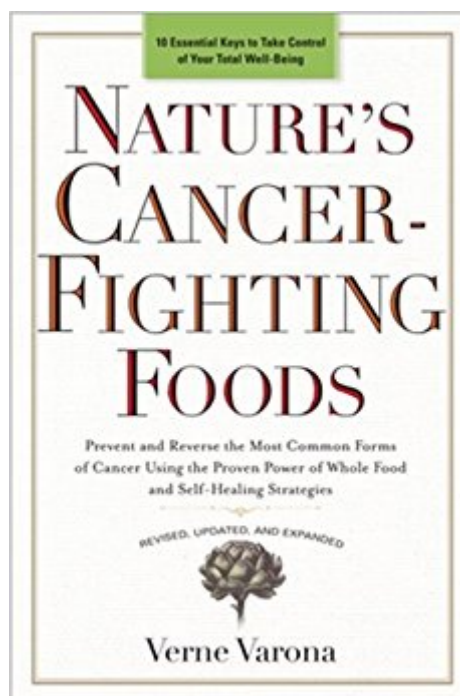




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# **Nature's Cancer-Fighting Foods: Prevent And Reverse The Most Common Forms Of Cancer Using The Proven Power Of Whole Food And Self-Healing Strategies**



## 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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## Customer Reviews

"If you have the inspiration, this book is an excellent, unbiased source of information that can help

you on your healing journey." ---Bernie Siegel, M.D., author of *Love, Medicine & Miracles* and *Prescriptions for Living* "Simple, clear, effective techniques and explanations that can prevent cancer and alter its path." ---Michelle LeClaire O'Neill, Ph.D, R.N., director Mind/Body Center, author of *Twelve Weeks to Fertility* "Verne Varona clarifies many dietary myths while presenting a clear nutritional guideline for cancer-prevention strategies. This book presents powerful information that should be available to all." ---Jack Canfield, co-author, *Chicken Soup for the Soul* "Verne Varona offers invaluable information about how to consciously and positively transform our health. His writing and deep sense of caring make him an outstanding and unique individual in the field of preventive health care." ---Barbara De Angelis, Ph.D., author of *Real Moments* "Nature's Cancer Fighting Foods, is a lifesaver. Not just for cancer candidates, but for anyone who wants to eat sanely in a world where convenience and efficiency has taken precedent over health. It's filled with crucial information and is actually fun to read." ---Alan Arkin, actor "This unique, easy to digest volume offers a new depth of understanding to everyone's sick or healthy relationship on the power of food, our most intimate relationship. Keep this straight-talking self healing primer close at hand." ---Organica Magazine "Nature's Cancer-Fighting Foods is a much-needed resource for combating the growing cancer epidemic." ---Hyla Cass, M.D., author of *St. John's Wort: Nature's Blues Buster* "Nature's Cancer-Fighting Foods is an excellent encyclopedic work for self-healing." ---William Dufty, author of *Sugar Blues*

Verne Varona studied Oriental Medicine and cultural folk medicine at the East West Foundation of Boston (1970-1974), and is the 2012 recipient of the Aveline Kushi Lifetime Achievement Award. For more than forty years he has been a highly sought-after speaker and consultant on health, fitness, and motivation. For five years, he was the nutritional consultant and co-founder of a popular Los Angeles medical group with clientele that featured well-known entertainment and sports professionals. With his physician associate, Verne co-created The ODDS Program (Off Dangerous Drugs Safely); a dietary program designed to reverse pharmaceutical drug dependency using dietary and lifestyle guidelines featured in his books. He has been a part of educational programs for The Multiple Sclerosis Foundation and The Prostate Cancer Research Institute in Los Angeles. He is founding director of The Exceptional Health Foundation, a non-profit organization developed for promoting principles of holistic health. Varona is also the author of *Macrobiotics for Dummies*, a comprehensive work that embraces a flexible, multi-cultural perspective on body, mind, and spiritual health. A native New Yorker currently residing in New York, Verne is presently involved in creating media projects that document natural disease reversal with physician

monitoring.

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 on nutrition. Author endorses whole wheat because it is good for us. She is well balanced, unlike the other radical books. This is a wonderful educational read

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

This is the best book on diet and cancer out there. The only one you need to buy. I've given it to every friend I have who has been diagnosed with cancer.

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.

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.

Very helpful information. Working on the prevention end here and was gratified the author includes ways to transition from less healthy foods.

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

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Foods) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss!

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