



Me, My Cells and I: A Survivor's Seriously Funny Guide to the Science of Cancer

Dave Ames

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Conventional medical wisdom changes constantly, so how do we make educated health decisions? Me, My Cells, and I helps its readers sort through contradictory medical advice by comparing different cancer treatments, proposing the idea that when your cells have more energy, so will you.

To learn how to deal with his advanced prostate cancer, Dave Ames studied Nobel Prize winning research and learned to make treatment and lifestyle choices resulting from the effects on his cells' ability to use oxygen. This path through the maze of conflicting health advice showed him what to eat and how to counter the side effects of radiation. His treatments ran the gamut from conventional drugs and radiation, to the less-conventional such as dietary changes and the decidedly alternative practice of Qi Gong.

Dave synthesized his copious research to write the book he wished was available when he was diagnosed, adding a big dose of humor to help the biochemistry go down. He explains the benefits of alternative medicine, how the body works, and the latest mainstream research on cancer. He believes that when it comes to cancer, it's not about beating the odds, it's about improving them.

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