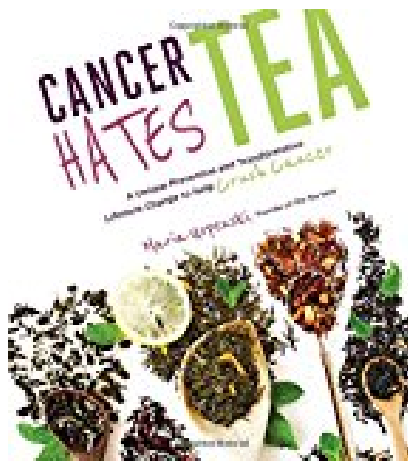


# Cancer Hates Tea A Unique Preventive and Transformative Lifestyle Change to Help Crush Cancer

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## BOOK DETAILS

- Author : Maria Uspenski
- Pages : 208 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 1624143121

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## **BOOK SYNOPSIS**

Drink Tea to Tell Cancer 'Hit the Road' Become a tea lover with a purpose and help your body defend itself against cancer. Learn to embrace tea in all its varieties—green, white, black, pu-erh, herbal and more—as both a mental and physical experience to protect your health. Discover the history, growing information and health implications of each variety, as well as uniquely delicious methods to boost your intake with serving suggestions, food pairings and recipes that highlight the benefits of tea. After her own battle with cancer, Maria Uspenski extensively researched tea and discovered hundreds of studies that showed how powerful a five-cup-a-day (1.2 L) steeping habit could be. Tea is the most studied anti-cancer plant, with over 5,000 medical studies published on its health benefits over the past 10 years. By breaking down how tea works with your body's defenses against cancer in a lighthearted tone, Maria's serious research is approachable and relatable for anyone who is battling the disease or for family and friends of those fighting cancer. Start harnessing the wellness-promoting properties of tea and see your life change with an easy-to-follow three-week plan that gets tea polyphenols streaming through your system 24/7.

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