

**A CANCER PREVENTION GUIDE
FOR THE HUMAN RACE**

(Reduce Your Risk of Cancer by 60% or More)



Robert A. Wascher, MD, FACS

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Few diseases create the level of fear associated with a new diagnosis of cancer. Fortunately, cancer experts have estimated that at least 50 to 60 percent of all cancer cases can be prevented through evidence-based modifications in lifestyle and diet. "A Cancer Prevention Guide for the Human Race" is a landmark, evidence-based guide to a healthy cancer-prevention lifestyle, and comprehensively informs readers on the important findings of hundreds of recent cutting-edge cancer research studies, performed by the world's foremost cancer research scientists. Written for lay readers by Robert A. Wascher, MD, FACS, an internationally recognized cancer physician, cancer surgeon, cancer researcher, educator, professor, and author, "A Cancer Prevention Guide for the Human Race" offers health-conscious readers a vital research-based guide that will enable them to significantly reduce their lifetime risk of developing cancer. "A Cancer Prevention Guide for the Human Race" is an absolutely essential health information resource for the 21st Century, and belongs in every home and office.

The Author is a Clinical Associate Professor of Surgery at the University of California, Irvine, and the editor of the popular global health information website, "Weekly Health Update" (www.doctorwascher.com). Dr. Wascher is the author of numerous research papers, book chapters, articles, essays, and columns on a variety of health-related topics, and serves as a Consultant in both Oncology and Surgery for multiple health care and health information organizations. Dr. Wascher's next book, "Hormone Replacement Therapy (HRT) & the Breast Cancer Epidemic," is scheduled for publication in 2011.

A Cancer Prevention Guide for the Human Race Details

Date : Published September 7th 2010 by Dog Ear Publishing

ISBN : 9781608446919

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Format : Paperback 176 pages

Genre : Nonfiction, Health, Self Help, Science



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From Reader Review A Cancer Prevention Guide for the Human Race for online ebook

Susan Ashcraft says

This is a guide on how to remarkably reduce the risk of cancer in your own life. The author wrote it with idea of offering up a look into what are the real facts, based on real scientific research. The "junk" science is looked at, and in some cases the author has expressed interest in an actual medical treatment trial done on some of the "junk" science.

In the opening paragraphs and chapters, the author takes us through what was once done to diagnose, treat and sometimes cure cancer in patients. He follows that with what is now currently available, including some so called miracle cures. While he does not completely trash these theories, he does point out why, scientifically, some are just not feasible. So if they are not feasible, how come people are still trying to use these miracle cures? Some actual success has happened with some (these trials should be looked into with more scientific precision) celebrity endorsements and misleading ads are what guide the rest.

From here the author goes onto suggest what foods, vitamins and minerals which could be used to potentially help avoid cancers.

This book was written not for other doctors or scientists but for all of us to better understand the risks of cancer, the genetics of cancer, an immense amount of user friendly references (I checked as I wanted to make sure this was all in keeping with a non medical person reading this book) and certain foods, and vitamins which as scientific tests are showing either really do help or really don't.

The only thing I think this book needed was a small section on which concentrated on just the food involved that has been scientifically proven either good or bad for us in its own little section. I know it is mentioned throughout the book, many different things (apples stand out) but honestly I would have to go back through it all again to write down which was good, and which was bad. It did tend to get a little wordy at times, though the author went to a lot of work to make it both readable for all without making it overly explained and dull.

All in all a good read for anyone wanting to work towards preventing cancer in their life.

I am rating it here at GoodReads at 3 stars because it won't allow me to rate it at 3 1/2 stars.

I won my book through GoodReads giveaway and my review was unsolicited.

D Nguyen says

I spent over ten years working on chemoprevention and diet. So often, I was asked by friends and family about to help them dissect the myths from the real science. The author has done a brilliant job explaining how lifestyle choices and diet may help with cancer prevention. I found this new book to be informative, concise, and easy to read. It thoroughly and objectively separates the cutting edge real science from the myths. For anyone who has ever wondered what steps they may be able to take towards healthy living, and understanding cancer and its prevention, this book is a definite must-have.

Miaco says

This is a wonderful book. A must Read!

Mark Mccarragher says

A very interesting read. Definitively eye opening.

Lucinda says

Insightful and written with perfect clarity, this evidence-based comprehensive book is an astonishing read.

If one is unlucky enough to hear those dreaded words spoken by a clinician then fear undoubtedly follows on from the given diagnosis, along with much stress and anxiety. Cancer is still a deadly disease hence why I think many of you will be fascinated and intrigued by what Robert A Wascher has to say. Having a mother as a student nurse and a sister working in London as a ward sister makes for a family interested in health conditions, thus this book was passed around from myself having read it to others all eager to find out if the claims are true. After much research by cancer expert scientists it is now estimated that fifty to sixty percent of all cancer cases can be prevented, through evidence-based modifications in ones lifestyle and diet. This comprehensive study is based on sound, cutting-edge research that has revolutionized the way we think about this disease and accordingly then act. The book is full of fascinating facts and studies that have been undertaken to ascertain this startling, astounding conclusion that is for the benefit of all; both those whom have been diagnosed and those who have not. Robert A Wascher is a renowned and internationally recognized physician, surgeon and professor on cancer who here offers all health-conscious readers an indispensable research-based guide. The aim of course is clear; to be able to significantly reduce ones lifetime risk of developing cancer, alongside aiding those already with the disease.

This is an outstanding health information resource and an essential guide for all that is exceptional, momentous and enlightening. With every point made backed up by definitive evidence, one is not only reassured but equally delighted by what is to be discovered within these pages. I cannot enthuse enough about this incredible book that I would highly recommend to anyone, being so compelling to read and undeniably accurate in its contents. I cannot stress the importance of this book that could be a life-saver for many, and which could significantly reduce such high rates of Cancer throughout the world. I was unsure of what to expect and likewise keen to find out if one is able to dramatically reduce your risk of getting cancer by eating certain foods, exercising more, looking into the benefits of dietary supplements and the cutting down of alcohol. Stress, Diabetes (linked with obesity in overweight individuals) are all elements that can impede one who is trying to prevent cancer and are important factors to consider when assessing a person's health.

I would like to thank the author for having his book on GoodReads as a 'first-read' giveaway, which I feel most privileged and fortunate to have had the opportunity of reading. The author's personal inscription to me I found to be extremely touching, and I do hope that this book remains just a valuable source of information rather than to be implemented in the most severe case. There is a history of Cancer within my family that also made me connect to Robert A Wascher's book in a personal way, as well as professionally concerning those family members who work within the nursing profession.

AngieF says

I received this book free from GoodReads. I entered for this book as I recently lost someone that was very close to me from cancer and I have a couple other family members that have been diagnosed. This is a great book and I will be passing on to a few of my family members to read.

Terri Lynn says

This book can very well be a life-saver and I recommend it highly. Dr. Wascher very carefully details the myriad ways we can cut our cancer risk down over 60% and readers will be pleasantly surprised to find that these preventative measures are not difficult to do nor are they expensive.

Cancer has colored my life through the losses I have suffered. I have lost both friends and relatives to various forms of cancer and really wanted to find ways I could reduce my chance of developing the monster that is cancer. I am diabetic and as diabetics are much more likely to develop cancer, I felt that as a person who has had relatives with cancer on both sides of the family, I was a walking, ticking time bomb.

Dr. Wascher has given me tools to dismantle the bomb. With some lifestyle and eating improvements, I truly can reduce my chances of developing cancer and this is an enormous comfort. I learned a lot of things while reading this book. For example, I take metformin (Glucophage) for my diabetes and research studies shown in A CANCER PREVENTION GUIDE FOR THE HUMAN RACE offer proof that the use of metformin can massively reduce the risk of cancer in diabetics (and maybe even in people who don't have the disease). The book is very easy to read and understand. Best of all, Dr. Wascher is not just offering his medical opinion based on his expertise as an oncologist. He backs up what he says with scientific proof and references to actual medical research studies.

All of us are at a risk of developing cancer of any type at any age. You owe it to yourself to get a copy of this book and see how you can reduce that risk right now. The life you save will be your own.

Michelle Randall says

I got a copy of this book through the Goodreads First-Reads program.

I entered to win a copy because it seemed like so many people in my life had recently been diagnosed with cancer, but at the same time I wasn't sure I was going to like it. I mean, it says lower your cancer risk by 60% on the front cover, and I thought oh this is probably some guy telling me the latest fad to prevent cancer, it's not going to be worth it. So I put off reading it for a bit, but I can't stand having such a large pile of to-be-read books, and having so many of them that were First-Reads that I needed to read and review, so I picked it up and started reading.

The book was not what I thought it would be. It was not some kook telling me the latest fad to prevent cancer, it was actually someone who did what we all want. He found all the studies, both highly scientific, moderately scientific and even non-scientific, and he took all that information and complied it into useable information. He summarized the research, and told you that this is the gist of what the highly scientific research is showing and this is what the other research is showing, and based on all that, this is what I think would benefit you in your life to reduce your risks.

For each thing that he notes as possibly helping to reduce your risk of cancer, he provides research to back up his claim, and he even tells you that this item has been talked about, but there is no research to show it is effective, and he even tells you if the research has shown something to be non-effective or even harmful.

I was pleasantly surprised, and glad that I read the book. It was not a fad book, but a compilation of the research out there, including footnotes with the exact study information and where to find the study so that you can check it out yourself. It is written so the common man or woman can read and understand it, without a bunch of overused medical terms.

For anyone with a family history of cancer, this is a good book to read. I think it gives good information and it is spot-on and worth the time. It is also a quick read, well organized and helpful.

Nicole Lungenanu says

I received this book through goodreads giveaway! Thank you so much!

I'd like to give this book more stars than but an author who's voting for his own book and uses tags that even relate to it just to promote it is lame.

Unfortunately I realised all that AFTER reading. Otherwise I wouldn't have read it in the first place.

If he's really that famous he doesn't need all this self-promotion.

Sad, sad...

Elizabeth Swan says

This book was very informative in statistics. I feel like it could have gone a little more in depth into the naturally healing aspect. I applaud anyone who makes a self help book, thank you

Diane says

This book surprised me. I found it extremely interesting and useful. Easy to read and understand. I am taking it to Alaska with me for reference and to share with my sisters.

Definitely recommend.

I received this book from the author/publisher after being selected as a winner in the Goodreads First Reads Giveaway. Thanks!

Ashley says

I won a copy of this book through the goodreads giveaway.

It was extremely well-organized, informative, and interesting.

Omar Baig says

I was deeply moved by the information in this book as my aunt unexpectedly passed away from cancer. She was very young so it caught the whole family by surprise.

I had no idea that there are a number of things we can do to prevent cancer. According to the book, cancer experts estimate that at least 50-60% of cancer cases can be prevented through changes in lifestyle and diet.

What I like most about this book is that it aggregates the collective experience of thousands of cancer experts.

This is one book which can change your life.

Janet says

This good book with lots of awesome information on preventing cancer :)

Cancer sucks:(

Robert says

An electronic copy of this book was sent to me as a reviewer for IndePENdants. It passed their rating system on all aspects.

This is not an easy book to read in spite of the author's best efforts. it is complex and full of details, but it is the sort of book that can save your life. Therefore, you should read it.

Dr Wascher separates out what we know, what we do not know, and what we thought we knew that was wrong from the lies we are being told that could endanger your life.

Just read it. Read it one chapter at a time if that is what it takes. It is important.

Gracey says

I really liked the book. It helped me learn about the causes and my chances of getting cancer. It taught me how my aunt got cancer and how i can prevent it. I enjoyed reading it and hope i will get another soon.

Etienne says

Thank for giving me the chance to win this book on a giveaway!!

This book is very interesting, and even more if you don't know a lot about cancer. It have a lot of fact and statistics about cancer and way to prevent it, and it have a lot of references too, so it give it some credibility. I dont give it a five stars because i study a lot about cancer in my life and sometime I find that the information were always the same and that i know a lot of them.

But if you knew to the subject and want to know a lot about cancer and prevention in general this book is definitely a good introduction to the subject!
