



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

Deborah Yost

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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 cancer—naturally and nutritionally.

- A-to-Z listings of anti-cancer foods, vitamins, and supplements
- How to remove toxins in your home and workplace to create a "risk-free" environment
- 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

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