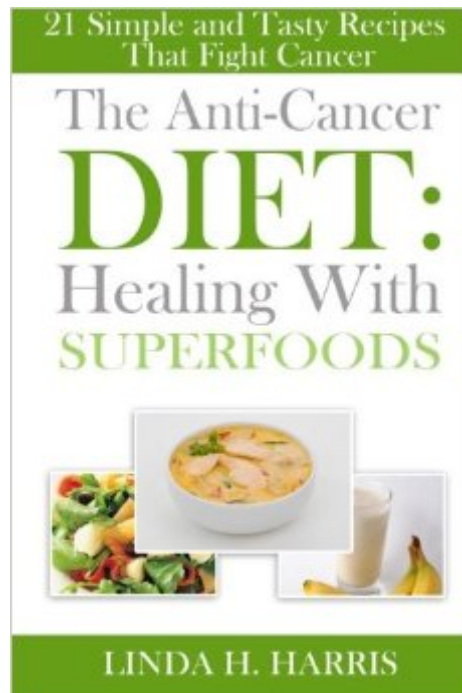


The book was found

The Anti-Cancer Diet: Healing With Superfoods: 21 Simple And Tasty Recipes That Fight Cancer



Synopsis

Cancer Diet, Cancer Fighting Recipes & Cancer Free Book Eating a healthy diet is important for everyone, but especially those who are battling cancer. Cancer is notorious for sapping the strength and nutrition out of a person's body. Treatments such as radiation and chemotherapy have harsh side effects, including fatigue and lack of appetite. To help in the fight against cancer, The Anti-Cancer Diet: Healing With Superfoods will point people, not just cancer patients, to a great, nutritious diet that provides strength, appetite and the weapons necessary to ward off cancer. What's really outstanding is that The Anti-Cancer Diet is not boring or tasteless. Rather, the book provides 21 great recipes based on yummy superfoods known to fight cancer. Filled with vitamins, minerals and other nutrients, these recipes are quick, easy and absolutely delicious. Plus, they give the immune system and healthy body cells the boost they need to be victorious over cancer. Order Your Copy of The Anti-Cancer Diet: Healing With Superfoods Today!

Book Information

Paperback: 44 pages

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #99,718 in Books (See Top 100 in Books) #31 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer

Customer Reviews

It seems that a writer just has to attach something about cancer or weight loss to a health book and readers will be attracted. But most of these books are put together from many sources by a researcher/writer with little knowledge in that particular health field. However, this short book still could have a lot of value. This book meets that criterion. "Look for food that is good for your immune system and will aid your body in its fight against cancer cells." That's true--even though that food itself may not cure the cancer. However, what might help your body reverse cancer can help your body prevent cancer. That's the key!The author covers fresh fruits and vegetables, whole grains (some debate on that these days), salmon, beans, olive oil. etc. Yep, the antioxidant regimen. Then

she gives us a number of recipes--for breakfast, lunch, dinner. "Cancer...depletes your body of its strength and nutrients. Replenish with these anti-cancer... recipes." These recipes sound delicious and worth considering. But keep in mind that often cancer cannot be cured with food alone. Yet lifestyle improvements are crucial to give a patient the best chance. A good, brief introduction to better foods and recipes for better health. I recommend it as a good introduction to a total lifestyle that could fight many kinds of diseases.

Great simple recipes that are super healthy. Backed by proven research and studies the foods in these recipes are strong cancer fighters. This cookbooks focus is on health and anti-cancer. We have made about five or six recipes so far and I found them simple and delicious. If you're looking for a natural healthy way to build your natural defenses this book is for you. Highly recommended!

Great simple recipes that are super healthy. Backed by proven research and studies the foods in these recipes are strong cancer fighters. This cookbooks focus is on health and anti-cancer. We have made about five or six recipes so far and I found them simple and delicious. Eating a healthy diet is important for everyone, but especially those who are battling cancer. Cancer is notorious for sapping the strength and nutrition out of a person's body. Treatments such as radiation and chemotherapy have harsh side effects, including fatigue and lack of appetite. To help in the fight against cancer, "The Anti-Cancer Diet: Healing With Superfoods" will point people, not just cancer patients, to a great, nutritious diet that provides strength, appetite and the weapons necessary to ward off cancer. What's really outstanding is that The Anti-Cancer Diet is not boring or tasteless. Rather, the book provides 21 great recipes based on yummy superfoods known to fight cancer. Filled with vitamins, minerals and other nutrients, these recipes are quick, easy and absolutely delicious. Plus, they give the immune system and healthy body cells the boost they need to be victorious over cancer. I recommend it as a good introduction to a total lifestyle that could fight many kinds of diseases.

I got very curious when I read the title of this book "The Anti-Cancer Diet". It is a very informative book on how we can make some immune boosting recipes that has cancer-fighting compounds. The book has covered recipes from breakfast to dinner that anyone can make at home. A good book to fight many disease with some simple and tasty recipes.

Want to fight cancer in a delicious and enjoyable way? Well I introduce this book to you! This book

is really and very helpful to fight of the said disease. Nowadays, getting healthy is so important! and I assume that most of us here already heard these words, â œHEALTH IS WEALTHâ •thatâ™s why we must take care of ourselves in order to live longer

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