

# 7 WAYS TO EAT TO DEFEAT CANCER



## 1. BE PICKY

Red Delicious and Granny Smith apples have twice as many cancer fighters as Fuji or Golden Delicious apples.



## 2. EAT YOUR SPROUTS

Broccoli sprouts can contain more cancer-fighting properties than regular broccoli.



## 3. DUNK YOUR TEA BAG

Dunking a tea bag up and down releases more cancer-fighting molecules than letting the bag just sit in the cup.



## 4. COOK TOMATOES

Raw tomatoes are good, but cooking them with a source of fat is even better.



## 5. CHEW YOUR GREENS

Chewing leafy greens helps to release enzymes that activate cancer-fighting molecules embedded deep in the leaves.



## 6. GO SOY

Fermented soy, like the kind used in miso soup, contains four times more cancer fighters than regular soybeans.



## 7. CHOOSE ONE CANCER-FIGHTING FOOD FOR EACH MEAL.

At 3 meals each day, that adds up to more than a thousand cancer-fighting food choices each year.

**FOOD REVOLUTION**  
**NETWORK**

\*Choose organic or non-GMO soy products and choose organic produce if possible to avoid pesticides.

# How Beat Cancer Fighting Alternative

**Sabine Zange**



**How Beat Cancer Fighting Alternative:**

Uncover the mysteries within Crafted by is enigmatic creation, **How Beat Cancer Fighting Alternative** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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