



Army Strong: My Natural Battle With Cancer: Healing Recipes After the Gerson Therapy

Shannon Sayers

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This recipe book is to help educate people on the importance of eating the right foods to fight and/or prevent cancer. Packed full of healthy recipes and tips, your family will thank you for what you will learn in this book. "You've heard it said that we are what we eat. Actually, there's way more to it. Our very longevity and quality of life are absolutely dependent on what goes in our mouths. Shannon's got this figured out. Read, eat, enjoy!" — Robert Wright, "Killing Cancer - Not People"

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