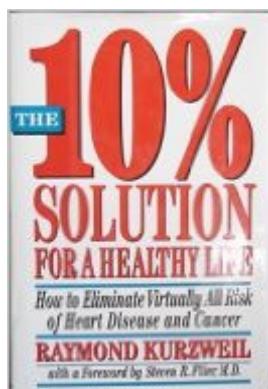


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# The 10% Solution For A Healthy Life: How To Eliminate Virtually All Risk Of Heart Disease And Cancer



## **Synopsis**

A program for drastically reducing the risk of heart disease and cancer discusses the benefits of a low-fat diet and moderate but regular exercise, supplying recipes, menu suggestions, and fat-content tables. 35,000 first printing.

## **Book Information**

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Average Customer Review: 4.0 out of 5 starsÂ  [See all reviewsÂ \(3 customer reviews\)](#)

Best Sellers Rank: #797,510 in Books (See Top 100 in Books) #60 inÂ Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #740 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## **Customer Reviews**

One of the best books on the subject, if not the best. I've read Pritikin, McDougal, Depak Chopak (spelling), Ornish, even Susan Powter, and all the others during a 1 year exhaustive search of the medical facts on heart health and disease. This is the only book I continue to recommend to absolutely everyone who wants the truth about animal fat and its relationship to whatever ails you, from heart disease to depression. I personally have not had one single day of depression since I went completely off dairy products. Kurzweil has changed my life and it's been one of the answers I had been looking for for many years. Nutrition is definitely one of the cures for all maladies. All who read this book can't help but benefit for themselves and those they love or cook for.

I picked up this book because I was ambling along 20 lbs overweight, approaching 50 and not feeling all that good about myself. What I read was completely in sync with what I always knew to be true but was presented in such a no-nonsense style that I decided to act on it. The results have been better than I hoped for. Read this book.

Its an interesting book. I did have to speed read it because the format is like a fictitious person

asking questions of himself

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The 10% Solution for a Healthy Life: How to Eliminate Virtually All Risk of Heart Disease and Cancer Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer Alpha Lipoic Acid Breakthrough: The

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