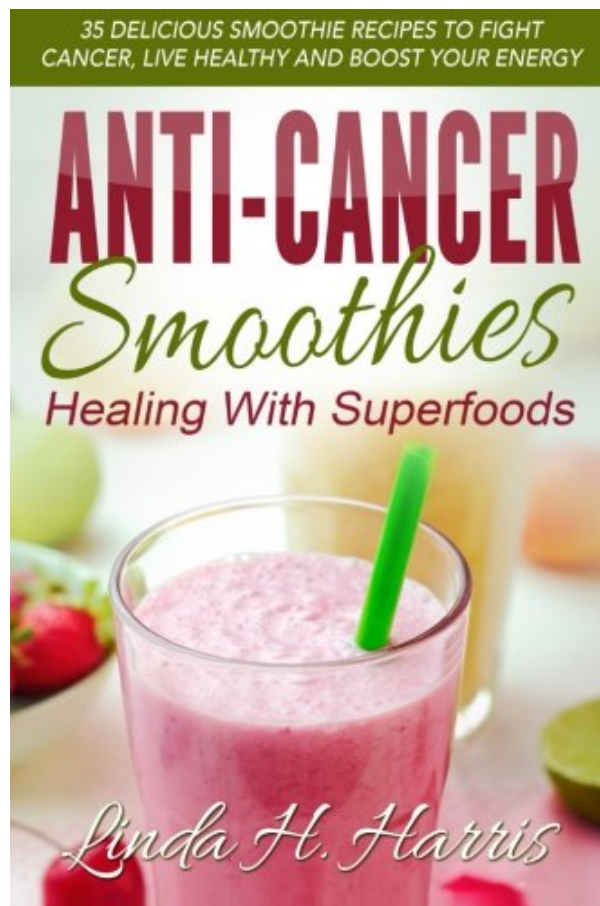


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Linda H. Harris

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About the Author

Linda Harris is an author who specializes in writing about nutrition, fitness and health. A true foodie, Linda loves to cook for her family and friends, and has a deep passion for developing new recipes. In her spare time, Linda enjoys running, yoga and books.

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Anti-Cancer Diet, Cancer Fighting Foods, and Cancer Nutrition

Whether you have cancer or you're at risk of cancer because of your family history - the way you eat can have a major impact on your health and your ability to fight or manage your disease. Cancer is notorious for sapping the strength and nutrition out of a person's body. You'll need to replace a lot of the vitamins, nutrients and minerals that certain drugs and treatments deplete.

The Anti-Cancer Smoothies in this book are made of healthy and tasty vegetables, fruits, spices and herbs that are known to fight cancer. These superfoods provide antioxidants, minerals, vitamins and fiber that will boost your immune system, detox your body and help you beat cancer.

Tasty and healthy ingredients are not all these smoothies bring to the table. There's also the convenience that's provided by a meal that simply gets prepared in a blender. If you don't have the energy to cook - you don't have to. If you're not feeling up to a meal at dinnertime but you're hungry before bed - make a smoothie. If you need something quick to grab for breakfast that you can take with your pills - a smoothie can be prepared the night before and left to chill in the fridge. Whether you're fighting off cancer or working hard to prevent it, you need to allow yourself as much rest and peace as possible. Anti-Cancer Smoothies can help.

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- Sales Rank: #22977 in Books
- Published on: 2015-07-28
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .11" w x 6.00" l, .18 pounds
- Binding: Paperback
- 48 pages

About the Author

Linda Harris is an author who specializes in writing about nutrition, fitness and health. A true foodie, Linda loves to cook for her family and friends, and has a deep passion for developing new recipes. In her spare time, Linda enjoys running, yoga and books.

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