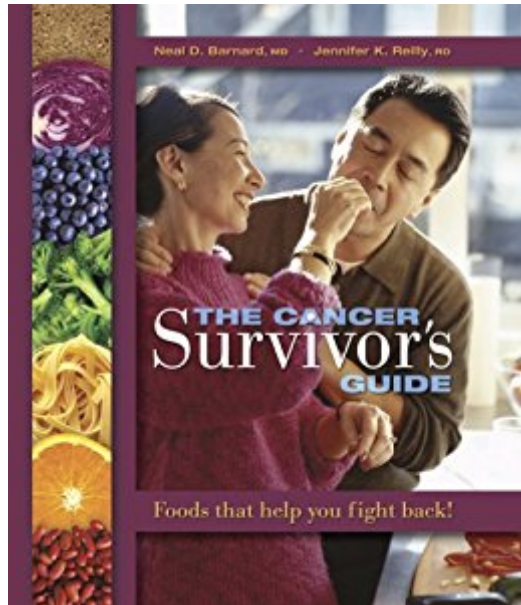




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The Cancer Survivor's Guide: Foods That Help You Fight Back



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

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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!

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Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)

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