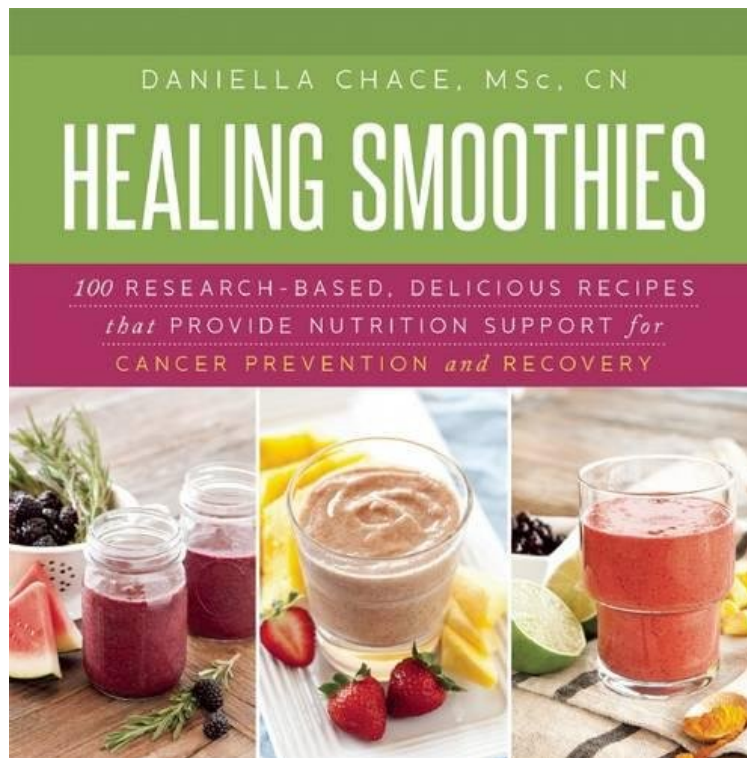


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# Healing Smoothies: 100 Research-Based, Delicious Recipes That Provide Nutrition Support for Cancer Prevention and Recovery

Daniella Chace

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100 Research-Based, Delicious Recipes That Provide Nutrition Support for Prevention and RecoveryFight 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 CreamBanana Ginger DreamBasil Berry CitrusCarotenoid CrushCherry 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.

About the Author DANIELLA CHACE, MS, CN, is a clinical nutritionist and educator, who specializes in medical nutrition therapy and has written extensively on the topic of oncology nutrition. She is an expert in personalized medical nutrition therapy, with an emphasis in toxicology, epigenetics, human microbial ecology, and orthomolecular applications in disease management. She is a regular contributor to national health magazines and the host of NPR's Nutrition Matters. She lives in Port Townsend, Washington, where she sees clients in her private practice, provides health workshops and develops recipes that support healing. She lives in Port Townsend, Washington. Learn more at [daniellachace.com](http://daniellachace.com)