



Andrea's Cancer Fighting Cookbook: Carefully Selected Recipes to Prevent Cancer and Become Healthier in General (Andrea's Therapeutic Cooking) (Volume 1)

Andrea Silver

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Get started creating a new, healthy way of living that will serve you for the rest of your life. Oncologists agree that one of the first lines of defense against cancer is your diet. Unfortunately, today's western diet is likely linked to such high rates of the fatal disease in the modern age. What's needed is a solid strategy for keeping your body healthy, with a good immune system and healthy organs. That's where this mini-cookbook comes into play. Organized within are heavily researched recipes designed to optimize important phytochemicals, antioxidants, and immune-boosting functions. From turmeric to pomegranate, the ingredients within could be your most important defense against one of the world's leading causes of death. As part of my Therapeutic Cooking Series, I aim to help my readers get the most out of their lives with the best health possible. If you are interested in joining me, then you can buy a copy by downloading direct to your browser – a Kindle is not needed. Or, a paperback edition is also available. Thank you for letting me join you in your quest for long-lasting life and vitality.

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