

n of 1

What They are Saying About *n of 1*

When I first met Glenn 10 years ago, he told me he was going to beat his chronic lymphocytic leukemia. Since then I have followed his activity and daily regimen, and indeed, he has been extremely successful. Is he an outlier or is his regimen worth studying on a larger scale?

David S. Rosenthal, MD
Professor of Medicine, Harvard Medical School
Henry K. Oliver Professor of Hygiene
(Emeritus), Harvard University
Past president, American Cancer Society

A remarkable story of self-efficacy and pure grit. Glenn is a poster child for evidence-based integrative oncology and an exemplar of what might be achieved for others. I highly recommend this book.

Mark Hyman, MD
Director, Cleveland Clinic Center for
Functional Medicine, and 10-time #1
New York Times bestselling author

n of 1 should be required reading for all cancer patients, but especially anyone who has received a dire prognosis. Glenn's determination, careful research, and willingness to change allowed him to find a cure for his "fatal" cancer, and we all have much to learn from his incredible experience.

Kelly Turner, PhD
New York Times bestselling author of
Radical Remission: Surviving Cancer Against All Odds

I heard Glenn speak at UCSD and was captivated. A special story about resilience and self-efficacy that resonates far and wide!

T. Colin Campbell, PhD
Bestselling author of *The China Study*
Jacob Gould Schurman Professor Emeritus of
Nutritional Biochemistry, Cornell University

We need to understand that self-induced healing is an entity. It is not a spontaneous remission. We all need to learn from those who don't die when doctors expect them to. Glenn's experience and book will help you to understand and to achieve what is involved in survival behavior.

Bernie Siegel, MD
Author of *Love, Medicine & Miracles* and *The Art of Healing*

How do we maintain a rigorous, scientific, yet open mind when it comes to discovery in medicine? In *n of 1*, Glenn Sabin reminds us that every observation is important—to be woven into the rubric of knowledge so that we may heal with collective experience.

Debu Tripathy, MD

Professor and Chair, Department of Breast Medical Oncology
The University of Texas MD Anderson Cancer Center

A riveting account of one man's journey in fighting his cancer successfully with an unconventional approach. Thought-provoking!

Gary Deng, MD, PhD

Medical Director, Integrative Medicine Service
Memorial Sloan-Kettering Cancer Center

n of 1 is a little book with a big message on hope, empowerment and self-efficacy. While “cure” is sadly not possible for everyone, participation in one's healing always should be.

Donald I. Abrams, MD

Chief, Hematology-Oncology, Zuckerberg San Francisco
General Hospital, Professor of Clinical Medicine,
University of California, San Francisco
Co-editor of Abrams/Weil *Integrative Oncology*

There is no such thing as a statistical human. Everyone is utterly unique—each of us is an *n of 1*.

Joseph Pizzorno, ND

Co-author of *Encyclopedia of Natural Medicine*
Editor, *Integrative Medicine, A Clinician's Journal*

Glenn Sabin appears to be one of those few remarkable, determined individuals who become sufficiently involved in their self-healing to overcome a medically “incurable” cancer. Medical science needs to shake off its materialistic bias and study this phenomenon seriously, so that “*n of 1*” can become “*n of many*.”

Alastair Cunningham, OC, PhD

Professor Emeritus of Medical Biophysics at University of Toronto
Author of *Can the Mind Heal Cancer?*

Stories like Glenn's help inspire people to get engaged in improving their health and become active participants in the treatment process. It is important to not over interpret an *n of 1* experience, yet there is much we can learn from these journeys. Confronting cancer using an evidence-based, integrative approach will likely improve quality of life and the odds of long-term survival.

Lorenzo Cohen, PhD

Professor and Director, Integrative Medicine Program
The University of Texas MD Anderson Cancer Center

A rare and intimate look into the journey of a young man expected to die, who defied convention to chart his very personal course back to life and vibrant health. Glenn's courageous story is a testimony to the power of nutrition and the power of one person—an *n* of 1—to help transform the way we look at health and disease.

Michael Stroka, JD, MBA, MS, CNS, LDN
President, American Nutrition Association

n of 1 should be required reading by everyone dealing with cancer on any level—whether patient, caregiver, researcher, or policymaker. It has much to teach us about what is possible.

Dwight L. McKee MD, CNS, ABIHM
Board certified in medical oncology, hematology,
nutrition, integrative and holistic medicine
Co-author of *After Cancer Care*

This book is an offering—an offering of hope, of wisdom and of determination. While each one of us is truly a unique composition of experiences and choices, we can, nonetheless learn from one another. Glenn has carefully documented his extraordinary experience of using natural means to eradicate leukemia in a way that provides insight, knowledge, hope and inspiration. This book is both encouraging and illuminating.

Lise Alschuler, ND, FABNO
Co-author of *Definitive Guide to Cancer* and
Definitive Guide to Thriving After Cancer

I have consulted countless people affected by advanced cancer at MD Anderson Cancer Center and in Israel. These patients all have a common denominator: they all are looking for hope. They would like to meet those few exceptional patients who beat the odds and survived against their doctor's predictions. From my extensive research on exceptional cancer patients around the world, I know that patients need to be active in their decision-making in order to survive. Glenn's story emphasizes this point and should motivate every person affected by cancer to see himself as an *n* of 1. Glenn's approach provides hope, inspiration and motivation to build a proactive plan that can lead to more exceptional patients.

Moshe Frenkel, MD
Clinical Associate Professor, University of Texas Medical Branch
Founder, The Integrative Medicine Clinic, The University of Texas
MD Anderson Cancer Center

Glenn's *n of 1* gives us a view into the future of personalized medicine. The patient takes personal responsibility for their health, forms a collaboration team with their doctors, uses longitudinal time series to track the disease and remission, and natural foods and supplements to power the body's immune system to fight off the disease.

Larry Smarr, PhD

Harry E. Gruber Professor of Computer Science and Engineering

University of California, San Diego

Director, California Institute for

Telecommunications and Information Technology

n of 1 is the amazing tale of Glenn Sabin's resilience in the face of adversity, and is motivation for us all. A moving testament of how a positive attitude plus a healthy lifestyle can have a profound impact on one's life.

Neal Barnard, MD

President, Physicians Committee for Responsible Medicine

Glenn Sabin's inspiring story teaches us that it may be possible to reverse even a seemingly incurable disease by becoming proactive in our own care. *n of 1* illustrates the three critical pillars of healing: proper diet, physical activity, and a positive mental outlook—along with personalized nutraceuticals—to establish an anticancer environment that makes healing possible. A must-read for outside the box thinkers and healers alike!

Gordon Saxe, MD, PhD, MPH

Director of Integrative Nutrition

Chair, Krupp Endowed Fund, Center for Integrative Medicine,

University of California, San Diego

Spirited and moving, *n of 1* teaches us so much about hope, resolve, and resilience in the face of cancer.

Jun J. Mao, MD MSCE

Laurance S. Rockefeller Chair in Integrative Medicine

Chief, Integrative Medicine Service

Memorial Sloan-Kettering Cancer Center