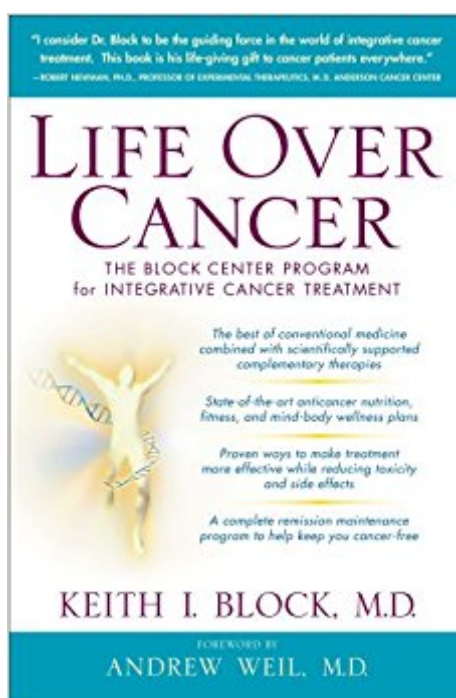


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# Life Over Cancer: The Block Center Program For Integrative Cancer Treatment



## Synopsis

Dr. Keith Block is at the global vanguard of innovative cancer care. As medical director of the Block Center for Integrative Cancer Treatment in Evanston, Illinois, he has treated thousands of patients who have lived long, full lives beyond their original prognoses. Now he has distilled almost thirty years of experience into the first book that gives patients a systematic, research-based plan for developing the physical and emotional vitality they need to meet the demands of treatment and recovery. Based on a profound understanding of how body and mind can work together to defeat disease, this groundbreaking book offers:

- Innovative approaches to conventional treatments, such as “chronotherapy” — chemotherapy timed to patients’ unique circadian rhythms for enhanced effectiveness and reduced toxicity
- Dietary choices that make the biochemical environment hostile to cancer growth and recurrence, and strengthen the immune system’s ability to attack remaining cancer cells
- Precise supplement protocols to tame treatment side effects, relieve disease-related symptoms, and modify processes like inflammation and glycemia that can fuel cancer if left untreated
- A new paradigm for exercise and stress reduction that restores your strength, reduces anxiety and depression, and supports the body’s own ability to heal
- A complete program for remission maintenance — a proactive plan to make sure the cancer never returns

Also included are “quick-start” maps to help you find the information you need right now and many case histories that will support and inspire you. Encouraging, compassionate, and authoritative, *Life over Cancer* is the guide patients everywhere have been waiting for.

## Book Information

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& Dieting > Diseases & Physical Ailments > Cancer #291 in [Books](#) > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Surgery, radiation therapy, and chemotherapy may treat cancer but can also necessitate huge changes in lifestyle and body image and predispose the patient to other diseases, recurrence, and death. Block (medical director, Block Ctr. for Integrative Cancer Treatment) lays out a comprehensive complementary-therapy program designed to enhance conventional treatments, and he provides advice that will better a patient's life and improve chances of a full cure. Block stresses that patients should not abandon traditional medicine and should consult their health-care team before adding less traditional treatments. He details an anticancer diet, with specific recommendations for foods and supplements, as well as exercise plans and spiritual maintenance. Methods of boosting one's immune response while providing a less friendly "bioterrain" for cancer cells are suggested, as are techniques to counteract the ill effects, e.g., nausea and fatigue, of traditional cancer therapies. This dense book may overwhelm some readers, but considering the prevalence of cancer, it's sure to be a popular title.

—Janet M. Schneider, James A. Haley Veterans Hosp., Tampa Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Life Over Cancer is the compilation of Dr. Block's three decades of research and development of his optimal model of integrative cancer treatment. As Chief of Surgical Oncology from a major medical institution, I have sent many patients to the Block Center. They experienced less treatment toxicity, improved treatment response, better quality of life, and improved outcomes. In my opinion, Dr. Block's clinic is unique and what I consider to be the top integrative oncology center in the US. It is where I would go if I was ever diagnosed with cancer."

—N. Joseph Espat, M.D. Professor and Chief, Surgical Oncology Roger Williams Medical Center

"Life Over Cancer is a must-read for anyone combating this disease. It provides genuine hope, as well as the evidence, rationale, and instructions in how to live a healthier, fuller life with cancer, while providing a broader array of treatment options that improve quality of life."

—Nick Vogelzang, M.D., Director, Nevada Cancer Institute Professor of Medicine, University of Nevada School of Medicine, Las Vegas

"Here is cancer care as it should be: person-centered, integrated, individualized and science-based. If you or your loved ones have been touched by cancer, or if you care for those with cancer, read this book."

—Wayne B. Jonas, M.D., President and CEO, Samueli

Institute Director (1995-1999), Office of Alternative Medicine, National Institutes of Health

“Keith Block is one of the great pioneers of integrative oncology. This important book is essential reading for patients and health professionals alike. Block’s approach is indicative of much of the future of this critically important field of medicine.”

•Michael Lerner, Ph.D., President, Commonwealth Cofounder, Commonwealth Cancer Help Program  
“Life Over Cancer provides the reader with an accessible and comprehensive program that combines the best of conventional cancer therapy with effective complementary interventions. It is this ‘whole person’ approach to patient care that Dr. Block brought to the University of Illinois Integrative Medical Education program which he established in the mid-nineties. His dedication and efforts have transformed the school’s medical education curriculum, and inspired future physicians to view integrative medicine as a truly significant component of health care.”

•L. J. Sandlow, M.D. Senior Associate Dean for Academic & Educational Affairs Professor and Head, Department of Medical Education University of Illinois College of Medicine  
“In Life Over Cancer, Dr. Block demonstrates his huge depth of knowledge of the comprehensive management of patients with cancer and illustrates the wealth of opportunities and choices available to them. This is a book about optimism, soundly grounded in science.”

•Stephen M. Sagar, M.D. President, Society for Integrative Oncology Associate Professor Oncology & Medicine, McMaster Univ., Hamilton, Ontario  
“Life Over Cancer provides countless strategies to enable the patient to regain some of the lost sense of control that a diagnosis often carries, empowering them to be a true partner in their fight for life. Dr. Block’s counsel and guidance have assisted countless medical professionals hoping to provide their own patients with a comprehensive integrative approach to care.”

•Donald I. Abrams, M.D., Chief of Hematology-Oncology San Francisco General Hospital Prof. Clinical Medicine, Osher Center for Integrative Medicine, UCSF  
“How refreshing to come across this thoughtful book.”

“With the boldness of a carpe diem, this evidence-based integrative approach should serve as a wake-up call for oncologists to overcome their obsession with treating cancer as an isolated target and to pay attention to the cancer patient whose own faculties need to be harnessed as agencies to win this war.”

•Azra Raza, M.D. Director of the Myelodysplastic Syndrome Center St. Vincent’s Comprehensive Cancer Center, New York, NY Former Chief Hematology-Oncology University of Massachusetts  
“Keith Block is the foremost integrative oncologist in North America. In Life Over Cancer he shares his incomparable depth of knowledge and experience with us and presents a comprehensive, scientific, and practical program for helping people with cancer effectively fight the

disease.”

•Leo Galland, M.D., Author, Power Healing Director, The Foundation for

Integrated Medicine

“Life Over Cancer is a training manual for cancer patients, their families, cancer nurses, oncology pharmacists and oncologists. [It] provides patients with insight and a series of concrete steps to help them live better and longer, despite a cancer diagnosis.”

•William JM Hrushesky, M.D., Senior Clinician Investigator, Medical Oncology Professor, Schools of Public Health and Medicine, University of South Carolina , WJB Dorn VA Medical Center, Columbia SC

“Patients who have taken the Life Over Cancer sojourn have generated an impressive track record. While we have much to comprehend about the inner workings of cancer it is reassuring to know that personalized state-of-the-art care is within reach.”

•Debu Tripathy, M.D. Clinical Professor of Internal Medicine Former Director of the Komen / UT Southwestern Breast Cancer Research Program President and CEO, Physicians Education Resource

“Without doubt, Life Over Cancer can be singled out as the most authoritative book in integrative cancer medicine available for the cancer patient. I highly recommend it for patients and caregivers.”

•Jacob Shoham, M.D., PhD, Medical Oncology Professor Emeritus of Life Sciences Bar-Ilan University, Israel.

“Life Over Cancer is the program every cancer patient deserves in order to have the best chance for recovery and restoration of health.”

•Andrew Weil, M.D.

“Keith Block is a pioneer and leader in integrative cancer care and one of its premier practitioners. This clear, meticulously documented, practical book is a lifeline for anyone who has cancer. It should be required reading for all oncologists.”

•James S. Gordon, M.D., former chair, White House Commission on Complementary and Alternative Medicine Policy; author of *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*

“To this day, the Block Center for Integrative Cancer Treatment remains the best and the only truly comprehensive integrative cancer center in the country. This generous book is the exact blueprint for that program and the recipe for its success: hope and science.”

•Mark Renneker, M.D., Associate Clinical Professor, University of California, San Francisco, Medical School

“Dr. Keith Block shares his decades of research and clinical practice, and presents a powerful, practical, and accessible approach for patients, loved ones, caregivers, and health professionals. This book beautifully reveals the depth of his dedication and commitment to helping people heal.”

•Jeremy Geffen, M.D., medical oncologist and author of *The Journey Through Cancer: Healing and Transforming the Whole Person*

“Keith Block, M.D. is the most prominent integrative cancer specialist in the United States. His new book, *Life Over Cancer*, is the manifesto of the movement for a kinder and more effective form of managing this terrible disease.”

•Ralph W. Moss, Ph.D., Director, The Moss Reports

Many cancer patients have sought my advice and counsel for integrative and complementary care. While I don't purport to "cure" cancer, my recommendations have significantly increased their vitality, reduced drug side effects and enhanced their quality of life. I've performed hundreds of hours of post-graduate medical training in integrative and naturopathic oncology that have assisted scores of patients, applying many of the same principles. From my experience I've found solid confirmation that everything that Dr. Keith Block speaks about in this great book has valid clinical implications.

Hands down the most useful cancer-cure book. "Life Over Cancer", by Dr. Keith Block, delves into every area of concern. It's meant to be used as a whole, not in pieces. The author is clearly the most knowledgeable in overall cancer treatment--mind, body, spirit; medical, alternative, psychological!! If you place all your faith in medical remedies, you don't need this book! But if you're willing to save your own life, buy it now, because you probably will! I've seen it work! It's nothing short of astonishing! Thank you, Dr. Block!

Nothing to complain about except that it is all about what happens at this one clinic and if we aren't near there and can't go there,,.....we don't have the option to get our doctors here to do the same sorts of things. So while inspiring and interesting and full of good info, also discouraging if you are in cancer treatment and your dr does everything different.

Life Over Cancer by Dr. Block and the Block Integrative Cancer Center Program in Chicago have transformed my sister's life from cycles of painful chemotherapy, poor health and hopelessness to a life of hope, health and life style changes that work. I have seen it first hand with her lowered tumor markers after implementing the recommendations in the book (plant based diet, supplements targeted at her type of cancer, exercise and mind-body-spirit stress relief activities). This book and the Block program in Chicago are not a substitute for conventional treatment; rather implementing the program will increase the overall health of the cancer patient, helping them to fight the disease for good or to extend the date of recurrence. In the event of a recurrence, the patient's improved health will help them to better handle the side effects of chemo/radiation, etc. This program makes sense, and there is nothing "quacky" about it. Unfortunately, the conventional medical establishment is so locked in to conventional therapy that they don't see the value in an integrative program. Why wait for conventional medicine to embrace this program? If you are a cancer patient and value your

life, you owe it to yourself to read this book and try this program!

Originally purchased for family member with cancer. As a result we spent a day at the Block Center. The member is now over 5 years lung cancer free. This recent purchase was mailed to a dear family friend who is undergoing treatment at Stanford. Dr. Block believes that cancer is caused by inflammation. So, a significant part of his recommended treatment is based on diet, specifically avoiding certain foods that "feed" the cancer.

I was diagnosed with breast cancer in April of 2011. Refusing to just surrender my body to others for treatment, I began a search for guidance to allow me to become a partner in my healing and complete recovery. After reading the book, I contacted the Block Center and worked with a nutritionist for guidance and support during the months of treatment. I literally sailed through the treatments with very little physical or mental discomfort. I attribute most of my easy journey to Dr. Block and all the nutritional advice and support given me. He does sacred work and I applaud him for it. Thank you for your love and support and for doing all you do for so many cancer patients. My last radiation treatment was two days ago and I can honestly say that I have NEVER felt better than I do now. I will continue my life over cancer regimen and will eagerly gift this life changing book to others who want to improve their health during, after or instead of an encounter with cancer. Thank you, Dr. Block!!!

Written back in 2009, this book would have been the ideal one for me to have wandered into right after my May of 2011 onset. I would not likely then have easily given up my beloved fried chicken, pork chops or steak, but I would have been consoled with knowing I love fish and other seafood. I think that subsequent studies have shown that Melatonin is more important than shown in the book, and I was disappointed to not find later updates for the rest of the book findings on the website. There has been a lot of research going on in the past five years, which can be found on Google Scholar or PubMed. .

As a recently diagnosed cancer patient, I found this book, along with Anticancer by David Servan-Schreiber, very helpful (after reading many others). After the diagnosis, I suddenly became quite lost and didn't believe all the doctor's comments "there is nothing you can do or could have done to prevent this". Of course it was said to make me feel better, but I didn't really feel better and was shocked to see "milkshakes, butter and beef" among others on a diet recommendation on my

radiation brochure. I know there is something that can be done and I am for sure part of the cause and solution. This book contains quite a bit of information to digest (backed up by fact) and I had to read it 2 times to absorb the basics but now I have a sort of schedule I work on, currently trying to incorporate meditation and weight training. The only doubt I have is, living in California, how can anyone afford to go to the Block Center? So I am guessing that this book is to help you do your best if you can't. I recommend this book highly.

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Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer)  
Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer)  
Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention)  
Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention)  
Alternative Cancer Therapies (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) (Alternative Medicine Book 1)  
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