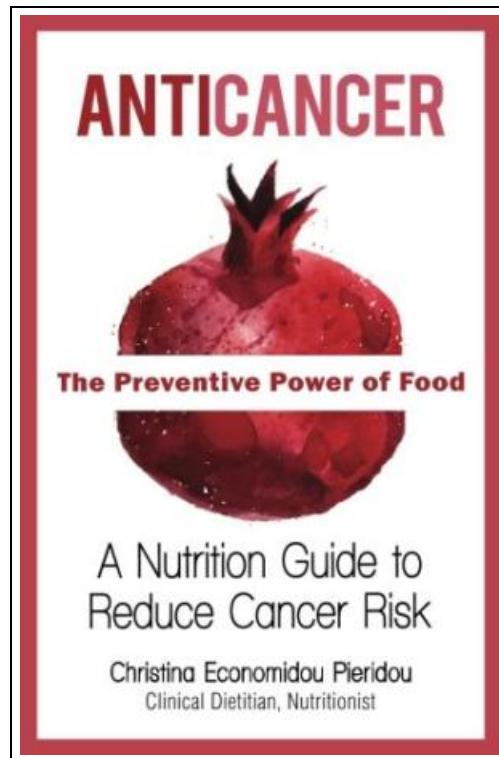


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Reviews

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(Tara Jerde)

ANTICANCER: THE PREVENTIVE POWER OF FOOD (PAPERBACK)



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Christina Economidou Pieridou, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The World Health Organization predicts that new cancer cases will rise by 70 in the next few decades. At the same time a great number of studies confirm that a healthy lifestyle and a healthy diet can be the most powerful tools for cancer prevention. Breakthrough research has identified a great number of powerful anticancer foods that have the ability to reprogram your genes in order to prevent and fight cancer. This book will teach you how to add these foods in your daily diet and how to shop, cook and eat to keep cancer away. This is a book that will teach you how to boost your immune system, how to increase antioxidant protection and how to avoid toxin exposure in order to effectively block cancer formation, development and progression. The book presents an extensive list of foods, herbs, oils and natural bioactive compounds with proven cancer fighting power and gives you lots of practical suggestions on how to apply the latest scientific knowledge in your daily diet. Anticancer: The Preventive Power of Food will prove to be a valuable tool if you or someone near you is facing cancer, if you simply want to keep yourself and your family healthy in the future or if you are a health care professional seeking the latest scientific knowledge on the role of diet on cancer prevention and treatment.



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