



Anticancer: A New Way of Life

By David Servan-Schreiber

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At age thirty-one David Servan-Schreiber was a rising neuroscientist with his own laboratory for brain imaging funded by the National Institutes of Health. While testing brain-scanning equipment, he discovered a tumor the size of a walnut in his own brain. This is the moving story of how a researcher and scientist who believed only in conventional treatments was transformed into an integrative physician who realized the importance and power of the body's natural defenses against chronic disease.

Dr. Servan-Schreiber's advice details how to find the right blend of traditional and alternative health care; how to develop a science-based anticancer diet (and the small changes that can make a big difference); the top ten household products to replace; understanding the effects of helplessness and "unhealed wounds" both physical and emotional, and how to regain balance; and how to reap the benefits of exercise, yoga, and meditation.

Anticancer takes us on an inspiring personal journey and ultimately guides us to a new way of life.

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