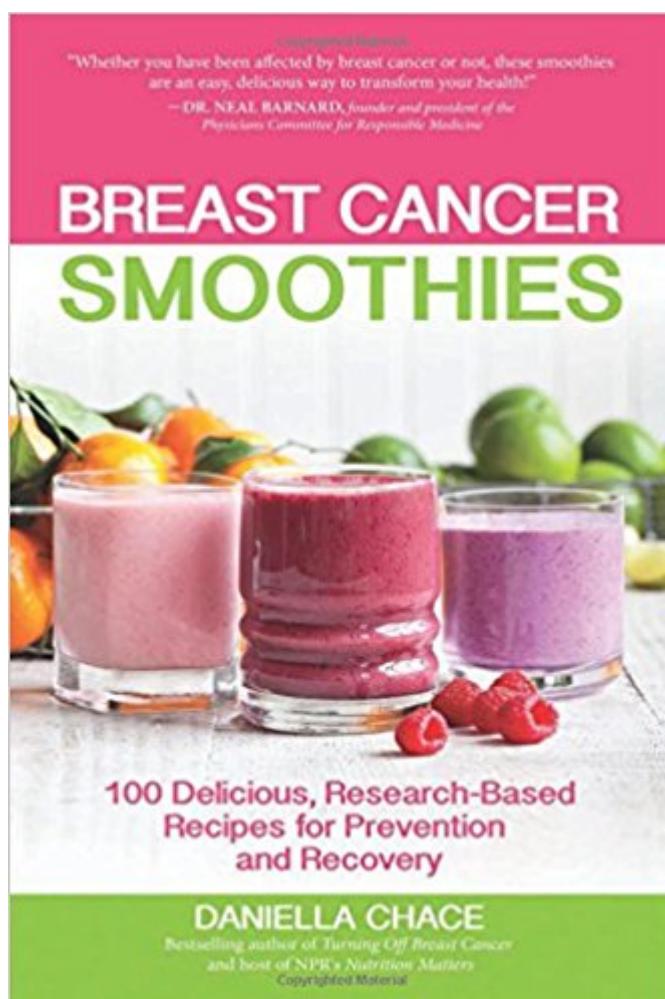


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# Breast Cancer Smoothies: 100 Delicious, Research-Based Recipes For Prevention And Recovery



## Synopsis

The statistics are staggering. Breast cancer is the most common type of cancer among women--About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime. Second only to heart disease by a mere one percent, every ounce of prevention and every window of opportunity for healing is critical. In order to reduce the risk of developing this common disease, you need a targeted plan to protect yourself from common breast toxins and to strengthen your immune defenses. In her delightful new book, Daniella breaks down the complex topic of oncology nutrition and the specific dietary needs breast cancer creates, into simple recommendations for making delicious smoothies that support healing and a healthy lifestyle. What makes 100 Breast Cancer Smoothies unique? An extensive body of research, that provides many of our long-sought answers to the cause of breast cancer, has been translated into simple, healthy smoothie recipes! It's all about Daniella's nutrient-rich, whole-foods recipes created only from ingredients that provide a direct benefit to fighting breast cancer. Concentrated amounts of carotenoids, flavonoids, probiotics, protein and minerals, including bioactive compounds from herbs and citrus oils dramatically reduce the development and spread of breast cancer cells. Color photos styled by the award-winning photographer Olivia Brent charm the pages with luscious smoothies images. Each recipe includes tips about the food nutrients that effect breast cancer in direct ways, including reducing cancer cell development, growth and spread. With just a few minutes each day, you can dramatically change the course of your life by working to prevent and heal breast cancer through fresh, appealing drinks. Living well never tasted soooo good!

## Book Information

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## Customer Reviews

"Daniella is one of my favorite health experts and does superb work. I couldn't recommend her book more highly. Read this book and follow her advice. It's that simple!" —Anahad O'Connor, *The New York Times*"Research consistently shows us that following a whole foods, plant-based diet can be integral in cancer prevention and recovery. *Breast Cancer Smoothies* provides accessible recipes backed by academic research, plus important nutritional guidance. Whether you have been affected by breast cancer or not, Daniella's smoothies are an easy, delicious way to transform your health!" —Dr. Neal Barnard, Founding President of The Physician's Committee for Responsible Medicine"Delicious culinary medicine has never been easier, faster, or backed by better science. Daniella's delicious, inventive, real food recipes will help you fight fatigue and boost your energy level if you have or want to prevent breast cancer . . . and want to know how to use your kitchen medicine cabinet and blender to do it." —John La Puma, M.D., ChefMD®, two-time New York Times Bestselling author and founder of Chef Clinic®"The bodies of cancer patients are starving for beneficial, life-supporting, degeneration-reversing, health-stimulating, nutrients to optimize immune function and unleash the body's potential for good health. The good news is that Nature is rich and bountiful with everything the body needs—and provides it in an amazing and delightful variety of foods and tastes. Daniella Chace has provided a road map to this healing treasure trove that is simple, easy and fun to follow. Who knew that getting healthy could taste so good?" —William Wolcott, author of *The Metabolic Typing Diet*"Smoothies pack a punch when it comes to nutrients. This collection of delicious and nutritious smoothies features ingredients that have been scientifically studied to be active against breast cancer. This takes out the guess work for women concerned about their breast cancer risk. All that is left is the task of chopping, blending, and enjoying! This book is a must-have for women who want to take their diet to the next level of health optimization." —Dr. Lise Alschuler, ND, FABNO, Coauthor, *Definitive Guide to Cancer* and *Definitive Guide to Thriving After Cancer*"This book is full of flavorful smoothies with healing effects for breast cancer. Daniella helps the reader organize their kitchen and prepare foods so that blending smoothies is easy and convenient. She describes what each food does for the body and lists reference articles that discuss their medicinal effects. Daniella brings a great knowledge of oncology nutrition and smoothie making together for patients in this complete guide that provides help for anyone who wants to prevent or heal from breast cancer."

Ã¢ "Dr. Leah McNeill, ND" In this book, Daniella provides over 100 smoothie recipes that can have a profound effect on breast cancer. From herbs to vegetables to fruits, the common thread is that these natural substances are chock full of phytonutrients, anti-cancer compounds, and antioxidants. In recipe after recipe, Daniella shows how proper nutrition can have an epigenetic effect and is essential in both preventing and treating breast cancer. She not only describes the ingredients and shows you how to make the tastiest smoothies you've ever tried, but she also cites the studies to prove their health effects. Use this book as you 'smoothie' your way to optimal health. You'll be glad you did." Ã¢ "Ty M. Bollinger, author and documentary film producer" Better nutrition recipe books are important guides for patients and consumers seeking to improve their health and treatment programs. Chace has devoted much of her nutritional writing about the use and preparation of smoothies that offer both superb taste and science-based recipes. It is rare, indeed, for one to understand the cancer-fighting characteristics as documented in journal articles while preparing a smoothie. Equally impressive is the passionate description of her smoothies, reminding one of the wine connoisseur's appraisal of a particular vintage. Chace's book not only is a useful mixing guide but an up-to-date reference for those needing to study the anti-cancer activity of foods. Bravo to Chace!" Ã¢ "Jonathan Collin, MD, publisher of the Townsend Letter" Nutrition is an absolute key to both preventing and recovering from breast cancer. Daniella has incorporated delicious, easy-to-follow smoothie recipes that are a perfect vehicle to deliver powerful anticancer phytochemicals that can really make a difference. The information is provided in an engaging format that is both practical and informative." Ã¢ "Michael T. Murray, N.D., coauthor, How to Prevent and Treat Cancer with Natural Medicine

Daniella Chace is the host of NPR's Nutrition Minute, she is also an educator and clinical nutritionist. Daniella has written over twelve books that have sold close to one million copies, including the bestseller, Smoothies for Life!

Loved the pages and pictures. Awesome.

Very informative

very good book.

Great recipes!

anxious to try the recipes.

Breast Cancer Smoothies is a very informative and well written recipe book that is aimed at those either going through or having gone through treatment for, or at high risk of, developing breast cancer. It is focused on wellness through food, packed with information on how certain foods react with your body, with medical and scientific evidence without hype or drama that can so often surround the subject of *superfoods*. Daniella is an expert in oncology nutrition and offers a range of recipes designed to nourish the body and mind. As well as offering nutrition for oncology patients, this book also addresses how to give your body the best chance at preventing the development of breast cancer cells. I found the layout of the book very logical, the recipes enticing with detailed information on how and why the ingredients are included, coupled with very appealing photography. This isn't just a recipe book, it is a reference book for those affected by this disease and one I highly recommend

This is not just a typical recipe book. It gives quite a variety of ways to use natural foods in blending for optimal health. The book takes into consideration the needs of those it aims to serve. It would be much better if it offered color photos of the smoothies so that it were more visually stimulating but it did the for me anyway.

Bought this for someone in my family and they love it. The whole family has been enjoying smoothies.

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