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PRESS RELEASE

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BEFORE CANCER

A Manual For Healthy Living Based On Science

Toronto, Ontario, Canada

Dr. Kevin A. Figueiredo, PhD from Doctor-Kevin.com has released a new book *Before Cancer*. This is a prequel in the *Terminate Cancer Series*. Dr. Figueiredo's latest book *Before Cancer*, outlines some great ideas that can help all of us obtain a healthy lifestyle based on science. The premise behind the book is that the best cure for cancer is prevention. Dr. Figueiredo highlights important and critical environmental factors that can assist the reader in not only achieving maximum health, but also retain health throughout life.

Before Cancer is written in basic English for the general public. It is a book about health science and healthy living and has minimal medical terminology. *Before Cancer* is a book on health science from a scientist's perspective.

Before Cancer describes how health science begins with genetics and environmental factors, and it may continue with the mind-body connection. A new field of epigenetics is described as a responsive interface that directly connects what we eat to what our bodies eventually become. Nutrition and exercise recommendations are provided for promoting health and well-being throughout life. In addition, guidelines of health science are outlined which can assist the reader in achieving optimal health throughout their life.

About Doctor-Kevin.com

Doctor-Kevin.com was founded in 2014 by Dr. Kevin A. Figueiredo, PhD to provide a platform for expression of insights on cancer research and health science. The primary objective of Doctor-Kevin.com is to focus on science and health, instead of illness and disease. Doctor-Kevin.com motto: "Disease cannot exist in the presence of health, so let's focus on health instead of disease."

Resources

[Doctor-Kevin.com](http://www.doctor-kevin.com)

Before Cancer is available for purchase at www.doctor-kevin.com/books.html

Before Cancer video preview is available on YouTube [here](#)