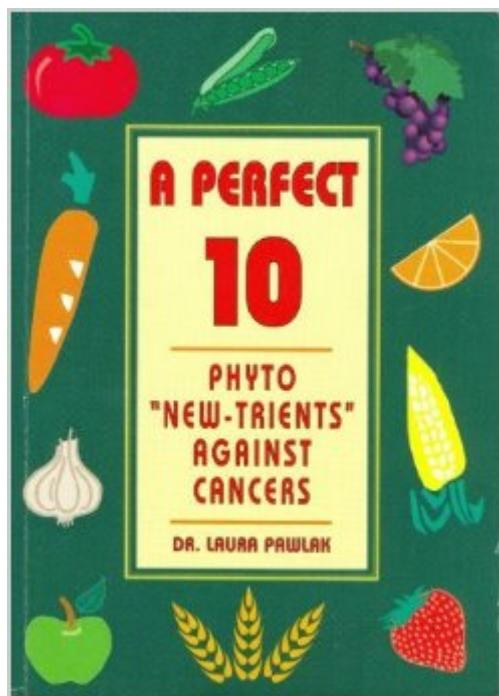


The book was found

A Perfect 10: Phyto "New-trients" Against Cancers, A Practical Guide For The Breast, Prostate, Colon, Lung



Synopsis

AS ISSUED.

Book Information

Paperback: 3 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #3,146,666 in Books (See Top 100 in Books) #84 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal](#) #100 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lung Cancer](#) #182 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#)

Customer Reviews

I bought this book around the time it came out in 1998, and I repurchased in 2011 for a friend who was diagnosed with breast cancer. I attended a continuing education course back then on alternative methods of health/nutrition, and they offered this book for sale. I'm a dental hygienist, 47yrs old, and I tend to read romance, crime, fictional novels more than technical books (for your reference). This book is so full of wonderful information--medical, biological, chemical information that is presented very simply in layman's terms. The print is large, drawn diagrams included. The author goes on to explain about our genes, about cancer, what it is, how it grows and attacks our cells. She explains about mediterranean and asian diets (at least of the past) where the incidence of cancers is much lower. She explains the difference between good fats, bad fats, plant sources (phyto-nutrients). She gives a master "10" list of foods that help prime our immune system and goes into the details of each food to explain why and how they help us. She also gears the "10" to men and women separately in one section specifying which are best against breast cancer, prostate cancer, etc. Again, great detail, but written large and simply enough for the average person to follow. I think my friend will find it helpful and inspiring. The information is still current with what is being told to us in the news and on shows like "Dr. Oz". I definitely recommend.

I found this in the school library as I was doing research for one of my papers. Having already been through cancer and treatment, I found it to be an invaluable resource that I wish I'd had during that time.

This book is filled with knowledge on your health and I believe it is beneficial for every man and women to have in their home, and the cost \$4 is very affordable. It explains how a lot of foods are bad for your body and also explains the outcome when eating it. Very interesting

Let people know about the fruits and vegetables that contribute to a healthy lifestyle. Contains a lot of information. Has good diagrams. Too bad that it is out of print.

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A Perfect 10: Phyto "New-trients" Against Cancers, A Practical Guide for the Breast, Prostate, Colon, Lung The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Personal Encounters with Cancer: Lung, Bladder, Metastases, Prostate, Tongue, Breast Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management Colon and Other Gastrointestinal Cancers: Cancer: Principles & Practice of Oncology, 10th edition New Therapeutic Strategies in Lung Cancers Corman's Colon and Rectal Surgery (COLON AND RECTAL SURGERY (CORMAN)) Living With Lung and Colon Endometriosis: Catamenial Pneumothorax The Natural Prostate Cure, Second Edition: A Practical Guide to Using Diet and Supplements for a Healthy Prostate Methods of Cancer Diagnosis, Therapy and Prognosis: General Methods and Overviews, Lung Carcinoma and Prostate Carcinoma Phyto: Principles and Resources for Site Remediation and Landscape Design Dr. Peter Scardino's Prostate Book, Revised Edition: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH Invasion of the Prostate Snatchers: An Essential Guide to Managing Prostate Cancer for Patients and their Families The Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and Friends The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health The Prostate Massage Manual: What Every Man Needs To Know For Better Prostate Health and Sexual Pleasure The New Testosterone Treatment: How You and Your Doctor Can Fight Breast Cancer, Prostate Cancer, and Alzheimer's Easy Chicken Breast Cookbook: 50 Unique and Easy Chicken Breast Recipes Breast Cancer and Iodine : How to Prevent and How to Survive

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