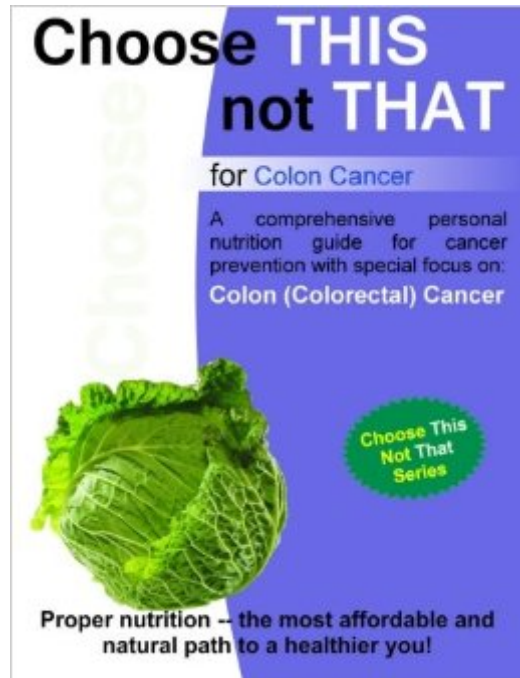


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# Choose This Not That For Colon Cancer



## Synopsis

Choose This not That for Colon Cancer. This 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: 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, 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 can be updated by the author as needed, on an ongoing basis. Last significant update was in Nov. 2013.

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