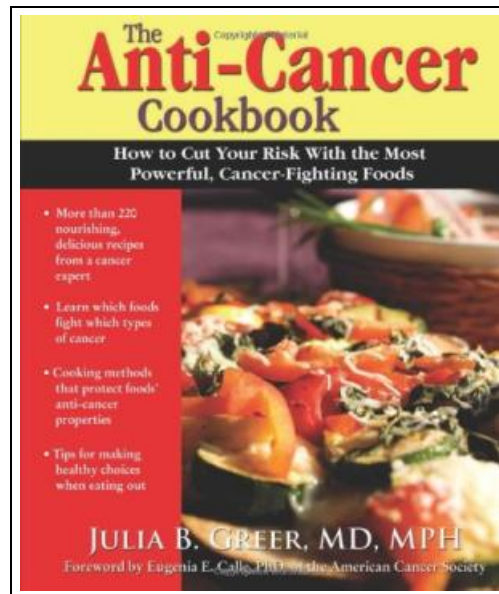


Anti-Cancer Cookbook



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Reviews

A whole new e book with a new perspective. I could comprehend almost everything using this written e book. I am very happy to inform you that here is the greatest ebook i have read in my very own life and may be the best publication for ever.
(Dee Halvorson)

ANTI-CANCER COOKBOOK



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Sunrise River Press. Paperback. Book Condition: new. BRAND NEW, Anti-Cancer Cookbook, Julia B. Greer, Dr. Julia Greer - a physician, cancer researcher, and food enthusiast - pulls together everything you need to know about anti-cancer foods into one handy book: The Anti-Cancer Cookbook. She explains what cancer is and how antioxidants work to prevent pre-cancerous mutations in your body's cells, and then describes in detail which foods have been scientifically shown to help prevent which types of cancer. She then shares her collection of more than 250 scrumptious recipes for soups, sauces, main courses, vegetarian dishes, sandwiches, breads, desserts, and beverages, all loaded with nutritious ingredients chock-full of powerful antioxidants that may significantly slash your risk of a broad range of cancer types, including lung, colon, breast, prostate, pancreatic, bladder, stomach, leukemia, and others. Dr. Greer even includes tips on how to cook foods to protect their valuable antioxidants and nutrients and how to make healthy anti-cancer choices when eating out.



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