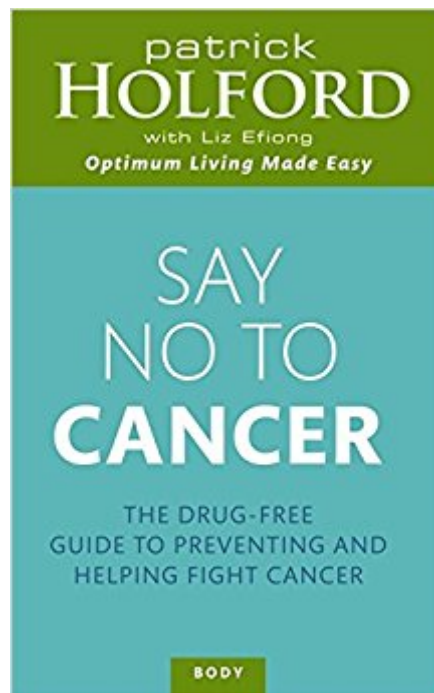




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Say No To Cancer: The Drug-free Guide To Preventing And Helping Fight Cancer



Synopsis

Cancer is increasing at an alarming rate and one in three people will develop cancer at some point in their lives. According to the World Cancer Research Fund, up to 39 per cent of the most common cancers - lung, breast, colorectal, skin, mouth/throat and oesophagus, liver, stomach, prostate, cervical ovarian, testicular, endometrial and pancreatic - are preventable through diet, physical activity and weight control alone. SAY NO TO CANCER was originally published by Piatkus in 1999 and this greatly expanded edition contains new chapters that reflect the very latest information on the connection between diet and lifestyle and the risk of developing cancer. It offers guidance for people who wish to avoid getting cancer, and for those who want to know what they can do nutritionally if they have cancer and/or want to prevent reoccurrence. By improving your diet and taking the right nutritional supplements you really can say no to cancer.

Book Information

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Average Customer Review: 4.4 out of 5 stars 8 customer reviews

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Customer Reviews

Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is the author of over 30 health books. Liz Efiang is a nutritional therapist and is currently studying for her Masters in Nutrition Therapy, specialising in cancer.

If you're going to read just one thing on the topic, read this. If you don't have cancer, know someone who does, are diagnosed or were, then this book will help you a ton. Great info, super complete and a must read for people looking for alternatives on regular treatments. Great read.

Very useful for everyday lifestyle, not only for cancer patients.

Not only did this book have great information about Cancer but just nutritional information in general. Having two people close to me dealing with different types of cancer, it really opened my eyes on causes and prevention.

Say No to Cancer confirms what I have always thought about cancer - that it is possible to prevent and to reverse, in most cases. This book gives us all hope.

Interesting

good

It took a longer time to arrive than I expected. The product price and quality were ideal. I shall buy from this vendor again should the opportunity present itself.

This is an excellent updated work on preventing cancer (as well as many other conditions, diseases..), that can also be very valuable for current cancer patients & those in remission. It reviews the relevant scientific literature - mainly nutritional, medical & environmental studies & puts it together in a way that is usable by average folks in whole or part. It also dispels misconceptions, old & new, about causes, prevention & therapy. HIGHLY RECOMMENDED !

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