

## Preventing Cancer: Reducing the Risks (Paperback)



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### ***Reviews***

*It in one of the best ebook. It really is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to understand.*  
*(Raina Lockman)*

## PREVENTING CANCER: REDUCING THE RISKS (PAPERBACK)

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FIREFLY BOOKS LTD, Canada, 2015. Paperback. Condition: New. Language: English . Brand New Book. Ten key recommendations to help prevent cancer. Cancer is the leading cause of death in the majority of industrialised countries. Yet there is no reason to feel powerless. Research has shown that nearly three-quarters of cancer cases could be prevented simply by changing everyday habits, a positive impact unlikely ever equalled by any treatment. Preventing Cancer provides the necessary tools to those who want to take their fate into their own hands. Decades of research by agencies like the World Cancer Research Fund and the American Cancer Society has revealed ten major recommendations that are the best weapon at our disposal to help prevent cancer and give cancer survivors a practical tool to prevent recurrence. Preventing Cancer explains the science behind each recommendation and its statistical potential for disease prevention. The authors provide numerous practical examples of lifestyle changes that can make a profound contribution to cancer prevention. The ten recommendations to preventing cancer are: \* Don t smoke. \* Stay as lean as possible. \* Limit the consumption of red meat to about one pound (500 grams) per week. Also helpful, marinate red meat in virgin olive oil with garlic and lemon juice or herbs like thyme or rosemary; add turmeric or related spices to ground beef. \* Eat a variety of fruits, vegetables, pulses (like lentils) and whole grains. Eat superfoods like green tea, blueberries, crucifers, garlic and tomatoes. \* Be physically active for at least 30 minutes every day. \* Limit daily alcohol consumption to two glasses for men and one for women. Better yet, drink red wine and even better, drink red pinot noir. Also, avoid mouthwash with alcohol. \* Limit consumption of salt. Use spices, especially Indian spices like turmeric. \*...



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