

[PDF] The Metabolic Approach To Cancer: Integrating Deep Nutrition, The Ketogenic Diet, And Nontoxic Bio-Individualized Therapies

Dr. Nasha Winters ND FABNO L.Ac Dipl.OM, Jess Higgins Kelley MNT - pdf download free book

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"Read this important book to learn how cancer is an environmental, metabolic disease ... You'll never look at sugar the same way again."

—DAVE ASPREY, New York Times bestselling author, creator, Bullseye of Coffee

"Winters and Kelley provide cancer patients with logical, nontoxic, therapeutic strategies for targeting cancer cells of their prime fuels ... This book will be a valuable resource for all cancer patients and their oncologists."

—THOMAS N. SEYFRIED, PH.D., author of *Cancer as a Metabolic Disease*

"How refreshing to see such a compilation of insight, structure, and sweeping scope, one that centers on the health of the entire individual ... It's time to welcome a new gem to the universe of books on cancer!"

—TRAVIS CHRISTOFFERSON, author of *Tripping over the Truth*

"The Metabolic Approach to Cancer is the book I have been yearning for since my cancer diagnosis in 1988 ... I feel empowered with knowledge about what I can do and why it will make a difference. I want everyone touched by cancer to read this book!"

—JAN ADRIAN, MSW, founder and director, Healing Journeys



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Description:

The Optimal Terrain Ten Protocol to Reboot Cellular Health

Since the beginning of the twentieth century, cancer rates have increased exponentially—now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. *The Metabolic Approach to Cancer* is the book we have been waiting for—it offers an innovative, metabolic-focused nutrition protocol that actually *works*. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten key elements of a person’s “terrain” (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain ten elements—including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar balance—is illuminated as it relates to the cancer process, then given a heavily researched and tested, non-toxic and metabolic, focused nutrition prescription.

The metabolic theory of cancer—that cancer is fueled by high carbohydrate diets, not “bad” genetics—was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible clinical outcomes when cancer cells are deprived of their primary fuel source (glucose). The ketogenic diet—which relies on the body’s production of ketones as fuel—is the centerpiece of *The Metabolic Approach to Cancer*. Further, Winters and Kelley explain how to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer—an approach Western medicine does with drug based therapies.

Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States). Through addressing the ten root causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer’s endemic spread and live optimized lives.

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