



Anti-Cancer Foods

Authors: Richard Beliveau - Denis Gingras

Publisher : Flammarion

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Medicine - Prevention - Food - Daily Life - Death

A clear, detailed book that raises our awareness of the power of our diet: currently one of the finest weapons at our disposal in fighting cancer

Lifestyle plays a leading role when it comes to the risk of getting cancer. Almost a third of all cancers are directly related to our diet. After researching thousands of publications, doctors Richard Béliveau and Denis Gingras show that a balanced, varied diet with berries, cabbage, spices like turmeric, green tea, citrus fruits, and nuts – all of which possess cancer-fighting properties – contributes to reducing the risks of developing cancer.

Date : 17/02/2016

Pages : 0

Format cm : 18 x 22

Prix : 19.9

EAN : 9782081379077