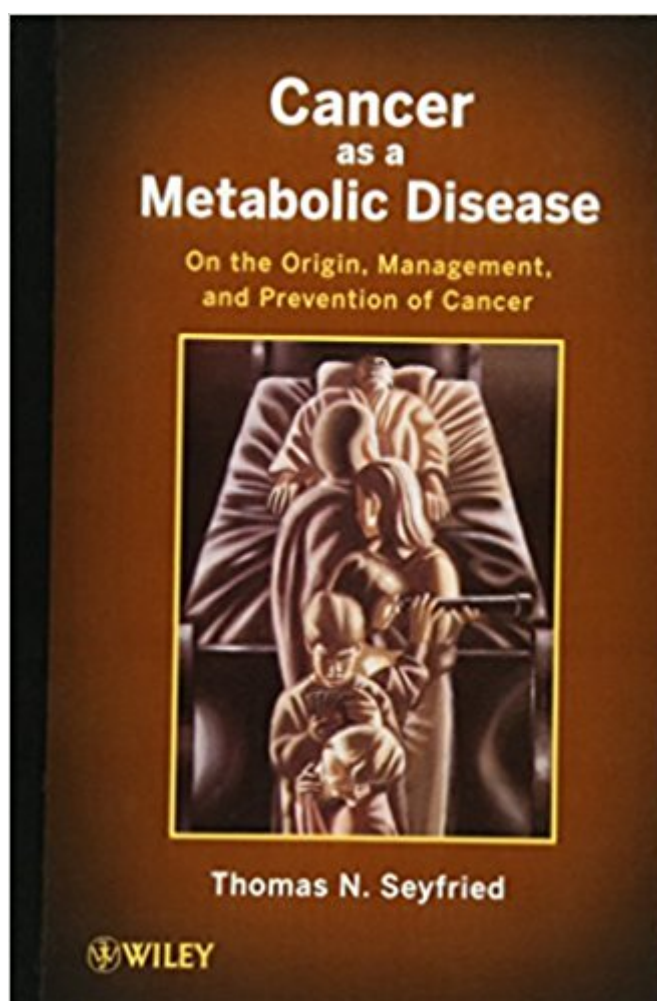


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# Cancer As A Metabolic Disease: On The Origin, Management, And Prevention Of Cancer



## Synopsis

The book addresses controversies related to the origins of cancer and provides solutions to cancer management and prevention. It expands upon Otto Warburg's well-known theory that all cancer is a disease of energy metabolism. However, Warburg did not link his theory to the "hallmarks of cancer" and thus his theory was discredited. This book aims to provide evidence, through case studies, that cancer is primarily a metabolic disease requiring metabolic solutions for its management and prevention. Support for this position is derived from critical assessment of current cancer theories. Brain cancer case studies are presented as a proof of principle for metabolic solutions to disease management, but similarities are drawn to other types of cancer, including breast and colon, due to the same cellular mutations that they demonstrate.

## Book Information

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## Customer Reviews

"This book offers a refreshing perspective for anyone wanting to get a comprehensive background on the newer emerging interest in targeting cancer metabolism for therapy." (Doody's, 11 January 2013) "For the first time, an entire issue is being devoted to a review article based on a recent medical book. This is a departure from our usual format, but I think you will agree that this topic warrants the detailed treatment we have given it . . . This book should be required reading for all scientifically literate people who are involved in the cancer problem." (Advances in Cancer Treatment, 1 October 2012)

A groundbreaking new approach to understanding, preventing, and treating cancer Supported by evidence from more than 1,000 scientific and clinical studies, this groundbreaking book demonstrates that cancer is a metabolic disease and, more importantly, that it can be more effectively managed and prevented when it is recognized as such. Moreover, the book provides detailed evidence that the traditional view of cancer as a genetic disease has been largely responsible for the failure to develop effective therapies and preventive strategies. Cancer as a Metabolic Disease reevaluates the origins of cancer based on the latest research findings as well as several decades of studies exploring the defects in tumor cell energy metabolism. Author Thomas Seyfried is a biochemical geneticist who has been investigating the lipid biochemistry of cancer for thirty years. In this book, he carefully establishes why approaching cancer as a metabolic disease leads to better understanding and management of all aspects of the disease, including inflammation, vascularization, cell death, drug resistance, and genomic instability. In addition, the book explores: Origin of metastasis New treatment strategies that target tumor cell energy metabolism, including the ketogenic diet More effective prevention strategies in light of the metabolic origin of cancer Case studies and perspectives from the point of view of physicians, patients, and caregivers Throughout the book, tables, figures, and graphs summarize key information and clarify complex concepts. In addition, the renowned cancer biochemist Peter Pedersen from Johns Hopkins Medical School also provides a historical perspective on the importance of the information presented in his foreword to the book. Cancer as a Metabolic Disease is essential reading for all cancer researchers and clinicians as well as public health professionals. By treating cancer as a metabolic disease, the book sets readers on a new, more promising path to understanding the origins of cancer and developing new, more effective strategies to treat and prevent it.

I am a board-certified medical oncologist with 30 years experience in caring for cancer patients and another 20 years of research in cancer medicine dating back to 1963. Seyfried's "Cancer as a Metabolic Disease" is the most significant book I have read in my 50 years in this field. It should be required reading of all cancer specialists, physicians in general, scientific researchers in the field of cancer and for medical students. I cannot overstate what a valuable contribution Thomas Seyfried has made in writing this masterpiece. Stephen B. Strum, MD, FACP Medical Oncologist, Member of ASCO (American Society of Clinical Oncology) since 1975

Dr. Seyfried provides compelling evidence that cancer is a metabolic disease (NOT a genetic disease), and this has major implications for the treatment and prevention of cancer. According to Otto Warburg's theory of cancer, mitochondrial dysfunction is the origin of cancer. Dr. Seyfried has amassed extensive evidence to support Warburg's theory and advances the idea that cancer arises from defects in energy metabolism (mitochondrial dysfunction), and that this metabolic dysfunction triggers genomic instability, activates oncogenes and inactivating tumor suppressor genes. The author does an incredible job at convincing the reader that healthy mitochondria are the ultimate tumor suppressor. It's clear that the strategy to treat cancer as a genetic disease is not working following metastasis of solid primary tumors, but this fuels the pharmaceutical industry. Enormous amounts of money are spent on large cancer genome projects, but this has not advanced our understanding or treatment of cancer as expected. The cancer genome project has actually created more confusion amongst cancer researchers, and this is very clear if one reads the literature. On the other hand, when cancer is viewed as a metabolic disease the strategies to treat and prevent cancer become incredibly simplistic and economical. For example, animal studies, case reports and anecdotal evidence demonstrate that metabolic therapies that lower blood glucose and elevate ketones will quickly reduce tumor growth, extend lifespan and in some cases cause complete remission. This strategy is effective because cancer cells are fueled by glucose and lack the ability to derive energy from ketones due to mitochondrial defects. Metabolic therapies exploit the mitochondrial defects associated with cancer by targeting glucose metabolism, reducing insulin and elevating ketones. These therapies are simple and include "therapeutic fasting", calorie restricted ketogenic diets and relatively cheap and safe drugs that target glycolysis, insulin and other cancer-specific metabolic pathways. The information in this book is valuable to patients and supported by extensive references. This book is technical (in parts), but the author has the ability to describe complicated processes with elegant simplicity. I read this book immediately after reading "The Secret History of the War on Cancer" and "The Emperor of All Maladies". These are excellent books, but I found Dr. Seyfried's book to be more informative and empowering because it gives the reader clear evidence for the cause of cancer and highly effective strategies to prevent and treat the disease. I would recommend this book to all cancer researchers, oncologists and layman interested in understanding the origin, management and treatment of cancer as a metabolic disease. This book will also be an extremely valuable resource for patients diagnosed with cancer.

Dominic D'Agostino, PhD, University of South Florida

A lifework compendium of knowledge, investigation and honesty. It is very difficult to go against the

scientific orthodoxy - paradoxically science should be a non-dogmatic field - in the proper way of scientific refutation. If our scientist doesn't give a honest and consistent chance to Dr. Seyfried theories in the clinical field perhaps we should consider to a certain extent in stupid's conspiracy.

This is a very deep, very technical book. Grateful I took a lot of biology in school. From this book, I have gleaned a lot of excellent information. A very good, very deep read.

Seyfried's marvelous book, highly technical and written for the cancer researcher, brings together the large body of research bearing on Nobel prize winner Otto Warburg's theories of the metabolic basis of cancer. It is an homage to Warburg and the depth and quality of his original work, a useful critique of the subsequent studies which refuted Warburg, and an extension of the metabolic theory making use of research completed since. Seyfried systematically addresses this model of cancer from stem to stern, analyzing the studies to date in a way that illuminates the strengths and weaknesses of existing arguments within this field of study. (He also has a good sense of humor, and isn't afraid to call out colleagues who perhaps ought to address weak areas within their own arguments.) My main criticism of the book is Seyfried's foray into championing cancer treatment with a ketogenic diet. While his research in the body of the book is extensive, and his update of Warburg's theories is invaluable, he has not matched that level of attention to detail with the diet he proposes. His case studies are thin and the results are unremarkable. Furthermore, this diet was tested extensively in the past and didn't work. I would urge readers who are intrigued by the potential value of this nutritional approach to treatment first read the thorough critique written by Dr. Nicholas Gonzales, posted on the NaturalHealth 365 website, entitled: The Ketogenic Diet and Cancer. The bottom-line: Dr. Atkins, of the Atkins diet fame and an expert in the ketogenic diet, conducted cancer treatment trials using his diet for over a decade and decided to close his cancer clinic due to the lack of useful results. On the whole, kudos to Dr. Seyfried for bringing attention back to the fundamentals! The depth of understanding provided by this "mega-review paper" should provide firm footing for those developing metabolic therapies. If this work is fully assimilated by the cancer industry, it could provide some of the basic scientific fuel for a sea change in the way cancer medicine is practiced.

Fantastic! Not exactly light reading but incredibly informative.

Outstanding book , it offers new perspectives in cancer treatment. I'm very excited to implement in my clinical practice and hope soon we can have human clinical trials.

Excellent book on a topic that has affected most of us directly or indirectly. This is an important theory which must receive more attention and resources as soon as possible.

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