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Anti-Cancer Cookbook (Paperback)

By Julia B. Greer

Sunrise River Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. 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 it s 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 body s 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...



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