



Culinary
Angels

culinaryangels.org

Providing nutrient-rich meals
to people going through
a serious health challenge.

Positive Resources

Faith-Based Cancer Support Group

Mondays, 12:30-2:00pm

Cornerstone Fellowship

348 N. Canyons Parkway, Livermore, Room U1

natburbach@comcast.net, 510/701-4845

The Cancer-Fighting Kitchen Cookbook

Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery

Rebecca Katz & Mat Edelson

Nourishing Connections Cookbook

The Healing Power of Food & Community

Ceres Community Project

Bone Broth Breakthrough

50 Nourishing Recipes

Dr. Josh Axe

Advanced Acupuncture

Jens Maassen, 925/451-6282

Acupuncture & Ancient Chinese Herbs

Creative Healing Center

Michelle Walker, 925/443-4442 123 South Livermore Ave.

Customized massage therapy. Deeply sensitive to individual needs and compassionate.

Kris Carr

NY Times author & wellness activist has been thriving with cancer for over a decade.

www.kriscarr.com

Plant-Based Diet Recipes from Kris Carr www.kriscarr.com/recipes/

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Choose Love and Stay in Gratitude!