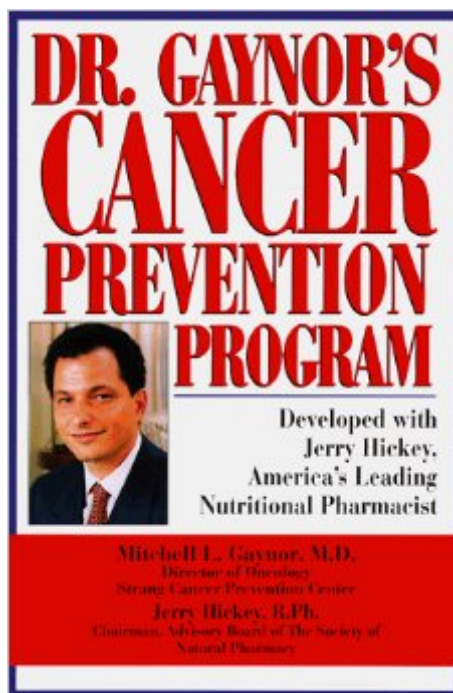


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# Dr. Gaynor's Cancer Prevention Program



## Synopsis

This breakthrough cancer prevention program from a nationally renowned oncologist and a nutritional pharmacist features detailed information on the most powerful anti-cancer foods and supplements.

## Book Information

Hardcover: 316 pages

Publisher: Kensington; 1 edition (January 1, 1999)

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Shipping Weight: 1.1 pounds

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #972,394 in Books (See Top 100 in Books) #72 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #1516 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#) #36105 in [Books > Parenting & Relationships](#)

## Customer Reviews

Dr. Mitchell Gaynor's Cancer Prevention Program offers many promises in this January title from Kensington Books. Some of them are indeed justified and backed by recent scientific research. Other such promises in the book border on the unfounded, while others are what would on a careful reading seem to be recycled but updated information - albeit information that is important to know, and in many cases necessary to act upon. Perhaps that is the value of the recent release of a book whose packaging and theme so closely resemble Dr. Oliver Alabaster's "What You Can Do To Prevent Cancer," 1985; Simon and Schuster. Both authors are physicians and leading research oncologists. Dr. Gaynor at the Strang Cancer Prevention Center and Dr. Alabaster at The George Washington University. The book is well written, easy to read and at times gives the reader more than an adequate dose of optimism in what the media often portray as a never-ending battle against this country's most feared killer. Specifically, the book seems to give the impression that one can easily "detoxify" the body by choosing a variety of enzymes and other chemicals to aid the liver in its work. Would that the job be so easy! It is an interesting idea, and one loosely based on some body of medical research, but as a concept it might be a bit more optimistic than practical. The research that the "detoxification" approach is based on is generally valid and promising. In a sidebar in one

chapter Dr. Gaynor lists supplements which are certainly of value and would at worst do no physical harm. These include the antioxidant glutathione, whey protein (which contains glutathione, but is seemingly only documented in one Canadian study), broccoli, green tea and selenium. Dr.

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