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Choose This Not That For Colon Cancer

Choose **THIS** not **THAT**

for Colon Cancer

A comprehensive personal
nutrition guide for cancer
prevention with special focus on:
Colon (Colorectal) Cancer



Choose This
Not That
Series

Proper nutrition -- the most affordable and
natural path to a healthier you!



Synopsis

Choose This not That for Colon Cancer. This ebook was updated in its entirety including addition of three new chapters in October 2016. This colorful book provides comprehensive and actionable nutrition guidelines for how to reduce your risk, prevent and combat Colon (Colorectal) Cancer (CC). If you rather tackle health issues and risks through proper nutrition and lifestyle changes as opposed to prescription drugs and other typical medical treatments, then this book is for you. Here are the highlights and what makes this publication unique and different from your other options: A look-up table for over 800 different types of food and their suitability for CC. Health issues often come our way in groups of two or more. They are often caused by other health complications or result in other illnesses and risks. This publication is the only one in the market that (in addition to CC) offers dietary guidance for the COMBINATION of cancer prevention considerations and the following most likely health issues: Crohn's disease, depression, gout, high blood pressure, high cholesterol, obesity, stress and Vitamin D deficiency. Dedicated sections on alkaline diet, top alkaline-forming foods, top acid-forming foods, anti-inflammation diet, and detoxification. Your awareness of these topics can be critical to your health. ACTIONABLE suggestions for what is good, what is bad, and what is neutral for your condition(s). We single out specific food items, and give you an ordered list of helpful and harmful foods within a food group. Suggestions on appropriate life style choices, alternative therapies and herbal remedies, when such options are promising and available to you. All the material and suggestions presented in this book are based on the content licensed from Personal Remedies, LLC. The primary sources used by Personal Remedies are US government sources such as USDA (US Department of Agriculture) and NIH (National Institute of Health), and leading clinics & universities. Personal Remedies is the publisher of the largest collection of health and nutrition apps, books and eBooks for chronic conditions in the market. Its patented software & knowledgebase can enable organizations such as healthcare providers to deliver apps for personalized and actionable nutrition guidance to their patients suffering from one or more chronic conditions. Personal Remedies is based in metro-Boston, home to the highest ranking healthcare providers and academic institutions in the world. This book is printed on-demand, which allows the author to update the content or make corrections as needed, on an ongoing basis.

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Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Choose this not that for Colon Cancer Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) Cancer and CBD OIL - Understanding the Benefits of Cannabis & Medical Marijuana: The natural, effective, modern day treatment to fight breast, prostate, lung, skin, colon and brain cancer I Beat Cancer Holistically: Protocols for Breast, Colon, Lung and Prostate Cancer Shedding Light on the Cancer Journey: Navigating the Colon Cancer Maze

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