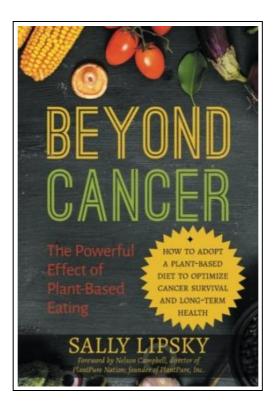
Beyond Cancer: The Powerful Effect of Plant-Based Eating: How to adopt a plant-based diet to optimize cancer survival and long-term health



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Reviews

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BEYOND CANCER: THE POWERFUL EFFECT OF PLANT-BASED EATING: HOW TO ADOPT A PLANT-BASED DIET TO OPTIMIZE CANCER SURVIVAL AND LONG-TERM HEALTH



Wellness Ink Publishing. Paperback. Condition: New. 124 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Your food choices can influence your cancer survival. What if you could maximize cancer survival and long-term health by your diet In this book, youll discover: What a plant-based diet is and is notWhy eating plants is crucial to fighting, and preventing, cancerStep-by-step guidance for daily plant-centered eatingHow to empower yourself by using food for healingIf youre a cancer survivor, caregiver, or want to prevent cancer, this book gives you practical steps to eat for long-term health: Resources for eating nutritionally and convenientlyTips for creating healthy eating habitsPractical advice for restaurants, travel, and social eventsTasty, yet simple recipesThis book guides you step-by-step as you begin your plant-based journey to healing and peace of mind. The author, Sally Lipsky, a late-stage cancer survivor, has a Ph. D. in education and decades of teaching experience. She spent years researching how to survive and thrive with cancer and is living proof that its possible. Success stories from cancer survivors: Plant-based eating has become a delicious and nutritious venture for me. My doctors are amazed that Im in such great shape. Roberta, breast cancer survivorWhen I learned about plant-based eating, I was surprised how delicious the food was. By 2013, Id lost much weight, gotten off blood pressure medication, and completed a sprint triathlon! I never felt better. Marty, late-stage colon cancer survivor This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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