



Foods That Combat Cancer

By MAGGI Robinson-Greenwood Phd

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Foods That Combat Cancer, MAGGI Robinson-Greenwood Phd, Here is the first anti-cancer diet and nutrition counter found together in one book - with a list of over 2000 foods, broken down by serving size and their cancer-fighting properties. Each year, millions of people lose their lives to cancer. Yet recent studies have shown that by eating right, staying physically active, and maintaining a healthy weight, we can cut the risk of cancer by 30 to 40 per cent. The cancer-fighting vitamins, minerals and phytochemicals found in vegetables, fruits, beans, nuts and wholegrains work together to produce significant healing and protection against all kinds of cancer. But to make the right dietary adjustments, you need to know which foods contain which cancer-fighting nutrients - information that until now hasn't been easy to find in one easy-to-use reference. Foods That Combat Cancer is the first book introducing a cancer-fighting diet, providing food names and recipes, and listing over 2000 brand name and basic food items, with the anti-cancer nutrients found in each one, based on serving size. From vegetables to snacks, you'll discover not only what foods are best for an anti-cancer diet,...



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-- **Natalie Abbott**

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