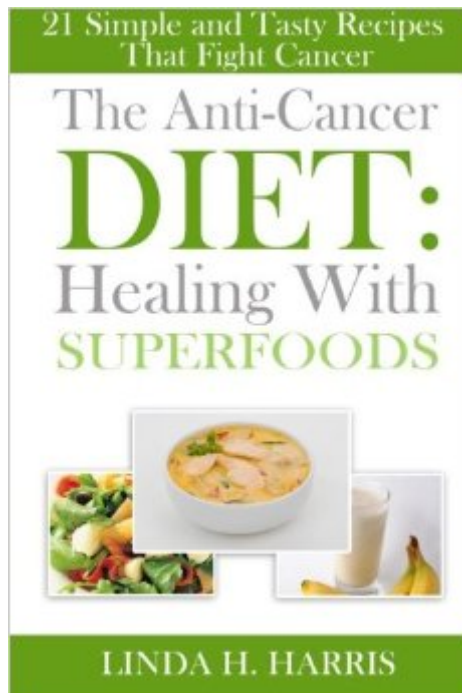


The book was found

# 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

Publisher: CreateSpace Independent Publishing Platform (June 15, 2015)

Language: English

ISBN-10: 1514358174

ISBN-13: 978-1514358177

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #99,718 in Books (See Top 100 in Books) #31 in [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, "HEALTH IS WEALTH" that's why we must take care of ourselves in order to live longer

[Download to continue reading...](#)

Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes(Anti Inflammatory Cookbook,Anti Inflammatory Diet Cookbook,Anti-Inflammatory Recipes,Anti Inflammatory Books, Anti-Inflammatory Diet) The Anti-Cancer Diet: Healing With Superfoods: 21 Simple and Tasty Recipes That Fight Cancer ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory

Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)

[Dmca](#)