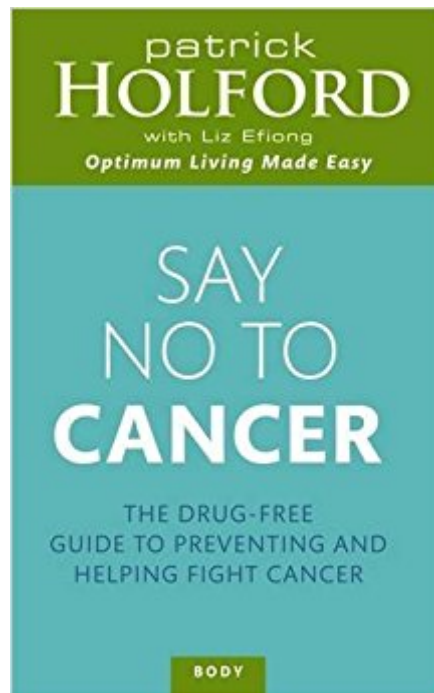


The book was found

# 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

Paperback: 414 pages

Publisher: Piatkus; Reprint edition (January 4, 2011)

Language: English

ISBN-10: 0749954116

ISBN-13: 978-0749954116

Product Dimensions: 5.4 x 1.2 x 8.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #1,573,254 in Books (See Top 100 in Books) #99 in Â Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #2347 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #4141 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

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 !

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.

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.

[Download to continue reading...](#)

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 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) Say No to Cancer: The Drug-free Guide to Preventing and Helping Fight Cancer 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) 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) 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,) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for Your Type Health Library) Keep It Shut Study Guide: What to Say, How to Say It, and When to Say Nothing At All Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All

Conversationally Speaking: WHAT to Say, WHEN to Say It, and HOW to Never Run Out of Things to Say (Communication Skills, Social Skills, Small talk, People Skills) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) 33 Prostate Cancer Meal Recipes That Will Help You Fight Cancer, Increase Your Energy, and Feel Better: The Simple Solution to Your Cancer Problems Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare.

[Dmca](#)