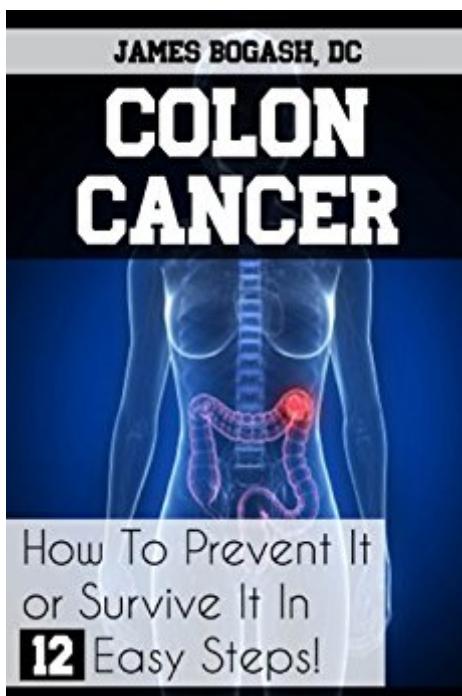


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Colon Cancer: How To Prevent It Or Survive It In 12 Easy Steps



Synopsis

I have been publishing posts related to cancer prevention for many years. This book is a compilation of blog posts done over the years in an organized format with some additional commentary to help make the information clearer. Many of the topics discussed in this book may be new to you and may never have been brought up by your personal physician or oncologist. Unfortunately, there is a veritable chasm between the medical research and what physicians seem to share with their patients. The standard recommendations are usually decades behind the research I will be sharing with you. It is my hope that the concepts and ideas given in this book are going to help your understanding of how to prevent colorectal cancer or improve your chances of surviving this cancer if you have already been diagnosed. I'm also introducing tools, called "Dr. Bogash's Recommendations" which will give you things you can do right away to improve the overall health of your entire gastrointestinal tract. In this book, you are going to learn: 1. Lifestyle choices that increase your risk. 2. Using lifestyle to lower your risk. 3. Supplements and colon cancer risk. 4. Steps to improve your survival outcome. Happy reading!

Book Information

File Size: 399 KB

Print Length: 46 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 20, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00BIWF8LK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #791,187 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal Cancer #31 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #288 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting

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Very clear and well written advice on how to prevent or cure colon cancer

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