is what any doctor would tell you--avoid processed foods, consume plenty of veggies, fruit, tea, fish rich in Omega-3, get plenty of sunshine and exercise. No, the seductive dangers of the book are more subtle than that.

Mynde Mayfield says

Wonderful, comprehensive with medical studies to back it up. Beginning with the biology of cancer itself, helping the layperson understand what's happening in our bodies when/how cancer is present and what we can do to prevent and/or compliment a western medical treatment protocol. I especially loved the section on the mind-body connection but wish he would have talked about Eastern medicine (herbs and acupuncture). The most valuable section of the book for me is on diet and this is one reason it will stay on my virtual shelf indefinitely. I'll be referring to it frequently as I continue to personally tweak my diet for cancer prevention. PS. I'd recommend this book whether or not you've been diagnosed, and if you have been diagnosed, it covers so much of what your western docs will not/cannot say to you about "what else you can do."

Martha Love says

AN IMPORTANT BOOK FOR PRACTITIONERS IN HEALTH AND PSYCHOLOGY! This book is so well written, and it has a great amount of research data included in an easy to read narrative style. I applaud Dr Servan for this very helpful book contribution in understanding the immune system and how it effects our health and well-being. I was particularly interested in his conclusion from medical studies that the ability to keep one's emotional state in balance and stress-free is also important to aid the immune system to fight off alien cancer cells and tumors. I felt his book so important that I cited it in my own book and discussion on using somatic practices on gut feelings to strengthen the immune system and combat dis-ease. While this book would be of great value for anyone to read, I definitely recommend this book for all practitioners in health and psychology.

I recommend this book for all people who have cancer or have a family member struggling with cancer to read as a guide for finding your way through and eating healthily to stay well.

Martha Love.

author of *What's Behind Your Belly Button? A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct* and
Increasing Intuitional Intelligence: How the Awareness of Instinctual Gut Feelings Fosters Human Learning, Intuition, and Longevity

Cindy says

An amazing book that is full of fascinating FACTS based on scientific studies on ways to boost your immunity and fight off cancer with foods, changes in your immediate environment, and by enhancing the health of your mind-body connection. There are many things you can do that will make a difference in your odds of getting cancer and surviving it. After the author's own bout with brain cancer, he went searching for non-pharmaceutical things he could do to make a difference for himself and his outcome. He brings together all this information in this book with recommendations for putting them into practice in everyday life.

Green tea and turmeric? We won't go another day without these in my household. Shiitake and maitake mushrooms? They taste better than those plain, old, white ones, anyway. Dark chocolate that's at least 70% cocoa? Beautiful.

Buy it, read it, put these recommendations into practice for you and your family.
Buy a copy for your doctor, too.

Jeffrey Cohan says

The shame about David Servan-Schreiber's book "Anticancer" is that if you don't have cancer, you're unlikely to read it.

It's a shame because the book's recommendations for lifestyle changes apply to everyone, whether you're battling cancer or not.

Besides, everyone has cancer cells and everyone is bombarded with carcinogenes, so it behooves us to do all we can to protect our health in the face of these internal and external threats.

Servan-Schreiber covers an enormous amount of ground in 220 pages, dispensing advice in the areas of diet, meditation, spirituality, exercise, and even cell phone use (thank you, Devra Davis).

But only on the topic of diet and nutrition does he really go into depth, and here even people well-read on the topic might learn a thing or two. For instance, did you know that cooked tomatoes offer more lycopene, especially when they're cooked in olive oil?

"Anticancer," though, is mainly a repackaging and compiling of some of the most common-sense ideas out there.

Unfortunately, most people never stop to consider these ideas, which explains why we have epidemics of cancer, diabetes and obesity in our country, not to mention of personal and family dysfunction.

Stephany Wilkes says

Please: Save yourself four years scouring Medline and buy this book. Four years is approximately the amount of time it took for me to find about half of the scientific literature in this book. Later, if anyone says "But there's no scientific evidence that you can fight cancer naturally!" you'll be armed with a tome of evidence to the contrary.

The author is a straddler, and I admit I'm partial to straddlers. His expertise and experience have made him someone who comfortably straddles the worlds of academic research, the medical community, pharmacological research, and natural agents that fight disease. He knows enough about each culture to tell readers why there are certain gaps in the knowledge of each.

Anti Cancer is all around excellent scientific writing, some of the best I've read this year. The author has a tremendous talent for distilling complex ideas into clear, concise sentences and reinforcing them with diagrams and images that make scientific points clear to people with no prior information on how cells work, for example, or how our immune systems work. The author would be a great teacher (if he's not already).

Most importantly (to me), Anti Cancer is not chock full of pat statements akin to "This natural thing works. Really!" Wholly unsubstantiated claims from naturopaths disappoint me no less than deceptive statements from big pharma. I need the why and the how of something in order to believe in it, and this book is full of why and how. In Anti Cancer, there is never a claim that something works without an immediately ensuing explanation of why and how it works: One of many excellent examples is "How green tea, and specific kinds of green tea in particular, stop angiogenesis in tumors and the conditions under which it works best."

In addition, I am pleased with the author's comfort with gray areas, which is what most of life's more complicated aspects have. Our culture (and U.S. culture is the only one I can speak to) seems uncomfortable with these, and whole segments of the populace seem to want the comfort of "In all cases, THIS is the right thing to do."

Instead of reinforcing this, the author explains that he has experienced and still advocates traditional cancer treatments, and he is also comfortable with stating the benefits of natural treatments of cancer without claiming that they can cure cancer completely. The author is comfortable stating the problems with processed food and meat while also acknowledging studies that show that the type of meat (grass fed vs. not, for instance) makes a difference. Claims like this may disappoint more hardcore vegan readers.

Which brings me to my last accolade: The author is comfortable and honest about the limitations of knowledge, while also stating what is known and not shying away from that gap. He does not tend toward extremism or what I'm starting to call the militant religiosity of certain beliefs, which we see in regard to organic vs. GMO food; natural childbirth vs. hospital birth; immunization benefits vs. drawbacks; and all sorts of other aspects of daily life. This is a welcome relief from the usual level of discourse that posits things in either-or relationships vs. "both" and "maybe" and "sometimes."

Everyone can benefit from reading this book. At the very least, you'll learn how your immune system works and how to strengthen it to fight not just cancer, but many diseases.

Jean says

Learned a lot about how to eat better. Here is the list I made based on advice from the book.

Green Tea – has to steep 10 min and be drunk within an hour

Agave nectar – (reduce white sugar, honey, brown sugar, maple syrup)

Olive oil – 1 tablespoon a day, don't bring to smoke point (bad if used at high heat)

Spices - Turmeric – has to be mixed with a generous pinch of black pepper and olive oil (add agave nectar to remove slightly bitter taste). Rosemary, Thyme, Oregano, Basil, Mint, Parsley, Ginger, etc.

Veggies - Garlic, Onions, Leeks, Shallots, Chives, Cabbage, Brussels Sprouts, Bok Choy, Broccoli, Cauliflower, Carrots, Yams, Sweet Potatoes, Squash, Pumpkin, Tomatoes, Persimmons, Apricots, Beets, Spinach

Fruit - Plums, Peaches, Nectarines, Citrus Fruit, Pomegranate juice

Soy – Tofu, Tempeh, Miso

Mushrooms – Shiitake, Maitake, Enokidake, Cremini, Portobello, Oyster, Thistle Oyster, Turkey-Tail

Seaweed – Nori, Kombu, Wakame, Arame and Dulse (use in soups, salads, with beans and lentils)

Berries – Strawberries, Raspberries, Blueberries, Cranberries (can be frozen)

Vitamins – especially D

Omega 3's – fatty fish, ground flaxseeds (put on everything), flaxseed oil, grass fed organic animal products, walnuts, hazelnuts, pecans, almonds

Others – Yogurt, Lentils, Bulgur, Nicola potatoes, Beans, Red wine, Dark chocolate > 70%

Angelea says

This book was recommended to me by the breast cancer case manager I work with who was treated for an aggressive breast cancer herself six or seven years ago. She said she got a lot out of this book and that many of her patients have, too.

I liked that the author provides scientific evidence to support his recommendations, but with a healthy dose of pragmatism. I think he very fairly marries conventional medical treatment with how diet, nutrition, stress management, and exercise have the potential to work synergistically not only with treatment, but likely promoting prevention of cancer in the first place. I'd go so far as to conclude that the recommendations in the book have the potential to prevent or have a role in the treatment of many chronic diseases.

Hamood Alsudais says

This book is one of the best book I've read.

I bought it from Vancouver airport (2010) and it was my travel mate for my long trip but the thing I wanna to mention here is a short story happened to me when one guy at the plane came to me and asked me "why you reading that book?? " He answered to him self "because I had a prostate cancer and I followed a lot of things written at this book !! I play sport more than young did and my progress is very great !!! " .

This conversation changed my plan which was to use this book as a reference only !! to a new plan to finish this book and read it again !!

And after I did that 2 weeks later I'm very thankful to that Scottish guy ... And I hope he is doing fine with

his disease

Getting back to the book ... The great thing it is a collection of a hard experiment for David with brain cancer and it covered the whole picture of his life health, social, .. etc. And beside that it was full of studies and researches about anti cancers which were unique because of the medical background of the author, This book is a great one for every one especially those who had cancer or one of their families. I highly recommend this book to those who work at hospitals or medical field.

Kelsey says

READ THIS BOOK EVEN IF YOU DON'T HAVE CANCER! It absolutely changed my life. I refer to it as my "bible" and there are marks, bookmarks, tags, underlines, notes etc. all that I've added myself. Thankfully, my good friend gave me the most current edition with new research on CELL PHONE use. I don't have children myself, but I do have an 18 month niece who I adore in every way, shape and form, and I have told my brother and his wife to keep the cell phone AWAY from her. Until she's at least 12 yrs. old. I repeat, READ THIS BOOK!!!

John Harris says

I can't begin to tell all that this book meant to me during my cancer fight. I stumbled across it a few days after my diagnosis. I wasn't looking for a cancer book. Yet, it changed my life.

This book showed me that I can do things to stay healthy, despite doctors saying there's nothing I could do. I still had to do six rounds of chemotherapy and surgery but this book still gave me valuable information and I think helped me stay alive.

The book follows Dr. Servan-Schreiber's story of his own "accidental" discovery of cancer and going in then out of remission. With that said, he backs up all his points with research. What are his major points?

That we create/nurture the "terrain" of our bodies or immune systems by what we eat, how much we exercise and how we manage stress. I am over-simplifying but you'll have to read the book to get the details.

It's been three years since my stage 4 diagnosis and I still follow everything that's in this book. One part that I think is weak: Dr. Servan-Schreiber was not a religious person so his focus on the spiritual aspect is really centered on yoga and more of a new age philosophy. As a Christian, I believe Christianity has a whole lot more to give.

Don't think you have to be a cancer patient to buy this. If you want to live healthy and keep disease away, buy this book. I am pretty much a skeptic when it comes to self-help, cure-all philosophies but this is not one of those. Just buy the book.
