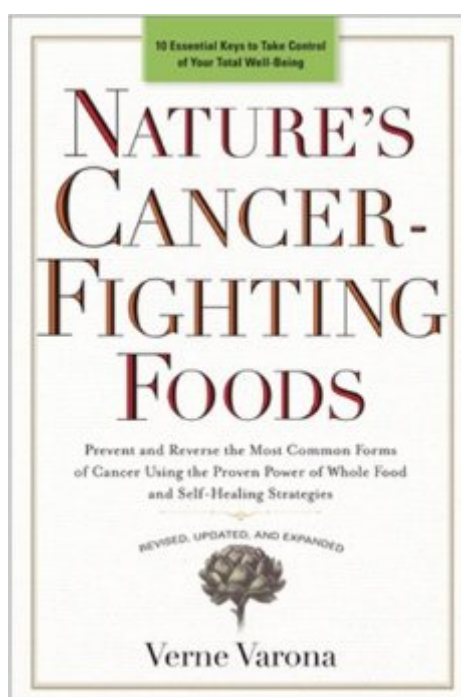


The book was found

# Nature's Cancer-Fighting Foods: Prevent And Reverse The Most Common Forms Of Cancer Using The Proven Power Of Whole Food And Self-Healing Strategies



## Synopsis

Based on a solid foundation of the healing properties of good nutrition, this book empowers readers with the information they need to make the best choices and to gain control over their total health and well-being - physical, emotional, and spiritual. While addressing the specific needs of those with a diagnosis of cancer, Varona explores the key factors that science and experience have shown to influence the path of prevention and recovery. Grounded in documented research from leading medical institutions - along with studies of the world's healthiest populations - nutrition educator Verne Varona has developed a breakthrough nutritional and lifestyle programme for immunity building and cancer prevention and recovery. This book provides detailed diet and lifestyle modifications that will reinforce the body's immunity and reduce cell-damage to an absolute minimum. While the bulk of this book is devoted to physical nutrition, eating the right foods is not the whole picture. No matter what course of treatment a patient may choose, clinical research and anecdotal testimony have shown that those who have embraced a range of self-healing choices not only see a positive impact on their physical and psychological well-being but inevitably enhance their chances of survival. The most influential of these choices are: life purpose; positive attitude; managing stress; sense of humor; love and social support; emotional expression; and faith. Along with good nutrition, a healthy lifestyle, and physical exercise, these choices contribute to a more comprehensive and complete healing.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #99,087 in Books (See Top 100 in Books) #8 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #25 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#) #30 in [Books > Cookbooks, Food & Wine > Special Diet > Whole Foods](#)

## Customer Reviews

Verne Varona delivers an engaging, thought provoking, hard hitting and humorous, journey through

his years of experience working with cancer patients in regards to their nutrition. His personal story informs his life's work, and we are better for it. I have personally worked with Verne on my own nutritional challenges with fabulous results because of his philosophy. "First and foremost, this is a book about the healing power of food." In this book, he reveals, candidly, what happens in our bodies and why we need to pay attention to what goes in them. With moments of detail, he encapsulates it all by reminding us that we are many parts in this one body. "Therefore, a one-size-fits-all approach to healing is naively simplistic. It might sound good on paper, but in the real world, your dietary and healing needs are best when individualized." "The body does not lie. It is extremely vulnerable to the subtleties of our emotional states." Nature's Cancer Fighting Foods is a book to read and reread. Something new will come from every fresh pair of eyes on this information. From cancer to blood sugar to anger, with some Chinese medicine sprinkles, Verne leaves no stone unturned in this book that is sure to be a classic for years to come. "Food is the foundation of any healing plan."

Excellent book and resource! It gives you the reasons why it is important to change the way we eat for better health and well being.

Uber great book! I believe the word "Cancer" in the title can be substituted for any illness or condition like obesity or high blood pressure or a myriad of other physical ailments. So this book has a far wider range of practicality than one specific disease. The basic premise remains the same...chemical-free organic consumption, vegan, wiser choices, elimination of non-foods like sodas, caffeine, junk foods, basically a quieter, more thoughtful approach to eating & lifestyle. Verne Varona is truly inspiring, motivating, caring & wonderful nutritionist and counselor.

An Excellent book for preventing and dealing with cancer. It is much more than I expected. Not only does it talk about cancer fighting properties of food, it discussed an overall strategy, mindset and approach. It is also a good balance of science and practical suggestions including recipes and a menu. It has plenty of citation to scientific literature to show that what he is saying is legit (20 pages of citations) but not so much that it is overwhelming. I'm recommending it for my patients. Terry Shintani, MD, JD, MPH

I loved it but then I love reading about "medical" issues. There are some stories about former clients which is always an interesting read. Great meal plans also.

Easy to understand, brimming with useful information - definitely a must have for anyone with an interest in healthy eating.

Fantastic book. The recipes are phenomenal and inspiring. I love the information and personal stories told within.

This was a fantastic book. I would recommend this to anyone... With or without cancer.

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of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease

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