

# The Metabolic Approach to Cancer

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## Synopsis

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Since the beginning of the 20th century, cancer rates have increased exponentially - now affecting almost 50 percent of the American population. Conventional treatment continues to rely on chemotherapy, surgery, and radiation to attack cancer cells. Yet research has repeatedly shown that 95 percent of cancer cases are directly linked to diet and lifestyle. *The Metabolic Approach to Cancer* is the audiobook we have been waiting for - it offers an innovative, metabolic-focused nutrition protocol that actually works. Naturopathic integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the 10 key elements of a person's "terrain" (think of it as a topographical map of our body) that are crucial to preventing and managing cancer. Each of the terrain 10 elements - including epigenetics, the microbiome, the immune system, toxin exposures, and blood-sugar balance - is illuminated as it relates to the cancer process, then given a heavily researched and tested, nontoxic and metabolic, focused nutrition prescription. The metabolic theory of cancer - that cancer is fueled by high-carbohydrate diets, not "bad" genetics - was introduced by Nobel Prize-laureate and scientist Otto Warburg in 1931. It has been largely disregarded by conventional oncology ever since. But this theory is resurging as a result of research showing incredible clinical outcomes when cancer cells are deprived of their primary fuel source (glucose).

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## Reader's comments

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