

Life Over Cancer and Anticancer

Between these two books there are several hundred references from the medical literature concluding that diet, nutritional supplements, homeopathy, botanicals (herbs), mind/body practices (meditation, stress management, and the like), and appropriate exercise are powerful components to an anti-cancer protocol and living a life over cancer. Dr. Keith Block, MD, known well as one of the leading integrative oncologists in North America and the Director of Integrative Medical Education at the University of Illinois College of Medicine, and Dr. Daniel Servan-Schreiber, MD, PhD, a clinical professor of Psychiatry at the University of Pittsburgh School of Medicine who learned about the vital importance and power of these healing strategies from his own battle with a form of brain cancer, have written books that everyone given any kind of cancer diagnosis should read. I am a proud professional member of the Society for Integrative Oncology because I have read the same literature they have and come to the same conclusions about caring for and treating all those who have come to see me after their cancer diagnosis. More than a decade ago, when Dr. Gregory Senofsky invited me to write the chapter on Complementary Medicine in his book the *Patient's Guide to Outstanding Breast Cancer Care* I had already begun to use these strategies to those who sought me out to help them live an anti-cancer life and achieve a life over cancer.

In addition to this PDF, I want to direct you to the accompanying PDF entitled *Cancer Diagnosis: Options and Hope*. You, your loved one, your friend, or someone you have met and want to help, need to have this information. In my opinion, as one who is an integrative clinician, conventional cancer treatment is vital and must be part of your treatment. I do believe in chemotherapy, radiation, and other conventional treatments. However, I am here to tell you that the information and recommendations of Drs. Block and Servin-Schreiber are crucial and are eliminated from many protocols or are discouraged or are delayed. My experience has proven to me that the failure to neglect what they have to teach you and what integrative clinicians have to offer renders your protocol incomplete and your weaponry to fight cancer much depleted.