



Fighting Cancer with Vitamins and Antioxidants

By Kedar N. Prasad Ph.D., K. Che Prasad M.S. M.D.

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Fighting Cancer with Vitamins and Antioxidants By Kedar N. Prasad Ph.D., K. Che Prasad M.S. M.D.

The most up-to-date and complete resource on the powerful benefits of micronutrients for cancer treatment and prevention

- Written by the nation's leading expert on vitamins and cancer research
- Reveals how to maximize the benefits of your cancer treatment program while minimizing the side effects of chemotherapy and radiation
- Shows how to counteract the carcinogenic effects of dental X-rays, CT scans, mammograms, cell phones, and other unavoidable hazards of modern life
- Provides an easy-to-follow program of nutritional supplements to improve your odds of avoiding and beating cancer

Despite extensive research and the development of new treatments and drugs, the U.S. mortality rate from cancer has not changed during the past several decades. Yet there are promising nutritional ways of avoiding and even beating cancer. In this completely revised and expanded edition, leading anticancer researcher Kedar N. Prasad and doctor K. Che Prasad reveal the latest revolutionary discoveries in the use of antioxidants and micro-nutrients to prevent and treat cancer--and also help with heart disease, Alzheimer's, and Parkinson's.

Providing a simple nutritional program to follow, the authors show how micro-nutrients, vitamins, and antioxidants can enhance the beneficial effects of conventional cancer treatments, decrease their toxic side effects, improve long-term prognosis, and reduce the risk of new cancer. Explaining how antioxidants regulate gene expression and cancer heredity, the authors detail how to counteract the risks of dental and medical X-rays, CT scans, mammograms, cell phones, frequent flying, and other unavoidable hazards of modern life; reduce the oxidative stress of free radicals in the blood; and decrease chronic inflammation. Reviewing recent studies, they deflate the controversies surrounding the use of antioxidants in cancer treatment, revealing everything from the reason why many vitamins in foods are destroyed during storage to the surprising role of selenium

in cancer prevention.

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Editorial Review

Review

“I highly recommend this book if you want to get up to speed on the science of micronutrient supplementation without reading an academic tome. The authors provide reliable and current science with clarity and in easily digestible chunks. The layout in sections and subsections makes it easy to read, and the graphs and charts provide summaries that will help you make personal decisions about how supplementation can enhance your wellness program.” (*Joan Parisi Wilcox, Quantum Health, December 2011*)

“Dr. Prasad’s book is a comprehensive and fascinating review of current cancer therapies and the controversies surrounding them. His extensive research has made him one of the leading and respected authorities in the field of antioxidant use during cancer treatment.” (*Jeanne Drisko, M.D., CNS, FACN, director of the program in Integrative Medicine, University of Kansas*)

“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 of Chao Family Comprehensive Cancer Center, University of California*)

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HEALTH / WELLNESS

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KEDAR N. PRASAD, Ph.D., is the chief scientific officer of the Premier Micronutrient Corporation, the former director of the Center for Vitamins and Cancer Research at the University of Colorado School of Medicine, and the former president of the International Society of Nutrition and Cancer. His son, K. CHE PRASAD, M.S., M.D., is director of microbiology and codirector of cytology at Marin Medical Laboratories. Both authors live in the San Francisco Bay area.

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