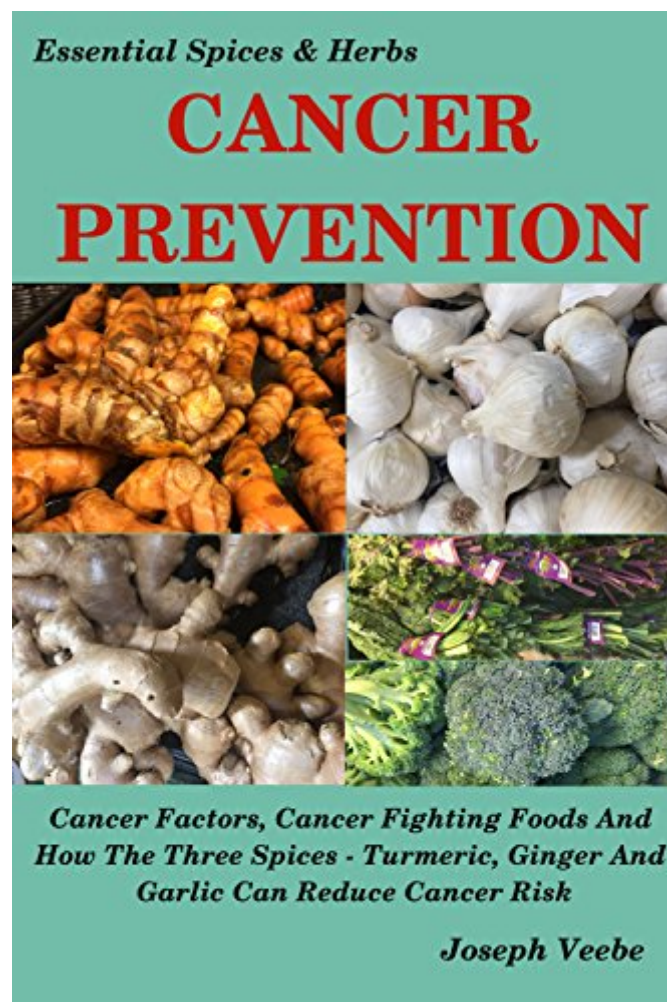




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CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices And Herbs Book 4)





Synopsis

Fight cancer naturally by using Turmeric, Ginger, Garlic and other cancer fighting foods! 30+ Recipes included that makes every meal a cancer fighting meal! Cancer is one of the most fearsome diseases to strike mankind. There have been numerous researches into both conventional and alternative therapies for different kinds of cancers. Different cancers require different treatment options and offer different prognosis. While there have been significant progress in recent times in cancer research towards a cure, more than half of all cancers are likely preventable through modifications in lifestyle and diet. Cancer Prevention offers a quick insight into cancer causing factors, foods that fight cancer and how the three spices turmeric, ginger and garlic can not only spice up your food but potentially make all of your food into a cancer fighting meal. While there are many other herbs and spices that helps fight cancer, these three work complementary, have been proven over thousands of years use and offer significant benefits. The book includes: Cancer causing factors and how to avoid them Top 12 cancer fighting foods, the cancers they fight and how to incorporate them into your diet Cancer fighting benefits of Turmeric, Ginger and Garlic Many other benefits and uses of Turmeric, Ginger and Garlic Over 30 recipes including, Teas, Smoothies and other dishes that incorporate these spices References and links to a number of research studies on the effectiveness of these spices. Cancer Prevention is a quick read and offers a lot of concise information. A great tool to have in your fight to prevent cancer.

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