

# Defeat Cancer: 15 Doctors of Integrative & Naturopathic Medicine Tell You How

By Connie Strasheim, 13 Cancer Doctors



## Defeat Cancer: 15 Doctors of Integrative & Naturopathic Medicine Tell You How By Connie Strasheim, 13 Cancer Doctors

### ONE-ON-ONE WITH 15 CANCER DOCTORS:

If you traveled the world for appointments with fifteen cancer doctors, you would discover many of the cutting-edge treatments used to heal the body from cancer. You would also spend thousands of dollars on hotels, plane tickets, and medical appointment fees-not to mention the time that it would take to embark on such a journey.

Even if you had the time and money to travel, would the physicians have enough time to answer all of your questions? Would you even know which questions to ask?

In this long-awaited book, health care journalist Connie Strasheim has done all the work for you. She conducted intensive interviews with fifteen highly regarded doctors who specialize in cancer treatment, asking them thoughtful, important questions, and then spent months compiling their information into organized, user-friendly chapters that contain the core principles upon which they base their approach to healing cancer. The practitioners interviewed are medical, osteopathic and naturopathic doctors, trained in a variety of integrative approaches to cancer treatment.

All aspects of treatment are covered, from anti-neoplastic (anti-cancer) remedies and immune system support, to dietary and lifestyle choices that result in the best outcomes for patients. The book also offers unique insights into healing, such as the pros and cons of different treatments and how to intelligently use chemotherapy. It discusses patient and practitioner challenges to healing, factors that affect healing, treatment outcomes and how to effectively combine multiple medical strategies to obtain the best results. Finally, it offers helpful insights to the friends and families of those coping with cancer. Cancer treatment is complex and controversial, and this book puts the treatment information you need in the palm of your hand.

### PHYSICIAN INTERVIEWEES:

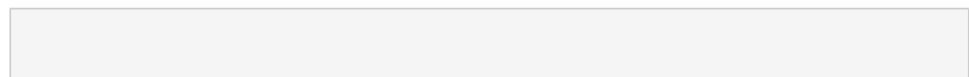
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- Robert Zieve, MD, Prescott, Arizona

- Nicholas Gonzalez, MD, New York, New York
- Finn Scott Anderson, MD, Humlebæk, Denmark
- Juergen Winkler, MD, Oceanside, California
- Dr. Rivera-Celaya, MD and his assistant Steven Hines, Ciudad Acuña, Coahuila, Mexico
- Colleen Huber, NMD, Tempe, Arizona
- Robert Eslinger, DO, Reno, Nevada
- Dr. Dayton, DO, Sunny Isles Beach, Florida
- Dr. Reis, MD, Bad Mergentheim, Germany
- Julian Kenyon, MD, London, England
- Constantine Kotsanis, MD, Grapevine, Texas
- Joe Brown, ND, Tempe, Arizona
- Keith Scott-Mumby, MD, Reno, Nevada
- Chad Aschtgen, ND, Seattle, Washington.

### **INTERVIEW QUESTIONS:**

These are the questions we asked our doctors in order to discover their cancer treatment strategies:

1. What is cancer? What causes it?
2. What is your treatment approach? How effective is it for different types and stages of cancer?
3. What are your treatment outcomes and can you provide statistics on your success for treating late-stage cancers?
4. What are your dietary recommendations for those with cancer?
5. What lifestyle recommendations do you suggest for people with cancer?
6. Describe the role of emotional trauma/emotions in healing from cancer. Do you recommend that your patients do any type of spiritual/psychological therapies as part of their healing process? How integral are these to their healing?
7. Do you recommend detoxification therapies to your patients? If so, which ones?
8. What supportive treatments do you recommend, besides those described in your main protocol? Do you believe that supporting the hormones, for example, should be an important part of treatment?
9. Are there any treatments, either within conventional or natural medicine, which are dangerous and/or ineffective?
10. How can friends and family support their loved ones with cancer?
11. What do you wish that more people with cancer knew when seeking out treatments?
12. How does medical politics influence the availability of effective treatments?
13. What else do you want readers to know about your work as a cancer practitioner?
14. What factors influence healing?
15. What are your final words of wisdom for cancer patients?



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### Editorial Review

#### Review

"Most conventional cancer treatments are tragically ineffective ... *Defeat Cancer* will provide you with a perspective that you will likely not hear about from your oncologists." --Joseph Mercola, DO, Founder, Mercola.com

"I have practiced medicine for 53 years, and a world without cancer is possible NOW. This book is a must-read and belongs in the hands of anyone who is affected by cancer." --Garry Gordon, MD, DO, MD(H), Leader, Kobayashi Cancer Study

"I wish this book had been available to me 12 years ago when I was diagnosed with cancer. Without exception, the doctors in this book are all true healers." --Richard M. Linchitz, MD, Founder and Medical Director, Linchitz Medical Wellness

"Here are well-experienced physicians you can 'interview' by reading their philosophy and approach. Cancer does not have to be a death sentence, even late stage."  
--Robert Jay Rowen, MD, Editor-in-Chief, Second Opinion Newsletter

"The conventional treatment of cancer is truly medieval -- anyone with cancer must read *Defeat Cancer* by Connie Strasheim. This is a book of survival, using the latest science in the reversal of this dreaded disease."  
-- Burton Goldberg, Consultant for Cancer Patients, author of 19 books and 5 films

From the Author

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From the Inside Flap

BOOK EXCERPT: "What Causes Cancer?"

Excerpted from Chapter 2 - Dr. Gonzalez's Chapter

My approach to cancer; what it is, what causes it, and how to treat it is similar to that of the early 1900s English scientist John Beard, DSc, who developed a ground-breaking theory on cancer over 100 years ago. Conventional medicine believes that cancer develops from mature, healthy cells that go "berserk," mutate, and turn cancerous. Dr. Beard believed that cancer didn't come from mature cells, but from residual trophoblast cells that remain in all of us and which are scattered throughout our tissues and organs. Embryonic trophoblast cells are the earliest precursors to the placenta; the scattered trophoblast cells in the mature organism serve as stem cells, regenerating new tissues as replacements are needed. They sit quietly most of the time, but can, at some point, start growing just like the placenta, as the result of a stimulus, such as an infection or inflammation, but unlike the placenta, they grow in the wrong place and at the wrong time. And just as the placenta grows and invades into the uterus, cancer cells grow fast and invade local tissues and organs.

When Dr. Beard's view that cancer was caused by misplaced trophoblasts (which are the type of cells produced by the placenta) growing in the wrong place at the wrong time was published in a book nearly 100 years ago, in 1911, people thought that he was crazy, even though he was an eminent university professor who was nominated for a Nobel Prize in 1906 for his work in embryology. Indeed, he was a prominent embryologist, but people thought he had gone off the deep end when it came to cancer.

His theory, however, is similar to what molecular biologists are saying today; that cancer cells resemble misplaced trophoblasts (or placental cells) in many ways. They grow fast like placental cells, produce their blood supply in the same manner as placental cells, and are invasive like placental cells. Much of their molecular biology is identical to placental cells, and they use exactly the same invasive techniques in the body that placental cells use when they invade the uterus. Additionally, their transcription and other factors are similar so biologists are now beginning to study Beard's early tumor model. (Transcription factors are molecules that are involved in controlling gene expression). So Beard may not have been that far off in his thinking, but it's sad that 100 years of research have been lost in the meantime. If researchers had listened to Beard back in 1911, knowledge of cancer biology today would be more extensive. At my office, we look at cancer as Beard did.

The second component of Beard's hypothesis was that while the placenta initially grows, develops, proliferates rapidly, invades tissue, and develops a blood supply like a cancer, at some point, it changes completely and stops doing all of these things. The mature placenta is a very benign tissue, and is a necessary link between the embryo and the mother's blood supply in mammals. Cancer is different from placental cells in that it never stops growing and invading--and ultimately kills us, whereas placental cells, at a predetermined point, suddenly change completely and stop behaving like a cancer. Beard spent years trying to figure out what the signal was that caused the placental cells to stop acting like invasive cancer cell tissue, and one day realized that that it was when the embryonic pancreas became active. This led him to formulate his thesis that pancreatic enzymes control trophoblastic destiny, and since trophoblasts are like cancer cells, and enzymes control trophoblast activity, pancreatic enzymes are useful for controlling cancer and can therefore be used in cancer therapy. So these enzymes became the essence of his therapy.

Interestingly, a lot of molecular biologists, such as Max S. Wicha, MD, at the University of Michigan, also now believe that cancer doesn't develop from mature cells gone "berserk" but from stem cells. Stem cells are used to replace cells that are lost through normal turnover, aging, disease and injury, and their role in cancer development is a hot topic in modern research. We think that these cells are what Beard really identified, because he described the misplaced trophoblasts that he found as being microscopic, primitive, undifferentiated cells that are scattered throughout our tissues, which basically also describes stem cells. So we believe that stem cells were discovered by Dr. Beard in 1902, even though they weren't officially recognized as such until 1960. In summary, Dr. Beard's misplaced trophoblasts are what we today call stem

cells, and these are the source of cancer.

The incidence of cancer has increased dramatically in recent years. I have been in practice for twenty-three years and I have seen things change a lot. When I was in medical school in the early 1980s, I was taught that cancer was an old person's disease. When I started out in practice, I didn't see twenty year-olds with cancer; now I see them almost routinely. Back then, if I saw young adults with cancer, it was usually because they had twenty years of smoking under their belts. But today, I see young adults with breast, metastatic lung, and other types of cancer and these cancers are far more aggressive than they were ten, twenty, or thirty years ago, and I think the reasons are environmental. Just recently, I consulted on a twenty-four year-old patient with metastatic breast cancer, and a twelve year-old with pancreatic cancer. This is happening because the world is more polluted than it used to be, and each year, it gets worse.

Assuming that Dr. Beard's theory about cancer is correct, why would these toxins affect the development of cancer in a person? He wrote in his book 100 years ago that any type of inflammation, irritation or toxic exposure could cause these immature trophoblast cells to start dividing. So, whether you believe that cancer is caused by mutations of mature cells or by trophoblasts, there is no question that environmental toxins stimulate cancer growth. And it's for this reason that younger people are now getting cancer.

There are all kinds of toxins in the environment, both appreciated and unappreciated. Recently, I read that over 75,000 chemicals have been approved for industrial use in the United States. One of my European doctor friends told me that artillery shells are now coated in inactivated uranium. Uranium is among the heaviest of metals and can penetrate walls, tanks, and artillery. It's also 98% radioactive, so no matter what anyone's politics are, every time the military utilizes one of these artillery shells, in Iraq or Afghanistan or wherever the place may be, they are increasing environmental radiation. Over the past ten years, tens of thousands of artillery shells have been discharged in war, which has added a significant load of unappreciated radiation toxicity into our environment.

So there are a lot of toxins in the environment that weren't even there ten years ago. Many of these toxins are mutagenic and carcinogenic, so whether people believe in Beard's theory or in a more traditional origin of cancer, there's no question that chemical toxins in the environment are stimulating cancer development in humans.

## **Users Review**

### **From reader reviews:**

#### **Michelle Johnson:**

Reading a reserve tends to be new life style on this era globalization. With looking at you can get a lot of information that could give you benefit in your life. With book everyone in this world can share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their own reader with their story or maybe their experience. Not only situation that share in the books. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors these days always try to improve their expertise in writing, they also doing some investigation before they write for their book. One of them is this Defeat Cancer: 15 Doctors of Integrative & Naturopathic Medicine Tell You How.

**Jeffrey Thibodeaux:**

Playing with family in the park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Defeat Cancer: 15 Doctors of Integrative & Naturopathic Medicine Tell You How, it is possible to enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

**Jody Vinson:**

Many people spending their time frame by playing outside together with friends, fun activity having family or just watching TV all day long. You can have new activity to shell out your whole day by looking at a book. Ugh, do you consider reading a book will surely hard because you have to bring the book everywhere? It ok you can have the e-book, getting everywhere you want in your Smartphone. Like Defeat Cancer: 15 Doctors of Integrative & Naturopathic Medicine Tell You How which is having the e-book version. So , why not try out this book? Let's view.

**Edwin Ball:**

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