



What You Can Do to Prevent Cancer: Practical Measures to Adjust Your Lifestyle and Protect Your Health

By John McKenna

Gill & Macmillan Ltd. Paperback. Book Condition: new. BRAND NEW, What You Can Do to Prevent Cancer: Practical Measures to Adjust Your Lifestyle and Protect Your Health, John McKenna, Did you know that one in three people in Ireland will develop cancer during their life? Or that an average of 30,000 new cases of cancer are diagnosed in Ireland each year? These are frightening statistics, but there are measures you can take to protect yourself and reduce your chances of developing the disease. In *What You Can Do to Prevent Cancer* bestselling author John McKenna provides the knowledge you need to take control of your health. He explores the pivotal role played by your environment, the importance of a healthy immune system, the dangers of stress and advice on which foods you should eat and which you should eliminate from your diet to protect yourself and your health.



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