



Eat ~ Heal ~ Thrive

Sara Paxton

Pharmacist, Certified Health Coach, Certified Cancer Coach, Clinical Thermographer

Did You Know???

In January 2009, a study was published in which researchers took 34 different vegetables, juiced them, and then dripped the juice on 8 different cancer cell lines to see what would happen. Some of the vegetable juices had remarkable anti-cancer effects... actually stopping cancer growth completely.

The most powerful anti-cancer vegetables in this study were garlic, onion, leeks, broccoli, cauliflower, kale, cabbage, collards, brussel sprouts, bok choy, and radishes.

As a cancer coach, I understand it's not always easy consuming these vegetables daily. I have taken the popular "Bacon Broccoli Salad" and put a healthy, delicious, cancer-fighting "twist" to it. I hope you enjoy.

Broccoli, Cauliflower, and Orange "Cancer Fighting" Salad

- 1 broccoli head, cut into small florets
- 1 cauliflower head, cut into small florets
- 2 oranges, peeled and segmented (optional)
- ½ onion, minced (may use leeks)
- ½ cup chopped kale
- ½ cup avocado oil mayo (Primal Kitchen is a great brand)
- 2 TBSP fresh lemon juice
- 2 TBSP red wine vinegar
- ¼ cup extra virgin olive oil
- Salt and pepper
- 1 -2 pkts stevia
- Fresh garlic- 3 to 4 cloves, minced

In a bowl, combine the mayo, lemon juice, red wine vinegar, olive oil, salt, pepper, and garlic.

Whisk until everything is well emulsified.

Place the cauliflower, broccoli, oranges, onion, and kale in a large salad bowl.

Pour the dressing over and gently toss everything until well combined.

Refrigerate covered for 30 minutes or more before serving.