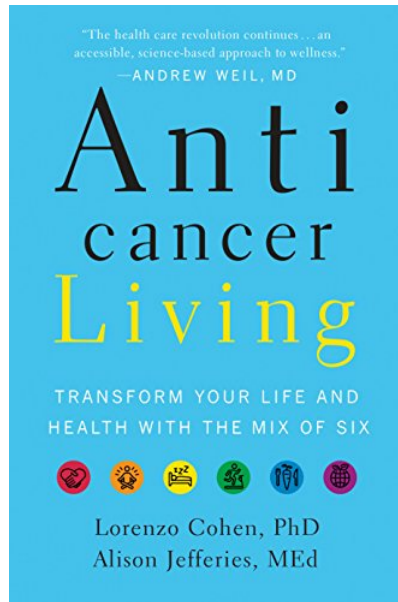


[GET] Anticancer Living: Transform Your Life and Health with the Mix of Six



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The evidence is in: you can reduce cancer risk and support treatment by focusing on six key areas of health and wellness. The scientific data on the link between lifestyle, environmental factors, and cancer risk has been accumulating at an accelerated rate over the past decade: Every week we learn something more that we can do as individuals to decrease the risk of cancer and improve the likelihood of long-term survival. Many of us patients and doctors included do not realize that changes in our daily choices and habits can improve quality of life, increase the chances of survival, and aid in the healing process for those with a diagnosis. These ideas were pioneered in David Servan-Schreiber's *Anticancer: A New Way of Life*, and became the basis for a research study developed by Lorenzo Cohen and Servan-Schreiber at The University of Texas MD Anderson Cancer Center. Introducing the concept of the Mix of Six, Cohen and Alison Jefferies make an informed case that building social and emotional support; managing stress; improving sleep, exercise, and diet; and minimizing exposure to environmental toxins work together to promote an optimal environment for health and well-being. While each plays an independent role, the synergy created by all six factors can radically transform health; delay or prevent many cancers; support conventional treatments;

and significantly improve quality of life as many testimonies and stories of those in the anticancer community eloquently show. Anticancer Living provides an accessible, prescriptive guide to wellness based on the latest scientific findings and clinical trials, and it showcases the community of doctors, researchers, caregivers, and patients who have been inspired to create change. DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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