



Anti-Cancer Cookbook

By Julia B. Greer

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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Reviews

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Very helpful to all class of folks. Better then never, though i am quite late in start reading this one. You can expect to like just how the blogger create this pdf.

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