



A Cancer Battle Plan Sourcebook: A Step-by-Step Health Program to Give Your Body a Fighting Chance

David J. Frahm

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Since its publication, **A Cancer Battle Plan** has sold more than 200,000 copies and continues to be a source of inspiration and information for people struggling with cancer and other degenerative diseases. Now, Dave Frahm offers a companion book of practical help and guidance for those who want to build a natural program to lighten their toxic load, better their health, and find a healthy, safe way to fight chronic disease. In **A Cancer Battle Plan Workbook** readers will start to regain control of their health and learn how to:

- * identify the stressors impacting health;
- * detoxify the body;
- * restore the body's natural healing power and protective system;
- * assess how the body is performing and what help it needs; and
- * develop six key characteristics of people who have won back their health.

With **A Cancer Battle Plan Workbook**, readers can begin to win the war against cancer.

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