



Avoiding Cancer Diet Hype: Living Your Best Life Now

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Renee Stevens:

My name is Renee Stevens. It is not a question. It's an agreement with Dr. Carbone, hopefully, I said your name right, with these vitamins. I was never a person that was raised with vitamins or took it. But when I was first asked and diagnosed with cancer, and they said, "What are you doing different?" And I said I was juicing. So I say to people when you look at your age, how you got here with the food you're eating, you did good in your life.

So just because you got cancer, don't get all caught up in the hype where you go out and go broke with all this organic and everything else. And so I felt like the food that I'm eating, it was good enough to eat. It was good enough to juice. So that's how I've been getting my vitamins between the combination of both. And I'm a 14-year survivor.

Dr. Carbone:

Amen. So I've known patients who juiced 6 pounds of carrots a day.

But beta-carotene is one of the ones that was shown not to be effective.

Andrew Schorr:

I have to tell you just a brief story. When I was diagnosed with leukemia, my wife, Esther, forgive me for saying this, she said, "Well, now, you have to drink distilled water. Dr. Wyle said you should stop coffee." Now, I lived in Seattle, which is like Starbucks on every corner.

And so I had no coffee for a year, distilled water. And she also was suggesting we should move, because there were power lines out there. And that's why you got the cancer.

Dr. Carbone:

Well, that's why you got it, right?

Andrew Schorr:

Right. That's why I got it. So I have to tell you, I started drinking coffee after a year. Nothing changed. I'm still in remission with leukemia. And that water tasted terrible. So do what feels right to you and communicate with people based on science.

Dr. Antonia:

Tony reminds me that I allow him to have a margarita.

Dr. Carbone:

I'm often asked that question. I like my glass of red wine, or can I have a beer when I go out with the guys? And I say, "Of course, you can."

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