

Available For Interview:

Susan Silberstein, PhD

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Life-Saving Secrets Most Doctors Don't Know about Cancer

The author of *Hungry for Health* and the new *Beat Cancer* series shares with your audience:

- What doctors don't know that could save your life
 - What most cancer patients die of (hint: it's not their tumors)
 - The absolute best place to go if you've been diagnosed with cancer
 - How to fight cancer with your fork
 - The worst things to eat when you have cancer
 - The 10 best foods for preventing and fighting cancer
 - How to end your confusion about fad diets
 - The four nutrition secrets that could help save your life
 - How to turn your kitchen into a disease-fighting arena
 - What the science says about diet and breast cancer prevention and survival
 - How to protect yourself from treatment side effects of chemo and radiation therapy
- ...and much more

RAW FACTS

According to the American Cancer Society *2008 Cancer Facts & Figures*:

- 1 in 2 Americans will develop cancer in their lifetime.
- This year 1.4 million Americans will be diagnosed with cancer.
- About 565,650 Americans are expected to die of cancer this year.
- Cancer kills more than 1500 people in the US every day.
- Cancer is the second most common cause of death in the US, accounting for 1 of every 4 deaths.
- The lifetime breast cancer rate is now 1 in 8 American women.

According to the World Health Federation, 70% of all diseases are diet related.

The National Cancer Institute estimates that deaths avoidable through dietary change run as high as 75%, including prostate and colon cancer.

Research from the China Oxford Cornell Diet & Health Project concluded that the western diet is responsible for the recent dramatic increase in cancer rates.



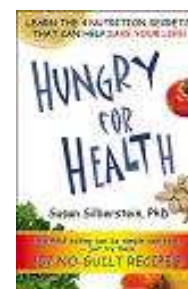
Susan Silberstein, PhD is founder and Executive Director of the Center for Advancement in Cancer Education, has coached over 25,000 cancer

patients, and is an international speaker on nutrition, cancer prevention and complementary medicine. She lectures frequently for medical and nursing schools, hospitals and other organizations.

Dr. Silberstein is the author of the acclaimed book *Hungry for Health*, creator of the *Beat Cancer* series as well as editor of *Immune Perspectives* and *Global Woman* magazines. She has coordinated scores of health conferences and has appeared on hundreds of radio and television talk shows.

Dr. Silberstein is also a Phi Beta Kappa and Fulbright scholar as well as the recipient of numerous awards for her continuing work in cancer education.

Hungry for Health



“Hungry for Health” is available at www.BeatCancerKit.com
Proceeds benefit the Center for Advancement in Cancer Education!

Sample Interview Questions

for **Susan Silberstein, PhD**, author of the
acclaimed book *Hungry for Health and the Beat Cancer Diet Kit*
www.BeatCancerKit.com

1. Susan you have an incredible story of overcoming adversity. Share how you overcame a tremendous loss, and in turn have helped tens of thousands of people? (Answer takes 90 Seconds)
2. When it comes to cancer prevention and treatment, what is it that doctors don't tell us that could save our life? (90 Seconds)
3. Why don't most doctors teach people about diet and nutrition? (45 Seconds)
4. You say that most cancer patients don't die of their tumors – what do you mean? (30 Seconds)
5. People seem really confused about all the fad diets out there. What is your advice to those people? (90 Seconds)
6. Is there a lot of evidence that diet can influence our risk for cancer? (90 Seconds)
7. Well, even if it is true that diet can help prevent cancer, is there any evidence that diet can make a difference after diagnosis? (90 Seconds)
8. Many times doctors will tell cancer patients that they can eat anything that they want – why in your opinion is this misleading? (90 Seconds)
9. What are the most dangerous foods to avoid if you want to beat cancer? (60 Seconds)
10. Sugar, dairy and red meat – all of my favorites, why are these so harmful? (90 Seconds)
11. It sounds like everything is bad for you; however, you say that there are 10 foods that can help prevent and reverse cancer – what are they? (90 Seconds)
12. Breast cancer is of particular concern to all our female listeners and the men who care about them. What are the most effective things women can do to help prevent breast cancer? (90 Seconds)
13. Why does the medical community discourage cancer patients going through chemotherapy and radiation from taking nutritional supplements? (90 Seconds)
14. Susan, your approach is more holistic in that you focus on the entire person, not just the patient's tumor – what do you mean by this? (60 Seconds)
15. How can our listeners learn more about your work? (60 Seconds)

To Schedule an Interview with Susan Silberstein, PhD

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