



## **Knockout**

### ***Interviews with Doctors who are Curing Cancer -- and How to Prevent Getting It in the First Place***

Suzanne Somers  
Crown Publishers

Once again, Suzanne Somers is at the center of a firestorm. I am sure she began writing this book long before the recent guidelines changed for mammograms and pap smears. Its release is just in time — in these days of congressional debates about healthcare reform, Suzanne Somers enters the fray with a controversial book about cancer therapy in America. Cancer diagnosis and therapy is a huge business, amounting to hundreds of billions of dollars a year. There are major vested interests in keeping the current standards and approaches from changing. In her relentless search for health and vitality, Somers seeks out doctors with novel approaches to medical care. This time, her attention is on cancer.

As in previous books, *Knockout* consists mostly of a series of interviews with medical practitioners regarding their views about cancer, how it is handled and how they think it should be treated. In the first section of the book, Somers recounts a truly frightening experience she had recently with the regular, allopathic medical community. From there, she lays out the problems she sees with current cancer therapy. After reading her accounts, I spoke with other doctors, including cancer chemotherapy physicians. They confirm the basic very poor performance of chemotherapy with many cancers, including the common breast cancers. Yet, in the U.S., hundreds of thousands of patients receive expensive courses of chemotherapy, frequently suffering major side effects, with very little benefit, if any. This issue is virtually unknown to the public and is ignored by doctors.

In the second section, Somers interviews four doctors with novel cancer treatment protocols. Prior to reading *Knockout*, I had never heard of any of the doctors, nor of the recommended treatments. I don't know if any of these therapies work (along with their success and failure rates). But I feel it is important to offer a fair assessment of these doctors and therapies. Minimally, the approaches are less expensive and cause less harm to the patient, than most current cancer care.

The final section of the book addresses prevention. Somers interviews eight practitioners, offering views on how to maintain health and prevent cancer. I must admit that I get upset every time I see a Georgia “Fight Breast Cancer” license plate. Currently, the mainstream medical community treats cancer treatment as a war. As in most wars, there are casualties and collateral damage — “lovingly caring for women’s breasts” or “maintaining healthy bodies free of cancer” would be far more noble goals. ***Many people suffer more from the treatments they receive than they would have if their cancers had remained undetected.*** This is especially true for many non-aggressive breast and prostate cancers.

As with other books written by Suzanne Somers, there are areas that I agree and disagree with — and other subjects I just don’t know enough about to weigh the truth. There is a huge amount of material and without question, Somers deals with issues of major importance for American men and women. I applaud her energy and her willingness to stick her neck out for causes she believes in. I hope that *Knockout* will start a wider and deeper discussion of cancer diagnosis, treatment and prevention in the United States and around the world.

Robert P. Goldman, MD