

caleywolf_cancerwellne • [Follow](#) ...

Calgary, Alberta



caleywolf_cancerwellness Plant-based foods are rich in nutrients known as antioxidants that boost your immune system and help protect against cancer cells:

* Diets **high in fruit** may lower the risk of stomach and lung cancer.

* Eating vegetables containing **carotenoids**, such as carrots, Brussels sprouts, and squash, may reduce the risk of lung, mouth, pharynx, and larynx cancers.

* Diets high in **non-starchy vegetables**, such as broccoli, spinach, and beans, may help protect against stomach and esophageal cancer.



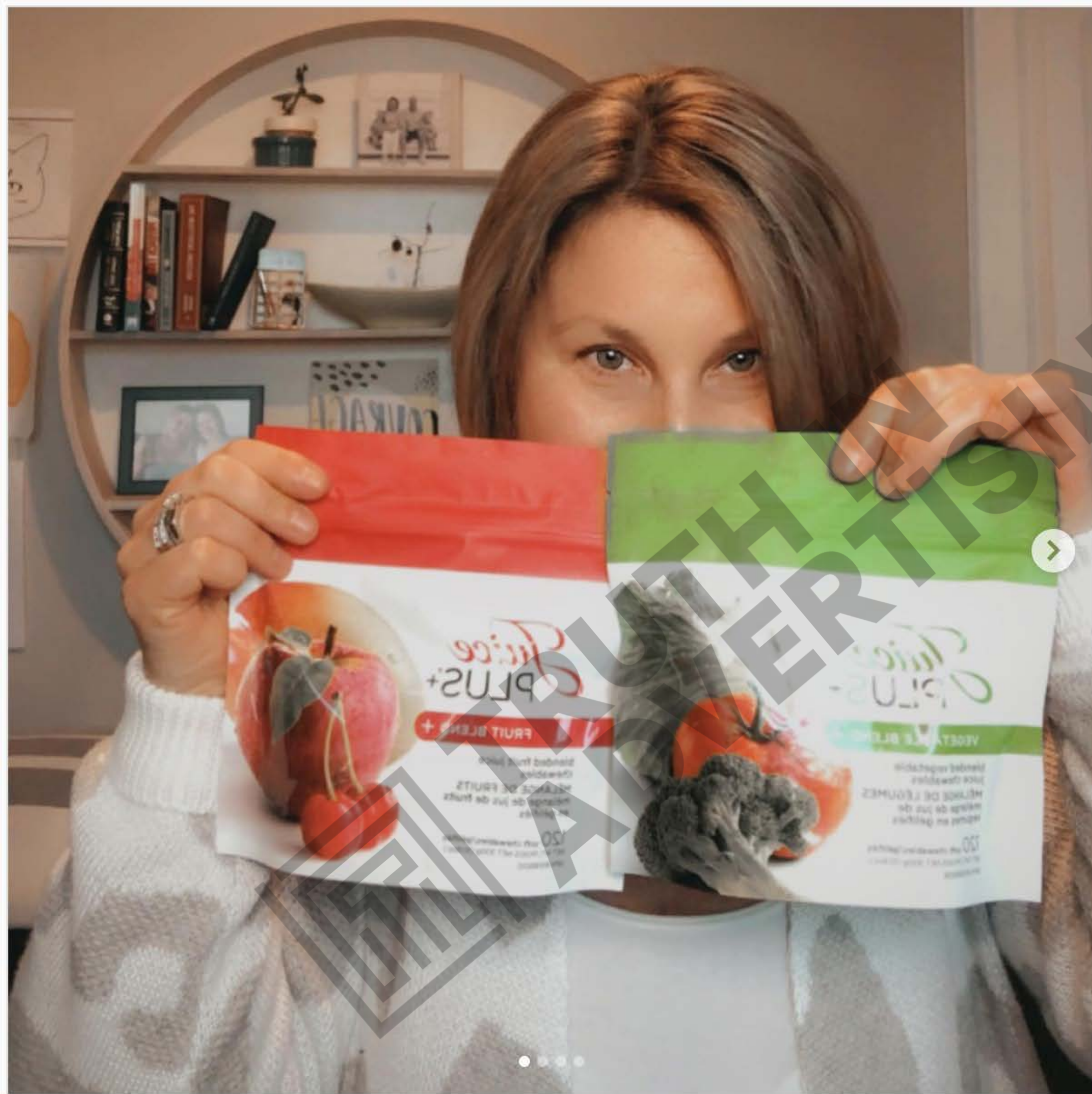
16 likes

SEPTEMBER 3, 2021



Add a comment...

Post



caleywolf_cancerwellne • [Follow](#)



Calgary, Alberta

stomach and esophageal cancer.

* Eating oranges, berries, peas, bell peppers, dark leafy greens and other foods **high in vitamin C** may also protect against esophageal cancer.

* Foods high in **lycopene**, such as tomatoes, guava, and watermelon, may lower the risk of prostate cancer.

This is exactly why we have our whole food fruit and vegetable gummies and capsules. They are made with only food....no added synthetic vitamins and minerals.

This way I **KNOW** we are getting a



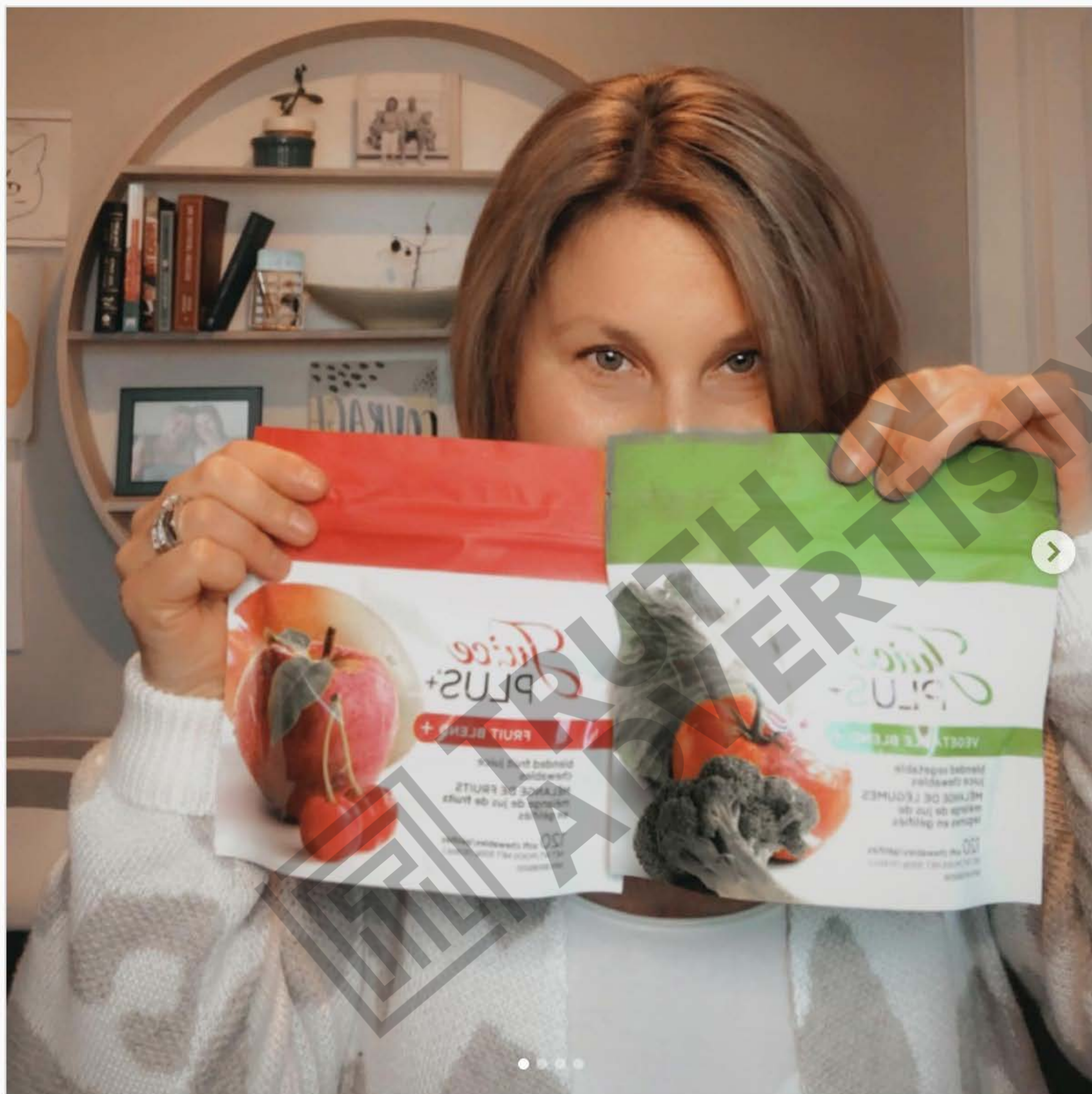
16 likes

SEPTEMBER 3, 2021



Add a comment...

Post



caleywolf_cancerwellne · [Follow](#) ...

Calgary, Alberta

This way I **KNOW** we are getting a variety.... 30 different ones to be exact that help build up our **immunity** and give us the **anti-oxidants** that we need.

If you think you may need a little more in your life, let me know. We can get you all set up. 💕

40w



caleywolf_cancerwellness

- #breastcancersupport
- #cancercommunity
- #breastcancersurvivors
- #breastcancersucks
- #breastcancerwarriors
- #curecancer
- #breastcancerresearch



16 likes

SEPTEMBER 3, 2021



Add a comment...

Post



caleywolf_cancerwellness • [Follow](#) ...

Calgary, Alberta

40w



caleywolf_cancerwellness

#breastcancersupport
#cancercommunity
#breastcancersurvivors
#breastcancersucks
#breastcancerwarriors
#curecancer
#breastcancerresearch
#fuckcancer #breastcancerjourney
#breastcancerprevention
#breastcancer
#breastcancerfight #cancer
#breastcancer
#breastcancerhealing #bcra1
#biohacking #cancersurvivor



40w Reply



16 likes

SEPTEMBER 3, 2021



Add a comment...

Post



+ contributes to cardiovascular wellness

+ supports your immune system

+ reduces the severity of cold symptoms

+ helps protect DNA

+ increases levels of key antioxidants in the bloodstream

+ reduces oxidative stress from exercise

+ improves blood flow to skin



caleywolf_cancerwellne • [Follow](#)

Calgary, Alberta



caleywolf_cancerwellness Plant-based foods are rich in nutrients known as antioxidants that boost your immune system and help protect against cancer cells:

* Diets **high in fruit** may lower the risk of stomach and lung cancer.

* Eating vegetables containing **carotenoids**, such as carrots, Brussels sprouts, and squash, may reduce the risk of lung, mouth, pharynx, and larynx cancers.

* Diets high in **non-starchy vegetables**, such as broccoli, spinach, and beans, may help protect against stomach and esophageal cancer.



16 likes

SEPTEMBER 3, 2021



Add a comment...

Post

"MOST PEOPLE ARE NOT VITAMIN DEFICIENT... THEY ARE WHOLE FOOD DEFICIENT" - Dr. David Katz, founding director of Yale-Griffin Prevention Research Center.



caleywolf_cancerwellne • [Follow](#) ...

Calgary, Alberta



caleywolf_cancerwellness Plant-based foods are rich in nutrients known as antioxidants that boost your immune system and help protect against cancer cells:

* Diets **high in fruit** may lower the risk of stomach and lung cancer.

* Eating vegetables containing **carotenoids**, such as carrots, Brussels sprouts, and squash, may reduce the risk of lung, mouth, pharynx, and larynx cancers.

* Diets high in **non-starchy vegetables**, such as broccoli, spinach, and beans, may help protect against stomach and esophageal cancer.



16 likes

SEPTEMBER 3, 2021



Add a comment...

Post

"MOST PEOPLE ARE NOT VITAMIN DEFICIENT... THEY ARE WHOLE FOOD DEFICIENT" - Dr. David Katz, founding director of Yale-Griffin Prevention Research Center.



caleywolf_cancerwellne • [Follow](#)

Calgary, Alberta



caleywolf_cancerwellness Plant-based foods are rich in nutrients known as antioxidants that boost your immune system and help protect against cancer cells:

- * Diets **high in fruit** may lower the risk of stomach and lung cancer.
- * Eating vegetables containing **carotenoids**, such as carrots, Brussels sprouts, and squash, may reduce the risk of lung, mouth, pharynx, and larynx cancers.
- * Diets high in **non-starchy vegetables**, such as broccoli, spinach, and beans, may help protect against stomach and esophageal cancer.



16 likes

SEPTEMBER 3, 2021



Add a comment...

Post