

# Easy Ways To Take Control Help Prevent And Fight Cancer And Live Longer Cleaner

Cancer is a leading cause of death worldwide, but there are many things you can do to help prevent and fight it. This book provides easy-to-follow advice on how to make healthy lifestyle choices that can reduce your risk of cancer, and what to do if you are diagnosed with cancer.

The book is divided into three parts. The first part covers the basics of cancer, including what it is, how it develops, and what the different types are. The second part provides advice on how to make healthy lifestyle choices that can reduce your risk of cancer. The third part provides information on what to do if you are diagnosed with cancer, including how to choose the right treatment and how to cope with the emotional and physical challenges of cancer.



## Your Healthiest Healthy: 8 Easy Ways to Take Control, Help Prevent and Fight Cancer, and Live a Longer, Cleaner, Happier Life by Samantha Harris

★★★★☆ 4.3 out of 5

Language : English  
File size : 20355 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 300 pages

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This book is an essential resource for anyone who wants to learn more about cancer and how to prevent and fight it. It is written in a clear and concise style, and it is packed with helpful information. I highly recommend this book to anyone who is interested in learning more about cancer.

**Here are some of the things you will learn in this book:**

- The basics of cancer, including what it is, how it develops, and what the different types are.
- How to make healthy lifestyle choices that can reduce your risk of cancer, including:
  - Eating a healthy diet
  - Maintaining a healthy weight
  - Getting regular exercise
  - Not smoking
  - Limiting alcohol intake
- What to do if you are diagnosed with cancer, including:
  - How to choose the right treatment
  - How to cope with the emotional and physical challenges of cancer
  - How to get support from family and friends

This book is a valuable resource for anyone who wants to learn more about cancer and how to prevent and fight it. It is written in a clear and concise style, and it is packed with helpful information. I highly recommend this book to anyone who is interested in learning more about cancer.

To Free Download your copy of Easy Ways To Take Control Help Prevent And Fight Cancer And Live Longer Cleaner, please visit our website or your local bookstore.

## 6 STEPS FOR PREVENTING (AND HELPING TREAT) CANCER

- 1. EAT NUTS**  
Tree nuts, such as walnuts, almonds, and cashews, boost your immune system and have the ability to starve cancer.
- 2. EAT COOKED TOMATOES**  
Cooking tomatoes increases the lycopene content, which boosts their cancer-fighting power.
- 3. EAT PURPLE POTATOES**  
The anthocyanin in these colorful spuds starve and kill cancer cells.
- 4. DRINK MATCHA TEA**  
This tea can fight breast cancer by cutting off the fuel lines to the cancer stem cells.
- 5. REDUCE OR AVOID GRILLED MEATS**  
When meat is grilled, toxic carcinogens are produced.
- 6. SAY NO TO SECOND-HAND SMOKE**  
Being around active smokers increases your cancer risk.

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