



Stay Healthy During Chemo: The Five Essential Steps

Mike Herbert ND

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Chemotherapy works to beat your cancer, but it also takes its own toll on your body and your health. During treatment, it is more important than ever to do what you can to keep yourself strong and healthy. The best way of doing that is to work with your body's innate healing powers.

This book offers a treasure chest of practical guidance for feeling good during chemo and beyond. And it does so through 5 basic steps, supporting you to:

- Change your thinking and develop an attitude focused on healing.
- Detoxify with therapeutic baths to promote healing from the inside out.
- Eat the best foods to create a healing chemistry in your body.
- Supplement your diet to support healing momentum.
- Exercise and rest to speed the healing process.

Also included are 100+ simple recipes and a menu-planning guide.

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The reason why? Because this Stay Healthy During Chemo: The Five Essential Steps is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will jolt you with the secret that inside. Reading this book beside it was fantastic author who write the book in such awesome way makes the content interior easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of gains than the other book possess such as help improving your talent and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the publication store hurriedly.

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