

DRA. ODILE FERNÁNDEZ

Autora del best seller *Mis recetas anticáncer*



Guía práctica para una
ALIMENTACIÓN Y VIDA
ANTICÁNCER



URANO

Guia Practica Para Una Alimentacion Y Vida Anticancer Medicinas Complementarias

Odile Fernández



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Guía Práctica Para Una Alimentación Y Vida Anticáncer Odile Fernández, 2015-11-30 Escrito por la Dra. Odile Fernández superviviente de cáncer y autora de los bestsellers internacionales *Mis recetas anticáncer* y *Mis recetas de cocina anticáncer*. Una obra ideal para todas aquellas personas que quieran adoptar un estilo de vida anticáncer tanto a nivel preventivo como tras haber desarrollado la enfermedad. Contiene información concisa, práctica y directa sobre alimentación, estilos de vida, ejercicio físico y bienestar emocional. Cada vez son más las personas que ante un diagnóstico de cáncer se preguntan y ahora ¿qué puedo comer? Frente a una opinión médica dividida Odile Fernández médico de familia que en 2010 venció un cáncer de ovarios con metástasis apuesta por la alimentación como herramienta para completar con éxito el tratamiento prescrito. Tras el impacto de sus dos primeros libros Odile Fernández sigue estudiando e investigando los últimos avances respecto al tema. En su nueva obra comparte con los lectores las conclusiones recientes acerca de los alimentos que por sus propiedades antiinflamatorias y antioxidantes pueden prevenir, retrasar e incluso revertir el proceso y también sobre aquellos que se deben evitar. El libro explora los efectos de los distintos alimentos según la localización y también hace hincapié en el papel del ejercicio y del estado anímico en la evolución de la enfermedad. Una auténtica biblia anticáncer basada en una visión que ya se conoce como oncología integrativa.

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