

# Cancer Free

THE COMPREHENSIVE CANCER PREVENTION PROGRAM

*Prevent cancer by*

- *Assessing your cancer risk*
- *Understanding the link between the mind and cancer*
- *Reevaluating your diet and lifestyle*
- *Designing your personal prevention program*

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*Introduction by Paul A. Marks, M.D., President, Memorial Sloan-Kettering Cancer Center*

# Cancer Free The Comprehensive Cancer Prevention Program

**R Sandford**



**Cancer Free The Comprehensive Cancer Prevention Program:**

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