



What the Experts Say About Food and Cancer

Rick S Weissinger

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Cancer is the number two killer of Americans, and is thought to soon replace heart disease as the number one killer. Yet every cancer expert knows that most cancers are considered preventable, through changes in diet and lifestyle. **WHAT THE EXPERTS SAY ABOUT FOOD AND CANCER** provides up-to-date information on how many of the foods we eat increase our cancer risk, and how we can lower that risk by eating more foods high in certain phytochemicals. **WHAT THE EXPERTS SAY ABOUT FOOD AND CANCER** features interviews with twenty scientists whose cutting-edge work on soy, green tea, lycopene, garlic, and several other phytochemicals points the way towards a cancer-preventive diet. These distinguished researchers explain why the American (Western) diet is the most important contributor to preventable cancers, and how the ingredients in plant foods can keep us from developing a life-threatening malignancy. Written in a fun, entertaining, and informative style, **WHAT THE EXPERTS SAY ABOUT FOOD AND CANCER** explains every step in cancer growth, and how foods can either accelerate or halt these processes dead in their tracks. This book is a must for anyone who wants to know why cancer affects so many people, how foods can be used to help prevent and fight cancers, and what the world's leading scientists have to say about the power of foods over cancer.

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