



Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies

By Verne Varona

Penguin Putnam Inc. Paperback. Book Condition: new. BRAND NEW, Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies, 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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Reviews

It is one of the most popular publications. It really is written in easy words and not difficult to understand. You are going to like how the author writes this book.

-- Prof. Evans Balistreri DDS

Completely essential go through book. This is for all who state there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lydia Legros