



Andrea's Therapeutic Cooking Collection: Four Cookbooks in One! Recipes to Fight Cancer, Heart Disease and Build Your Immune System (Volume 5)

Andrea Silver

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Four cookbooks in one, designed to optimize your health against some of the biggest diseases. Included in this collection of 200+ recipes are the following cookbooks: Andrea's Heart Healthy Cookbook, Andrea's Cancer Fighting Cookbook, Andrea's Heart Healthy Smoothies and Andrea's Immune Boosting Smoothies. Carefully selected super-foods and specialty ingredients are put together in this tailored recipe book designed to help us resist both cancer and heart-diseases, while raising our overall health and immune systems. Approximately half the collection consists of smoothie recipes for quick, healthy additions to our diets as soon as we wake up. If you're a fan of Andrea Silver cookbooks, this is a great opportunity to get the most for your dollar, by ordering this entire collection within just one book. Available on Kindle, paperback, or direct to your web browser.



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Charles Smith:

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