

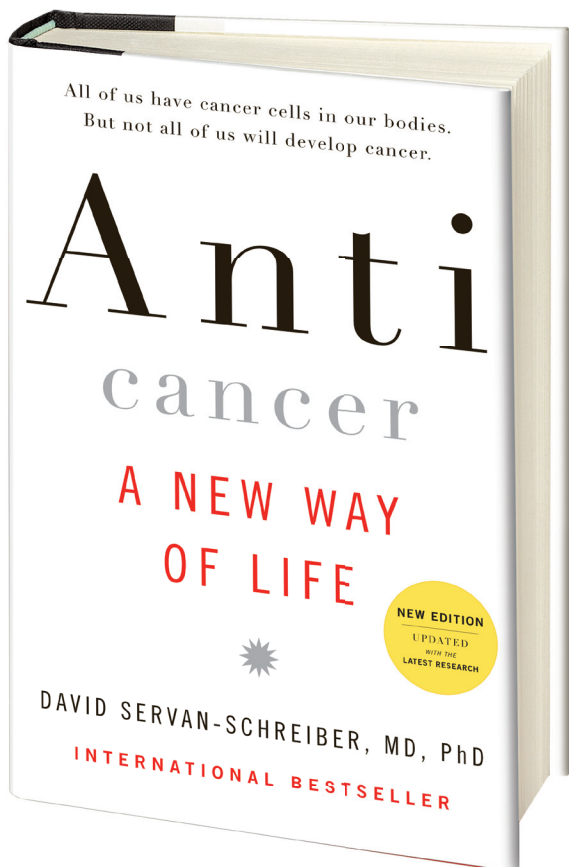
Now, an updated edition of David Servan-Schreiber's bestselling

Anticancer. Here's what's new.

In this thoroughly revised and updated edition, Servan-Schreiber has renewed his emphasis on the critical role that the mind/body connection plays in maintaining our health. The new, up-to-the-minute material includes:

The Anticancer Foods

- Recent findings on the cancer-fighting power of green tea: several cups a day may reduce breast cancer relapse by 57% and prostate tumor growth by 50%
- More insight into the specific antioxidant compounds in extra virgin olive oil that limit cancer growth
- Previously unknown nutritional properties of stone fruits: plums, peaches, and nectarines are as rich in anticancer phytonutrients as berries (and often cheaper)
- An expanded list of alternative sweeteners such as acacia honey and coconut flower sugar, both low on the glycemic index
- Groundbreaking examples of food synergy: tomato and broccoli, for instance, fight cancer more effectively than either alone
- New evidence of the harmful effects of refined sugar and bleached flour and how increased insulin is linked to breast cancer growth



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The Anticancer Environment

- Revised precautionary measures for cell phone use in light of an exhaustive, long-term study suggesting that an hour a day of cell phone conversation may double the risk of a brain tumor
- An amplified call to avoid polycarbonate plastics and their BPA—present in soda can linings, food containers, some baby bottles, and more—following the discovery that they can block the effects of chemotherapy agents on cancer cells
- Warnings about inorganic phosphates, widely used food preservatives that have been connected to faster rates of tumor growth

The Anticancer Mind

- The remarkable results of a study demonstrating that lifestyle change and stress reduction can actually modify gene expression deep within cancer cells
- Firm establishment of relaxation and lifestyle change as significant components of treatment, based on a study concluding that they can reduce breast cancer mortality by an astounding 68% following conventional treatment
- Bolstered evidence of friendship's impact on recovery: a large-scale study found that breast cancer patients who could name ten friends were four times more likely to survive their illness
- New clinically proven links between regular meditation and a strengthened immune system

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