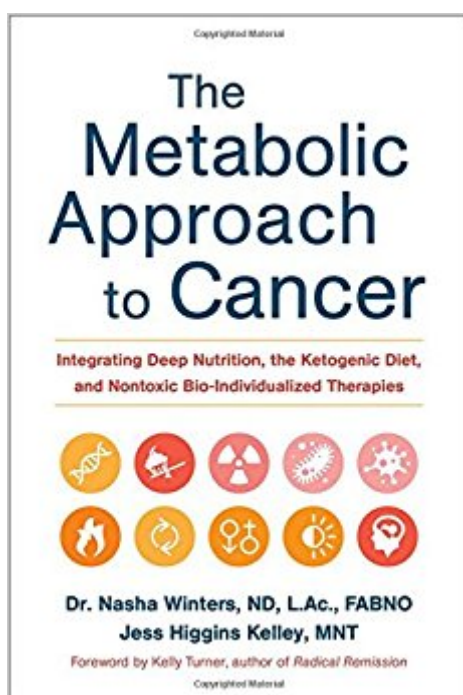


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The Metabolic Approach To Cancer: Integrating Deep Nutrition, The Ketogenic Diet, And Nontoxic Bio-Individualized Therapies



Synopsis

The Optimal Terrain Ten Protocol to Reboot Cellular Health Since the beginning of the twentieth 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 book 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 ten 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 ten 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, non-toxic 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). The ketogenic diet—which relies on the body's production of ketones as fuel—is the centerpiece of *The Metabolic Approach to Cancer*. Further, Winters and Kelley explain how to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and animal foods to address the 10 hallmarks of cancer—an approach Western medicine does with drug based therapies. Their optimized, genetically-tuned diet shuns grains, legumes, sugar, genetically modified foods, pesticides, and synthetic ingredients while emphasizing whole, wild, local, organic, fermented, heirloom, and low-glycemic foods and herbs. Other components of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancer care centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of the United States). Through addressing the ten root causes of cancer and approaching the disease from a nutrition-focused standpoint, we can slow cancer's endemic spread and live optimized lives.

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Customer Reviews

“The Metabolic Approach to Cancer explains why medicine has failed to find a single cure for cancer. Read this important book to learn how cancer is an environmental, metabolic disease with many small causes that stack up and what you can do to prevent or even reverse it. Taking control of your environment and your food gives you control over cancer! You’ll never look at sugar the same way again.”

• Dave Asprey, New York Times bestselling author of The Bulletproof Diet; creator, Bulletproof Coffee

“The Metabolic Approach to Cancer is a powerhouse of detailed information on how to prevent, manage, and treat cancer. How refreshing to see such a compilation of insight, structure, and sweeping scope, one that centers on the health of the entire individual, not just killing cancer cells alone. It is written in an intimate conversation style that comes from decades of deep personal experience, research, and genuine passion. It’s time to welcome a new gem to the universe of books on cancer.”

• Travis Christofferson, author of Tripping over the Truth

“Dr. Nasha Winters and Jess Higgins Kelley have written an important book, The Metabolic Approach to Cancer, that can help cancer patients better manage their disease. Most cancers, regardless of cell or tissue origin, are now recognized as a single metabolic disease that feeds on fermentable fuels like the sugar glucose and the amino acid glutamine. Winters and Kelley provide cancer patients with logical, nontoxic, therapeutic strategies for starving cancer cells of their prime fuels while enhancing overall patient health. This book will be a valuable resource for all cancer patients and their oncologists.”

• Thomas N. Seyfried, PhD, author of Cancer as a Metabolic Disease

“The Metabolic Approach to Cancer” is the book I have been yearning for since my cancer diagnosis in 1989. I have been managing my cancer with nutrition and lifestyle, but my research has led to confusing and sometimes contradictory information. This book has everything I need to know in one

place. I feel empowered with knowledge about what I can do and why it will make a difference. I want everyone touched by cancer to read this book.

•Jan Adrian, MSW, founder and director, Healing Journeys

•In *The Metabolic Approach to Cancer*, Dr. Nasha Winters and Jess Higgins Kelley take the adage "knowledge is power" to a new level. The book is packed with science-backed, practical, and highly relevant information that could easily overwhelm the reader. But rest assured, in a very caring way the two authors make sure you learn how to set priorities, address the main areas of concern first, and make step-by-step improvements to your well-being. This book has the power to truly transform your health!

•Patricia Daly, author of *The Ketogenic Kitchen*

•*The Metabolic Approach to Cancer* is a terrific resource for anyone interested in treating cancer with natural therapies. This book is delightful and full of valuable information.

•Ann Fonfa, president, Annie Appleseed Project

•In *The Metabolic Approach to Cancer*, Dr. Nasha Winters and nutritionist Jess Higgins Kelley expose the inadequacies inherent in the entrenched model of conventional cancer care. Looking beyond the manifestations of a body out of balance, they open the reader's eyes to the underlying epigenetic changes that contribute to the development and progression of this devastating disease. Also included here is a set of tools including nutrition, lifestyle, and metabolic therapies that address the root cause of the problem. This integrated approach offers an opportunity to bring body and mind back into balance.

•Miriam Kalamian, author of *Keto for Cancer*

Dr. Nasha Winters, ND, FABNO, L.Ac, Dipl.OM, is the founder, CEO, and visionary of Optimal Terrain Consulting. She has been working in the health care industry for 25 years and is a nationally board certified naturopathic doctor, licensed acupuncturist, practitioner of oriental medicine, and is a fellow of the American Board of Naturopathic Oncology. Initially motivated by a terminal cancer diagnosis 25 years ago, she now lectures all over the world and trains physicians in the application of mistletoe therapy, consults with researchers on projects involving immune modulation via mistletoe, hyperthermia, and the ketogenic diet. She lives in Durango, CO.

Jess Higgins Kelley, MNT, is the CEO of Remission Nutrition, a global oncology nutrition therapy consulting and education enterprise. She is also the Founder of the Oncology Nutrition Therapy Program at the Nutrition Therapy Institute. With an undergraduate degree in journalism, Jess has written health and nutrition articles for local and national publications and is the former managing editor of *Edible Southwest Colorado* magazine. She lives in Mid Coast Maine.

I just bought a case of this book - simply hands down the most comprehensive guide to how to find

and fix the root causes of the cancering process. I was diagnosed with terminal malignant brain cancer in 2013 and given a year to live with surgery, chemo and radiation. Luck and research brought me to the co-author of this book - Dr. Nasha (OptimalTerrainConsulting.com). Four years later, I am not only alive, but I can honestly say I am healthy for the first time in my life. My "check engine light" had been on for many years, but it took cancer to wake me up. Her approach to testing for the root causes of my cancer thru extensive blood chemistry and DNA laid out an obvious roadmap to why I got sick. Step by step, I implemented her personalized recommendations - no two people are alike and no two cancers are alike. I started with a customized ketogenic diet with adjustments for my food allergies, autoimmune conditions, and DNA mutations. From there, I moved to address inflammation, toxins, my immune system, my hormones/HPA axis, stress/biorhythms, blood circulation, mental/emotional, over-exercising, and microbiome - all complete with monthly blood chemistry testing to track my amazing progress. Cancer has become my greatest gift - as I went back to school with Dr. Nasha to become a personalized keto diet coach, specializing in conquering and preventing cancer. I have also been able to use the methods in this book for all my friends and family - which has resulted in saving several lives already. Having traveled the world to medical cancer conferences, I have realized that Dr. Nasha is one of only a handful of doctors using a comprehensive approach to the cancering process. No stone must be left unturned if you want to beat cancer. Folks ask me if changing my life was hard, and my response is "dying is harder". My "normal" life gave me cancer, but my new life is way better. Not only does a near death experience make you appreciate life more, but Dr. Nasha's teaching has made me a more peaceful, balanced, and happy person. The real power of this book and her coaching is that she puts me in the driver seat of my health, I can control my destiny and my health, instead of helplessly hoping for my next scan to be clear. Not only is my brain cancer no longer tumoring, but my other health issues have completely resolved themselves - HPV, Hashimoto's thyroiditis, Polycystic Ovary Syndrome, breast fibroids, joint pain, and arthritis.

I am so happy to have read this book. I have seen first hand with close relatives what conventional cancer treatment consists of, and through Dr. Nasha Winters, what some other options are. When I was diagnosed with breast cancer, I chose the middle path, and utilized the recommendations of both Dr. Nasha Winters and my oncologist and surgeons. I am so thankful for Dr. Winters and this book because I am not only healthy, I will continue to stay that way on my ketogenic diet and through monitoring my blood tests and following the recommendations in this book. What a gift this information has turned out to be for me and for my family. I ordered two copies of the book because

I know I'll be lending one of them out. Thank you again Dr. Winters!

After my mom was diagnosed with ovarian cancer in 2008 I joined an online support group and got a first hand look into the damaging effects and very poor results of conventional treatments. I realized how oncologists' standard of care treatments were just a shot in the dark, trying one chemotherapy after the other until they ran out of options. Furthermore they never addressed the patients' nutrition and lifestyles, never encouraged their patients to change their diets and at least give up sugar despite more and more evidence about the link between glucose and cancer. So I started reading and first heard about the importance of terrain from Dr. Servan-Shreiber and Dr. Keith Block's books. But I did not really know what to do with this information, that is until I was introduced to Dr. Nasha Winters' approach. I literally had a light bulb moment, thinking that's it, that is exactly what I was looking for. She was not focusing on treating cancer, but rather on what allowed the cancer to thrive in the first place, and more importantly on how to restore health and give your body the ability to resist cancer from within. She has an amazing ability to interpret a person's labs and connect the dots, determine the terrain imbalances and designing a plan that is totally individualized for each patient to help them restore health by optimizing their terrain, whether they are in treatment or after treatment. When she offered me a chance to join her coaching program, I did not hesitate and it was the best decision I ever made. I learned so much about myself and my terrain. I always thought of myself as being a perfectly healthy person and was totally taken by surprise at our first consult when she pointed out the imbalances in my terrain that if not taken care of would eventually cause disease, not just cancer. She gave me the tools to optimize my terrain so that it will not allow cancer to take hold of it, fulfilling my mom's last wish that I not let what happened to her also happen to me. I was so excited when I heard that she and Jess Kelley were going to write this book and could not wait to read it. They met all my expectations and so much more! This book is a must read for every cancer patient and for those like me who want to avoid not just cancer, but also other chronic diseases. The metabolic approach makes total sense to me and I highly recommend this book.

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