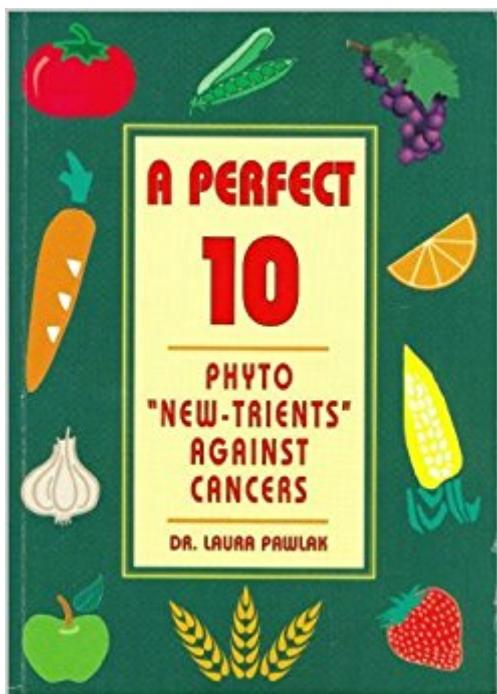


The book was found

A Perfect 10: Phyto "New-trients" Against Cancers, A Practical Guide For The Breast, Prostate, Colon, Lung



Synopsis

AS ISSUED.

Book Information

Paperback: 3 pages

Publisher: distributed by Biomed General Corp; 3rd edition (1999)

Language: English

ISBN-10: 1893549135

ISBN-13: 978-1893549135

Package Dimensions: 9.9 x 6.9 x 0.7 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.3 out of 5 stars 5 customer reviews

Best Sellers Rank: #490,804 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lung Cancer #12 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #34 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention

Customer Reviews

AS ISSUED.

I bought this book around the time it came out in 1998, and I repurchased in 2011 for a friend who was diagnosed with breast cancer. I attended a continuing education course back then on alternative methods of health/nutrition, and they offered this book for sale. I'm a dental hygienist, 47yrs old, and I tend to read romance, crime, fictional novels more than technical books (for your reference). This book is so full of wonderful information--medical, biological, chemical information that is presented very simply in layman's terms. The print is large, drawn diagrams included. The author goes on to explain about our genes, about cancer, what it is, how it grows and attacks our cells. She explains about mediterranean and asian diets (at least of the past) where the incidence of cancers is much lower. She explains the difference between good fats, bad fats, plant sources (phyto-nutrients). She gives a master "10" list of foods that help prime our immune system and goes into the details of each food to explain why and how they help us. She also gears the "10" to men and women separately in one section specifying which are best against breast cancer, prostate cancer, etc. Again, great detail, but written large and simply enough for the average person to follow. I think my friend will find it helpful and inspiring. The information is still current with what is

being told to us in the news and on shows like "Dr. Oz". I definitely recommend.

Recommending soy? I bit outdated info

This book is filled with knowledge on your health and I believe it is beneficial for every man and women to have in their home, and the cost \$4 is very affordable. It explains how a lot of foods are bad for your body and also explains the outcome when eating it. Very interesting

I found this in the school library as I was doing research for one of my papers. Having already been through cancer and treatment, I found it to be an invaluable resource that I wish I'd had during that time.

Let people know about the fruits and vegetables that contribute to a healthy lifestyle. Contains a lot of information. Has good diagrams. Too bad that it is out of print.

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