



# Stopping Cancer Before It Starts: The American Institute for Cancer Research's Program for Cancer Prevention

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## **Stopping Cancer Before It Starts: The American Institute for Cancer Research's Program for Cancer Prevention** American Institute for Cancer Research

Research shows an undeniable link between diet and cancer. In fact, 60 to 70 percent of cancers can be prevented by making the right choices about food, exercise, and tobacco use. *Stopping Cancer Before It Starts* tells you how to make simple changes in your everyday life that can radically reduce the risk of cancer.

### PART I: WHAT YOU NEED TO KNOW ABOUT CANCER

- \* Separates popular myths from facts and statistics
- \* Explains how simple lifestyle changes could prevent an estimated 375,000 cancer cases in the U.S. annually
- \* Describes how one simple dietary adjustment could reduce cancer rates by 20 percent
- \* Examines the most common types of cancer—from lung cancer to breast cancer—and shows the influence of diet and lifestyle factors on them

### PART II: CREATING A MORE CANCER-RESISTANT YOU

- \* Shows you how to analyze your cancer risk
- \* Reveals how lifestyle choices affect cancer
- \* Examines the relationship between excess calorie intake and increased cancer risk

### PART III: THE BEST NUTRITION FOR CANCER PREVENTION

- \* Gives the "how, what, and why" to eat for cancer prevention
- \* Offers the most current information on vitamins, minerals, and other dietary supplements

### PART IV: RECIPES AND MENUS

- \* Offers dozens of healthy and savory recipes
- \* Includes simple menus that require little time or planning

*Stopping Cancer Before It Starts* provides the facts you need to make the right choices to prevent cancer.

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#### **Stephen Morgan:**

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from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book may be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the reserve untitled Stopping Cancer Before It Starts: The American Institute for Cancer Research's Program for Cancer Prevention can be good book to read. May be it may be best activity to you.

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