

Nita's Free Guide

Cancer-Fighting Foods—List #1

Strawberries



1 Strawberries stimulate “apoptosis,”
the natural death of cancer cells

Blueberries



2 Blueberries—rich in gallic acid—
can reduce & even destroy cancer cells!

Lemons



3 Lemons fight cancer by cleansing and
oxygenating your blood & balancing your pH

Garlic



4 Garlic fights cancer by zapping disease
causing parasites, viruses, fungi and bacteria

Raspberries



5 Raspberries have ellagic acid, quercetin
and vitamin C—3 MAJOR cancer-fighters

Avocado



6 Avocado has antioxidants vitamin E &
lutein—protective nutrients against cancer

Broccoli



7 Broccoli reduces cancer-causing
carcinogens, toxins and oxidative stress



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Nita Riggs Samuels***www.nita-healthier-you.com***11+ year cancer survivor