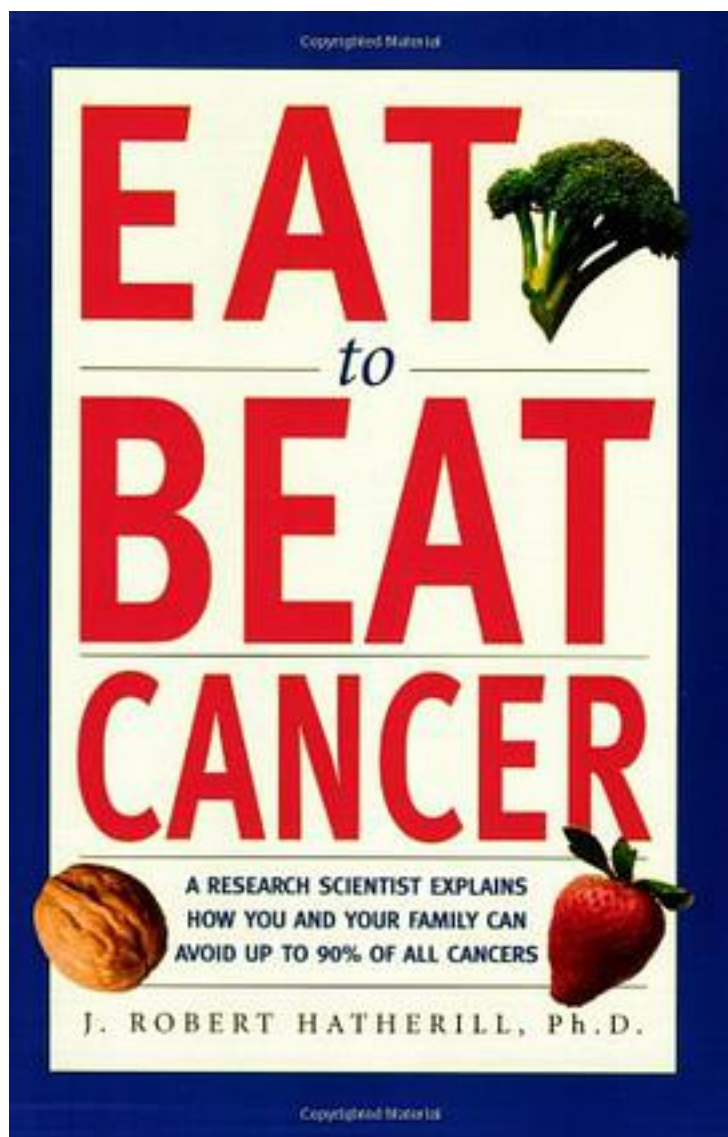


Eat to Beat Cancer



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出版者:St Martins Pr

出版时间:

装帧:Pap

isbn:9781580630887

If changing what you eat could keep you from getting cancer, wouldn't you do it? Dr. Hatherill's "Super Eight Food Groups" are the foundation of a strategy that will help you create a cancer-busting regimen for yourself and your family. In this courageous book, Hatherill takes on the pharmaceutical and food industries to disclose dangers inherent in common foods like dairy and meat products, as well as over-the-counter supplements. "In...humbler times people rarely got cancer...Heart disease was so rare that medical textbooks from the mid-to late 1800s failed to include it. Something has gone fundamentally wrong in present times, as heart disease and cancer have emerged as the two most vexing killers in affluent countries...This book can help you convert your diet into a defensive anticancer solution. Throughout these pages you will be given practical techniques for solving the health problems that arise from eating a Western diet. "Eat to Beat Cancer" has identified the most protective, beneficial foods from around the globe and placed them in one simple, straight-forward diet." --from the introduction

作者介绍:

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书评

非常好的一本书，每个人都要看看，让你生活更健康。
为什么呢，因为我2005年买了这本书，一直受益到现在。
它推荐的食物，在世界上越来越成为大家认可的抗癌食物。

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