



Eat To Beat Cancer: A Research Scientist Explains How You and Your Family Can Avoid Up to 90% of All Cancers

J. Robert Hatherill

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If changing what you eat could keep you from getting cancer, wouldn't you do it?

Dr. Hatherill's *Super Eight Food Groups* are the foundation of a strategy that will help you create a cancer-busting regimen for yourself and your family. In this courageous book, Hatherill takes on the pharmaceutical and food industries to disclose dangers inherent in common foods like dairy and meat products, as well as over-the-counter supplements.

"In...humbler times people rarely got cancer...Heart disease was so rare that medical textbooks from the mid-to late 1800s failed to include it. Something has gone fundamentally wrong in present times, as heart disease and cancer have emerged as the two most vexing killers in affluent countries...This book can help you convert your diet into a defensive anticancer solution. Throughout these pages you will be given practical techniques for solving the health problems that arise from eating a Western diet. *Eat to Beat Cancer* has identified the most protective, beneficial foods from around the globe and placed them in one simple, straight-forward diet." --**from the introduction**

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