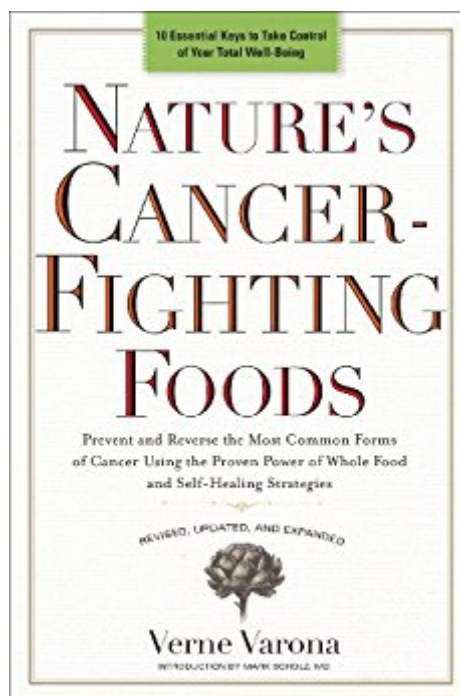




The book was found

Nature's Cancer-Fighting Foods: Prevent And Reverse The Most Common Forms Of Cancer Using The Proven Power Of Wh Ole Food And Self-Healing Strategies



Synopsis

A revised edition with new recipes and updated research on the best foods to eat to fight cancer. A comprehensive, holistic, and practical plan for cancer prevention and recovery, now completely revised and updated. 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 program for immunity building and cancer prevention and recovery.

Book Information

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Customer Reviews

Verne Varona delivers an engaging, thought provoking, hard hitting and humorous, journey through his years of experience working with cancer patients in regards to their nutrition. His personal story informs his life's work, and we are better for it. I have personally worked with Verne on my own nutritional challenges with fabulous results because of his philosophy. "First and foremost, this is a book about the healing power of food." In this book, he reveals, candidly, what happens in our bodies and why we need to pay attention to what goes in them. With moments of detail, he encapsulates it all by reminding us that we are many parts in this one body. "Therefore, a

one-size-fits-all approach to healing is naively simplistic. It might sound good on paper, but in the real world, your dietary and healing needs are best when individualized." "The body does not lie. It is extremely vulnerable to the subtleties of our emotional states." Nature's Cancer Fighting Foods is a book to read and reread. Something new will come from every fresh pair of eyes on this information. From cancer to blood sugar to anger, with some Chinese medicine sprinkles, Verne leaves no stone unturned in this book that is sure to be a classic for years to come. "Food is the foundation of any healing plan."

Excellent book on nutrition. Author endorses whole wheat because it is good for us. She is well balanced, unlike the other radical books. This is a wonderful educational read

Fantastic book. The recipes are phenomenal and inspiring. I love the information and personal stories told within.

This is the best book on diet and cancer out there. The only one you need to buy. I've given it to every friend I have who has been diagnosed with cancer.

I loved it but then I love reading about "medical" issues. There are some stories about former clients which is always an interesting read. Great meal plans also.

Uber great book! I believe the word "Cancer" in the title can be substituted for any illness or condition like obesity or high blood pressure or a myriad of other physical ailments. So this book has a far wider range of practicality than one specific disease. The basic premise remains the same...chemical-free organic consumption, vegan, wiser choices, elimination of non-foods like sodas, caffeine, junk foods, basically a quieter, more thoughtful approach to eating & lifestyle. Verne Varona is truly inspiring, motivating, caring & wonderful nutritionist and counselor.

Very helpful information. Working on the prevention end here and was gratified the author includes ways to transition from less healthy foods.

Easy to understand, brimming with useful information - definitely a must have for anyone with an interest in healthy eating.

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