



Nature's Answer to Cancer

Release your inner healing, naturally!



KIM DALZELL
Ph.D., R.D., L.D.
Author of "Challenge
Cancer and Win!"

FOR IMMEDIATE RELEASE

January 2002 – Chicago, IL Nutritionist Publishes Book for Cancer Patients

With more than 40 percent of cancer patients dying from causes related to malnutrition, there's never been a better time to Challenge Cancer and Win (NutriQuest Press). In this new book, oncology nutritionist Kim Dalzell advocates the positive impact of nutrition on cancer, and, with a counseling style that's much like a coach's, she motivates readers to take action against their disease.

Challenge Cancer and Win is a comprehensive cancer nutrition guide that shuns the one-size-fits-all approach of most oncology nutrition books; instead the new book is the first to offer cancer-specific nutrition action plans and supplement recommendations for diseases that include leukemia, melanoma, non-Hodgkin's lymphoma, and breast, lung, ovarian, pancreatic and prostate cancers.

"Throughout the 10 years I've been in clinical practice, I've consistently found one of the first questions from patients to be, 'What can I do to beat my kind of cancer?'," says Dalzell, Ph.D., R.D., L.D. "Not only does Challenge Cancer and Win offer that cancer-specific nutritional advice, but it serves a larger purpose as an all-encompassing nutrition guide for preventative and therapeutic cancer care."

Using the most current research findings and insights from thousands of Dalzell's own clinical counseling sessions, the book offers practical advice on everything from cancer-specific supplements and safe juicing/detoxification plans to natural aids that combat treatment side effects. For example, Dalzell suggests ginger capsules to help alleviate the nausea and vomiting associated with many chemotherapies.

"Research has shown that proper nutrition can help cancer patients decrease treatment side effects. The targeted nutritional advice in this book can also help strengthen their immune system and increase the effectiveness of their cancer therapies," says Dalzell. "And it's just as important for cancer survivors to arm themselves with proper nutritional advice. Challenge Cancer and Win advocates good nutrition that can help reduce the chances of cancer progression, lower the risk of recurrence and even improve survival rates."

Kim Dalzell, Ph.D., R.D., L.D. is a registered dietician in clinical oncology practice for more than a decade. She is the director of holistic nutrition services at Cancer Resource Center, a not-for-profit outreach center offering free health services, nutritional counseling, educational classes, and an extensive library and multi-media center to help community members prevent, detect and treat cancer. Dalzell actively shares the knowledge she's amassed over the years, conducting community seminars, writing for company newsletters and Web sites, and serving as a radio and television program guest on the topic of nutrition in cancer prevention and recovery.

With a strong belief and advanced degrees in clinical and holistic nutrition, Dalzell also takes a holistic approach in Challenge Cancer and Win, encouraging readers to nurture their psychological, spiritual and physical needs. She explains that it will make them more likely to breeze through treatment and maintain a stronger immune system.



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In addition to a section of cancer-specific Nutrition Action Plans, and a Resources section with contact information for Web sites, organizations and recommended readings, Challenge Cancer and Win includes chapters on:

- **Strategies for Success**
Six strategies for patients with cancer to reclaim their health
- **Are You Running on Empty**
Information that busts malnutrition myths; guides to reading common lab tests; and tools for determining the nutritional status of a diet
- **Is Your Digestion Off Track**
Advice on preventing cancer therapies from disrupting the absorption of nutrients
- **At the Starting Block – Nutrition 101**
A nutrition primer with advice on calorie counting, label reading and eating out
- **Stats on Fats**
Insights on the fat/cancer connection and suggestions for trimming fat from a diet
- **A Sweet Victory**
Answers to the question "Does Sugar Feed Cancer?" with advice on sugar substitutes
- **Plants to Help You Advance**
Support for the "power" of plants with the latest research findings on phytochemicals
- **Fast Forward with Fiber**
Information on how fiber fights cancer with advice on increasing fiber intake
- **Step Up to Soy**
Reviews soy benefits and discusses the soy controversy of estrogen-dependent cancers
- **Dietary Supplements – Gaining a Competitive Edge**
Cancer-specific supplement advice and tips for talking to doctors about supplements
- **Cooling Off**
Safe juicing and detoxification plans and findings on cancer and environmental pollutants

Challenge Cancer and Win (\$22.95) is available through amazon.com or NutriQuest by calling 1-800-832-2983. For more information on Challenge Cancer and Win or author Kim Dalzell visit <http://www.naturesanswertocancer.com>.

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