Cancer is the leading cause of death in the U.S. for people under the age of 85, with nearly 570,000 men and women estimated to die from cancer in 2010. While there are numerous factors that contribute to the development of cancer, research shows that proper nutrition can prevent one-third of cancers, and is vitally important during treatment and for reducing the risk of recurrence.

Experts agree that avoiding or eliminating exposure to risk factors such as obesity, smoking, radiation, and certain toxins; increasing physical activity; limiting intake of red and processed meats and eating more fruits and vegetables, could greatly reduce cancer incidence and mortality worldwide.

Even though research clearly demonstrates the beneficial role for nutrition and lifestyle in cancer prevention, many clinicians do not feel adequately trained to effectively counsel patients, particularly those who may be at increased risk. And beyond prevention, an integrative treatment approach, that includes nutrition, can increase survival and improve outcomes.

**Distinguished Faculty**
- Cynthia A. Thomson, PhD, RD, CSO
- Tieraona Low Dog, MD
- Randy Horwitz, MD, PhD
- Patricia Thompson, PhD
- Mary Marian, MS, RD
- Kathryn Hamilton, MA, RD, CDN, CSO
- Donald I. Abrams, MD
- Andrew Weil, MD

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