



Unravel the Mystery: A Simple, Effective Approach to Beating Cancer

Ann Malkmus

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Unravel the Mystery: A Simple, Effective Approach to Beating Cancer is a life changing book that reveals the causes of cancer and how to harness the body's miraculous self-healing power through nutrition, lifestyle changes and minimizing daily toxin exposure. It highlights today's leading research, answers key questions and most importantly puts into perspective all the components necessary to help people restore a healthy immune system and beat cancer.

This 350 page book provides practical “how to” steps that focus on removing the causes of the cancer while maximizing immune system support. This information-packed book will assist individuals and families in their effort to both prevent and fight cancer.

Some important features include:

- **Toxins:** Studies that show their danger and connection to cancer. This book reveals the sources of toxins that your body is exposed to daily and explains simple ways to reduce or eliminate many of them.
- **Diet and Nutrition:** How to eat to live and use food to restore health. Includes ways to accelerate the immune system. Receive a daily lifestyle schedule and specifically selected food options to help the body fight cancer.
- **Cancer Recovery Checklist:** Helps readers prioritize the most important steps to implement as they create a personalized action plans.
- **Comprehensive Q&A:** Posing and answering challenging questions and outlining an approach on how to discuss key issues with oncologists to make educated decisions.
- **Real Life Stories:** Sharing inspirational stories of those who made Unravel the Mystery lifestyle changes and are living today.
- **Cancer Prevention List:** Mapping out information for family, friends and caregivers in ways to provide meaningful support to anyone with a cancer diagnosis.
- **Support Suggestions:** Guiding family, friends and caregivers in ways to provide meaningful support to anyone with a cancer diagnosis.

This book is a culmination of references, resources and recommendations that have never been combined into a single resource guide before. Learn how to unravel the mystery, unveil the strategy and unleash the potential of the miraculous self-healing body.

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