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Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Great Food and Easy Recipes

By Verne Varona

Pearson Education (US). Hardback. Book Condition: new. BRAND NEW, Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Great Food and Easy Recipes, Verne Varona, Based on a solid foundation of the healing properties of good nutrition, this book empowers readers with the information they need to make the best choices and to gain control over their total health and well-being - physical, emotional, and spiritual. While addressing the specific needs of those with a diagnosis of cancer, Varona explores the key factors that science and experience have shown to influence the path of prevention and recovery. Grounded in documented research from leading medical institutions - along with studies of the world's healthiest populations - nutrition educator Verne Varona has developed a breakthrough nutritional and lifestyle programme for immunity building and cancer prevention and recovery. This book provides detailed diet and lifestyle modifications that will reinforce the body's immunity and reduce cell-damage to an absolute minimum. While the bulk of this book is devoted to physical nutrition, eating the right foods is not the whole picture. No matter what course of treatment a patient may choose, clinical research and anecdotal testimony have...


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