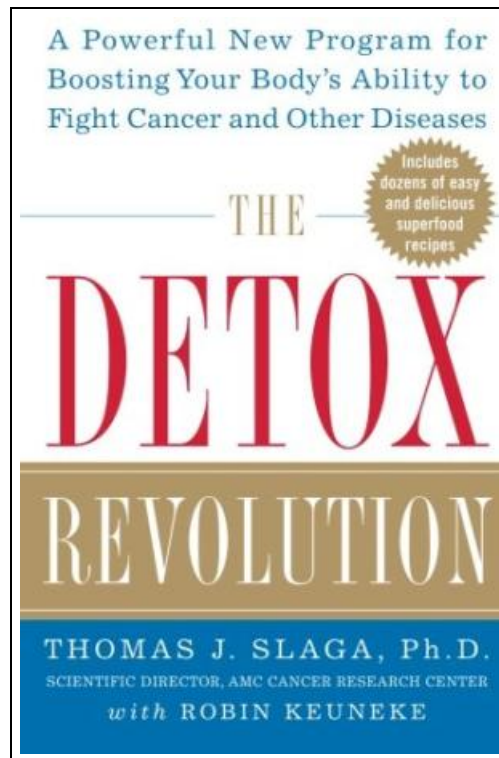


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

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THE DETOX REVOLUTION: A POWERFUL NEW PROGRAM FOR BOOSTING YOUR BODY S ABILITY TO FIGHT CANCER AND OTHER DISEASES (PAPERBACK)



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McGraw-Hill Education - Europe, United Kingdom, 2004. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Dr. Slaga, an eminent environmental health scientist, provides state-of-the-science recommendations on disease prevention and health promotion through good nutrition - Kenneth Olden, Ph.D., Director, National Institute of Environmental Health Sciences. Which foods really enhance your body s ability to cleanse itself of toxins? Which supplements work in conjunction with superfoods to supercharge your body s ability to fight disease? What lifestyle changes can add years to your life? Find out how to rid your body of life-threatening contaminants through the breakthrough program found in The Detox Revolution . Throughout this powerful program, you ll discover: ways to avoid exposure to common, harmful substances; the important impact that diet has on supporting your body s ability to fight disease through detoxification; recommendations for nutrition supplements, including what kinds, how much to take, and the best times to take them; an in-depth look at cancer .and how to avoid it; the detoxifying powers of superfoods .including chocolate and coffee; and, dozens of easy and delicious recipes that incorporate these beneficial superfoods [author photo]. Thomas J. Slaga, Ph.D., is scientific director of the AMC Cancer Research Center and deputy director of the University of Colorado Comprehensive Cancer Research Center as well as chair of the Center for Cancer Causation and Prevention. He is editor-in-chief of the medical journal Molecular Carcinogenesis and consults regularly for the Food and Drug Administration, the Environmental Protection Agency, and the National Cancer Institute. His groundbreaking research on flavonoids and cancer prevention has earned him an international reputation for research excellence. Robin Keuneke is an award-winning health writer and the author of Total Breast Health.

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