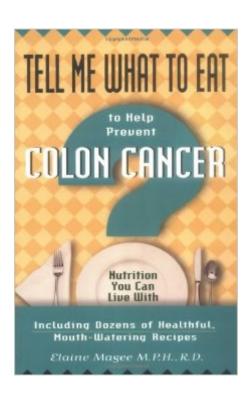
The book was found

Tell Me What To Eat To Help Prevent Colon Cancer





Synopsis

Elaine Magee gives you all the information you can never seem to understand when the doctor rattles it off, and she answers all the questions you ever wanted to ask a dietitian about preventing colon cancer. You will find a host of specific recommendations-what to eat, what to avoid, and how to incorporate these changes into your lifestyle. Tell Me What to Eat to Help Prevent Colon Cancer begins with an overview of colon cancer in all its forms. Readers get a detailed yet completely understandable explanation of how the cancer begins and how it spreads-an explanation that is based on the latest medical information. Readers gain a better understanding of what colon cancer is and what actions they can take now to help prevent it. Also included are dozens of healthful, practical, tasty recipes focusing on fiber, and power produce items that anyone can incorporate in their diet.

Book Information

Series: Tell Me What to Eat

Paperback: 160 pages

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Average Customer Review: 4.0 out of 5 stars Â See all reviews (1 customer review)

Best Sellers Rank: #2,521,936 in Books (See Top 100 in Books) #70 in Books > Health, Fitness

& Dieting > Diseases & Physical Ailments > Cancer > Colorectal #147 in Books > Health, Fitness

& Dieting > Nutrition > Cancer Prevention #274 in Books > Cookbooks, Food & Wine > Special

Diet > Cancer

Customer Reviews

I have been reading up on the subject over the years, so the book is not particularly informative for me. But i expect that for most people it will be. A very good value.

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