

## Book Review

**You Don't Have To Be Afraid Of Cancer Anymore**, by Bill Sardi, (ISBN – 0-9774272-1-8; Hardback, 550 pages, 2007, \$49.95 [www.thecancerbook.com](http://www.thecancerbook.com)).

It has been said that cancer is not just one disease, but a large group of almost one hundred diseases. Also, there are more than one hundred different forms of cancer. Furthermore, it has been said that while there are some known causes of cancer, namely smoking, viruses, and radiation, for the most part cancer cannot be traced to any known cause. So, given these facts, how do you write a book about cancer? It would be a daunting task. One new book may live up to the challenge.

A recent entry into the collection of cancer books is likely to become *the* reference book for all who are concerned with this most dreaded of diseases. If for nothing else than its breadth, Bill Sardi's *You Don't Have To Be Afraid Of Cancer Anymore* will likely become a popular addition to your home health library. And if Sardi is correct – that by the time most cancers are diagnosed it is too late to cure it – buying the book before, rather than after, diagnosis of cancer is highly recommended.

It is not a book designed to be read from beginning to end, although many will be tempted to do so because it covers so much new ground. After reading the book, most readers, Sardi says, should be outraged by the state of cancer care in America, particularly for the four main types of cancer, breast, prostate, lung and colon, which represent 70% of all cases.

The urgent questions that cancer patients and their families need answered vary from day to day. “Should I undergo a biopsy?” “Is tamoxifen safe to take to prevent breast cancer?” “Is it true antioxidants interfere with cancer treatment?” So, Sardi designed the book so that these questions can be answered authoritatively, as they arise. It is a reference book – with literally thousands of scientific references.

The book does tackle the tough questions, like what causes cancer: Electric power lines? Environmental toxins? Industrial chemicals? Germs? Radon gas? Sardi says these are causal agents, but that the major cause of cancer lies within, and is primarily governed by aging. “Surprisingly,” says Sardi, “most tobacco smokers don't get cancer until after age 50.”

The book plays no favorites. Failed cancer therapies from alternative and conventional medicine are resoundingly

dismissed. Alkalinity therapy, Rife machines, and ideas that parasites cause all cancers are authoritatively rejected. But so are the mainstays of modern cancer treatment – chemotherapy, surgery, and radiation therapy.


The book asserts that conventional cancer therapies have been disproven, and their toxic side effects often hasten the demise of patients, so cancer patients need to start a search for alternatives soon after diagnosis.

Fortunately, says Sardi, in the last five years or so, scientific studies have validated some widely-available nutritional and herbal remedies for cancer that oncologists in the past could only dream of. The biological action of one herb, for instance, represents over 100 anti-cancer drugs. “Skeptics are going to say these are unproven cures, but unproven at least is not disproven as are the treatments offered cancer patients today.”

Sardi's assertions are not theoretical. Sardi shares real-life accounts of cancer patients who have beaten cancer against all odds. These compelling, documented accounts are what most cancer patients want to hear:

- The man in Hawaii with leukemia who only had weeks to live and took a plant extract that threw his leukemia into remission. He is alive and driving his car, three years after doctors said he only had weeks to live.
- The woman with lung cancer, who had undergone all the conventional and alternative medicine had to offer, and experienced a complete remission from cancer, with long-term survival, by following a dietary-supplement regimen.
- The man with kidney cancer who is alive and thriving 9 years after treatment, thanks to an extract from rice bran.

Sardi says most treatment decisions about cancer are made out of fear and that if patients knew more, they would have a greater chance at long-term survival, especially patients with otherwise incurable colon and lung cancer.

The book cites a study showing cancer patients, whose referral to a cancer specialist (oncologist) was delayed by weeks, actually lived months to years longer. If for nothing else, read the book to pass the time before you see an oncologist. You might live longer than expected. 



In health there is freedom. Health is the first of all liberties.

– Henri Frederic Amiel