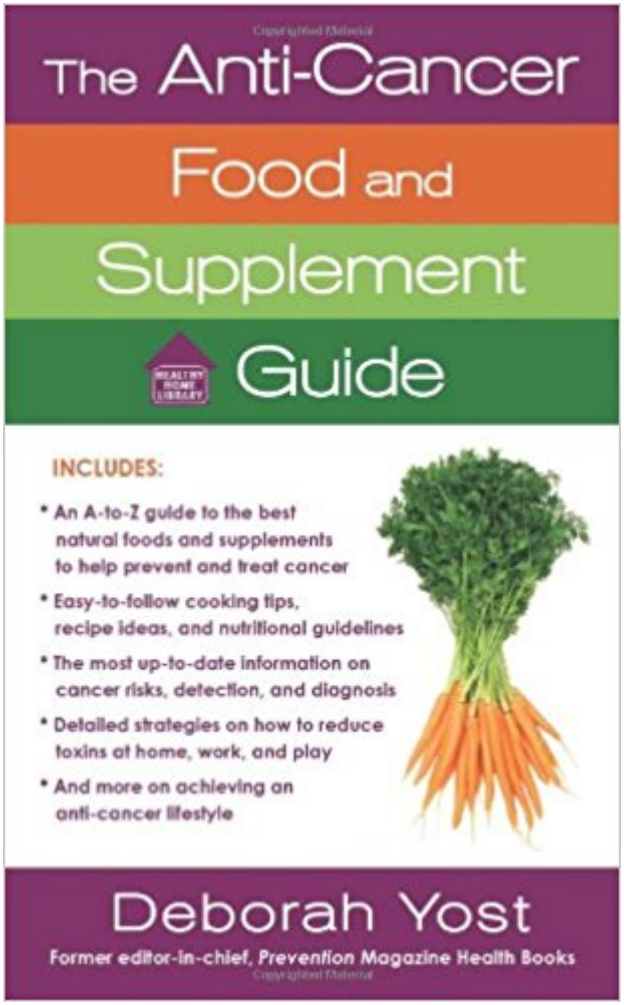
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The Anti-Cancer Food And Supplement Guide: How To Protect Yourself And Enhance Your Health (Healthy Home Library)



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Synopsis

The Anti-Cancer Food and Supplement Guide: How to Protect Yourself and Enhance Your Health provides the most comprehensive, up-to-date information you need to help prevent and treat cancerÃ¢â ¬â ¢naturally and nutritionally.Ã¢â ¬Â¢ A-to-Z listings of anti-cancer foods, vitamins, and supplementsÃ¢â ¬Â¢ How to remove toxins in your home and workplace to create a "risk-free" environmentÃ¢â ¬Â¢ How to incorporate healthier foods and supplements into your daily dietÃ¢â ¬Â¢ Delicious, family-friendly recipes, meal plans, and nutritional guidelinesÃ¢â ¬Â¢ Life-saving advice on genetic risk factors, early detection, diagnosis, and treatmentÃ¢â ¬Â¢ The latest medical studies supporting the importance of certain foods and supplements in fighting cancer

Book Information

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Average Customer Review: 3.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,647,744 in Books (See Top 100 in Books) #105 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #2383 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #10016 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Will eating healthier really reduce my risk for cancer?Which foods should I eat and which should I avoid?What are the best supplements available on the market?How do I incorporate cancer-fighting foods into my family’s diet?Now more than ever, there is compelling evidence that the most common cancersÃ¢â ¬â ¢and even some rare onesÃ¢â ¬â ¢are preventable. Learn how to reduce your risk, and live a longer, healthier life, with:THE ANTI-CANCER FOOD AND SUPPLEMENT GUIDEÃ¢â ¬Â¢ The most comprehensive, up-to-date information you need to help prevent and treat cancerÃ¢â ¬â ¢naturally and nutritionallyÃ¢â ¬Â¢ A-to-Z listings of anti-cancer foods, vitamins, and supplementsÃ¢â ¬Â¢ How to remove toxins in your home and workplace to create a

"risk-free" environmentÃ¢â ¬Â¢ How to incorporate healthier foods and supplements into your daily dietÃ¢â ¬Â¢ Delicious, family-friendly recipes, meal plans, and nutritional guidelinesÃ¢â ¬Â¢ Life-saving advice on genetic risk factors, early detection, diagnosis, and treatmentÃ¢â ¬Â¢ The latest medical studies supporting the importance of certain foods and supplements in fighting cancer

Debora Yost is a veteran health journalist, health book writer, and former vice president and editor-in-chief of Prevention Magazine Health Books. For more than twenty years, she has written and contributed to dozens of health books with combined sales of more than 20 million copies. Her recent titles include The Complete Guide to Natural Cures and Heal Your Heart with Wine and Chocolate.

This isn’t bad for a first book about anti-cancer foods and supplements, but it could have been better. A recap of some sort would be helpful. Presentation is a little sloppy; although I don’t know if the fault should be attributed to the author or to the editor.For instance, on page 119, in recommending healthy oils as substitues for butter, the copy reads: "Substitute butter for one of these nutritious oils, which contain less than 2 grams of saturated fat per tablespoon." Although the point is to encourage healthy oils over butter, the sentence says just the opposite. A good editor would have caught this and corrected the sentence to read something like, "Instead of using butter, substitute one of these nutritious oils, which contain less than 2 grams..."Page 217 includes a list of US cities with the cleanest air. "Billings, MO" is included; and although there is a Billings in Missouri, I believe the Billings in question is the one in Montana (MT), not Missouri (MO).There are other similar errors, which in themselves are not significant but make me wonder if they reflect the validity of the substance of the book itself. I hope the information offered is accurate and well-researched by the author, and wish she had paid more attention to its presentation.

emphasis is on deserts, and does not stay on topic. Very little gained from ideas presented in the book.Would not recommend it.

Wonderful and informative book. I bought 2 copies one for myself and one for my mother. Everyone should have a copy in their kitchen.

I bought this as a gift for my sister

I like the big book, Anti-Cancer, which includes lots of stories and info about things (besides diet changes) to do to prevent or recover from cancer, but it seems like not quite the book to give to someone whose lifestyle is more middle-of-the-road. The Anti-Cancer Food and Supplement Guide is easy to pick up, learn a little something and come back to later, so I think it will be more accessible to a wider range of people.

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