



Knockout: Interviews with Doctors Who Are Curing Cancer and How To Prevent Getting it in the First Place

Suzanne Somers

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Knockout: Interviews with Doctors Who Are Curing Cancer and How To Prevent Getting it in the First Place Suzanne Somers

In *Knockout*, Suzanne Somers interviews doctors who are successfully using the most innovative cancer treatments—treatments that build up the body rather than tear it down. Somers herself has stared cancer in the face, and a decade later she has conquered her fear and has emerged confident with the path she's chosen. Now she shares her personal choices and outlines an array of options from doctors across the country:

EFFECTIVE ALTERNATIVE TREATMENTS

- without chemotherapy
- without radiation
- sometimes, even without surgery

INTEGRATIVE PROTOCOLS

- combining standard treatments with therapies that build up the immune system

METHODS FOR MANAGING CANCER

- outlining ways to truly live with the disease

Since prevention is the best course, Somers' experts provide nutrition, lifestyle, and dietary supplementation options to help protect you from getting the disease in the first place. Whichever path you choose, *Knockout* is a must-have resource to navigate the life-and-death world of cancer and increase your odds of survival. After reading stunning testimonials from inspirational survivors using alternative treatments, you'll be left with a feeling of empowerment and something every person who is touched by this disease needs...HOPE.

From the Hardcover edition.

Knockout: Interviews with Doctors Who Are Curing Cancer and How To Prevent Getting it in the First Place Details

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Lorelei says

A very worthwhile book, somewhat hard to read. I think the stated goal - of letting people know that there are alternatives - could have been achieved without going into so much detail. On the other hand, there isn't really enough detail for one to get a solid grasp on the specifics. Must be read with at least a whiff of an open mind. The author is clearly not trying to convince anyone to do anything contrary to their fundamental beliefs, but only wants people to be able to choose.

Rebecca says

This book has honestly changed the way I look at my health and healthcare. I feel my eyes have been opened and I feel empowered. I wish I could convince all of my loved ones to read this book. If I could pass on a single lesson of this book it is that your health is your responsibility and no one should blindly follow what any doctor tells you. My fear is that now that my eyes have been opened standing by and watching loved ones make uninformed choices will be literally painful. I can't say enough about what this book means to me. Thank you Mrs. Somers

margaret rose hartwell says

EXCELLENT READ FOR EVERY PERSON!!!

This has been such a great read that is both enjoyable and inspirational jam packed with so much practical information for everyone even remotely interested in the health of the human body. Enjoyed it so much I am not only re-reading it, I am ordering a hard copy so I can use it as a reference book as well.

Information is knowledge and applied knowledge is wisdom. Best book so helpful in so many ways.

Jane says

Just because it has, and can still save more lives, it already deserves 5 stars.

I just finished this book but I feel like I need to read it a second, a third, a fourth time. Maybe more. There is a treasure trove of information here not just about cancer but about wellness in general, even how herbs and food can be potent medicine for our body without subjecting it to traumatic and invasive procedures.

Between the covers of this book are so many pages of hope and options for cancer patients. Many of us go to

conventional doctors for conventional treatment because that is all we know. It's what we grew up with. But there is a whole world out there of doctors who now see each body uniquely and are treating it with less invasive and more holistic and natural methods.

Suzanne Somers has lived with, and through, cancer. She took control of her body and has now made it her life mission to find the doctors who are making a difference in the realm of cancer prevention and treatment. And they are experiencing much higher survival rates than those under conventional treatment. That in itself should make us take a second look and pick this book up. I'm glad I did.

Lindsay says

I always figured that Suzanne Somers was some flaky blond celebrity, because that's how she always seems when she's on the Home Shopping Network. I wasn't very interested in reading any of her books because they all seemed like a stiff read, about hormones and ageing and stuff like that. Then one morning I saw her on the Today show and she was talking about how one morning she woke up and was covered in a rash and couldn't breathe. She went to the hospital and they told her that she has full body cancer. She couldn't figure out how this could happen since a month or so earlier her doctor said that she was in great health. So after being told numerous times that she is going to die, the doctors finally figured out that she had something called Valley Fever, which is nowhere near as bad as cancer and can be treated. They tell her this after they want to give her chemo, and a ton of drugs which she later found out would've killed her. Why would doctors give something to someone that would kill them? So she wrote this book which is a bunch of interviews with doctors who are trying to prevent and treat cancer without using chemicals like radiation and chemo. Since it is full of doctor speak, some parts are kind of dry, but it really was a very interesting read.

This is what I kind of got out of it. In order to prevent yourself from getting cancer, which I think is impossible, you need to maintain a healthy lifestyle. Fruits, veggies, exercise, no soda, no sugar (apparently sugar can actually cause cancer), try to stay away from processed foods and chemicals (like in cleaning supplies. I'm screwed because I spray Febreze all over my room). And even if you do all these things, there's still a chance you will get it. But I think that what they were saying is that if you do live a healthy, clean, lifestyle that if you do get cancer, there will be a better chance of beating it. You need to believe that you will be healthy and it's proven that even something as simple as that can help.

After some of the interviews there are statements from that doctors patients who tell their story and how that doctor helped them. Suzanne wants the reader to understand that there are other options out there instead of the typical chemo and drugs that most people get.

One of the things that someone said in the book was when one of the doctors was having a conversation with another doctor and that doctor said that the way to treat brain cancer is with radiation, but if he had brain cancer, he wouldn't do radiation. Because it doesn't work. Why have a patient take something that you, as a doctor, would never do to yourself. Shouldn't you trust how you are treating a patient enough that you would do the same for yourself?

My fav quote from the book was "Feelings Never Lie". It makes sense. We really need to start listening to

our bodies. Mines a mess and I need to start making it happy so that I won't die when I'm like 30. Lay off the sugar and start exercising. Surround myself with positive people and do things that make me feel good.

So, check this book out, you might learn something.

Elisabeth says

I got halfway through this book. In some respects, it's the kind of book you'd expect from a celebrity who feels passionately about how she dealt with her own cancer. Somers was treated with conventional cancer treatment, and has since eschewed conventional treatment in favor of alternative treatment. It is biased completely towards that approach.

You might think that the book is full of information from "quacks", however the doctors that she interviewed for the book seem legitimate; most of them are MDs who started in conventional oncology and have moved to integrate alternative methods, or in some cases, go all alternative.

So, it is definitely interesting and it is useful to find out about all the wide variety of approaches that these scientists are taking in fighting cancer the non-conventional way.

I subscribe to the "more information is better" way of dealing with things, but it does make it a lot more difficult to make decisions about treatment options.

In summary, I don't think I'd recommend this book except to people who really want to explore all the various approaches, including very alternative, and are willing to look past the very biased language by Somers and some of the doctors towards conventional oncology.

Gina says

So I think she's kind of a nut, but this book was SO interesting! I look at cancer and it's therapy in a whole new light. I will be much more pro active in my own and my families health care!

Kate Collins says

For anyone who has had a family member diagnosed with cancer, for anyone who wants to protect themselves from getting cancer, or for anyone undergoing standard medical treatment, this is a must read -- no, make that a Please Read! I'm learning so much about why we are not winning the war against cancer and about doctors who are!

Did you know, for instance, that oncologists are the only doctors in the US who profit from selling drugs? They buy chemo drugs wholesale and sell them retail, making around a billion a year just from sales alone. Not to mention what insurance pays them, what patients pay them, and what pharmaceutical companies give them through kickbacks. That little fact alone made me sit up and take notice. Of course they're going to

recommend chemo!

Did you know there are only 4 types of cancers that are treatable with chemo?

My mother died as a result of her chemo treatment, and on her deathbed, the doctor was pushing her to have more chemo for the cancer that had spread to her liver, yet there has never been a chemo treatment that has cured liver cancer. But now I understand why. It's all about money.

This book will give you hope. There are doctors who care about the patients, not the money. If you care about your health and your loved ones' health, I suggest you read this. It's enlightening and inspiring.

Michelle says

I tried to read this book. I couldn't get past the first chapter. While the author's experience is real and genuine to her. She went on ad nauseum about her family and their loving devotion to her to the point that I lost all interest in reading any further about her interviews with the doctors and her suggestions for alternative cures to cancer. To put it frankly, her description left this reader nauseous.

Suzanne Barrett says

Suzanne Somers' book Knockout is something any person not onboard with today's "one treatment fits all" protocol for combating cancer should read. As the cover states, the book contains interviews with doctors who are curing cancer and also offers scientifically proven advice for those wishing to prevent getting cancer.

I've been interested in alternative cancer cure and prevention for nearly four decades and have read many tomes from the well-known pioneer of the fifties, Max Gerson, to Huldah Clark. Now, for the first time I see a correlation between therapies from some of the doctors who've been interviewed by Ms. Somers.

Part I, the early chapters relate Suzanne's own cancer story, introduce the reader to the doctors doing the healing and offer alternative therapies to those not wanting the poison of chemotherapy. Pioneers like Albert Braverman, M.D., who comments that oncologists recommend chemotherapy for almost any type of cancer with "a faith that is unshaken by almost constant failure"; Stanislaw Burzynski, M.D., who took on the Food and Drug Administration when they tried to put him in jail—and won; Nicholas Gonzalez, M.D. who is known for his success with advanced cancer patients through a diet, vitamin and mineral regimen, and many others. This is followed by a shocking chapter: Against Our nature: The Birth of Big Business (and cancer is very big business indeed!). Another shocking chapter is about conventional medicine's dark side where we now take pharmaceutical drugs for nearly every human ailment and in quantities unprecedented in mankind's history. The result: a toxicity assault that is killing us.

Part II is a series of interviews of four doctors who are having remarkable successes, and if you read not other part of this book, please read the interview with Dr. Nicholas Gonzalez. It will be one of the most eye-opening parts of this informative book.

Part III is about cancer prevention and calls on eight other notable doctors who have a lot to say about

staying healthy. One item that leapt out at me was Dr. Russell Blaylock's observation that studies done in Hawaii show that people who consume the greatest amount of soy products had the greatest brain atrophy and dementia.. Christina Paul, M.S. discusses other preventive methods including supplementation, the avoidance of toxic plastic bottles and common household cleaners and much more.

This is a highly educational book that should be in everyone's library. The information found inside may save a life.

I found the presentation easy to follow, highly informative and written in a style that kept me reading.

MaryEllen says

When first reading one of Somers's previous books, it was hard to reconcile the over-bleached, overblown, over-the-top, ditzy actress with the natural health zealot she's become in real life. By the end, I had to admit that, like me, she's a proponent of personal responsibility for your own health and she does a very good job of researching her topic and interviewing her sources.

This book is no different. It is well-researched and well written. What I found disappointing is that in order to include a wide range of alternative therapies, I think she missed the big picture. That is: if one type of cancer can be prevented/cured by dietary and lifestyle changes, all types of cancer can be similarly affected.

She interviewed several sources who included diet in their regimens, but overlooked the wonderful things that places like the Hippocrates Health Institute and Hallelujah Acres are accomplishing by diet and lifestyle alone.

Sure it might be "easier" to submit to some treatment--allopathic or alternative--for a fixed period of time and then return to your bar-be-cued beast and dirty martinis when your condition is in "remission" rather than make a lifetime commitment to organic produce, daily juicing, and adequate sleep, but life isn't always easy.

In fact, it's becoming increasingly difficult to make the healthy choices our bodies require when more and more entities have a financial stake in keeping us sick and dependent on their products and services. But that's exactly what we need to do to maintain our health freedom and knockout these deadly epidemics spreading through the world.

Diane says

Please. They let anyone wrote a book these days. Look at how many Suzanne has cranked out, starting with food combining in the 1990s.

Suzanne's beliefs about modern medicine are extreme and close-minded. Of course our habits have a powerful impact on our health, but should be used integratively with the science of medicine. I absolutely subscribe to a healthy diet and lifestyle. With perspective. No way is rubbing petunia oil on your big toe

going to eradicate stage four cancer.

In addition, her descriptions of her interactions with doctors seemed extremely slanted. Hard to believe they reacted so strongly if she was truly behaving in a levelheaded manner.

Let's be honest: at the end of the day Suzanne's goal is to create enough hype to sell books and line her own pockets. So glad this was a gift. It will be promptly dropped in the recycle bin - no way I want to donate this and give another reader a chance to be duped.

Tish says

It confirmed many of my suspicions as I've watched several friends & family deal with cancer over the years. Chemo can be deadly and Nutrition is hugely healing. Many will not agree, but I think there is much truth to the conspiracy of the cancer industry. I also believe that many folks eyes are being opened and many Dr.'s are speaking out and allowing their patients to choose how they want to be treated.
A very brave book.

Cheri says

I finished reading Knockout by Suzanne Somers. This book left me with nothing but pure admiration & respect for her. I applaud you Suzanne Somers! It takes a lot of courage to stand up when no one else will, especially when the powers that be make it their main focus to publically ridicule you any opportunity they get.

This book and her last book have changed our lives and the help they have given are immense. I recently wrote a protocol for all Cancer Patients and I listed both Breakthrough & Knockout as Must Reads.

This book is a series of interviews with cutting edge doctors trying to go against the conventional, greed-motivated system, which currently exists in the USA today. The information is so helpful and you will learn so much.

Even if you do not have cancer or know someone who does, if you care about optimum health-read this book!

If you care about being aware and understanding just how wrong our Medical System has gone in the USA, read this book!

I truly do not think the average American is aware of how our Medical system has been hijacked by greed. This book explains in detail how big pharmaceutical companies have compromised our health care.

There are so many horror stories floating around about our medical system, Suzanne Somers personal story will utterly shock you. Similar things have happened to us & to others we know.

This book is for those who wish to advocate for themselves in regards to their own health and for those who simply wish to be aware. No one would ever wish to experience what Suzanne Somers went through. If this could happen to a famous person such as her, can you imagine what happens to the average person?

A Must Read in my opinion. My hat is off to Suzanne Somers! Many would have gone away silently, I applaud her for exposing her experience.

Sandie Bailey says

After reading the first quarter of this book I wondered how I could recommend this book to anyone who has elected to receive conventional treatment for cancer. By the time I finished it, I knew I could highly recommend it. Suzanne Sommers has been treated conventionally and holistically for cancer. The beauty of this book is the emphasis on choosing the treatment modality that you can believe in and the presentation of doctors who are having success with alternative approaches to treating cancer. This is a very hopeful book for anyone who has been diagnosed with cancer.
