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Say No to Cancer: The Drug-free Guide to Preventing and Helping Fight Cancer [Patrick Holford] on . *FREE* shipping on qualifying offers. 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

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The book is organized into six parts: an explanation of how cancer works, an analysis of the relationship of various foods to cancer, information on cancer-causing environmental factors, information on cancer-preventing nutrients, a discussion of how to stay cancer free, and a more specific discussion of the various kinds of cancer.

An expanded and updated edition that reflects the latest information on the connection between cancer and diet and lifestyle—and how to reduce risk of the disease By improving your diet and taking the right nutritional supplements you really can say no to cancer, and this guide explains how.

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A much expanded and updated edition that reflects the latest information on the connection between cancer and diet/lifestyle - and what you can do to reduce your risk of the disease. Say No To Cancer: The drug-free guide to preventing and helping fight cancer by Patrick Holford - Books - Hachette Australia

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