



50 Ways to Prevent Colon Cancer

M. Sara Rosenthal

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Colon cancer kills. However, 95 percent of all colon cancers can be halted when caught early enough. Moreover, colon cancer can be prevented entirely through a high fiber, low-fat diet.

50 Ways To Prevent Colon Cancer gives a detailed look at how the colon functions and how dietary factors and stress can cause it to malfunction. Additionally, the book explains how excess fat affects the colon, and what foods and fibers should be eaten for optimal colon health. Routine diagnostic examinations and treatment options are also discussed, along with ways to control environmental risk.

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