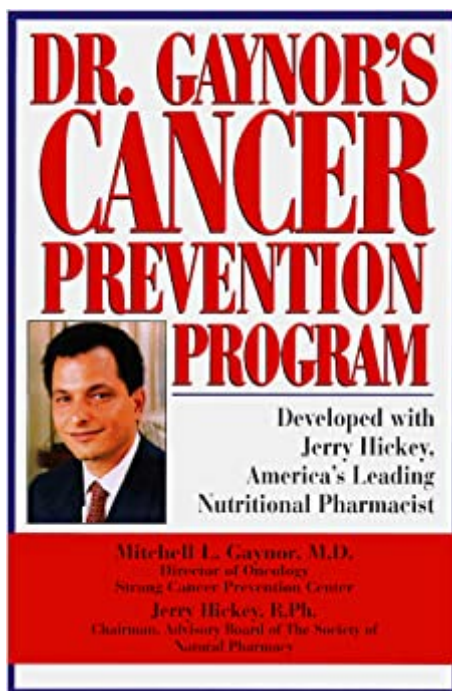


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# Dr. Gaynor's Cancer Prevention Program



## Synopsis

This breakthrough cancer prevention program from a nationally renowned oncologist and a nutritional pharmacist features detailed information on the most powerful anti-cancer foods and supplements.

## Book Information

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## Customer Reviews

Dr. Mitchell Gaynor is the director of medical oncology at the renowned Strang Cancer Prevention Center in New York City. His mother died of breast cancer when he was 9, and he's made it his mission to spare other people the pain his family endured. Gaynor is concerned with the ubiquitousness of pesticides, herbicides, and other environmental toxins linked to cancer (the U.S. has made the use of DDT illegal, but regularly exports it to Third World countries for use on crops that are harvested and imported back to the States). He says, "even those of us who don't smoke, eat a high-fat diet, and don't work in a chemical plant are still living, at work and at play, on a profoundly soiled and carcinogenic planet." The best defense against this, says Gaynor, is a diet high in phytonutrients and antioxidants, from the carotenoids in carrots and cantaloupe, to resveratrol found in red grapes, to zeaxanthin in tomatoes. After explaining--in non-intimidating terms--how the immune system functions and how the liver detoxifies the body, Gaynor gives a lowdown on the most powerful, proven nutrients for boosting immunity--and therefore preventing cancer. He's distilled the cancer-fighting research on fiber, vitamins, minerals, green tea, garlic, wheat grass, algae, omega-3 oils, and other nutrients and lists solid sources for each, along with recommended brands (including phone numbers and Web-site addresses) of supplements. While going organic

and consuming sufficient phytonutrients are integral parts of Gaynor's plan, he says that stress reduction can't be underestimated, either. "People who are under severe psychological pressure have measurably impaired immune systems," he says, and as a remedy, he advises yoga and meditation. He also covers cancer screenings and dietary and lifestyle tips for specifically preventing colon, lung, breast, and prostate cancers. Highly recommended.

This book has forever changed my life. While in the hospital with a respiratory infection in 2005 as a result of chemotherapy, a nurse gave me Dr. Gaynor's book, *The Cancer Prevention Program* when I had asked for something to read. What is amazing is I have always been fascinated with how miraculous our bodies are and by what it takes to thrive. I thought I was doing things right until I read this wonderful book. What a lightening bolt! I could not put it down and took copious notes as I read. That was the beginning of a lifesaving journey to good health. I have since given his book to so many people and have begun teaching classes to help others strive for a better and healthier life. His information is correct and incredibly helpful for anyone wanting to stay or become healthy.

Love the book. I have cancer / or should I say I have it temporarily. It's really too bad people like Dr. Gaynor are such a threat to the established medical misconceptions.

This is by far one of the best books on cancer prevention I have ever read. It is easy to understand, informative and an absolute wealth of information on the subject. Not only do Drs. Gaynor and Hickey explain what foods are good for you and why -- they also break down how you can get each of the nutrients and antioxidants in supplement form on pages that immediately follow entitled "Pharmacist Corner." After being diagnosed with malignant melanoma I immediately started to hunt around for resource books on how to lessen my chances of reoccurrences and so far this is the best. It is an uplifting resource book filled with information on the subject as well as success stories that will be an inspiration to all who read it.

Dr. Gaynor's book is a bold breakthrough in the field of cancer prevention. His excellent book details at great length the individual foods and nutrients which may prevent cancer and individualizes for the major cancers. Dr. Gaynor practises what he preaches. As a highly respected New York Cancer doctor, he practises the cutting edge of conventional medicine with the very best or preventive medicine. A must on everyone's medical bookshelf.

Dr. Mitchell Gaynor's Cancer Prevention Program offers many promises in this January title from Kensington Books. Some of them are indeed justified and backed by recent scientific research. Other such promises in the book border on the unfounded, while others are what would on a careful reading seem to be recycled but updated information - albeit information that is important to know, and in many cases necessary to act upon. Perhaps that is the value of the recent release of a book whose packaging and theme so closely resemble Dr. Oliver Alabaster's "What You Can Do To Prevent Cancer," 1985; Simon and Schuster. Both authors are physicians and leading research oncologists. Dr. Gaynor at the Strang Cancer Prevention Center and Dr. Alabaster at The George Washington University. The book is well written, easy to read and at times gives the reader more than an adequate dose of optimism in what the media often portray as a never-ending battle against this country's most feared killer. Specifically, the book seems to give the impression that one can easily "detoxify" the body by choosing a variety of enzymes and other chemicals to aid the liver in its work. Would that the job be so easy! It is an interesting idea, and one loosely based on some body of medical research, but as a concept it might be a bit more optimistic than practical. The research that the "detoxification" approach is based on is generally valid and promising. In a sidebar in one chapter Dr. Gaynor lists supplements which are certainly of value and would at worst do no physical harm. These include the antioxidant glutathione, whey protein (which contains glutathione, but is seemingly only documented in one Canadian study), broccoli, green tea and selenium. Dr. Gaynor brings to the reader a wealth of current information almost unavailable in the popular press and which is both useful and necessary. He succinctly explains what cancer is, how such cells develop, and some of what can be done to prevent cancer in most individuals who are not already strongly predisposed by genetic factors. He correctly states that some 70% of all cancers can be avoided or by prevention but almost glosses over our largest and most constant exposure to the environment -- the very food we eat and the dietary choices we make on a day-to-day basis. While his emphasis on phytonutrients and supplements is exciting, far too little attention is given to natural sources of these promising chemicals. Less attention is given to the preventive role of dietary fat reduction or restriction. Instead the author develops and promotes a program which relies mostly on supplements and/or foods which for many might seem initially odd and could too easily be avoided. This is both the strength and the weakness of the book. So strong is the case to use these supplements that the casual and overly-optimistic reader might want to delve into a world of supplements immediately but might soon be disappointed by a lack of understanding, motivation or even in some cases taste. For example, he recommends a number of combinations in the juicer which some who are overly accustomed to high fructose corn syrup might not enjoy. On the other

hand his recipe for a combination of apples, carrots, cucumbers, and broccoli was tasteful and left no hint of the "cruciferic" taste that some people try to avoid. This recipe alone might make the book a good investment in future health dividends. Dr. Gaynor's research is current, sound and well presented. The use of a nutritional pharmacist Gerry Hickey, R.Ph., gives the book its strong emphasis on phytochemicals and other food-based cancer prevention chemicals. The book includes an appendix that is a good source of supplements and other cancer prevention products mentioned which will be of particular benefit to those who live in areas where such products are not easily available. Another appendix lists references of solid peer-reviewed journals for much of the book's information. Of particular curiosity in this regard is a chapter promoting Japanese mushrooms. A highly regarded National Academy of Science Publication, "Diet and Cancer" showed that mushrooms when uncooked contain one of the most potent cancer promoting chemicals known to man. Dr. Gaynor not only leaves this fact out but fails to mention whether or not these types of mushrooms need to be cooked in order to "detoxify" them. This book is an excellent buy, full of current and useful information. It picks up where Dr. Alabaster's book left off and indeed given that book's emphasis on diet both books should be used in together. A good read, a better source of health information. Highly recommended.

If prevention is worth a pound of cure, this book is worth its weight in gold. Dr. Gaynor's book offers some of the best current potential for reducing the terrible price we pay for cancer. At last we have a roadmap, beautifully documented, by a nationally renowned oncologist, that details the increasing amount of evidence that proves that diet offers enormous potential in reducing as well as preventing cancer risk and in cutting cancer deaths. Although we still do not know how to prevent all cancers, this book clearly demonstrates that we know more than enough to dramatically reduce the high cancer incidence rates that we currently have and to curb the growing cancer rates around the world. With the publication of this book, there can be no doubt that nutrition in cancer prevention has come to age. Kudos to Dr. Gaynor and Jerry Hickey for this magnificent book.

I really enjoyed reading Dr. Gaynor's book. His advice is easy to absorb and understand. I highly recommend this book.

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