



# **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**

*Verne Varona*

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A revised edition with new recipes and updated research on the best foods to eat to fight cancer

A comprehensive, holistic, and practical plan for cancer prevention and recovery, now completely revised and updated.

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 program for immunity building and cancer prevention and recovery.

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