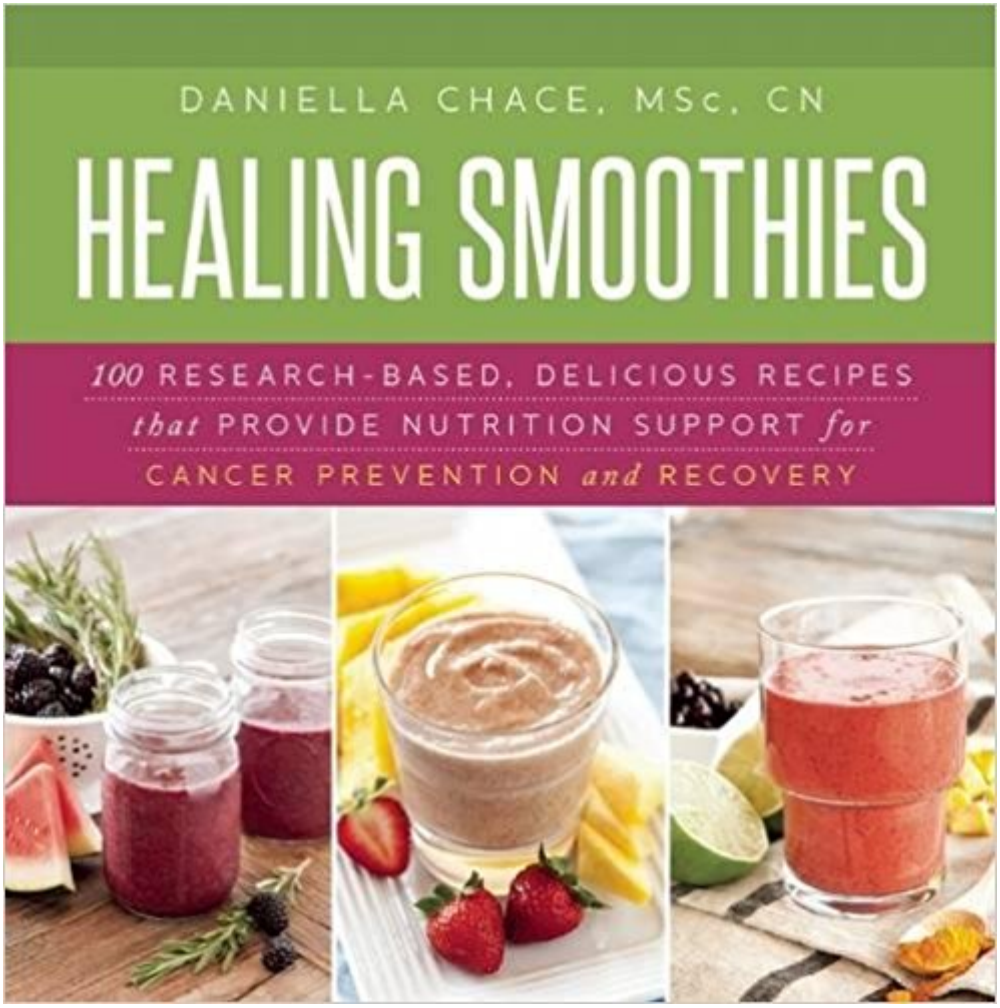
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Healing Smoothies: 100 Research-Based, Delicious Recipes That Provide Nutrition Support For Cancer Prevention And Recovery



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Synopsis

100 Research-Based, Delicious Recipes That Provide Nutrition Support for Prevention and RecoveryFight 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 CreamBanana Ginger DreamBasil Berry CitrusCarotenoid CrushCherry Berry LimeCreamy Citrus BerryKumquat Berry CherryTangerine Currant CitrusWatermelon Blackberry and GingerAnd 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

Hardcover: 240 pages
Publisher: Skyhorse Publishing (July 7, 2015)
Language: English
ISBN-10: 1632204479
ISBN-13: 978-1632204479
Product Dimensions: 7.8 x 1.1 x 7.6 inches
Shipping Weight: 2 pounds (View shipping rates and policies)
Average Customer Review: 4.2 out of 5 stars 9 customer reviews
Best Sellers Rank: #291,945 in Books (See Top 100 in Books) #60 inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #218 inÃ Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #434 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

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.Ã Â 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 atÃ Â 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 dietÃƒÂ¢Ã â ¬Ã â •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 recipesÃƒÂ¢Ã â ¬Ã â •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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