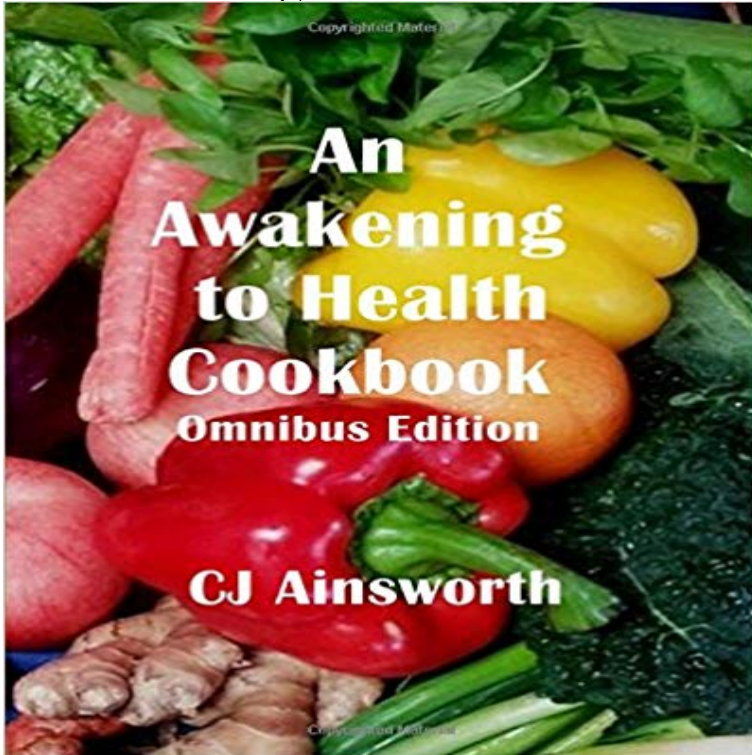


An Awakening to Health Cookbook-Omnibus Edition (Volume 3)



Upon request, Volume I and Volume II of An Awakening to Health Cookbooks have been combined in this Omnibus Edition. It has all the information of the previous volumes but now is in one book. After healing from triple negative breast cancer, I wanted to emphasize the importance of a healthy lifestyle change. Therefore, I am sharing these recipes and information for those who may have the desire to introduce healthy foods after or during certain therapies or to anyone who just want to be healthier. In my story An Awakening: How I Defeated Cancer without Chemotherapy or Radiation I explain what I learned about breast cancer, what I went through, the methods that helped me heal and why I chose not to do chemotherapy or radiation. I am healthier, happier and lived passed the statistical one year diagnosis because I chose to educate myself to become chemotherapy and radiation-free cancer survivor. I have applied what I learned to develop these healthy recipes by transforming my 50 years of cooking and baking recipes to be healthier and modified them to my new lifestyle. I have gathered juicing and smoothie recipes through the recent years which are healthy, nutritious and powerful without added sugar. I believe that anyone can make healthy lifestyle changes; whether it is healing from cancer, diabetes, pancreatic disease, or any chronic disease. The main goal is to be healthy and stay healthy.

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