



# Nature's Cancer Fighting Foods

By Verne Varona

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## Nature's Cancer Fighting Foods By Verne Varona

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.

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## Nature's Cancer Fighting Foods By Verne Varona Bibliography

- Sales Rank: #576015 in Books
- Brand: Brand: Reward - Penguin Books
- Published on: 2001-06
- Released on: 2001-06-01
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .90" w x 7.40" l, 1.10 pounds
- Binding: Paperback
- 320 pages

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## **Editorial Review**

### **Review**

"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—sick or healthy—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*

### **About the Author**

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.

## **Users Review**

### **From reader reviews:**

#### **Drew Poland:**

Do you certainly one of people who can't read gratifying if the sentence chained inside straightway, hold on guys this kind of aren't like that. This Nature's Cancer Fighting Foods book is readable by you who hate the perfect word style. You will find the facts here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to supply to you. The writer of Nature's Cancer Fighting Foods content conveys the idea easily to understand by lots of people. The printed and e-book are not different in the information but it just different by means of it. So , do you nevertheless thinking Nature's Cancer Fighting Foods is not loveable to be your top collection reading book?

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Reading a book to become new life style in this yr; every people loves to examine a book. When you study a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what types of book that you have read. In order to get information about your review, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, such us novel, comics, along with soon. The Nature's Cancer Fighting Foods offer you a new experience in studying a book.

#### **Rebecca Muldoon:**

In this period globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The book that recommended for you is Nature's Cancer Fighting Foods this guide consist a lot of the information of the condition of this world now. This specific book was represented so why is the world has grown up. The words styles that writer require to explain it is easy to understand. The particular writer made some investigation when he makes this book. Here is why this book ideal all of you.

#### **Donna Gamble:**

Beside that Nature's Cancer Fighting Foods in your phone, it could possibly give you a way to get more close to the new knowledge or information. The information and the knowledge you may got here is fresh from your oven so don't always be worry if you feel like an previous people live in narrow small town. It is good thing to have Nature's Cancer Fighting Foods because this book offers to you readable information. Do you

often have book but you don't get what it's about. Oh come on, that wil happen if you have this in your hand. The Enjoyable blend here cannot be questionable, just like treasuring beautiful island. Use you still want to miss the item? Find this book along with read it from at this point!

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