

Best Anti-Cancer Foods

Drinks

Earl Grey Tea...(Anti-angiogenic, prevents cancer from forming blood supplies)

Lemon Balm Tea...(Kills effects of stress by reducing Cortisol)

Green Tea...(Packed with Antioxidants, lowers risk of Cancer)

SuperFoods - Savoury

Sweet Potato, Jacket Potato (With Skin), Avocadoes, Carrots, Green Olives, Dried Herbs, Chili Powder, Gherkins, Mint, Kale, Ginseng, Mushroom, Sea Cucumber, Tumeric, Nutmeg, Artichokes, Tuna, Parsley, Garlic, Olive Oil, Grape Seed Oil, Raddish, Hot Pepper, Cruciferous Vegetables.

SuperFoods - Sweet

Bananas, Mango, Tomato, Cooked Tomatoes, Papaya, , Bell Pepper , Dried Apricot, Kiwi, Strawberries, Blackberries, Rasberries, Cranberry, Dates, Guava, Plums, Blackcurrant, Apricot, Oranges, Grapefruit, Lemons, Apples, Pineapple, Cherries, Red Grapes, Licorice, Pumpkin, Dark Chocolate, Honey

Mixed...

Lavender

...Work In Progress