



Choose This not That for Colon Cancer

Personal Remedies

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Significant updates and improvements were made to this book during November & September of 2013, including new chapters on alkaline diet, top alkaline-forming foods, top acid-forming foods, detoxification, a look-up table on suitability of over 850 food items for colon cancer, and addition of alternative therapies and herbal medicines.

Inside this book, you will find a list of food items and easy to follow suggestions on how to reduce your risk of cancer through nutrition and choices that you make every day. This book represents the most comprehensive and actionable nutrition guidelines for how to reduce your risk, prevent and combat cancer, in general, and Colon (Colorectal) Cancer, in particular. If you rather tackle health issues and risks through proper nutrition and lifestyle changes as opposed to prescription drugs and other typical medical treatments, then this book is for you!

Unfortunately, health issues often come our way in groups of two or more. If we are obese or under stress, then chances are we are also at risk with a number of other health issues such as cancer, high blood pressure, or Vitamin D deficiency. If we have Vitamin D deficiency then chances are we either suffer from or have higher risk of getting Osteoporosis, Crohn's disease or kidney problems. Each health issue often results in other health complications, thus the need for looking at a combination of health concerns and risks when formulating our nutrition plans and lifestyle changes. It is for that reason, that we have included separate cancer prevention guidelines for those who might suffer from any of the following common conditions: depression, gout, high blood pressure, high cholesterol, obesity, stress and Vitamin D deficiency. Some of these conditions such as obesity and stress are considered risk factors for getting cancer, and some of these conditions you might experience as a result of getting cancer.

One of the factors that makes "Choose This not That" series of publications different from all others available to you in the market is that we offer nutrition guidelines for likely COMBINATIONS of illnesses and risks that may be relevant to your situation. We also give you specific guidance by telling you exactly which fish, fruit, vegetable, nut ... is the best for you as well as listing the worst items. We give you an ordered list of food items within each food group, not just a food group.

All the material and suggestions presented in this book are based on the content licensed from Personal Remedies, LLC. The primary sources used by Personal Remedies are US government sources such as USDA (US Department of Agriculture) and NIH (National Institute of Health).

Choose This Not That series of books, eBooks and mobile apps are available for common chronic conditions such as gout, high blood pressure, high cholesterol, high triglycerides, rheumatoid arthritis, Vitamin D deficiency and various types of cancer.

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Brenda Hedstrom:

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