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## Beyond Cancer: The Powerful Effect of Plant-Based Eating: How to adopt a plant-based diet to optimize cancer survival and long-term health

By Sally A. Lipsky

Wellness Ink Publishing. Paperback. Condition: New. 124 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Your food choices can influence your cancer survival. What if you could maximize cancer survival and long-term health by your diet In this book, you'll discover: What a plant-based diet is and is not Why eating plants is crucial to fighting, and preventing, cancer Step-by-step guidance for daily plant-centered eating How to empower yourself by using food for healing If you're a cancer survivor, caregiver, or want to prevent cancer, this book gives you practical steps to eat for long-term health: Resources for eating nutritionally and conveniently Tips for creating healthy eating habits Practical advice for restaurants, travel, and social events Tasty, yet simple recipes This book guides you step-by-step as you begin your plant-based journey to healing and peace of mind. The author, Sally Lipsky, a late-stage cancer survivor, has a Ph. D. in education and decades of teaching experience. She spent years researching how to survive and thrive with cancer and is living proof that it's possible. Success stories from cancer survivors: Plant-based eating has become a delicious and nutritious venture for me. My doctors are amazed that I'm in such great shape. Roberta, breast cancer survivor When I learned about plant-based eating, I...



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