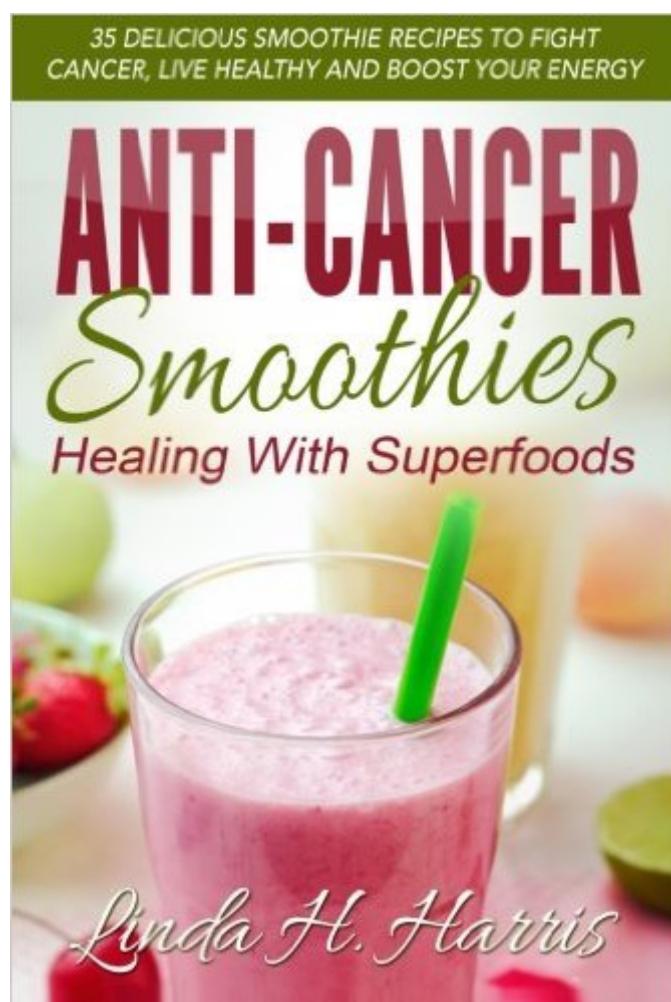


The book was found

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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Customer Reviews

This book is filled with tons of amazing smoothie recipes. I know there's a lot of controversy about foods that can prevent cancer but I wouldn't be surprised if diet had at least a little bit to do with it. Whether they will prevent cancer or not I still love the taste of a good healthy smoothie! There are

some great combinations I never thought of doing in here. Try it out!

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).

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.

Quick and easy to use and gives you ideas for making up your own smoothies.

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