

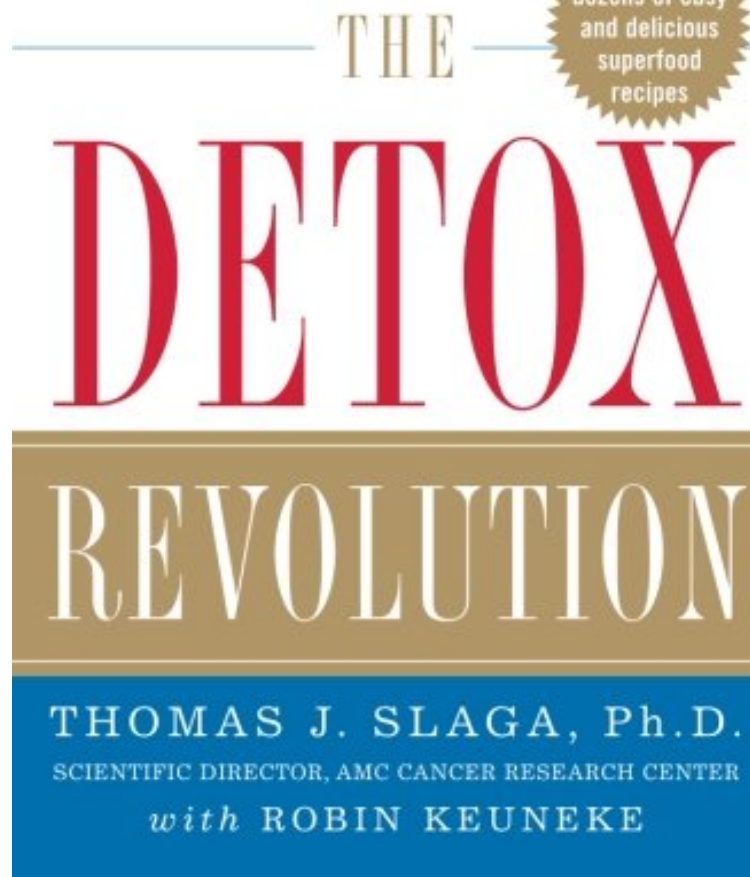
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The Detox Revolution : A Powerful New Program for Boosting Your Body's Ability to Fight Cancer and Other Diseases

Thomas J Slaga, Robin Keuneke
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A Powerful New Program for
Boosting Your Body's Ability to
Fight Cancer and Other Diseases

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#2898133 in Books Thomas J Slaga Robin Keuneke 2004-03-12Original language:EnglishPDF # 1 9.00 x .77 x 5.901, .81 #File Name: 0071433139256 pagesISBN13: 9780071433136Condition: NewNotes: BRAND NEW FROM PUBLISHER! 100% Satisfaction Guarantee. Tracking provided on most orders. Buy with Confidence! Millions of books sold! | File size: 24.Mb

Thomas J Slaga, Robin Keuneke : The Detox Revolution : A Powerful New Program for Boosting Your Body's Ability to Fight Cancer and Other Diseases before purchasing it in order to gage whether or not it would be worth

my time, and all praised *The Detox Revolution : A Powerful New Program for Boosting Your Body's Ability to Fight Cancer and Other Diseases*:

3 of 5 people found the following review helpful. Not fully informative!By GabeThere's a lot of beneficial information in this book; however, this book is lacking important information and is slightly misleading. There's no mention of fluoride or artificial sweeteners as being some of the big toxins out there. A lot of the recipes provided highly recommend the use of canola oil (a known GMO). Sugar isn't mentioned as a major concern and is also included in many of the recipes. There's no mention about what soy products to avoid (GMO's, fermentation, etc.). All soy products are just very healthy for you, right? There was a part in the book where microwaving was recommended. There were too many flaws that I noticed just by scanning the book. There are far better books out there that I'd spend valuable time reading first. Some of the better recommendations: "Timeless Secrets of Health and Rejuvenation" "The Detox Solution: The Missing Link to Radiant Health, Abundant Energy, Ideal Weight, and Peace of Mind" "Health and Nutrition Secrets" "The Detox Book: How to Detoxify Your Body to Improve Your Health, Stop Disease, and Reverse Aging, 2nd Edition" 1 of 1 people found the following review helpful. Highly recommended; an excellent health investment. By jjj Highly recommended. This book specifically focusses on cancer causing toxins (known as carcinogens) as the basis of a powerful, "state-of-the-science" detoxification program that enhances the body's natural ability to fight cancer (circa 2002). Dr. Slaga examines detoxification of heavy metals, methylation, calorie intake management, superfoods, traditional diets, and the need for various cancer fighting nutrients. He also explains detoxification as a multi-phased approach, how cancer develops, and how to prevent it, as well as other chronic diseases. Since the EPA regulates very, very few of the 80,000 chemicals that are used in the marketplace today, most of which are not well understood in terms of human health, and many of which are known carcinogens yet are still not regulated (the EPA's Integrated Risk Information System lists information on 546 known carcinogens), the guidelines in this book could be beneficial to anyone. Thomas J. Slaga, Ph.D. is currently the President of the American Cancer Research Center and Foundation. 17 of 18 people found the following review helpful. This book is changing my life. By Dianora Finally, I think someone has gotten through to me to get me to eat healthier. The motivation? Avoiding cancer and other diseases. Dr. Slaga breaks it down simply: some foods cause cancer, while others help prevent it. Which would you rather eat? He itemizes the different vitamins, minerals, supplements etc. that fight disease, and explains how they work within the body to do so. He provides a list of "super foods," the foods that are the absolute best for you, so you can concentrate on those if you'd like. And he provides a bunch of recipes incorporating his recommended foods so you can work them into your lifestyle. This is not a diet book! This is a book that can help you live a healthier and longer life, if you just listen to Dr. Slaga's message. I can't recommend this book highly enough. Since I read this book, I have been incorporating items like soy, flaxseed oil, fish oil, nuts and dried fruits, etc., into my diet, and I look forward to reaping the results.

Written by a leading expert on nutrition and disease prevention, *The Detox Revolution* arms readers with a program to prevent a wide range of diseases, slow down the aging process, and promote health. Identifies the top detox superfoods. An easy-to-follow detox program includes proven supplements, lifestyle strategies, and delicious detoxifying recipes.

From the Back Cover Title: *The Detox Revolution* PB reprint Author: Slaga ISBN: 0071433139 Category: Health Trim Size: 6 x 9 UPC: 639785385639 Price: \$14.95 [category] Health "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 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*. About the Author Thomas J. Slaga, Ph.D. (Denver, CO) is the scientific director of the AMC Cancer Research Center, chair of the Center for Cancer Causation and Prevention, and deputy director of the University of Colorado Comprehensive Cancer Research Center. Robin Keuneke

(Dunwoody, GA) is the author of Total Breast Health.