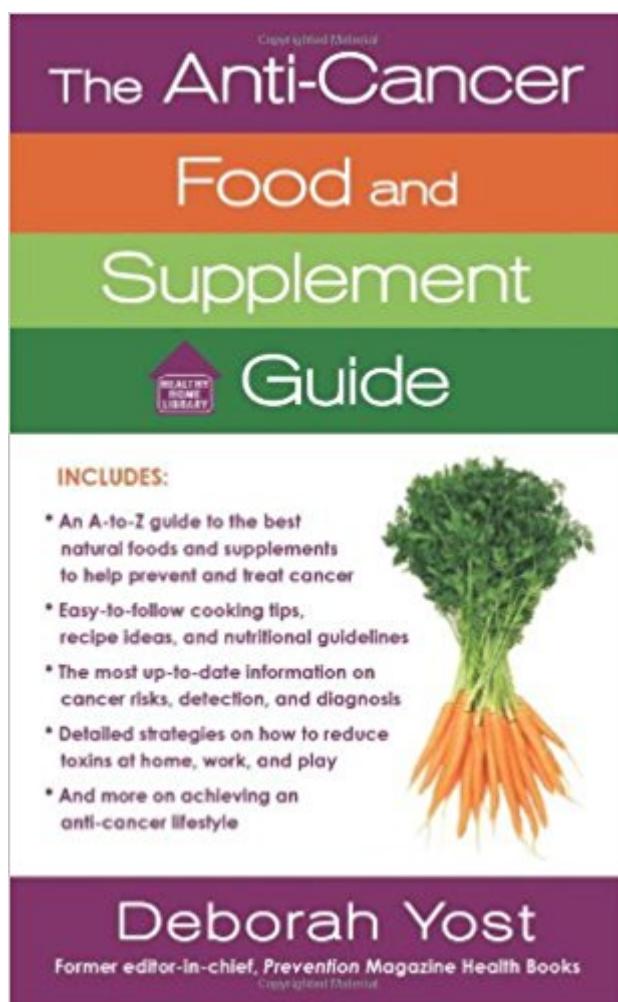


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# The Anti-Cancer Food And Supplement Guide: How To Protect Yourself And Enhance Your Health (Healthy Home Library)



## **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 cancerâ •naturally and nutritionally.â ¢ A-to-Z listings of anti-cancer foods, vitamins, and supplementsâ ¢ How to remove toxins in your home and workplace to create a "risk-free" environmentâ ¢ How to incorporate healthier foods and supplements into your daily dietâ ¢ Delicious, family-friendly recipes, meal plans, and nutritional guidelinesâ ¢ Life-saving advice on genetic risk factors, early detection, diagnosis, and treatmentâ ¢ 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 inÂ Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #2383 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #10016 inÂ 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 cancersâ •and even some rare onesâ •are preventable. Learn how to reduce your risk, and live a longer, healthier life, with: THE ANTI-CANCER FOOD AND SUPPLEMENT GUIDEâ ¢ The most comprehensive, up-to-date information you need to help prevent and treat cancerâ •naturally and nutritionallyâ ¢ A-to-Z listings of anti-cancer foods, vitamins, and supplementsâ ¢ How to remove toxins in your home and workplace to create a "risk-free" environmentâ ¢ How to

incorporate healthier foods and supplements into your daily diet ¢ Delicious, family-friendly recipes, meal plans, and nutritional guidelines ¢ Life-saving advice on genetic risk factors, early detection, diagnosis, and treatment ¢ 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 substitutes 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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The Anti-Cancer Food and Supplement Guide: How to Protect Yourself and Enhance Your Health (Healthy Home Library) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and

Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti-Inflammatory Elimination Diet Health Food Plan: Your Guide to 3 Allergy-Free Steps For Discovering Food Allergies and Developing a Healthy Anti-Inflammatory Diet For Life Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Paleo Anti Inflammatory: 500 Paleo Anti Inflammatory Spiralizer and Air Fryer Recipes: Paleo Cookbook, Breakfast, Lunch, Snack, Quick and Easy Healthy Recipes for Weight Loss, Anti Infammatory Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook)

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