



You Can Beat the Odds: Surprising Factors Behind Chronic Illness and Cancer

Brenda Stockdale

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A compendium of essential information for a lifelong program of how to stay strong and healthy. This practical guide helps you become skilled at using scientifically-based and time-tested techniques that have helped survivors of cancer and chronic diseases for more than a decade. You will learn that there are surprising risk factors – greater than smoking, diet, or cholesterol – that can make the difference between robust health and life-threatening disease. Even your genetic inheritance isn't as fixed as you might have imagined.

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