



# Beat Cancer: How to Regain Control of Your Health and Your Life

*Jane Plant, Mustafa Djamgoz*

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## **Beat Cancer: How to Regain Control of Your Health and Your Life** Jane Plant, Mustafa Djamgoz

If you or someone you love has been diagnosed with cancer, you want to do everything possible to beat the disease. But with so much conflicting advice and so many options available, how do you decide on the best treatment plan for you?

In this major new book, Professor Jane Plant and Professor Mustafa Djamgoz present a clear and scientifically sound 10-step programme to help you beat cancer. At a time when you may be feeling helpless and confused, this book provides the essential guidance you need to take control of your life and regain your health with targeted advice for specific cancers.

Included in the 10-step plan:

- Inform yourself: understand what cancer is, what causes it and how to avoid carcinogens
- Choosing the right treatment: evidence-based advice on conventional and complementary therapies, including chemotherapy, radiotherapy, surgery and medication
- Change your lifestyle: guidance on diet, exercise, reducing stress, relationships and other lifestyle factors that have a proven link with cancer

*Beat Cancer* will help you prevent cancer, tackle your diagnosis and stay in remission.

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People live in this new morning of lifestyle always try and and must have the extra time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will probably unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, the book you have read is definitely Beat Cancer: How to Regain Control of Your Health and Your Life.

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