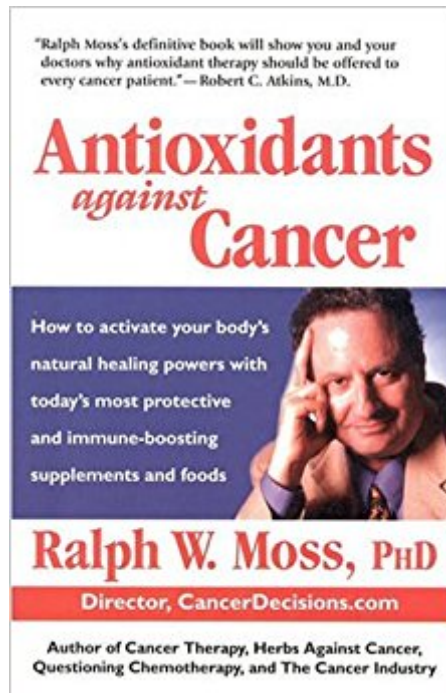




The book was found

Antioxidants Against Cancer (Ralph Moss On Cancer)



Synopsis

Learn how antioxidants reduce the side-effects of chemotherapy and may even make it more effective.

Book Information

Series: Ralph Moss on Cancer

Paperback: 128 pages

Publisher: Equinox Press; 1 edition (December 13, 1999)

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Product Dimensions: 5.5 x 0.3 x 8.5 inches

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #363,653 in Books (See Top 100 in Books) #28 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #175 in [Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements](#) #605 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#)

Customer Reviews

This book should be given to every medical student and Oncologist in this country. Lately, the media is full of reports cautioning cancer patients about anti-oxidants. After reading *Antioxidants Against Disease*, you will have the knowledge necessary to evaluate these unsubstantiated media reports for yourself. Ralph presents all sides, not just one side. Few people in the world know as much as Ralph Moss about treating cancer. Ralph left the NY Sloan-Kettering cancer center when they asked him to misrepresent research results. Moss was a spokesman and was supposed to say that no benefit from Laetrile had been found, yet Ralph knew otherwise. He had spoken with the research scientist and knew that standard tests in mice had indicated significant benefit from Laetrile. Ralph resigned and began his quest to bring us the truth about the myriad of cancer treatments. ().

This book provides concise information regarding nutritional supplements that are effective in fighting cancer. I am battling Colon Cancer. Traditional medicine has its place, but the statistics were not very comforting. I thus have spent a great deal of time researching CAM (complimentary

alternative medicines). One is quickly overwhelmed by the volume of (often contradictory) information available via web and books. For this, Dr. Moss is a goldmine. This book allows one to setup an affordable supplement program based on current scientific research, not quackery. I am happy to report that I have done very well with the chemo, and am confident that I will beat this cancer. I recommend that you visit his website cancerdecisions.com, and consider buying his detailed report for your cancer. He covers all traditional complimentary treatments that are helpful, and has spent great deal of time investigating the offshore clinics. I purchased the Colon Cancer report. It is the best money I have spent since I was diagnosed.

This book is a concise summary of current research on how different antioxidants can help heal and prevent cancer. For each antioxidant, there is also info on how it interacts with "establishment" cancer therapies such as radiation and chemotherapy. It also debunks the widespread myth that taking antioxidants will weaken the effect of chemotherapy. The one thing lacking in the book is its omission of foods rich in the various nutrients discussed. For example, in the first chapter on vitamin A, Dr. Moss never once mentions any foods where vitamin A is found (like liver, butter, eggs, cod liver oil, etc) and implies that one should take supplements. He also keeps repeating that people should eat lots of brightly colored fruits and vegetables every day to get their lion's share of antioxidants, but he does not inform the reader that many of the antioxidants he discusses are not found in fruits and vegetables, but in animal foods and fats only (vitamin A, for example). Zinc, selenium, CoQ10, and lipoic acid are also concentrated in foods like oysters, organ meats, seafood, and red meat--not fruits and vegetables. Of course, fruits and vegetables are good foods, but for a complete antioxidant picture, one must include organic animal foods as well. There was also a lack of discussion of various antioxidant compounds that are found in herbs and spices like turmeric, curry, and rosemary and I was disappointed in this. Dr. Moss does mention black and green teas, however.

I bought this book (and some others) after my wife was diagnosed with breast cancer in March of 2003. Although, we had read a few negative things about using antioxidants with conventional therapies, this book gave us the courage (with solid scientific research of Dr. Moss) to apply antioxidant therapy WITH conventional therapies such as Chemo. I am writing this review to testify that the outcome in our case was nothing short of miracle. After chemo, the pathology report indicated a complete response. Now, my beloved wife is one more statistic showing synergy of conventional therapy with alternative therapy (if you can call antioxidants an alternative). Throughout

the book, it shows that Dr. Moss is writing this book to help cancer patients. Use this book towards your goal of optimizing conventional, mainstream, treatments such as chemo and radiation. We have. I wish there was more specific information(in a table format) on how much of each antioxidants have shown to be effective in various cancer treatments. Nonetheless, one can tailor a regimen with guidelines provided in this book.

I happened onto this book and found it to be a gold mine of information. It was complete confirmation of the antioxidants and correct dosages that my doctor had prescribed. Dr. Moss is easy to read, explains in complete detail what, how much and where to get these antioxidants naturally. An easy guide for anyone wanting to use antioxidants to protect their body and keep it healthy. This is my first book by Ralph W. Moss, PhD., but certainly not my last! Dr. Moss has given me hope and confidence to continue to fight cancer using antioxidants and other alternatives in conjunction with conventional treatment and separately. Following Dr. Moss's excellent recommendations will hopefully keep many people cancer free forever!

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