

"FUEL YOUR FIGHT: THE ULTIMATE PALENGKE LISTS FOR CANCER WARRIORS AND SURVIVORS"

Because we need to be strong for the biggest fight of our lives: GUARDING OUR HEALTH, finally, here's an ebook especially concocted for us brave cancer warriors and survivors.

Offering us more nutritious options to choose from, more freedom...hindi laging bawal ng bawal, sa abo't kayang halaga dahil mabibili lang sa palengke, at higit sa lahat, pwede nating pasarapin ng pasarapin ayon sa ating panlasa dahil pati maliit na herbs and spices na may malalaking health benefits, kasama sa palengke lists natin na nasa ebook na ito!



Introducing!

KAIN TAYO, KA-WARRIOR

"Discover the most nutritious foods that can empower your journey toward recovery and wellness. This comprehensive guide is designed for cancer warriors and survivors who want to take control of their health, starting with the foods they eat."

What's Inside:

- **Nutrient-Packed Vegetables:** Learn about the vegetables that provide essential nutrients and have powerful anti-cancer properties.
- **Supercharged Fruits:** Explore fruits that not only taste great but also offer protection against cancer.
- **Plant-Based Protein Powerhouses:** Find out the best plant-based protein sources to strengthen your body without relying on meat.
- **The Best Fish for Protein:** Discover which fish are loaded with cancer-fighting nutrients.
- **My Personal Journey:** Learn from my own mistakes and successes in choosing the right foods for my body during my cancer journey.



MY JOURNEY

I'm GLENDA C. RESURRECCION, a two-time breast cancer survivor.

Case: Stage 3C invasive ductal carcinoma.

Breast tissue panel: ER, PR HER2neu positive for the 1st cancer. ER+, PR- and HER2neu negative for the local recurrence.

I am the founder of the The Pinky Town Warriors, a Facebook support group for cancer warriors, survivors and family members. It is my passion to equip cancer warriors and survivors through information campaigns and empowerment. I post latest studies, videos from reputable cancer-related organizations, and success stories of cancer warriors both here and abroad. I use Facebook and Youtube as my main public platform to spread information on managing cancer treatment side effects, what food to eat during and after treatment, how to protect our mental health and more.

A couple of years after starting The Pinky Town Warriors, I also became the the founding president SURVIVE STRONG, a Rizal Medical Center-based online cancer support group.

I continue to create videos for my Youtube channel, GLENDA RESURRECCION, with now almost 14K Followers from all over the Philippines and even reaching even our OFW Kababayans abroad. Recently, I started doing free Facebook webinars to teach on nutrition using whole foods with anti-cancer properties. This year I have also become a certified cook so I also teach on how we can include them in our daily meals. My passion for teaching on nutritious food stems from my own desire to stay healthy amidst treatment following a 2023 diagnosis. I made it my mission to search for food with anti-cancer benefits, backed by research, that you can buy from the local palengkes.
Healthy, accessible and affordable.

To date, I have done talks on Cancer, Nutrition and Health in various locations such as the City Hall of San Juan and the Office of the President, Malacanang.

Some of my significant works include voicing an AVP for a medicine, a project by the World Health Organization.

In 2022, my production company, Anastasia Productions also handled the World Health Organization and Department of Health 2-day webinar series on Cervical Cancer Awareness where I functioned as both producer and director. It was attended by doctors, medical practitioners and featured notable guest speakers from the US, Australia, Africa and other parts of the world.

My life story was feature by the World Health Organization Western Pacific Region for my cancer advocacy.

And, I have also written a total of 6 books on cancer awareness. The latest is on food, yes. It's KAIN TAYO, KA-WARRIOR!

BENEFITS of KAIN TAYO, KA-WARRIOR



1. Matutunan natin kung saan tyo nagkakamali sa pagkain kaya tayo nagkakasakit. Good starting point ito para i-adjust ang ating eating patterns.
2. Malalaman natin ang 4 food groups na iniwasan ng mga radical remission survivors (mga gumaling sa cancer kahit hindi nag conventioanal treatment or hindi binuo ang treatment).
3. Magkaka-access ka sa 180 food with anti-cancer properties, kasama ang 20 best prebiotics. 20 best probiotics. 12-14 Palengke lists.
4. Syempre, malalaman natin kung ano ang mga Pwede at Hindi muna Pwedeng Pagkain ng Chemo Patients. Pati best protein sources, meron.
5. Matututunan natin ang 28 Crucial Benefits ng mga gulay at prutas na kahit ako hindi ko alam noon.
6. Matuto Kang Mag create ng Personalized Healthy Eating Pattern. Yung sako sa needs at body reactions mo.
7. Eto ang winner: Hindi ka na mahihirapang mag-isip kung ano ang iluluto for at least 3 days (or 6) dahil May Healthy Meal Plans with easy-to-follow recipes.

AT NAPAKARAMING PANG IBA: STORIES, STUDIES, STRATEGIES, STATS, and more!

After reading this eBook, Kapatid, you will be 5-6 times more knowledgeable about food and nutrition! The more we know, the more nutritious and delicious decisions we can make to fortify our health through food.

So, whether you're shopping for yourself or a loved one, this guide will help you make informed decisions about what goes into your cart and into your body. You'll learn how to maximize the nutritional value of every meal and avoid common pitfalls in choosing the right foods.



BONUS!

To sweeten the deal, if you order today, you also get 2 bonus eBooks !
5 Biggest Food Myths, Busted! It talks about the incorrect and limiting beliefs about sugar, salt, fat, carbohydrates and even organic food. The truths in this book will definitely set us free in the grocery! No more 'Misguided Bawal.' We'd have more healthy options based on facts and not on fake news.

And ECHOES FROM THE COCOON, where I talked about Cancer Scares, Depression and the Crazy Life in between.

Take the first step towards a healthier you. Get your copy today and start fueling your fight, using the most nutritious foods available. With KAIN TAYO, KA-WARRIOR as your guide!

KAIN TAYO, KA-WARRIOR! Php 1,299.

5 BIGGEST FOOD MYTHS, BUSTED Php 555

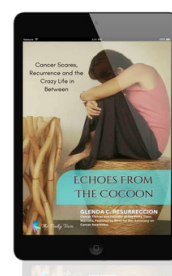
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Total: Php 2,543

But if you order now, you get a delicious discount. You get all three eBooks at just

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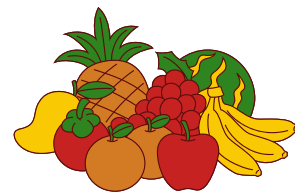


Yes!!! You get KAIN TAYO, KA-WARRIOR and the two bonus eBooks. You get all the nutrition information, yummy goodness, stories, strategies, studies, and stats on food and nutrition at Php 999. It's a one-time investment that could impact your health for a lifetime.

And this is a LIMITED OFFER! So, message me now!

But don't take my word for it. Let's hear it from those who have read KAIN TAYO, KA-WARRIOR!

TESTIMONIALS



*“wow!!
very educational
impressive!
WRITER KA NGANG TALAGA!
HAHAHAHAHA”*

-ANALYN ARLENE SANTOS-LIPATA

School Principal

breast ca stage 3, bone cancer 4 liver and lungs 4 heart failure,
10-year cancer warrior

“Puno ng Excitement nang Mabasa ko pa lng ang pamagat ng Ebook ng ating kapatid na si Ms. Glenda Resurrection. Akalain mo yun, pwede pala sa mga cancer patients ang mamiyesta sa mga pagkain na di lang masasarap, full pack pa sa nutrisyon.

Naku mga kapatid kong mahal, mga kapwa ko cancer patient before, now a cancer survivor, highly recommended ko na pagtuunan nyo ng pansin na basahin at unawain kung ano talaga ang mga kailangan ng ating katawan upang mapanatili natin ang kalusugan sa biyaya ng Dios. Ang Ebook na ito ay napapanahon sa dami ng mga nakakaranas o na diagnose ng cancer. Napakalaking tulong na magabayan ang ating pagkain dahil ang sabi nga....”WE ARE WHAT WE EAT”.

Ako po ay nadiagnosed ng Breast Cancer 2018, dumaan sa breast surgery, chemotherapy, radiation at Herceptin treatment at sa ngayon ay surveillance monitoring every 6 months. Napakalaking bahagi sa aking buhay ang aking mga kinakain sa araw-araw. Malimit tayong magtanong kung ano ba ang pwede at hindi natin dapat kainin... Heto na po ang sagot sa inyong mga tanong, KAIN TAYO, KA-WARRIOR!

Halina at sama-sama nating tunghayan ang masusustansyang pagkain sa mga Palengke List na inihanda sa atin ni Glenda.”

MYRNA P. BOBADILLA

Government Employee

STAGE 1-A Breast CA, Diagnosed 2018, Her2Neu Positive

ORDER NOW AND GET OUR DELICIOUS DISCOUNT!

Just Php 999 for you!

And you get all the nutrition information, yummy goodness, stories, strategies, studies, and stats on food and nutrition in KAIN TAYO, KA-WARRIOR and our two bonus eBooks, 5 Biggest Food Myths Busted and Echoes From The Cocoon!



Php 999

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EMAIL me the GCash/ BDO transaction slip screenshot at glendar.pinkytowndigital@gmail.com

GRAB YOUR OWN COPY OF

KAIN TAYO, KA-WARRIOR

AND GO THROUGH YOUR CANCER TREATMENT AND SURVIVOR LIFE WITH ACCESS TO ALL THESE GOODNESS, INFORMATION, AND CONFIDENCE THAT YOU ARE GETTING THE NUTRIENTS YOUR BODY NEEDS. KA-WARRIOR, WALA NANG SASARAP PA SA NAKAHAING ITO SA'YO! MESSAGE ME NOW!

LIMITED OFFER ONLY!

