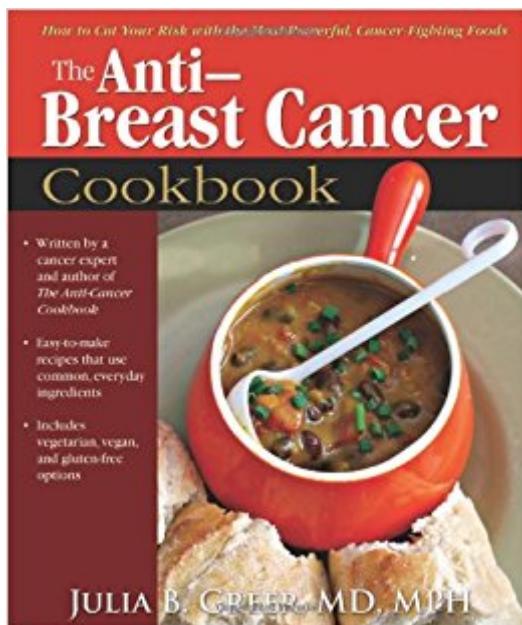


The book was found

Anti-Breast Cancer Cookbook: How To Cut Your Risk With The Most Powerful, Cancer-Fighting Foods



Synopsis

Breast cancer is the most common type of cancer diagnosed among women in the United States. It is second only to lung cancer as a leading cause of cancer death in females. The National Cancer Institute estimated that 230,480 women were diagnosed with breast cancer in the US in 2011 and 39,520 women died from it. And the scary part is anyone can get cancer. There is no single diet, food, or nutrient that will keep you from getting cancer. However, in the same way that wearing a seatbelt may protect you from being injured in a car accident, eating certain types of food may help to protect you from developing many cancers, including breast cancer. Dr. Julia Greer - cancer expert and author of *The Anti-Cancer Cookbook* - pulls together everything you need to know about breast cancer and the foods you should eat to protect you from developing breast cancer. She shares her collection of more than 200 recipes for sauces, main courses, sandwiches, breads, desserts and beverages - many of which are vegan or vegetarian and over half are gluten free. All of the recipes are made from common everyday ingredients chock-full of powerful antioxidants that may significantly slash your risk of developing breast cancer.

Book Information

Paperback: 228 pages

Publisher: Sunrise River Press (January 18, 2013)

Language: English

ISBN-10: 1934716332

ISBN-13: 978-1934716335

Product Dimensions: 7.5 x 0.6 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 16 customer reviews

Best Sellers Rank: #730,215 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #117 in Books > Cookbooks, Food & Wine > Special Diet > Cancer

Customer Reviews

Check out a recipe from the book featured with Princeton Alumni Weekly:

http://blogs.princeton.edu/paw/2013/03/greer_92_provid.html (Katherine F. Greenwood Princeton Alumni Weekly 2013-03-01)"Here is a great variety, indeed a wealth of gourmet recipes to try, with an emphasis on the best of seasonal produce that will enhance the daily health of its fans and devourers." -Midwest Book Review, March 2013 (James Cox Midwest Book Review

2013-03-13)Featured in SHAPE's "12 Pasta Dishes Under 500 Calories" (Alanna Nuñez

SHAPE online 2013-03-15)

Although no single diet, food, or nutrient will keep you from getting cancer, clinical studies show that eating certain types of food may help protect you from many cancers. In *The Anti-Cancer Breast Cancer Cookbook*, author, cook, and physician Julia Greer, MD, gives you more than 200 recipes you can use to help fight breast cancer—as a preventative measure, to diminish the risk of a cancer recurrence, or to help you keep your immune system in great shape. Each recipe calls for foods rich in vitamins and minerals known to fight breast cancer specifically. Breast cancer is the most common type of cancer diagnosed in women in the United States. The lifetime risk of developing breast cancer is about one in eight, but research shows you can take several steps to help lower your risk, including maintaining a healthy weight as you age, exercising regularly, avoiding alcohol, lowering your saturated fat intake, and eating antioxidant-rich foods. Although diet is not a cure for cancer, it is probably the one factor over which we have the greatest control. Cooking healthful food is a wonderful way to relax, socialize, and build healthy habits.

I LOVE THIS COOKBOOK . THERE ARE MANY GREAT IDEAS.

Very helpful & informative

Good recipes! This book would be better if the pictures were in color.

Great book! Love it! Thank you very much. Lots of wonderful recipes. Could use more pictures.. Other than that highly recommend it!

Buy at least 2 copies because you will want to pass it on and keep yours. Easy and some combinations I would not have thought about. I gave up on oncology meds because of the nausea and this is very healthy eating.

Great book. Helping a friend in need.

Full of information and recipes!

I have been looking at books like this for a while and am very pleased with the range and choice of recipes.

[Download to continue reading...](#)

Anti-Breast Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods The Anti-Breast Cancer Cookbook: How to Cut Your Risk with the Most Powerful Cancer-Fighting Foods The Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments,

Cancer Medicine, Cancer Patient Book 1) Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)