

Eat broccoli sprouts to prevent bladder cancer ... Eat more blueberries to reduce your risk of colon cancer ... It seems that every day we hear new discoveries about various foods anti-cancer properties. But the information comes in little bits, from all different directions, and its hard to know how to put all this information to use in your own diet to reduce your risk of getting cancer. Now, 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 bodys 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. If you love good food and are looking for delicious ways to keep yourself and your family healthy and cancer-free, youll find yourself reaching for The Anti-Cancer Cookbook time and time again.

The Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods. by. The Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods. Be the first to review this product The Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods. Be the first to review this product Dr. Julia Greer - cancer expert and author of The Anti-Cancer Cookbook to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods / Product Reviews The Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods. Be the first to review this product - Google Books Result Anti-Breast Cancer Cookbook: How to Cut Your Risk With the Most Powerful, Each recipe calls for foods rich in vitamins and minerals known to fight breast Anti-Breast Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods [Julia Greer Dr.] on . *FREE* shipping on Anti-Breast Cancer Cookbook: How to Cut Your Risk with the Most Powerful, that every day we hear new discoveries about various foods anti-cancer properties. Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful Anti-Breast Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods. Be the first to review this product