

*STOP FEEDING YOUR CANCER...Book Review by FactorReady.com...May 2017...*

### **Stop Feeding Your Cancer: One Doctor's Journey**

A Book by Dr John Kelly, MD...(Author)...available at [amazon.com](http://amazon.com) (Paperback or Kindle)

Editorial Review by [FactorReady.com](http://FactorReady.com) with various excerpts ...

Review...

Probably the most important book to be published this year.

--John Spain, The Irish Independent (2014)

About the Author...

Dr John Kelly, is the Medical Doctor son of a prominent Irish psychiatrist, who grew up and studied and worked in Ireland, Africa and the US before opening his own practice in suburban Dublin some forty years ago. His interest in the science of nutrition is the foundation of this groundbreaking study on cancer control. Dr Kelly lives in North Dublin, married with grown-up children and grandchildren.



Book Notes...

The link between animal protein and cancer became global news with the publication of “The China Study” by Dr. T. Colin Campbell, PhD, in January 2005. It was an international lab study and the facts were startling: a diet rich in animal and dairy products was shown to stimulate cancer cell growth (see his current web site and articles at [NutritionStudies.org](http://NutritionStudies.org)). Unfortunately the conventional medical industry and institutions have apparently overlooked this vital study, and still continue to do so. Counteracting the disease by promoting an animal-protein-free diet could well be a major key and revolutionary needed step in cancer prevention and recovery. Doctor Kelly has been the visionary Dublin Doctor that chose to investigate the realities of this alternative approach to cancer treatment in lengthy trials he conducted with his own patients. What he learned further confirmed Dr. Campbell’s work, and should change our view of cancer. It for certain needs to become general public and mainstream medical knowledge. The bottom line is, simply employing (and staying true to) a healthy plant food based diet, with deleting all animal meat protein and dairy, with appropriate fish permitted. The China Study allowed that fish protein has no effect at all on cancer cell growths. Dr. Kelly has fully verified via his own patients that this type diet can actually and promptly stop cancer growths, cease any spreading factors, and start rapid diminish of any tumors involved. The book sites considerable individual cases with various types of cancers involved with successful outcomes. Literally all patients reported very promptly feeling much better on this diet and it can be pursued while under virtually any type of cancer protocol treatments, conventional or alternative. Of course the earlier the cancer stage, the better for overall prompt results. He readily says In cases where cancer has already caused irreparable damage to vital organs, different remedial support needs will still apply. And, he further advises cancers appear very subject to come back where such diet is stopped with returns to consuming of prohibited proteins. Also, be aware that most pancreas and stomach type cancers may not respond fully satisfactory by this diet alone, as with secretion of their own enzymes, anti-trypsin and anti-pepsin type actions, etc., will usually be needed. He does suggest literally all cancer patients should at least try this diet for a minimum of one month or more to see how they feel and do tests to monitor their cancer reduction progress. Of course always obtain your own doctor’s input and oversight on any medical related issues, diet changes, etc.

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PS from [FactorReady.com](http://FactorReady.com): Listen to Chris Wark's audio interview of Dr. Kelly via the web site: [ChrisBeatCancer.com](http://ChrisBeatCancer.com). The book "Stop Feeding Your Cancer" is at amazon in paperback or kindle format. We would urge you to utilize a plant food based diet, as directed by this book, to aid in prevention and/or cancer recovery. Many or set out at diet sites such as [MyHdiet.com](http://MyHdiet.com), [FoodMatters.tv](http://FoodMatters.tv), [BudwigCenter.com](http://BudwigCenter.com), [Budwig-Videos.com](http://Budwig-Videos.com), etc. The use of fresh live juicing would generally be very advantageous, especially carrots where cancer concerned. See Ann Cameron's book, "Curing Cancer With Carrots" as example. Dr. Kelly's book certainly confirms The China Study, and agrees that although animal-based proteins such as red meat, milk, and cheese are most harmful, there is no evidence to suggest that protein from fish has a negative impact on the body (as per further study of author Dr Valter Longo, Professor of Biogerontology at the USC Davis School of Gerontology). We would nevertheless assume, especially where anti-cancer health being sought, this would best apply to naturally caught and freshly processed fish, rather than commercially purchased fish farmed varieties, subject to have been grain feed with antibiotics, plus possibly processed with preservatives and other additives, etc. Many are imported as well, adding to the time of consumption. Any primarily plant food based diet would of course normally seek organic entires and generally avoid consumption of any processed and fast foods. So it would make sense to always seek the healthiest fish sources we can find. This might involve finding good mail order suppliers via the internet if none locally. Note: Dr. Kelly does recommend his patients and book reader's acquire "The China Study" book by T. Colin Campbell, PhD. Doctor Campbell's web site is [NutritionStudies.org](http://NutritionStudies.org) . It is well worth visiting, bookmarking, and reading of the various articles posted there. One review of the book included following excerpts...

In the 1980s, a comprehensive study of the effects of diet on disease and lifestyle was conducted among 6500 adults in 65 counties in rural China. Campbell (nutritional biochemistry, Cornell Univ.) examines the results of that study and compares the predominantly plant-based Chinese diets with the high consumption of meat and dairy products in the West. Drawing on hundreds of references and his 40-year career as a nutritional biochemist, Campbell compellingly argues that animal-based foods are responsible for high rates of heart disease, diabetes, cancer, obesity, Alzheimer's, osteoporosis, and the effects of aging. He challenges long-held beliefs about the nutritional benefits of animal products and points out the confusing glut of contradictory information disseminated by the food industry. Campbell urges readers to eliminate meat and dairy from their diets to achieve better health and longevity. His study will add a new dimension to the public debate about the role of plant-based foods in the human diet. Recommended for nutrition and health collections.-Irwin Weintraub. Note: The book was revised and updated from the May 2006 edition with the December 2016 edition, and added 70 pages. It is co-authored with Dr. Campbell's son, Thomas M. Campbell II, MD, who is co-founder and clinical director of the University of Rochester Program for Nutrition in Medicine ([URNutritionInMedicine.com](http://URNutritionInMedicine.com)), The book is available at amazon and others in print or Kindle format.

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