

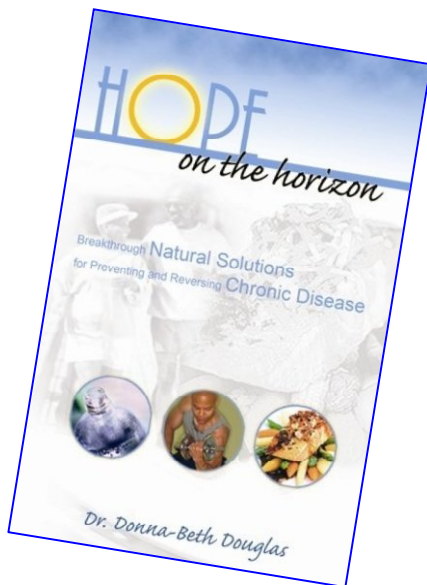
Description:

Are you suffering from chronic fatigue, lack of energy, high cholesterol, heart disease, cancer, over stress? Find the keys to vibrant health... and defeat America's top 5 health assassins in the process! Nearly one in three Americans will be affected by cancer in their lifetime. Contrary to popular belief, more than 95% of cases have NO relation to family history. But there is hope. New discoveries have revealed powerful natural and integrative approaches for prevention and treatment. These principles are equally effective for producing overall health and fighting diseases such as heart disease, hypertension, cancer and diabetes. Discover these principles in Hope on the Horizon. Transform your health in 30 days!

Evidence based and clearly written, you will learn exactly how to use 'healing foods' and lifestyle interventions. In Hope on the Horizon, Dr. Donna-Beth Douglas details a step-by-step lifestyle plan you can use now to renew your body, soul and spirit. Discover how these potent health-transforming principles can rekindle your youthful energy, help you live longer, stronger and healthier than ever.

Here are a few of the things you will learn:

- Powerful medicinal herbs
- How stress influences healing
- Which exercise can increase breast cancer survival by up to 50%
- New ways to fight genetically linked cancers
- The right fats and how they protect against inflammation and cancer
- Toxic cities and how to effectively neutralize environmental toxins
- How spirituality can improve your health



In a timely departure from ‘run of the mill’ diet books, Dr. Donna-Beth Douglas introduces a powerful new approach to cancer control. **Hope on the Horizon** is an amazingly comprehensive yet concise book which puts in practical, everyday language the steps necessary to reduce lifetime risks of cancer (or reduce the risk of cancer recurrence). The book incorporates the results of recent nutritional, epidemiological and lifestyle studies and presents the information in a personal coaching format.

The American Cancer Society estimates over one million **new** cancer cases will be reported in the United States this year. Most cancers can be attributed to lifestyle factors such as

addictions, dietary and activity choices. Although many people may know *what* is healthy, they don’t know *how* to go about putting these ideas into practice and making lasting changes. This book uses the ‘Targeted Intervention Method’ to identify areas of risk and develop a personalized plan of attack. The reader is guided through the change process using a series of small steps.

Here’s a glimpse of what’s inside:

- Which exercises can increase breast cancer survival by up to 50%
- New ways to fight genetically linked cancers
- Powerful medicinal herbs
- How stress influences healing
- The right fats and how they protect against inflammation and cancer
- Toxic cities and how to effectively neutralize environmental toxins
- How spirituality can improve health outcomes

This book can help you rekindle your youthful energy, live longer, stronger and healthier than ever.