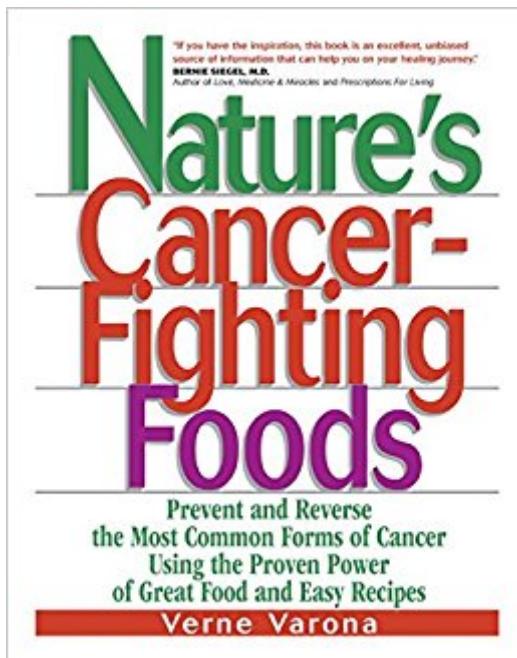


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# Nature's Cancer Fighting Foods



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

"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 everyoneâ•sick or healthyâ•on the power of foo, 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

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.

This is a good book for anyone fairly new to macrobiotics. While the author is not strictly macrobiotic much within the book conforms to the standards of such a diet. On the downside, like so many other books in this category, there is too much theory accompanied by two few recipes.

I found this is to be a wonderfully informative book. The author has been on a life long quest to unravel the mysteries of the causes of cancer (he lost his mother to cancer when he was a young boy) and the things we do unwittingly to encourage its existence. His goal is to educate. He has reverse engineered a healthy human body and observed what and why that body consumes. The answers are presented in a straight forward manner, with no preaching or scolding. The author is not selling any supplements or health food additives. He presents the information and gives the reader the choices necessary to make changes for the reader's health benefit.

There is some very good information in "Nature's Cancer-Fighting Foods" and yet, the writing is redundant and scattered. I find this book a good reference for looking through and finding things I might need to re-read. There are some good explanations and yet, not thorough enough for text or study. If a person does have cancer - it would depend on what stage they were in - there are some very good food tips for anyone who suffers from illness and yet, if a person was in the final stages of cancer it may not be of help. Thank you.

Great information and recipes. Great foods to help with the after effects of kemo. Also good information if you don't have cancer, on how to eat right and not get cancer. Would recommend to everyone.

....as she went on a holistic regimen. She has read the entire book and is using its tips. It was approved by her Naturalist.

Received the book, perfect condition, great deal !

Has Detailed information which is what I was looking for. Was wanting a book that would provide that and more!!

Book was ok but it was gift for someone with stage 4 cancer. By the time the book arrived he was gone.

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