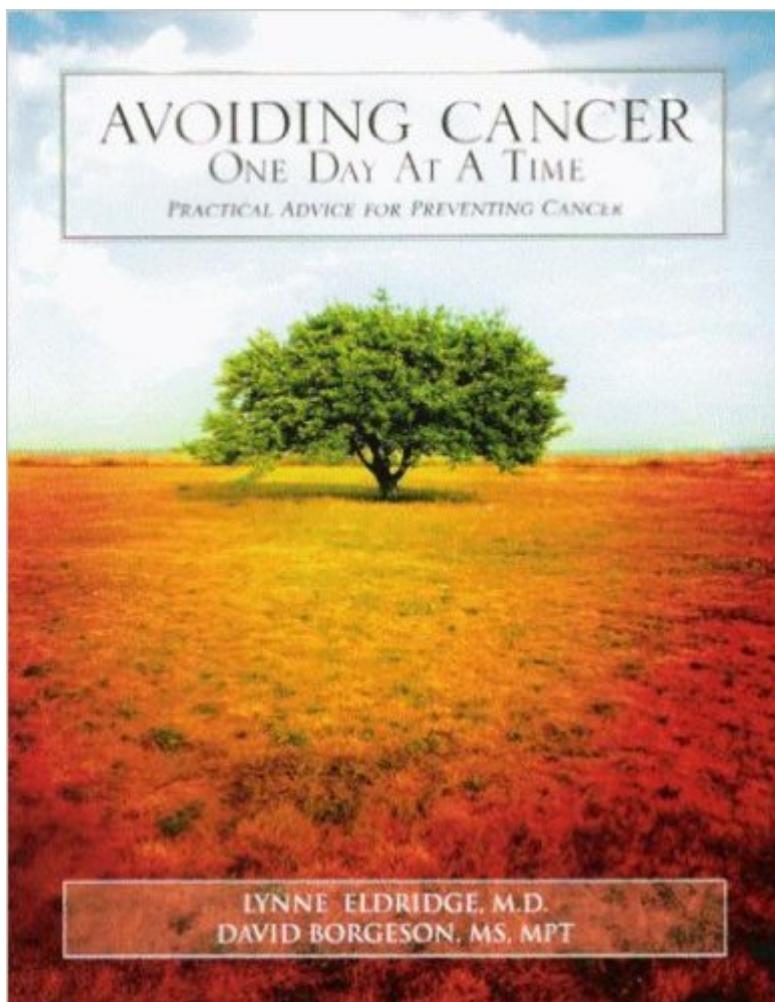


The book was found

Avoiding Cancer One Day At A Time: Practical Advice For Preventing Cancer



Synopsis

The mortality rate from cancer hasn't changed in 60 years despite the billions invested to find a cure. *Avoiding Cancer One Day At A Time* provides solid, practical advice for preventing cancer by avoiding carcinogens and implementing lifestyle/dietary practices that modify cancer causing factors. Combining their experience in family medicine and epidemiology with their passion for disease prevention, the authors provide the most up to date and effective advice for preventing cancer from developing in ourselves and our loved ones. Many "how to" examples for preventing cancer by being environmentally aware, avoiding infections, living the proper lifestyle and getting the proper nutrition are provided. Chapter by chapter summaries and listings of the latest cancer prevention web sites are great references. Worksheets assist readers in implementing the advice in very tangible ways, and the recipe collection of cancer avoiding meals is a winner! "An empowering book from the first page. Health principles and the best in sound research. It will change how you live with simple graces such as removing your shoes, pleasing your body with good taste, keeping yourself environmentally conscious, and relationally wise. Health care from a preventative perspective we all need." -- Gwen MacDonald, M.D., Owner and President of Pediatrics Plus Family "Something for everyone. Each chapter sparked my interest and inspired me to read more. This book covers the spectrum of cancer prevention, and the depth of writing, index and resources enable anyone to find the specific information they're interested in." -- Amy Casey-Paal MPH, Epidemiologist, Minnesota Department of Health Cancer Control Section

Book Information

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Customer Reviews

In the introduction, the author says she wrote this book because she wants you to "be prepared" before the siren blows, announcing the disaster. Say this out loud: One in every two American men and one out of every three American women will get cancer over the course of their lifetime (pg. 1). Now does the author have your attention? Quoting from the British Cancer Control Society, "...treating disease is enormously profitable, preventing disease is not." If far more money is spent to treat than prevent, and physicians are restricted by managed care--now is the time for us to know more and advocate for our own health. Other money issues concern how our food is produced (what is put on our plants to increase yield and what animals are fed to grow faster). As consumers we will spend whatever is needed to treat illness, but we do not spend time and money to educate ourselves about avoiding the disease in the first place. And yet ... "80-95% of cancers that have a environmental component, only one third are due to smoking." However: "One thousands Americans stop smoking every day--by dying." (Author unknown) Chapter 2 starts with 25 questions--and now I AM concerned because I answered yes to too many--and my ignorance is showing. You may feel the same when you answer them. The authors left no cancer-causing stone unturned. Through charts, graphs, lists, recipes and action suggestions, you will understand your body and your environment--and how what you eat and drink and do can affect your health. The back of the book has worksheets, very helpful appendices, a carcinogen list, references and index so you can find things easily. Author Lynne Eldridge, M.D.

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