



If you would like more ideas about creating delicious and healthy meals, visit my [Delectable Dishes](#) on my web site. You will find hundreds of recipes to support your healing journey.

**Breast Cancer Conqueror**

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# Delectable Dishes from Dr.V's Kitchen

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Tomato soup brings back memories of cold winter days and enjoying a warm soup to warm up the body. Tomatoes are rich in lycopenes which ...  
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**FOUNDER AND AUTHOR**  
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I hope you enjoyed your first lesson.

Tomorrow you will learn about **Essential #2 - Reduce Your Toxic Exposure**. See you then!