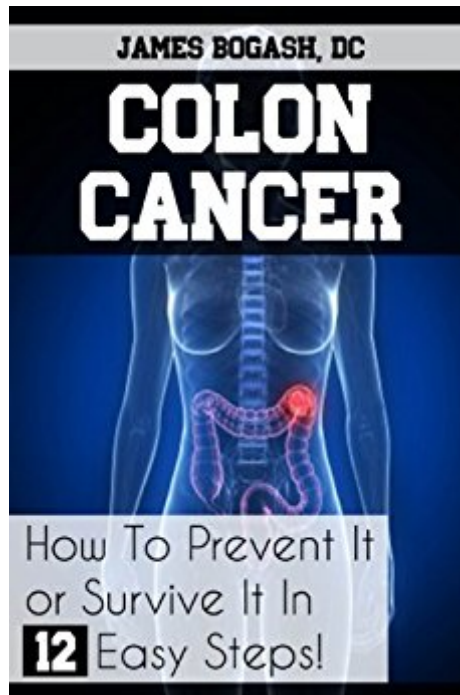




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# Colon Cancer: How To Prevent It Or Survive It In 12 Easy Steps



## Synopsis

I have been publishing posts related to cancer prevention for many years. This book is a compilation of blog posts done over the years in an organized format with some additional commentary to help make the information clearer. Many of the topics discussed in this book may be new to you and may never have been brought up by your personal physician or oncologist. Unfortunately, there is a veritable chasm between the medical research and what physicians seem to share with their patients. The recommendations are usually decades behind the research I will be sharing with you. It is my hope that the concepts and ideas given in this book are going to help your understanding of how to prevent colorectal cancer or improve your chances of surviving this cancer if you have already been diagnosed. I'm also introducing tools, called "Dr. Bogash's Recommendations," which will give you things you can do right away to improve the overall health of your entire gastrointestinal tract. In this book, you are going to learn: 1. Lifestyle choices that increase your risk. 2. Using lifestyle to lower your risk. 3. Supplements and colon cancer risk. 4. Steps to improve your survival outcome. Happy reading!

## Book Information

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Very clear and well written advice on how to prevent or cure colon cancer

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