



## Clean Food for Cancer

*Tamaryn Sutherns*

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The World Health Organization estimates that of the 6 million cancer cases diagnosed worldwide each year, 3 million are the result of poor diet. Having watched loved ones succumb to cancer, Clean Food for Cancer is Tamaryn Sutherns' attempt to give cancer patients and their families the opportunity to look at some ideas and theories on nutrition and diet so they can make up their own minds about what works for them.

Thorough research and expert advice from scientists, oncologists, dieticians and psychologists are interspersed with personal stories from cancer patients and their families, many of whom had to sift through masses of information on Google before they came up with personal solutions. Their experiences highlight the need for such a resource in today's world of information overload and often conflicting advice. After an overview of cancer, its types and causes, the book introduces readers to 'clean' eating, from the more moderate approaches of eating a balanced diet and avoiding preservatives, hormones and other harmful toxins (going 'organic'), to the more extreme approaches of vegetarianism and veganism. One chapter covers the controversy surrounding red meat, providing research and findings from both sides of the pasture, and another to the fairly new concept, for South Africans at least, of raw food. The book also touches on various alternative holistic therapies, such as Ayurveda and Reiki as supplements for the more traditional treatments of chemotherapy, surgery and radiation. The author is not out to provide a cure or an alternative to medical treatment, but rather to encourage patients, or anyone at risk of cancer, to adopt a diet that promotes good health and that might assist the treatment and recovery processes.

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Clean Food for Cancer can be one of your basic books that are good idea. Most of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing Clean Food for Cancer however doesn't forget the main point, giving the reader the hottest along with based confirm resource details that maybe you can be among it. This great information can certainly drawn you into completely new stage of crucial considering.

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