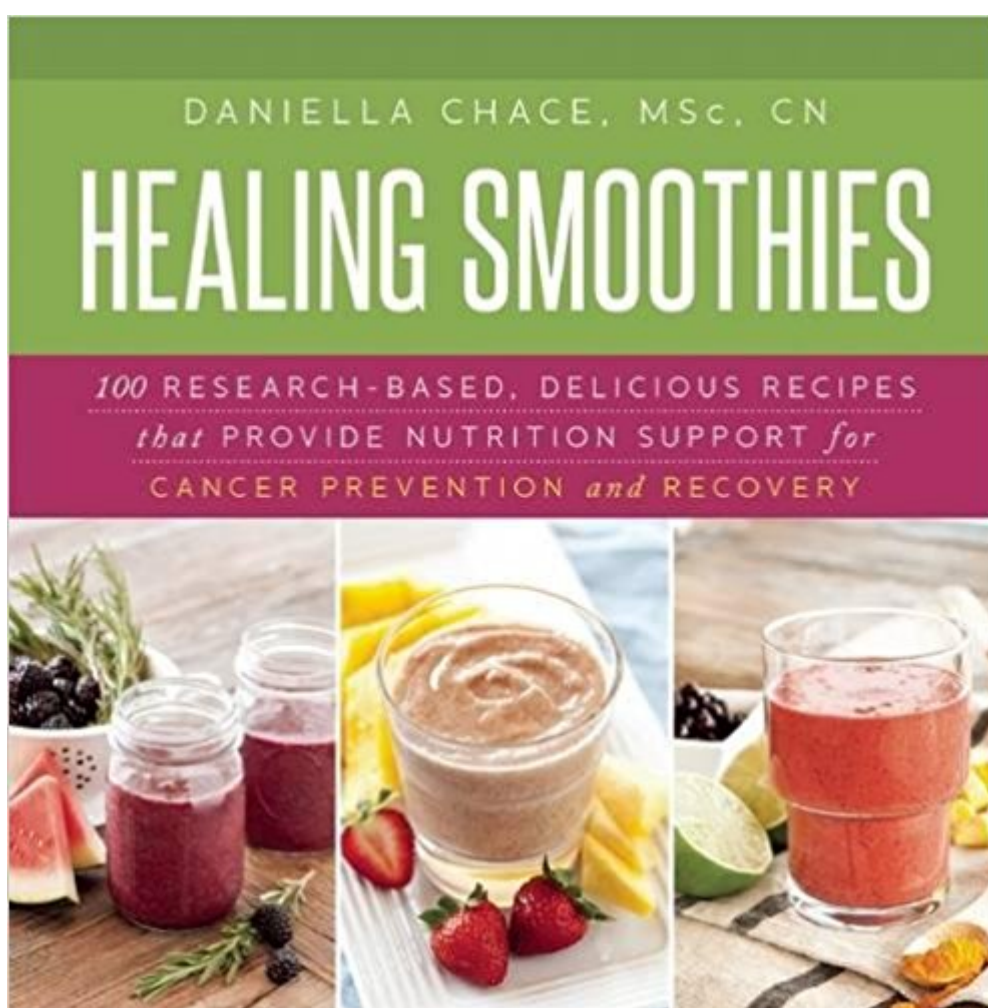


The book was found

Healing Smoothies: 100 Research-Based, Delicious Recipes That Provide Nutrition Support For Cancer Prevention And Recovery



Synopsis

100 Research-Based, Delicious Recipes That Provide Nutrition Support for Prevention and Recovery Fight cancer and help prevent recurrence with these delicious smoothies! Over the last few years there has been a tremendous surge in research identifying the specific nutrients that have the ability to change the course of cancer. With a clearer understanding of the role that food nutrients, toxins, and microflora play in disease prevention and development, we have some of the long sought answers to our questions about what triggers, promotes, heals, and prevents cancer. Chace offers medicinally-potent smoothie recipes that taste great and provide cancer protective and healing nutrients, such as: Banana Coconut Cocoa Cream Banana Ginger Dream Basil Berry Citrus Carotenoid Crush Cherry Berry Lime Creamy Citrus Berry Kumquat Berry Cherry Tangerine Currant Citrus Watermelon Blackberry and Ginger And many more! The ingredients section of the book provides more than sixty cancer-healing foods that are perfect smoothie additions. Cancer patients and their care providers can use these smoothie recipes or create their own from the ingredients list to help heal and nourish the patient throughout the treatment process. In addition, many of the nutrients in these smoothies have been found to support remission and reduce the risk for cancer recurrence.

Book Information

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Customer Reviews

DANIELLA CHACE, MS, CN, is a clinical nutritionist and educator, who specializes in medical nutrition therapy and has written extensively on the topic of oncology nutrition. She is an expert in

personalized medical nutrition therapy, with an emphasis in toxicology, epigenetics, human microbial ecology, and orthomolecular applications in disease management. She is a regular contributor to national health magazines and the host of NPR's Nutrition Matters. She lives in Port Townsend, Washington, where she sees clients in her private practice, provides health workshops and develops recipes that support healing. She lives in Port Townsend, Washington. Learn more at daniellachace.com

Great book!

Very good

still reading. great recipe's

There are so many smoothies here, how can you not like it?

Not too happy with this book. Only a couple smoothies appeal to me.

This is a little gem and a great deal for the price. Though this book has a focus on cancer prevention and recovery, this book is for everyone. The author introduces you to some powerful superfoods to add to your diet and in smoothie form it makes it beyond easy! I like tips like freezing green tea into cubes and tossing them in a smoothie in place of ice. Fruit (banana, cherry, watermelon, pomegranate juice, etc) is used in most recipes good to know if you are avoiding all sugar including fruit sugar. Some blends may take you out of your comfort zone like Sweet Basil Pom, but moving out of your comfort zone is often what is required to regain your health.

I love this handy little recipe book! I often find myself making the same smoothie with the same group of ingredients. I know it's important to switch up the fruits and veggies you eat, and this book has helped me do just that. I really enjoy reading about the nutritional benefits of what I'm blending and every recipe I've tried so far has been absolutely delicious! Can't wait to work my way through the whole book!

When I bought this book because I had high expectations. However, I noticed a lot of recipes called for frozen fruit. I recalled that my father who was chemist told me fresh vegetables and fruits are the

best in order to get the real nutrients. En conclusion, this book does not look appealing to me.

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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)
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)
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,)
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The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books)
Breast Cancer Smoothies: 100 Delicious, Research-Based Recipes for Prevention and Recovery
Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5)
Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1)
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Smoothies, Vegan Smoothie Recipes) (Volume 1) Cancer Prevention Diet: The Revolutionary Cancer Prevention Diet to Live Healthy and Cancer Free Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Best 100 Smoothies for Kids: Incredibly Nutritious and Totally Delicious No-Sugar-Added Smoothies for Any Time of Day

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