

By Monica DeWitt

KNOCKOUT – Interviews with Doctors Who Are Curing Cancer by Suzanne Somers (ISBN 978-0-307-58746-6; Crown Publishers; hardcover; 352 pages; US \$25.99)

Suzanne Somers, once labeled “The Ditzzy Blonde” on the 70s sitcom *Three’s Company*, has hit it out of the park with her latest book **KNOCKOUT**. Somers, a health advocate, author, and cancer survivor herself (diagnosed with breast cancer in 2000) begins with her own horror story of being misdiagnosed with full-body cancer in November of 2008, after being rushed to a California emergency room with symptoms of a severe allergic reaction. She was told, after having a CT scan that she had cancer everywhere, lungs, liver, etc., by no less than six doctors in six days. The oncologist treating her suggested full-body chemo, which Somers refused, at which time the doctor suggested she get her life in order. Finally, after undergoing a biopsy, she was told that she did not have cancer, but was eventually diagnosed with coccidiomycosis, or as it is better known in layman’s terms, Valley Fever.

This event changed Somers’ life and she thought if this horrible misdiagnosis could happen to her, a health advocate, then what happens to the average patient who trusts the medical system. Somers began her journey by compiling a list of doctors and researchers who were treating cancers successfully using the latest innovative treatments, and interviewing them about their methods and results, along with testimonials of many of their patients who are living and thriving long after being given a death sentence by their own physician.

Her goal in writing this book was to introduce the reader to the alternative treatment options available if you have cancer, and information on nutrition, lifestyle changes, and supplements to help prevent getting cancer in the first place. Somers’ focus for herself is prevention with a chapter dedicated to the power to change your cancer risk. She discusses with her nutritionist where carcinogens originate and how to eliminate them by lifestyle changes and detoxification. This is the crux of the origins of many cancers and she tackles it thoroughly, giving the reader details on dietary changes, supplements, and enhancing your immune system to optimum performance.



The doctors and alternative medical advocates she interviews are many and diverse, with one of the most notable being Dr. Stanislaus Burzynski, M.D., a Houston physician who has devoted his life to answering the riddle to what he believes is the origin of cancer. Burzynski’s work is in replacing antineoplastons, a peptide he found was missing in cancer patients. These peptides, produced by the liver, control cell multiplication; and Dr. Burzynski discovered that without sufficient amounts of these peptides, cancer develops. His theory is that if the peptide is replaced, then the cancer is gone. But even with the amazing strides Burzynski is having in research and alternative, successful treatments, the FDA has not been far behind trying at times to shut him down. Somers unveils the attacks and unsavory actions taken against Burzynski and others who have gone against the mainstream medical establishment.

Somers’ focus is not only on what alternatives and options are available out of mainstream medicine, but what miserable statistics and poor results the current options of surgery, radiation, and chemotherapy offer those with pancreatic, liver, and most other cancers. She also exposes the obscene big-pharma profits of \$200 billion plus that go to the cancer-treatment industry and the dismal statistics that show cancer death rates have only dropped 5% from 1950 to 2005, with conventional medicine. Somers has done the legwork for anyone looking for an alternative to standard cancer treatment by providing the reader with an extensive list of physicians and healers that are available across the U.S., Canada, and parts of Europe, which includes phone numbers, addresses, and website information. Armed with all of the information she provides, anyone who is facing cancer or who knows someone who is, can make an informed decision on whether to go with conventional medicine, or investigate one of the many amazing new therapies that have come along giving hope to millions.

Above all, this book gives hope to many who have none, and the gift of empowerment in knowing that there are people living with cancer and beating it. 

Monica DeWitt is an NHF member living in Southern California, who works as a public-relations consultant when not reviewing health and other books.