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The Rainbow Diet: And How it Can Help You Beat Cancer

Chris Woollams

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this is the latest 3rd edition. 2013. Many people are using anti-cancer diets that just won´t deliver I explore which foods and natural compounds have what benefits and, in doing so. I explode a number of common beliefs. For example, many people with cancer are using just bits of supposed prevention diets and frankly wasting their time! However, I also look into claims from top Professors that changing your diet makes not a jot of difference once you have cancer and show that, not only are they at odds with the UK Cancer Plan, but there is good research on disciplined and thorough Diet Therapies including ones with clear Clinical Trials on their success. The issue is how do normal cancer patients replicate this discipline and thoroughness? I explore the Truth behind foods and diets, and how officialdom in the West - including Governments and Doctors - actually misleads us through a mixture of ignorance, vested interest and handed-down mythology. I review the research into everything you ingest from organic food to tap water and from good fats to the need for sunshine. Does your cancer diet do this? And then I rebuild it all giving you the discipline and thoroughness - explaining that cancer is a multi-step process and how certain foods act on the different steps in the process. If you want a Diet to help you beat cancer you need to build a complete, disciplined diet that offers a range of benefits across a range of foods. It is exactly what John Boik, formerly of the MD Anderson Cancer Center in Texas argues, and successful Doctors like Gonzalez and Pfeifer put into practice. So, for example, do you know which natural compounds - can help kill a rogue cell? - can help stop a blood supply forming? - can help lower aggressive oestrogen levels? - can boost your immune system best - can actually improve the success of radiotherapy and chemotherapy? - can help stop cancers spreading? This book gives you the answers - and much, much more

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