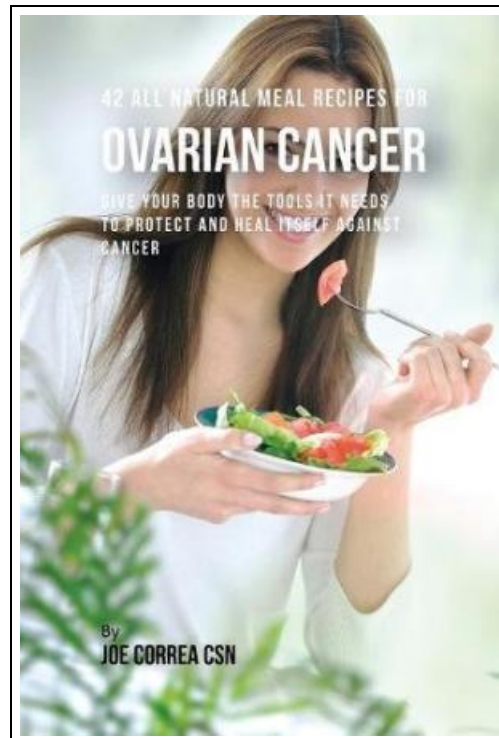


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42 ALL NATURAL MEAL RECIPES FOR OVARIAN CANCER: GIVE YOUR BODY THE TOOLS IT NEEDS TO PROTECT AND HEAL ITSELF AGAINST CANCER (PAPERBACK)



Live Stronger Faster, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.42 All Natural Meal Recipes for Ovarian Cancer: Give Your Body the Tools It Needs To Protect and Heal Itself against Cancer By Joe Correa CSN Ovarian cancer is a serious and malignant disease that mostly affects women. It s the second most frequently diagnosed and most lethal gynecological disease. It s caused by an uncontrolled growth of cancerous or malignant cells in the ovaries. The actual cause of this growth is still unknown but it is usually related to age, fertility, late birth, delayed menopause, family history of ovarian cancer, hormone treatments, infertility and obesity. However, some studies have shown that the use of contraceptives greatly reduces the risk of ovarian cancer. Regular gynecological examines and early discovery make this serious disease curable in 90 of cases with many different treatments available. Another important thing you can do for yourself is boost your immune system which will help you stay healthy and resistant to cancer cells. The best way to do that is through food. Healthy foods like fruits, vegetables, nuts, seeds, legumes, and healthy oils will give your organism the strength to fight off all diseases, including ovarian cancer. Fruits and vegetables are definitely important foods you have to include in your daily diet. They contain powerful antioxidants and other important nutrients that help reduce free radicals which are potentially responsible for the development of malignant cells in the body. Colorful vegetables like bell peppers, carrots, and butternut squash are the richest antioxidant options you can find. Other vegetables like broccoli, Brussel sprouts, watercress, turnip greens, cabbage, beet greens, cauliflower, and of course all fruits are also an amazing source of these cancer-fighting substances. Other important immune boosting nutrients can be...

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