

8 CANCER AVOIDING SMOOTHIES



*That Taste
Unbelievably Good*

FREE Recipes!



Who doesn't love a smoothie?

Besides being super-tasty, smoothies are a quick and easy way to pack a ton of life-giving nutrients into one glass. With the right ingredients, you can easily create a delicious drink that not only tastes good but does your body good too. It's important that we create an environment in our body that is strongly anti-cancerous!

The beautiful part of blending your smoothies at home is a) they are a lot cheaper than buying them at a store or a smoothie shop, and b) you have full control over the ingredients.

That second part is extremely important. While they taste great, most smoothies are filled with sugar, chemicals, and preservatives. All the things we talk about at the sacred plant negatively impacting our bodies. Ultimately, these are substances and contaminants that will not only cause bloating and discomfort but also makes your body more open to cancer cells occurring.

And it's why we're so excited to share these delicious, all-natural smoothie recipes. So easy that you can create an anti-cancer lifestyle almost overnight. All while enjoying a deliciously tasty smoothie, your family will be begging you to make all the time. Even the grandkids will want these yummy smoothies to share!

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5 Things Shooting Your Risk of Cancer Through the Roof

You've probably heard the statistics. Depending on the research you look at, or expert you speak to, between 33% and 50% of people will get cancer in their lifetime.

Yet the American Cancer Society says that *"at least 42% of newly diagnosed cancers in the US" are avoidable. These statistics include 19% of cases that come from smoking, and "18% that are caused by a combination of excess body weight, physical inactivity, excess alcohol consumption, and poor nutrition."*

The ACS also predicts that 5 million skin cancer cases diagnosed annually could be prevented by protecting the skin from both the sun and indoor tanning.

There are numerous reasons why experts, researchers, doctors, and more think cancer is rising. Ultimately, most experts agree, cancer is directly linked to five common factors:

- Environment toxins
- Chronic inflammation
- Too many free radicals
- Stress
- Imbalances that lead to disruptions of your natural cellular and hormonal processes

Some of these factors are within our control, while other factors must be combatted through a wellness plan that addresses the whole body.

We designed these recipes with that goal in mind: Give your body what it needs to fight toxins, defeat excessive inflammation, be more resilient to stress, heal damage from free radicals while stopping further damage, and normalize your internal processes and systems.



Once you do that, you're on your way to homeostasis and better health.

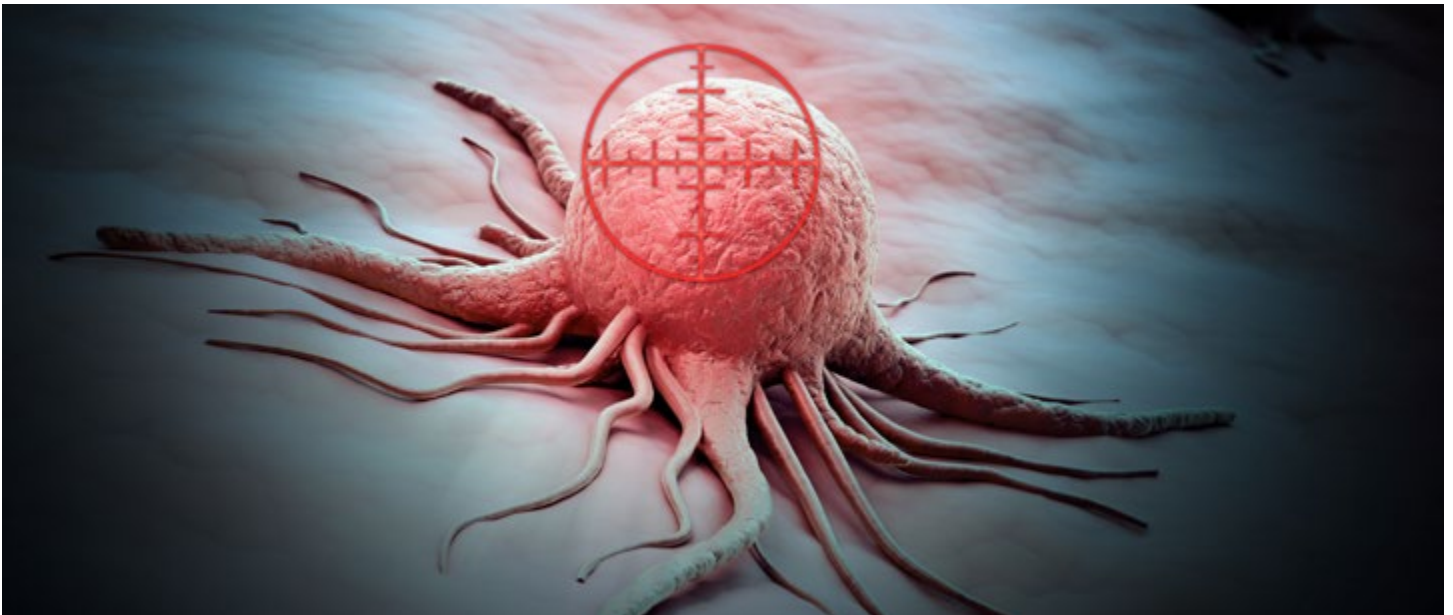
And it can be effortless!

The recipes give you a framework, using ingredients you can easily get or already have at home.

But, the sky is the limit. You're certainly not restricted to the foods we have chosen. We'll give you a few simple steps and suggestions that you can use to create your versions of nutrient-packed, cancer-fighting smoothies... A simple but powerful foundation for a healthy lifestyle.

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5 Key Anti-Cancer Properties

To get the most benefit from your cancer-fighting smoothie, you want to make sure your ingredients have specific properties.

You can find many natural substances and whole-foods that do one or more of the following 5 things:

1. Prevent cells from becoming cancerous

Cancer cells are cells that are not behaving as they should. Normal cells are created as needed, growing and dividing, and ultimately dying as part of their instinctive job. DNA programs the cells in our body to perform their specific role, as appropriately needed.

Cells become cancerous when cell DNA becomes damaged, and the inherent programming is corrupted. These cells grow and divide out of control, and they do not die.

Ultimately, an anti-cancer ingredient will help cells behave in the ways they are supposed to in that they don't replicate more than they should or spread to places they shouldn't. Most importantly, they die when they are innately programmed to (apoptosis).

2. Support normal inflammatory response (or reduce it)

Inflammation gets a bad rap. There is confusion around inflammation like it's something we want to avoid at all costs. In truth, inflammation is an essential aspect of your immune and healing response. This is why certain medications for inflammatory conditions (like RA—rheumatoid arthritis) suppress the immune system so severely that patients end up at risk of further illness. Their body has far less ability to fight germs.

What we need is a balanced inflammatory response. However, things like diet, excess weight, medications, alcohol, toxins (and so much more) can create chronic inflammation. Dr. Ethan Russo describes this as part of Endocannabinoid Deficiency Syndrome. Due to a disruption in the Endocannabinoid System's optimal response, there is a breakdown of the Immune System response.



Research indicates excessive inflammation is linked to cancer. Further, many experts believe it's actually at the base of many now-common diseases and health conditions, including cancer.

To support your overall wellness plan and both fight and prevent cancer, you want to create nutrient-rich smoothies that include ingredients that not only reduce existing inflammation but also support a healthy inflammatory response, overall.

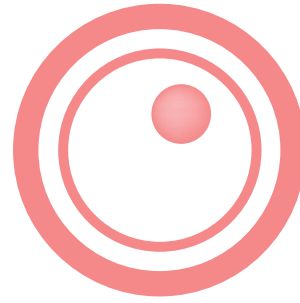
3. Reduce oxidative stress

Oxidative stress is the result of free radicals running wild. It's kind of like "rust" on the insides. Oxidative stress causes excess inflammation, which can often lead to chronic inflammation. That's where "anti-oxidants" play a significant role. This includes foods and substances that flush out free radicals and prevent oxidative stress.

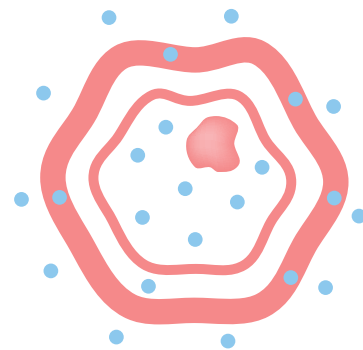
A diet rich in antioxidants is considered by nutritionists and oncologists alike a vital piece of any wellness plan, especially if one seeks to avoid or fight cancer.

For your cancer-prevention smoothies, choose plants and foods that are known to have high antioxidant properties.

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Cell



Free Radicals Attacking Cell



Oxidative Stress



4. Repair DNA and detoxify your body

It's one thing to flush out free radicals that damage DNA, but what if cells are already damaged? And what about other kinds of toxins, like heavy metals or industrial chemicals?

You can add specific ingredients to your wellness smoothies that repair your DNA and ensure your body is continuously flushing out toxins. Remember, you don't want a smoothie that just tastes good. You're looking to include ingredients that support your health. Including natural foods and substances known to repair DNA and help with detoxification will help you achieve that goal.

Flushing our bodies and internal systems consistently of toxins and dead materials is necessary to maintain overall homeostasis and wellness. Clearing and cleaning are important to ensure that cells continue to use safe, viable resources instead of the body's waste.

5. Decrease stress response and support resilience

Nowadays, most people are aware that stress is "bad" for you. Stress and over-active stress

responses contribute to a host of diseases and is a major cause of excess inflammation. It can create hormone imbalances that lead to weight gain, insulin resistance, fibroids, and insomnia, just to name a few.

Like inflammation, our stress response has a purpose. However, for it to be constantly in a state of alarm has a negative impact. Over time it can be devastating to your health, causing cardiovascular and mental health issues.

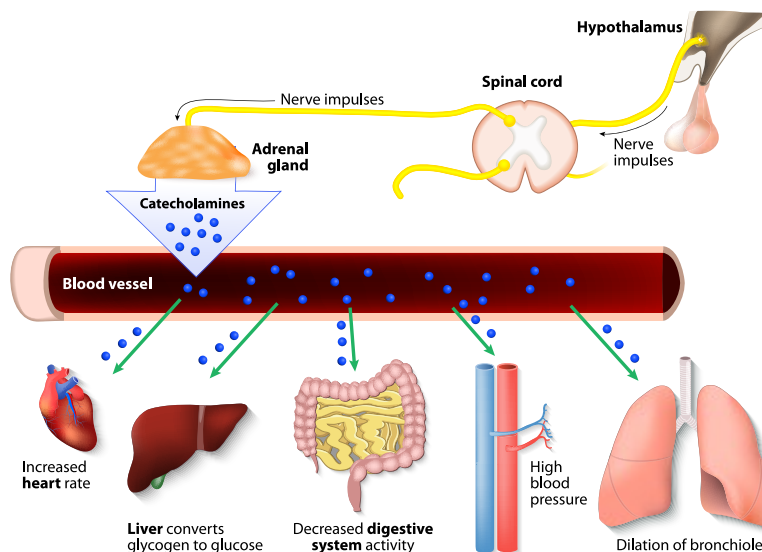
In particular, stress hormones can inhibit a process called anoikis. Anoikis kills diseased cells and prevents them from spreading.

Consuming foods and substances that support resilience and balanced stress response can greatly benefit your health and support your ability to avoid devastating diseases like cancer.

Now that you know the 5 fundamental properties you are looking for in your smoothie ingredients, it is time to share some big news.

While some foods can do 1 or 2 of these things, there's not one that does them all. Or at least, so we thought. Until doctors discovered...

The Activation of the Stress System





Your Secret Weapon Against Cancer

There is a powerful substance that will take your smoothies to the next level of cancer prevention: CBD.

Cannabidiol (commonly known as CBD) is a healing molecule that comes from the cannabis sativa plant. It has become notoriously known, especially for being a NON-psychoactive constituent of this powerful plant. Further research shows that it has been used by cultures and societies all over the world. Shown to be used as far back as 5000+ years ago, and even mentioned in the bible as described by various historians and experts.

Thousands of studies have been completed, with many more underway on this one molecule. It's one of the most studied components of the cannabis plant due to its availability within the plant and a wide range of applications within the body. In fact, research consistently has shown CBD benefits a range of conditions such as Alzheimer's, arthritis, mental illnesses, diabetes, and so much more.

It has been studied for use in hundreds and hundreds of conditions, symptoms, concerns, issues, and overall maintenance of optimal health.

Due to the Farm Bill in the US of 2018, it's legal and easy to obtain. Legal access and the ability to grow, has led to further investigation into the CBD molecule. And excitingly, this research also includes other molecules found within the hemp varietal of cannabis. You may even have some in your cupboard right now!

CBD and Cancer

When it comes to cancer, CBD is a powerful ally in reducing risk and fighting off cancer.

Firstly, it has each of the 5 critical properties explained above:

CBD...

- Protects cells from becoming cancerous
- Supports optimal inflammatory response
- Reduces oxidative stress
- Repairs DNA and detoxifies the body
- Decreases stress response and supports resilience



In addition to these valuable roles towards cancer prevention and treatment, research shows that CBD offers at least five more.

There is considerable research demonstrating that CBD also:

- Stops cancer cells from spreading
- Supports the process through the Entourage Effect of natural cell death (apoptosis),
- Makes chemotherapy more effective
- Offers significant relief from the side effects of cancer treatment
- Increases tolerance of the typically aggressive treatments reserved for cancer.

That's just the tip of the iceberg! CBD is an extraordinary molecule with many healing benefits, but...

The fact that it provides at *least* TEN benefits for reducing cancer risk and aiding in fighting off cancer makes CBD an incredibly valuable addition to your daily health regime.

And adding it to smoothies is an easy way to incorporate this powerful substance.

Adding CBD to Your Smoothies

Before you go ahead and start adding CBD to your smoothies, there are a few important facts to keep in mind as you select your product.

In general, when it comes to our smoothie recipes, we recommend using an oil or tincture based product for ease of use, clear dosing, and beneficial application as an ingestible alongside other power-packed anti-cancerous ingredients.

Even further, we stand strongly by a checklist to make it easier to know you have a quality, safe, and effective product.

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1. Whole Plant Application

Whenever possible, use a whole plant product. That is a product where the constituents have been extracted from a single plant without singling out any specific molecule. At times, you may find this referred to as a Full Spectrum product or list as a Whole Plant Extract. Products such as this are different from an isolate or distillate.

For example, it's possible to isolate CBD alone from a plant. While we've noted the research shows how beneficial CBD can be, it also shows that it's most





effective when used together with the hundreds of other plant molecules. The Entourage Effect, briefly mentioned above, is the synergistic effect when all the phytochemicals and phytonutrients from the plant work together to help your body find homeostasis.

As with any plant we consume nowadays, organic is best. The producer of your product should provide proof that it has been tested in a reputable lab. And particularly, it does not contain any harmful microbes, mold, heavy metals, pesticides, or residual solvents.

2. Less Is More

Because it's a natural, plant-based medicine, it would be easy to think, "If I take a massive dose, I'll get more benefits, faster." This is not so!

While there is unlikely to be any adverse side effects (other than sleepiness, or diarrhea, depending on your product), in general, only small amounts are necessary to obtain the many benefits of CBD from a whole plant application.

This rule of thumb is great news for your budget because it will save you consuming too much for no reason. For most individuals, 5-10mg is a beneficial amount to add to your smoothie. Those who have more severe symptoms or are on rigorous conventional treatments can work up to 40 mg of a whole plant application added to their smoothie. Remember, start LOW and go SLOW. Work your way up to 40 mg over a few weeks or more.

Consuming a poor quality CBD product can be detrimental to your health.

3. Be Choosy

Not all products are created equal. Treat CBD like the medicinal substance it is and be a savvy consumer. Not only do you deserve to be consuming a top-quality product...

Consuming a poor quality CBD product can be detrimental to your health. Many, if not all, adverse side effects experienced with a cannabis product are symptoms of a low-quality product. In most cases, this results from residual solvents, heavy metals, molds, pesticides, and similar toxins present.

It goes without saying that you want to be consuming healthy and safe products for any wellness plan. And certainly, want to get the best you can afford. Often, cancer patients' immune system is weakened or suppressed either by their cancer itself or the treatments they are already on. If you have a tainted medicine, you are essentially giving your body something else to try to fight against and deal with, distracting from the initial goal of fighting cancer.

To receive the most benefit from any CBD product, for wellness and especially for reducing cancer risk and supporting cancer treatment ... choose safe, high-quality products from companies with a solid, proven reputation for standards and integrity.

**Here's who we recommend
(plus an exclusive 30% OFF)**

**Discover the 1 brand
that stands above the rest...**



3 Must-Haves In A Power-Packed Smoothie

It's smoothie time! Your 8 recipes are below, but first, let's explore some "must-haves."

The following are ingredients you always want to include to get the most bang for your cancer-fighting smoothie buck.

1. As you would expect, our number one recommended ingredient is a whole-plant, lab-tested, organic CBD.

2. The second must-have ingredient is a healthy fat. Did you know that you will absorb more of the nutrients if you consume healthy fat with spinach? The same is true for CBD.

You see, including a healthy, plant-based fat in your smoothie improves the bioavailability of the ingredients. That is, it helps your body to absorb and use all the nutrients and phytochemicals that

are available, including your vegetables, fruits, herbs, and more. Ultimately this will improve your body's ability to use those nutrients to fight cancer.

A side benefit of this is that healthy plant-based fats usually taste great added to a smoothie, too!

Great sources of healthy fats include:

- Walnuts
- Avocado oil
- Almond milk
- Cashew milk
- Macadamia nuts
- Golden Flaxseed
- Coconut oil
- Olive oil
- Coconut milk
- Pistachios
- Hemp hearts
- Avocado





3. The final must-have for a cancer-fighting smoothie is as many organic, high-antioxidant herbs, spices, fruits, and veggies you desire. There is no end to the combinations you can create from this list of cancer-fighting ingredients.

Fruit

Choose fruits that are rich in antioxidants, carotenoids, and vitamins. Fruits such as:

- Blueberries
- Cherries
- Cranberries
- Grapefruit
- Apples
- Tomatoes
- Grapes
- Dragon fruit
- Pineapples
- Mangoes
- Acai berries

As always, get organic whenever possible. That said, certain fruits have thicker skins, which makes them more impenetrable to pesticides and other chemicals. Various researchers have shared that you don't strictly need those to be organic. Examples include pineapples and grapefruits.

Whereas berries are known to absorb a lot of pesticides, so organic is the better choice.

There is no end to the combinations you can create from this list of cancer-fighting ingredients.



Greens

Dark, leafy greens are powerhouses of nature. They provide fiber while being full of vitamins and other nutrients, like carotenoids and folates.

This category's popular smoothie ingredients include spinach, kale, chard, collard greens, cabbage, lettuce, watercress, mustard greens, and bok choy.

If you have trouble eating these vegetables, blending them into a smoothie is the perfect way to take advantage of their rich nutrient profile. They are high in antioxidants, and many contain more rare vitamins, such as Vitamin K.



Herbs and Spices

Your kitchen cupboard may as well be a medicine cabinet. Ancient healing traditions worldwide have used herbs and spices for medicinal properties over the last several thousands of years! Research shows that the following have extraordinary benefits that include high-antioxidant properties and anti-inflammatory activity while increasing the absorption of vitamins and minerals:

- Cayenne pepper
- Curcumin (turmeric)
- Black pepper
- Cumin
- Ginger
- Sage
- Cinnamon
- Garlic
- Milk thistle
- Ashwagandha
- Coriander



Raw Cacao

If you like chocolate, a good-quality, raw cacao could be a delicious addition to your smoothies. Not to be confused with your instant hot chocolate! It's not "cocoa." Cocoa is a processed form of cacao. It's kind of like the difference between refined white sugar and raw cane sugar. Refined sugar has very few if any, nutrients remaining once the process is complete.

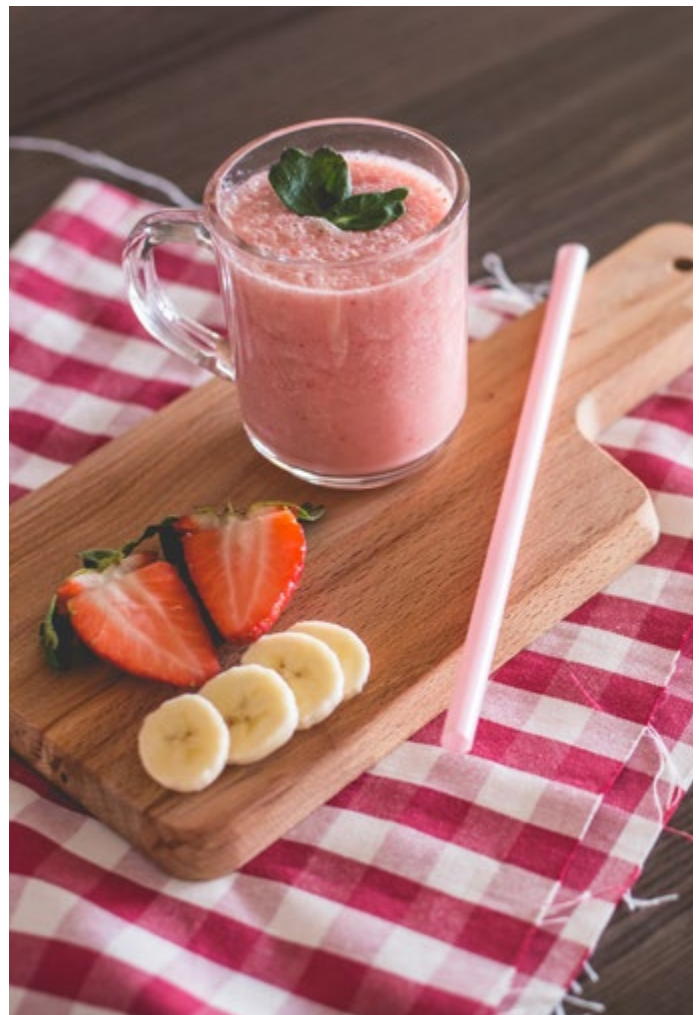
Raw cacao, on the other hand, is one of the most powerful antioxidants on the planet. It's also full of micronutrients and other beneficial components that make it wonderful in a smoothie and offers you some cancer protection. (Note: if you are sensitive to caffeine, you may need to avoid cacao.)



Delicious, Cancer-Fighting Smoothie Recipes

For all the recipes we have included in this report, the following instructions apply to each of them:

- Clean all raw ingredients with warm water.
- Add in liquids to a blender.
- Add in any spices or herbs and blend until mixed.
- Add in any fruits or vegetables and blend until mostly smooth.
- Add in CBD or Cannabis (either raw, juiced, tincture, or oil) and blend until completely smooth and mixed.
 - Make sure not to blend for too long. If you have chunks of fruits or vegetables, get those mostly blended up before adding in your sacred plant preparation to keep from overheating the cannabinoids and terpenes, ultimately cooking them off.





3 - Ingredient Smoothies

Blueberry Burst

- 1 cup Almond Milk
- ½ Cup of Frozen Blueberries
- 1 Cup of Chopped Kale
- + (5 - 10) mg of Whole Plant CBD

Merry Berry

- 1 cup Coconut Milk
- ½ Cup of Mixed Frozen Berries
- 1 Teaspoon of Raw Cacao Powder
- + (5 - 10) mg of Whole Plant CBD

Pineapple Pep

- 1 cup Coconut Milk
- ½ Cup of Frozen Pineapple
- ½ Teaspoon of Turmeric
- + (5 - 10) mg of Whole Plant CBD





5 - Ingredient Smoothies

Gratifying Greens

- 2 Tablespoons Flax Seeds
- ½ Cup of Coconut Milk
- ¼ Cup Pomegranate Juice
- ¼ Cup Parsley
- ¼ Cup Frozen Broccoli
- + (5 - 10) mg of Whole Plant CBD

Chocoholics Tonic

- 1 cup Almond Milk
- 1 Small Banana
- ½ Cup of Frozen Blackberries
- 1 Teaspoon of Raw Cacao Powder
- 1 Teaspoon of Cinnamon
- + (5 - 10) mg of Whole Plant CBD

Carrot Crazyed

- 1 cup Coconut Milk
- 3 tablespoons of Cashews
- ½ Cup of Skinned & Cut Carrots
- 2 Peeled Mandarin Oranges
- ¼ Cup of Cranberries
- + (5 - 10) mg of Whole Plant CBD

Going Ginger

- ¾ Cup Coconut Milk
- 1 Cup Frozen Mango
- 1 tablespoon of Fresh Grated Ginger
- 1 Lemon (Juiced)
- ½ Tablespoon of Raw Honey
- + (5 - 10) mg of Whole Plant CBD





8 - *Ingredient Smoothies*

Chocolate Covered Cherry

- 1 cup Almond Milk (add more as needed)
- 1 ½ Cups Frozen Cherries
- ¼ Cup Cranberries
- ½ Cup Kale
- ½ Cup Spinach
- 1 Tablespoon Chia Seeds
- 1 Tablespoon Pomegranate Seeds
- 1 Tablespoon of Raw Cacao
- 1 Teaspoon of Raw Honey
- + (5 - 10) mg of Whole Plant CBD

Strawberry SNAP!

- 1 cup Almond Milk
- ½ Cup Coconut Cream
- 1 Cup Frozen Strawberries
- ½ Avocado
- 1 Tablespoon of Raw Honey
- ½ Teaspoon of Black Cumin Oil
- ¼ Teaspoon Cinnamon Powder
- ¼ Teaspoon Ginger Powder
- + (5 - 10) mg of Whole Plant CBD

Coconut Crunch

- 1 cup Coconut Water
- 1 Cup of Kale (stems removed)
- 1 Cup of Mustard Greens
- ½ Cup Frozen Pineapple
- ½ Cup Frozen Mango
- 1 Whole Orange
- ¼ Cup walnuts
- 1 Tablespoon Raw Shredded Coconut (hand-mixed in at the end)
- + (5 - 10) mg of Whole Plant CBD





Which smoothie recipe do you like the best? Are you a cacao-included, or excluded fan? Do you stuff in the greens and add a little bit of fruit for sweetness, or prefer something simple, like the Pineapple Pep?

Whatever your preferences, we are confident you can use these recipes as a wonderful base to adding a daily dose of cancer-reducing nutrients into your life.

Here's what to do now...

We hope you enjoy these delicious smoothies that will not only reduce your risk for cancer...

But also daily improve your health too.

If you'd like to take your fight against cancer to the next level...

You may want to check on Harvard's recent cancer breakthrough...

That in studies is (successfully) fighting pancreatic cancer (one of the most difficult cancers to treat.

Here's what Harvard is now testing out to fight cancer



Extra Sources

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