



Anti Cancer: Anti-Cancer Diet Secrets: Juicing & Blending Guide To Lower Your Cancer Risk (Anti cancer diet, Anti cancer a new way of life, Anti cancer food)

Sarah Stoecker

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Discover The Secret Benefits Of Juicing & Blending In Preventing Cancer Risk

Do you know that juicing can beat eating whole vegetables and fruits because it is easier and better for us to absorb the nutrients? Moreover, it can also bring you tons of benefits from reducing your risk of cancer, boosting your immune system to removing toxins from your body and helping you drop unwanted pounds. Like juicing, blending is another great way to sneak vegetables and fruits that you otherwise might not eat into your diet.

In this book, you are going to find out the new way of preventing your cancer risk just by properly juicing and blending. Juices have several benefits, among them being the ability to fight carcinogens that trigger cancer. A certain variety of nutrients known as antioxidants found in such produce as kales, cauliflower, onions, cabbage, leeks, garlic and citrus fruits like oranges, lemons and grapefruits also act to protect healthy cells from carcinogens. In addition, juices are strong antioxidants that can help to rid your body of toxins that can worsen cancer. Typically, juices boost the immune system, which is what will protect you from cancer in the first place.

Here Is A Preview Of What You'll Learn....

- Cancer and Free Radicals
- Cancer and Antioxidants
- Cancer and Toxins
- Cancer and Juicing
- Juice Recipes
- Smoothies Recipes
- And much, much more!

Would you like to know more?

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