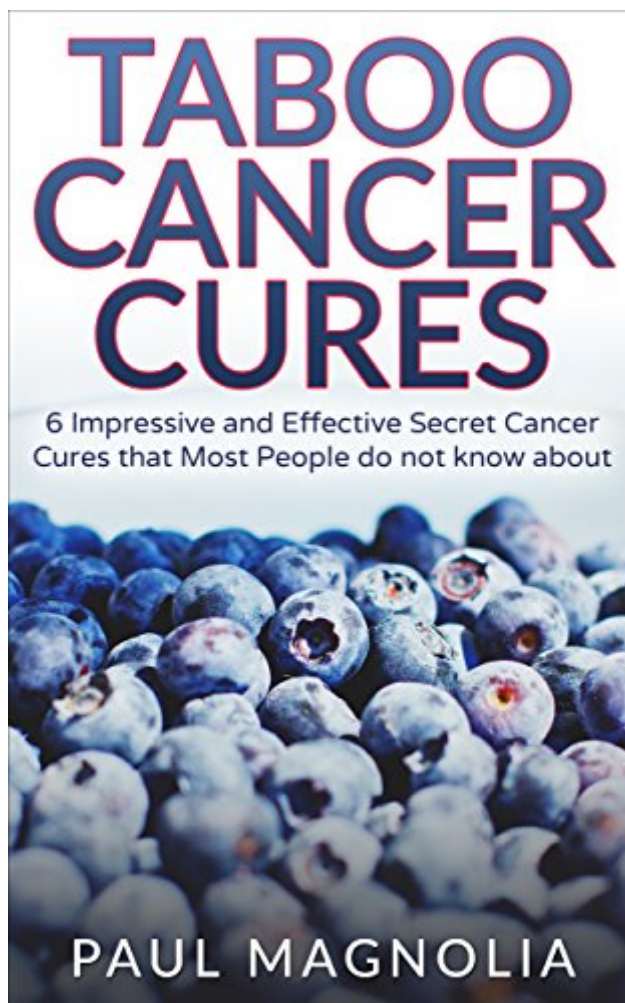


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Cancer: Taboo Cancer Cures 6 Impressive And Secret Cancer Cures That Most People Do Not Know About (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1)





Synopsis

Powerful Cancer Treatments that can Reduce or Help to Eliminate Cancer The information in this book breaks down into six categories, six areas where you can make smart choices that will give your body what it needs to resist cancer and stay healthy. Here's what it will cover: Diet. Many types of cancer can be linked to the unhealthy food we eat. I'll tell you about the foods that are most likely to cause cancer, as well as those that can help to prevent it. Vitamins. Not all supplements are helpful, but there are some micronutrients and herbs that play a big role in helping to ward off cancer. Exercise. Certain kinds of cancer are directly linked to your percentage of body fat, and exercise is the best way to reduce your body fat and protect yourself. Yoga. I am giving Yoga its own category because it plays an important role in terms of detoxifying and strengthening your body. Products. Many of the products we use on a daily basis, including cleaning products and cosmetics, contain harsh chemicals and known carcinogens. I'll tell you which ingredients to avoid and suggest healthy alternatives. Habits. Do you have healthy habits? Things like what type of water you drink and how much you sleep can have a direct impact on your risk of getting cancer. By the time you are finished with this book, you will have the same valuable information I give to my patients. This is the information that can help you make healthy changes that will greatly reduce your risk of getting cancer. Take Action Now and Beat Cancer for \$0.99

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