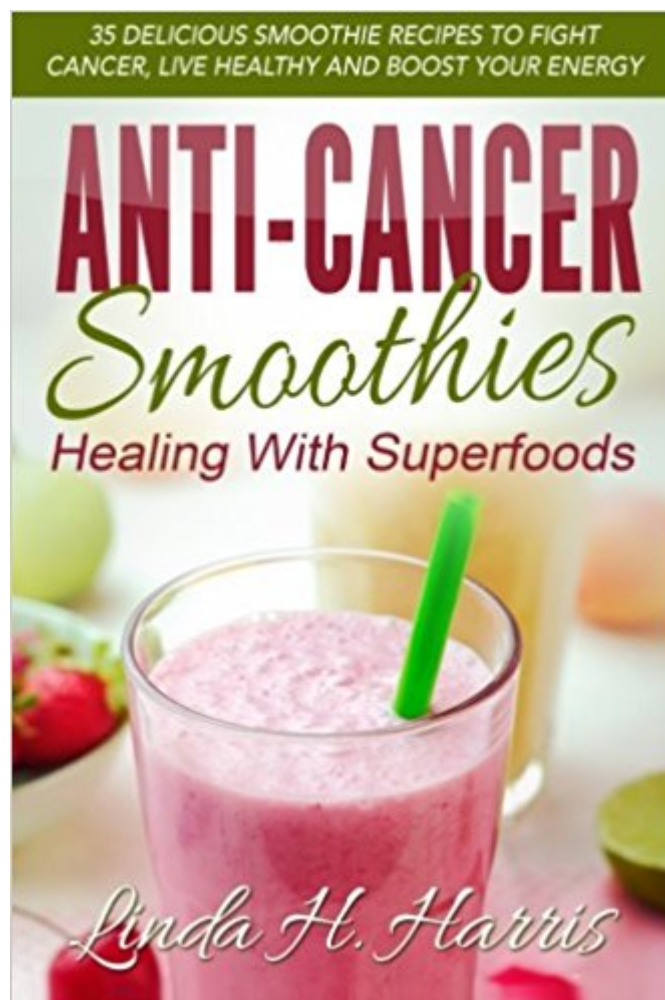




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Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes To Fight Cancer, Live Healthy And Boost Your Energy



Synopsis

Anti-Cancer Diet, Cancer Fighting Foods, and Cancer Nutrition Whether you have cancer or you're at risk of cancer because of your family history - the way you eat can have a major impact on your health and your ability to fight or manage your disease. Cancer is notorious for sapping the strength and nutrition out of a person's body. You'll need to replace a lot of the vitamins, nutrients and minerals that certain drugs and treatments deplete. The Anti-Cancer Smoothies in this book are made of healthy and tasty vegetables, fruits, spices and herbs that are known to fight cancer. These superfoods provide antioxidants, minerals, vitamins and fiber that will boost your immune system, detox your body and help you beat cancer. Tasty and healthy ingredients are not all these smoothies bring to the table. There's also the convenience that's provided by a meal that simply gets prepared in a blender. If you don't have the energy to cook - you don't have to. If you're not feeling up to a meal at dinnertime but you're hungry before bed - make a smoothie. If you need something quick to grab for breakfast that you can take with your pills - a smoothie can be prepared the night before and left to chill in the fridge. Whether you're fighting off cancer or working hard to prevent it, you need to allow yourself as much rest and peace as possible. Anti-Cancer Smoothies can help. Order Your Copy Right Now!

Book Information

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Best Sellers Rank: #17,500 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #20 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Linda Harris is an author who specializes in writing about nutrition, fitness and health. A true foodie, Linda loves to cook for her family and friends, and has a deep passion for developing new recipes. In her spare time, Linda enjoys running, yoga and books.

This book really helped me get started with my smoothie habit. Easy to read, products called for are accessible in stores, and you can start mixing and matching your own ingredients.

Great collection of tasty smoothies for vibrant health. I think it's a great recipe book for beginners as the recipes are easy to make and most of them call for fruits (nice taste).

Written primarily to those currently with or recovering from cancer rather than from a preventative perspective.

Great little healthy smoothie book. So far have tried about 50% of the easy to make recipes and they are all super tasty.

The smoothies are simple to make. The information on each smoothie is priceless. Love the fruit and vegetable combinations. Winning the battle with smoothies. How much easier can it get.

Recipes taste good and helped me get nourishment while going through my cancer treatments.

Great recipes for eating-issues that come out of chemo treatments. Several recipes for non-acid smoothies.

This was a gift for a family member. They were very grateful and excited about the amount of choices given.

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