



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

Daniella Chace

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Fight 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 Cream
Banana Ginger Dream
Basil Berry Citrus
Carotenoid Crush
Cherry Berry Lime
Creamy Citrus Berry
Kumquat Berry Cherry
Tangerine Currant Citrus
Watermelon Blackberry and Ginger
And 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.

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