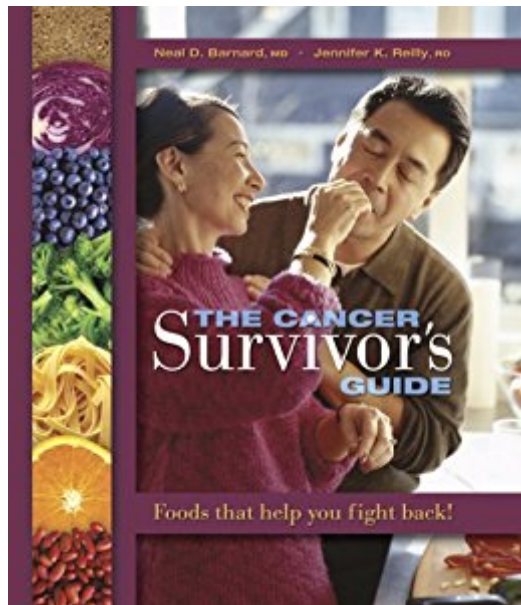


The book was found

# The Cancer Survivor's Guide: Foods That Help You Fight Back



## Synopsis

The Cancer Survivor's Guide explains how foods influence the hormones that fuel cancer and how a dietary change to a low-fat, plant-based diet can be beneficial to anyone diagnosed with cancer. Each section describes specific nutrients and how they work in your body, which foods are the best sources, recommended recipes, and offers simple, practical steps you can take during the week to increase consumption of these foods. Includes over 60 pages of recipes for satisfying and flavorful meals to help implement the recommendations.

## Book Information

File Size: 2875 KB

Print Length: 260 pages

Page Numbers Source ISBN: 1570672253

Publisher: Book Publishing Company; 1 edition (January 15, 2009)

Publication Date: January 15, 2009

Language: English

ASIN: B002I5E470

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #797,746 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #87

in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #210 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#) #557 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#)

## Customer Reviews

this was recommended by an ayurvedic doctor who I worked with for over a year. She believes that everyone should be eating this way, regardless of whether we are cancer survivors. The recipes are okay but the background science behind the recipes is first rate.

The is the best summary of research accompanied by delicious recipes from multiple cookbooks, and successfully served to my family and friends. I have purchased more than a dozen of the

Survivors Guide as shift to empower survivors to take control of diet & exercise...something about which we do have control. Thank you! -Ed

This book has been used in my kitchen for 10 years. BTW, I am a 10 year cancer survivor. Very tasty dishes here, along with good information on which foods are beneficial. There is a recipe for a kidney bean casserole that is just delicious...and one for an Aztec Salad...some of my favorite dishes come from this book.

Excellent information and recipes in this book. Am making one of the soups today. One doesn't have to be sick in order to get great benefit from reading this book. Highly recommend it.

This is a well written book that is very informative. Our group enjoyed reading the recipes. We did not have cooking classes together. Our group was using this book as a preventative measure only. When one learns healthier tips for eating, one's immune system is boosted & the chance for getting cancer or having a recurrence is reduced.

Outstanding information about how different foods can affect cancers of different types. Well written and easy to understand but backed up by thorough research. Anything by Neal Barnard is worth reading.

This is an excellent introduction to being a Vegan. Not an easy decision or easy to carry out, but if it is worth it to you this is a good guide. The recipes have all been tested and they are accurate. If you are ill or a loved one is ill it is worth trying this cooking and see if you get well. It has actually worked for at least one woman I know that had breast cancer. She lived for 40 more years!

I also viewed the video too! This is a fantastic VEGAN eating lifestyle that we should all adopt prior or ever getting the CANCER diagnosis! Lots of great recipes, education and way to think about food benefiting your body & foods ability to improve our body processes! Loved this book!

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

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) 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) 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) The Cancer Survivor's Guide: Foods That Help You Fight Back 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 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) Foods to Fight Cancer: Essential foods to help prevent cancer Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 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 Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor The Ultimate Anti-Cancer Cookbook: A Cookbook and Eating Plan Developed by a Late-Stage Cancer Survivor with 225 Delicious Recipes for Everyday Meals, Using Everyday Foods CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge Ã¢â¬â¢ Whole Foods Diet Ã¢â¬â¢ Whole Foods Cookbook Ã¢â¬â¢ Whole Foods Recipes (Whole Foods - Clean Eating) 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)

Contact Us

DMCA

Privacy

FAQ & Help