



# Stop Cancer with Phytotherapy: With 100+ anti-cancer recipes

*Benjamin Lau*

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## Stop Cancer with Phytotherapy: With 100+ anti-cancer recipes Benjamin Lau

STOP CANCER with PHYTOTHERAPY introduces a bolder look at cancer focusing on the curative power of the phytochemicals in plant-based whole foods. Cancer is predominately due to our lifestyle habits - the way we eat, and the way we live. This book will empower you to simply change what you eat, and how you live. STOP CANCER with PHYTOTHERAPY describes our simple three-step nutrition program and healthy lifestyle choices, plus over 100 recipes using ingredients packed with potent phytonutrients to prevent and reverse cancer. Our own research and that of other scientists reveal that phytonutrients in plant-based whole foods deliver enormous capabilities to selectively destroy cancer cells while nourishing the healthy cells. Phytotherapy can be your most effective medicine: Phytotherapy is immunotherapy, fortifying your immune function to destroy cancer. Phytotherapy is chemotherapy, selectively toxic to cancer cells, non-toxic to normal cells. Phytotherapy is surgery, without the use of a scalpel. Regardless of your treatment choices, a change in your diet and lifestyle is indispensable to stop cancer once and for all. STOP CANCER with PHYTOTHERAPY offers you hope; and provides you the know-how for living a cancer-free life.



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