



Cancer Education Series: “Must Reads”

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Leading up to our upcoming presentations, I wish to just mention several out of the thousands of resources available to people interested into diving deeper into the understanding of the entirety and magnitude of the cancer epidemic. Omission from the list in no way means that your favorite book/author/publication should not be included, it only means that if I include too many references I will likely overwhelm my audience! My goal is for you to understand how important our subject is and to look at the references within the references if a particular area draws you in.

My further goal is to have you look deeper than the diagnosis of cancer. The same influences which cause the epidemics of obesity, opioid overdose, terrorism/nationalism, and climate destruction are the ones that cause cancer, as each of these entities are indeed “cancers” that infiltrate the global body. The related war on fats/cholesterol, drugs, terrorism/peace (self-realization), and a form of malignant capitalism have caused the above epidemics. Similarly, “the war on cancer” had to breed more cancer, wars *always* breed more of what they pretend to be correcting.

Thusly understanding the influences behind cancer brings one to the understanding of humanity! The center stage principle of existence: *whatever you bring your attention to grows bigger*, especially what you don’t want. Thusly my first reference to everyone is:

1. [Stress Management Series](#) by Gary E Foresman MD.

The practice of self-realization with the creation of authentic happiness is why spiritual You took human form. Loss of the experiential knowingness of authentic self underlies the forces behind the global “cancers” as well as most disease. Fundamentally balancing the energy of being with doing resolves “dis-ease”. Our first step at resolving cancer comes with prevention. Mindful practices will cultivate an authentic caring for everyone, including the self, which will naturally take one to the organic lifestyle/Paleo nutrition/moderate exercise that prevents and can help with the cure of most cancers. Cancer ultimately remains a cell which retains agency (a narcissistic version) with loss of communion (nationalism, not patriotism).

2. **The Secret History of the War on Cancer** by Devra Davis (2007).

This book presents a different angle from a top research scientist on the epidemiology and environmental influences behind cancer causation. Get ready for 480 pages revealing the sculpting of science by industry. This text challenges everything you think you know about why you are continually exposed to carcinogens, why it won't change (my words), and how only you can make a difference by consciously controlling the exposure risks you take. A book of extraordinary importance.

3. **The Metabolic Approach to Cancer** by Nasha Winters ND (2017).

Doctor Winters provides an excellent overview to the functional medicine approach to cancer. Twenty years after getting her own diagnosis of Stage IV ovarian cancer, she provides invaluable insights to an approach that looks at the metabolic derangements that cause the genetic mutations associated with cancer. Great for anyone who wishes to explore the integrative approach to oncology.

4. **The Emperor of All Maladies: A Biography of Cancer** by Siddhartha Mukherjee (2010).

A brilliant Pulitzer Prize winning book that overviews the Western approach to cancer and defines the risks and benefits of radiation, surgery, and chemotherapy as seen through the eyes of an oncologist.

5. [Hallmarks of Cancer: The Next Generation](#) by Douglas Hanahan and Robert Weinberg (2011).

Here is a free full text article found on Pub Med: PMID 21376230. For the tumor biology geek this is a must. If you truly understand cancer you would rarely prescribe chemotherapy or radiation therapy.

I have kept to five diverse references, which if one delves into these can lead to as many as you wish! Although significant overlap exists, these references truly approach cancer from a well-rounded perspective that can inspire everyone to look at this diagnosis in a different way, a hopeful way, a healing way.

Your Journey to Health and Healing,
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