



## 38 Colon Cancer Meal Recipes: Vitamin Packed Foods That the Body Needs to Fight Back Without Using Drugs or Pills (Paperback)

By Joe Correa

Live Stronger Faster, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.38 Colon Cancer Meal Recipes: Vitamin Packed Foods That the Body Needs To Fight Back Without Using Drugs or Pills By Joe Correa CSN Colon cancer is a cancer of the large intestines and is one of the most common forms of malignant diseases in the world. It forms with uncontrolled degenerative cell growth in the large intestines. About 5 of men and 3 of women will develop this serious disease in their lifetime. These statistics are surprising and should make you consider changing your lifestyle and diet habits as soon as possible. We still don't know what exactly causes colon cancer, but most doctors agree that a modern, Western diet high in fats and low in fibers increases the risk of this disease. These highly processed, unnatural, and unhealthy foods lead to chronic inflammatory diseases of the colon by affecting the microbes that live in it, which leads to cell degeneration. This is a good reason why you should focus more on eating healthy organic foods rather than jumping from one diet to another that often offer empty promises. Foods you...



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