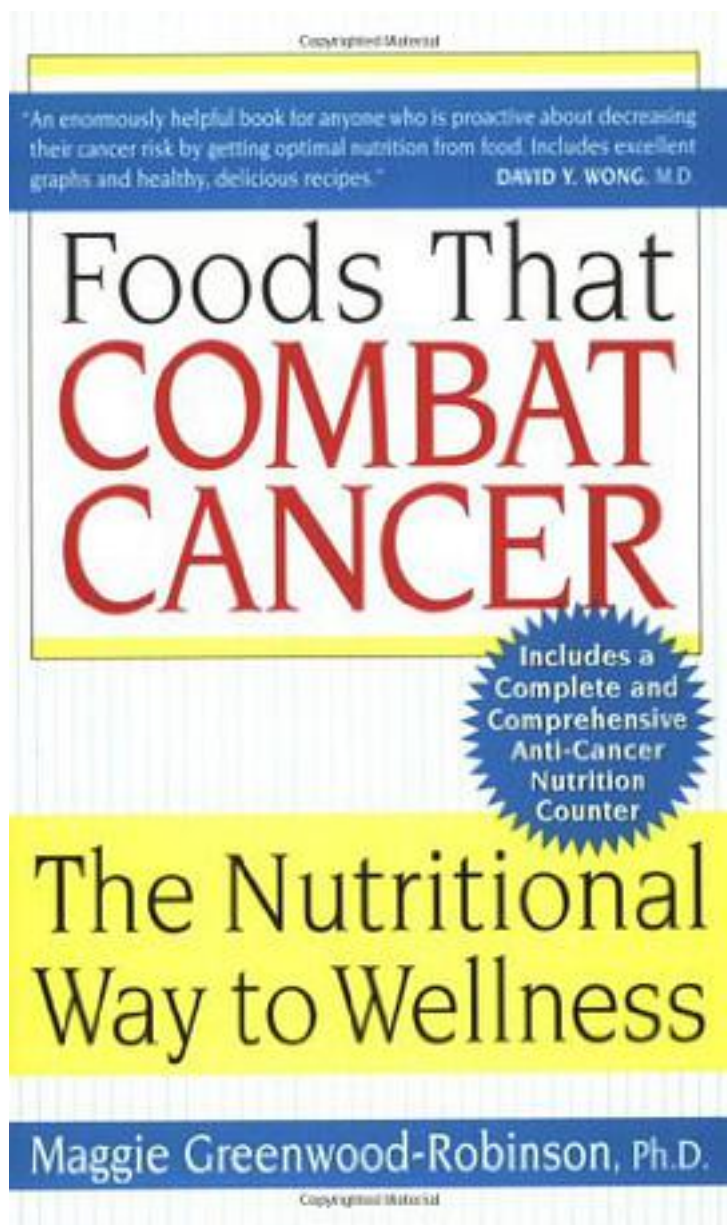


Foods That Combat Cancer



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Fight Cancer -- with Every Meal! Each year in America, an estimated 1.2 million new cases of cancer are diagnosed. Yet recent studies have shown that a healthy diet and a physically active lifestyle can reduce the risk of cancer by as much as 40 percent. This indispensable book will arm you in the ongoing battle against the disease with invaluable information on the healthy properties and cancer-fighting vitamins, minerals, and phytochemicals found in common food groups -- and how to combine them to greatest effect in order to help prevent or treat virtually every form of cancer. This remarkable volume includes: An easy-to-use nutrition counter covering more than 2000 brand-name and basic food items Full-day anti-cancer menus and simple, delicious recipes The latest information on soy, omega-3 fatty acids, and how to get 25-30 grams of cancer-fighting fiber into your daily diet. And Much More!

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