

The Metabolic Approach to Cancer

**Integrating Deep Nutrition, the Ketogenic Diet,
and Nontoxic Bio-Individualized Therapies**



Dr. Nasha Winters, ND, L.Ac., FABNO
Jess Higgins Kelley, MNT

Foreword by Kelly Turner, author of Radical Remission

Dr. Nasha Winters ND FABNO L.Ac Dipl.OM and

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The Optimal Terrain Ten Protocol to Reboot Cellular Wellness Since the beginning of the twentieth century, cancer rates have increased exponentially?now affecting almost 50 percent of the American population. The metabolic theory of malignancy?that malignancy is fueled by high-carb diets, not “bad” genetics?was released by Nobel Prize-laureate and scientist Otto Warburg in 1931. Yet analysis has repeatedly shown that 95 percent of malignancy cases are directly associated with diet and life style. Each of the terrain ten components?including epigenetics, the microbiome, the immune system, toxin exposures, and blood sugar levels balance?is illuminated since it relates to the cancer procedure, then given a intensely researched and tested, non-toxic and metabolic, focused nourishment prescription. Naturopathic, integrative oncologist and cancer survivor Dr. Nasha Winters and nutrition therapist Jess Higgins Kelley have identified the ten important elements of a person’s “terrain” (think of it as a topographical map of our body) that are crucial to preventing and managing cancers. The Metabolic Approach to Cancer may be the book we've been waiting for?it offers an innovative, metabolic-focused diet protocol that actually works. Typical treatment continues to depend on chemotherapy, medical procedures, and radiation to assault cancer cells. It's been generally disregarded by regular oncology ever since. Through addressing the ten root factors behind cancer and approaching the disease from a nutrition-focused standpoint, we can slow malignancy’s endemic pass on and live optimized lives. The ketogenic diet?which depends on the body’s creation of ketones as gas?is definitely the centerpiece of The Metabolic Method of Malignancy. Their optimized, genetically-tuned diet plan shuns grains, legumes, sugars, genetically altered foods, pesticides, and synthetic substances while emphasizing whole, crazy, local, organic, fermented, heirloom, and low-glycemic foods and natural herbs. Further, Winters and Kelley describe how exactly to harness the anticancer potential of phytonutrients abundant in low-glycemic plant and pet foods to handle the 10 hallmarks of cancer?an approach Western medicine does with drug based therapies. Other the different parts of their approach include harm-reductive herbal therapies like mistletoe (considered the original immunotherapy and common in European cancers treatment centers) and cannabinoids (which shrink tumors and increase quality of life, yet are illegal in more than half of america). But this theory is certainly resurging due to research showing incredible clinical outcomes when cancer cells are deprived of their major fuel source (glucose).



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Saved me from terminal malignant cancer - Alive and thriving! Four years later, I am not only alive, but I can truthfully say I am healthful for the first time in my own life. Furthermore they by no means addressed the patients' nourishment and lifestyles, by no means encouraged their individuals to change their diet programs and at least quit sugar despite more and more evidence about the link between glucose and malignancy. Luck and study brought me to the co-author of this book - Dr. Nasha (OptimalTerrainConsulting.com). I simply bought a case of this book - simply without doubt the most comprehensive information to where to find and fix the root factors behind the cancering process. So well-rounded, well researched, well laid out. Her approach to testing for the main causes of my cancer thru intensive bloodstream chemistry and DNA laid out an obvious roadmap to why I acquired sick. Step-by-step, I implemented her personalized recommendations - no two different people are alike and no two cancers are alike. I started with a customized ketogenic diet with adjustments for my food allergies, autoimmune conditions, and DNA mutations. Nice read Another look at cancer and the health care or lack there of Most significant and thorough In fact, this book and Miriam Kalamian's book are indispensable for anybody who has serious dealings with cancer, and what coping with cancer is not serious? Cancer has become my greatest present - as I went back to school with Dr. Nasha to become personalized keto diet trainer, focusing on conquering and preventing malignancy. I've also been in a position to use the strategies in this publication for all my relatives and buddies - which has resulted in saving several lives currently. Having traveled the world to medical cancer conferences, I've realized that Dr. I have contacted Nasha Winters' consulting group, and just found an area naturopath who handles also Stage IV cancers to help me straighten out what I have to do also to help with complementary therapies as needed. This is a fantastic book to learn it you have cancer or don't have cancer. Folks inquire me if changing my life was hard, and my response can be "dying is usually harder". She was not focusing on treating cancer, but rather on what allowed the cancer tumor to thrive in the first place, and more importantly on how best to restore health and provide your body the opportunity to resist tumor from within. Not merely does a near death experience cause you to appreciate life even more, but Dr. Nasha's teaching has made me a far more peaceful, balanced, and content person. After my mom was diagnosed with ovarian cancer in 2008 We joined an online support group and got a first hand look into the damaging effects and incredibly poor results of common treatments. This book provides the reader to understand true health, to be educated, and gives one a opportunity at acquiring control of their very own health. A must read book! The real power of the book and her training is that she puts me in the driver seat of my wellness, I could control my destiny and my health, instead of helplessly hoping for my next scan to be apparent. I always thought of myself to be a perfectly healthful person and was totally used by surprise at our first consult when she described the imbalances in my terrain that if not looked after would eventually trigger disease, not only cancer. I was identified as having terminal malignant brain cancer in 2013 and provided a season to live with medical procedures, chemo and radiation. So I started reading and first found out about the importance of terrain from Dr. Servan-Shreiber and Dr. Keith Block' s books. But I did not really know what to perform with this information, that is until I was released to Dr. Nasha Winters' approach. I actually had a lamp instant, thinking that's it, that is exactly what I was looking for. My "normal" life gave me malignancy, but my new lease of life is method better. She has an amazing ability to interpret a person's labs and connect the dots, determine the terrain imbalances and designing a plan that's totally individualized for every patient to greatly help them restore wellness by optimizing their terrain, if they are in treatment or after treatment. When she offered me a chance to join her coaching program, I did not really hesitate

and it had been the very best decision I ever made. I learned so very much about myself and my terrain. I noticed how oncologists' standard of treatment treatments were only a shot in the dark, trying one chemotherapy following the various other until they ran out of options.. I was so excited when I heard that she and Jess Kelley were likely to write this reserve and may not wait to learn it. They met all my expectations therefore a lot more! The metabolic approach makes total sense to me and I highly recommend this book. This book is crucial read for each cancer patient and for those like me who would like to avoid not only cancer, but also various other chronic diseases. A must read Well written and extremely informative . She gave me the tools to optimize my terrain in order that it will not allow cancer to snatch it, fulfilling my mom's last want that I not really let what happened to her also eventually me.), but I am reading and re-reading - and shock, on second reading I find I am doing some things right. At the minimum you will know that you made a brave effort at an extremely steep learning curve, particularly if you originated from eating all processed food items and took drugs for every ill. If you must go through chemo, it'll be a much easier go if your body can be well-nourished. My "check engine light" had been on for many years, but it took tumor to wake me up. It's easy to read, easy to adhere to, and speaks without judgment for wherever people are on their trip. From there, I moved to address inflammation, toxins, my disease fighting capability, my hormones/HPA axis, stress/biorhythms, blood circulation, mental/emotional, over-working out, and microbiome - all complete with monthly bloodstream chemistry testing to track my amazing improvement. They don't really even know if there is any malignancy left in my own body (and really think I need four months of chemo - yikes!. Yay! Nasha is among only a small number of doctors using a comprehensive method of the cancering procedure. The information contained in these books could be overwhelming, but please soldier through - you can make progress and you will be successful - for sure, you will feel much better!A must read Excellent. Exceptional wellness plan, cancer or not. God bless you - you can do this! This is actually the book I have study 70 books on the subject of health, and specifically on the subject of cancer. In the event that you will read only one book, I truthfully think this is actually the one you don't need to miss. It is full of great science-centered insight and useful advice. A Must-Read Reserve for People with Cancer A good book to learn for people who possess cancer. Examines strategies to strengthen your immune system and general health, through nutrition, and more. Shocking and essential read for anyone and everyone Page after web page, this book is full of eye-opening information. Not merely is my brain tumor no more tumoring, but my various other health issues have totally resolved themselves - HPV, Hashimoto's thyroiditis, Polycystic Ovary Syndrome, breast fibroids, joint discomfort, and arthritis. The metabolic approach to cancer. No stone should be left unturned in order to beat cancer. There's great tips to heal the body.



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