



Tripping over the Truth: How the Metabolic Theory of Cancer Is Overturning One of Medicine's Most Entrenched Paradigms

Travis Christofferson , Dominic D'Agostino (Foreword)

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With a new foreword by Dr. Dominic D'Agostino, PhD and epilogue by the author

A masterful synchronization of history and cutting-edge science shines new light on humanity's darkest diagnosis.

In the wake of the Cancer Genome Atlas project's failure to provide a legible roadmap to a cure for cancer, science writer Travis Christofferson illuminates a promising blend of old and new perspectives on the disease. *Tripping over the Truth* follows the story of cancer's proposed metabolic origin from the vaunted halls of the German scientific golden age to modern laboratories around the world. The reader is taken on a journey through time and science that results in an unlikely connecting of the dots with profound therapeutic implications.

Transporting us on a rich narrative of humanity's struggle to understand the cellular events that conspire to form malignancy, *Tripping over the Truth* reads like a detective novel, full of twists and cover-ups, blind-alleys and striking moments of discovery by men and women with uncommon vision, grit, and fortitude. Ultimately, Christofferson arrives at a conclusion that challenges everything we thought we knew about the disease, suggesting the reason for the failed war against cancer stems from a flawed paradigm that categorizes cancer as an exclusively genetic disease.

For anyone affected by this terrifying disease and the physicians who struggle to treat it, this book provides a fresh and hopeful perspective. It explores the new and exciting non-toxic therapies born from the emerging metabolic theory of cancer. These therapies may one day prove to be a turning point in the struggle against our ancient enemy. We are shown how the metabolic theory redraws the battle map, directing researchers to approach cancer treatment from a different angle, framing it more like a gentle rehabilitation rather than all-out combat. In a sharp departure from the current "targeted" revolution occurring in cancer pharmaceuticals, the metabolic therapies highlighted have one striking feature that sets them apart—the potential to treat all types of cancer because they exploit the one weakness that is common to every cancer cell: dysfunctional metabolism.

With contributions from Thomas Seyfried, PhD, author of *Cancer as a Metabolic Disease*; Miriam Kalamian, EdM, MS, CNS, author of *Keto for Cancer*; and Beth Zupec Kania, consultant nutritionist of The Charlie Foundation.

Tripping over the Truth: How the Metabolic Theory of Cancer Is Overturning One of Medicine's Most Entrenched Paradigms Details

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From Reader Review Tripping over the Truth: How the Metabolic Theory of Cancer Is Overturning One of Medicine's Most Entrenched Paradigms for online ebook

Nan says

Fascinating story about cancer research and medicines. Great useful guides at the end.

Steve Stegman says

A great read about the researchers and the thoughts on both sides of the cancer argument with a compelling argument that cancer is a metabolic rather than a genetic disease. Adding stories from the lives of patients, doctors, families and explaining complex life science concepts in terms a non-medical person can understand makes this book very approachable and engaging.

BNV Raman says

A very well detailed book. The author brings out the history of cancer and cancer research in an interesting way for non medical people. Very engaging book and a must read. The conclusions reached at the end of the book are very valuable and thought provoking.

The only point I would like to raise is that the author does not discuss / repudiate many objections and points raised by the detractors of the Metabolic Theory of Cancer.

John Min says

This book is a must read if you or anyone you know has cancer. There is hope, there is so much one can do to combat this disease but you probably won't learn any of it from your oncologist or MD. They have been going down the wrong road for 70 years - this is that story. A very important book, a life saving book and it reads like a good novel! I can't recommend highly enough!

Stefani says

Great primer on the history of cancer research and treatment. Seems obvious to me that cancer is best when treated as a metabolic disease (missing/damaged mitochondria), not just a disease of damaged DNA (because it appears that the mitochondria damage comes first). The sad part is that people still want some "miracle pill" rather than adopting a ketogenic lifestyle and other metabolic solutions.

Ali says

An outstanding book in cancer that will give you a much deeper insight into the mechanism and scientific/medical history. Unlike some boring journal, the details and clues are presented in an engaging manner that mixes history, biography, medicine, and scientific mechanism.

For me, the book filled important details as to why a ketogenic state and fasting are important components for both prevention and treatment.

A must read!

If you want a great summary of the book, see this youtube talk from the author:

<https://www.youtube.com/watch?v=ownKQ...>

Mary Karpel-Jergic says

A fascinating read and one which leaves you with a sense of hope that there might really be a cure for cancer. It has been so elusive. In 1986 John Bailer in a systematic review established that in 1985 a million people were diagnosed with cancer and the maths revealed that all efforts combined since the 'war on cancer' began, saved the lives of only 4%. Today we get regaled with headline news about treatments but basically it is about lengthening survival time (and sometimes this is just a matter of months) rather than curing.

Could it be that the billions spent on cancer research is funding too narrow a field? There is a story worth noting here: "A policeman sees a drunk man searching for something under a streetlight and asks what the drunk has lost. He says he lost his keys and they both look under the streetlight together. After a few minutes the policeman asks if he is sure he lost them here, and the drunk replies, no, and that he lost them in the park. The policeman asks why he is searching here, and the drunk replies, 'this is where the light is'."

It would seem that cancer research is only looking within a particular understanding or paradigm of cancer; that being SMT (somatic mutation theory). DNA is central to this theory, how information is transferred from one cell to another. Cancer is caused by faulty genetic apparatus.

But considering how long it's been since the 'war on cancer' was declared it seems bizarre to retain this single focus and this book by Christofferson clearly articulates why we have reached this position. He also suggests that the answer lies in the metabolic theory - the chemistry of the cells and provides a lot of detailed information as to how alternate views and research is practically side-lined because it doesn't fit with the dominant paradigm.

Cancer is a horrendous disease and its treatments remain barbaric. Radiation was discovered over a hundred years ago yet it is still being used to burn cancer and chemotherapy continues to carpet bomb the bodies of cancer patients. There are a lot of alternative therapies/treatments that claim cheap non-toxic cures (including cannabis for medicinal use) - it would be great if the way that cancer research is conducted could become more flexible in its approach.

Irwan says

For me this is a crash course on the subject and full of pointers for further readings.

Catatan bacaan saya ada di sini:

<http://www.irwansyahrir.com/2017/07/1...>

Gydle says

I gave this book four stars because I'm impressed by the amount of research and sleuthing done by the author. I have read the Emperor of All Maladies, By Mukherjee, a doctor, which recounts the history of our relationship with cancer. This book takes it a step deeper, exploring the research avenues that were all but choked off when everyone jumped on the genetic mutation bandwagon. It's a "scientific paradigm" story: right now, the prevailing wisdom is that cancer is caused by a series of genetic mutations that then send the cells off on a wild spree of proliferation, angiogenesis (making their own blood supply) and eventually metastasis.

This book is an attempt to explain to the layperson current scientific attempts to resuscitate an alternate theory, first posited in the early 1900s by Nobel-winning scientist Otto Warburg, that the root cause of cancer isn't in fact genetic mutation, but a faulty energy manufacturing process stemming from damage to the mitochondria. All cancer cells share one thing: damaged mitochondria. Taking this approach to understanding and ultimately treating cancer would involve a massive paradigm shift, and those are notoriously hard to bring about in science.

So what causes what? Does the cell's compromised energy system trigger genetic damage? Or does the genetic damage cause the mitochondrial damage? The science is still evolving, and it's a very interesting read, with lots of academic backstabbing, scientists who refuse to let go of a theory they've spent their lives and enormous amounts of money exploring, and most of all, hope that the story is not over yet and that progress can still be made in our understanding of this horrible disease.

If you're not versed in biology/chemistry lingo this might be a tough read. I also think the book could stand an extensive editing session. It's self-published, and shows it, which normally makes me abandon a book in frustration, but not this one. The information is too interesting. Hopefully the errors will be corrected in future kindle versions.

Nikolas Larum says

As a cancer—and a cancer treatment—survivor, this book was a revelation. Had I been told in my original consultations that chemotherapy came from an accidental exposure of sailors to mustard gas and what they wanted to put through my veins was mustard gas's cousin, I may have investigated alternative therapies more thoroughly. But by then, I was hurting and scared.

Early in the 20th century, Otto Warburg developed a workable metabolic theory of cancer that has recently gained momentum as the chasers of singular, or even manageable, DNA mutation causers have run into dead end after dead end at the death of millions, the misery of millions more, and the cost of billions. Warburg's succinct thesis is below. This book is the history of that insight and its promise and implications nearly one hundred years later. If you have cancer or have a loved one battling it, read this book before the mustard gas

beings dripping into the veins.

“Cancer, above all diseases, has countless secondary causes. But even for cancer, there is only one prime cause. Summarized in a few words, the cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugars.” Otto H. Warburg

Helena Piliš says

The most important book I've read all year, maybe ever. Audiobook A +

michael j thornton says

I lost my son

Evan was taken by Ewings Sarcoma. At the beginning we believed oncologist new what was going to be the route to take to overcome this death sentence. And what we learned is that the path was singular, tried, thoughtless, and uncreative. This book is about the stale and pathetic state this country and its researchers and doctors are in. There are possibilities out there with strong evidence but the system continues to fail because it's mediocre at best. Consider what this book is saying. Let's move forward and simply try new options in cancer therapy that have nothing to do with mustard gas. We can do better.

Daniel Russell says

Mr. Christofferson has taken a complicated subject and made it understandable to a lay person like myself, thank you

Rosemary Heller says

This is a "must read" book for anyone who is fighting cancer, or for anyone who knows someone fighting cancer (which is just about everyone, these days)

It explores the many theories of cancer that have been offered and researched over the years, all of which have proven to be ineffective to fight this disease. It also offers the "other " explanation for cancer that was offered 70 years ago, but that was discarded in favor of newer research . This "other" explanation, that cancer is a metabolic disease, is beginning to regain favor in light of the fact that costly chemotherapy treatments have proven to be minimal at best. The author makes a compelling case for this theory which is a non invasive, no chemical treatment of cancer by starving the cancer of its main source of fuel which is glucose. The author writes a very readable account of the history of cancer treatment theory over the years, and although somewhat technical it is quite understandable.

In addition, he offers real ways to combat cancer cells by diet and other non invasive techniques. I hope that this will be a wave of the future for the treatment of cancer.

Trisha says

This was a fascinating book written in layperson ability to read. It starts with the history of how they discovered cancer drugs up to the present theory. It goes into several films that I watched about cancer treatments and the way they tested drugs. I learned about the gene mutation theory (outdated now) and the mitochondria theory. The ketogenic diet was described in detail for cancer too.
