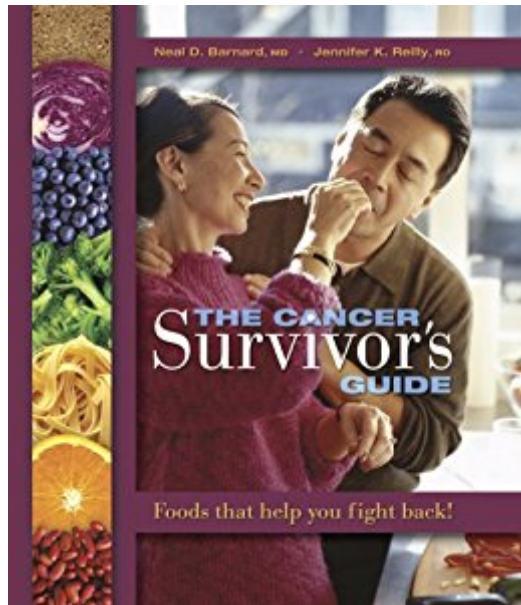


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# The Cancer Survivor's Guide: Foods That Help You Fight Back



## 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

I recently purchased "The Cancer Survivor's Guide" for a course I was taking at Whole Foods Market in Sacramento, CA. I do not have cancer. I do not plan to get cancer. But then again, nobody does. My beloved, healthy, sister Debora died in 2007 from virulent cancer. I don't wish it on anyone. While I was a patient of John McDougall in Santa Rosa undergoing his ten day program, my sister Debora was eating the "Atkins Diet." Five years later, I am alive and thriving and Debora is buried in a cemetery nearby. Don't let this happen to you or your loved one. I now have a weekly share of a vegetable crop in a C.S.A. farm nearby. I loved the Cancer Project Class. The recipes in this book are great. We got a chance to make several of them during the four week class. The

Mashed Grains and Cauliflower on (p168) tasted great with mushroom gravy on top. I enjoyed the Black Bean Chili on (p121). I went into ecstasy over the Raspberry Salad Dressing on (p151) used on our green salad. The Sweet and Sour Stirfry on (p200) was an excellent dish and I learned to cook my root vegetables such as carrots and celery first as they take longer. I toasted my brown rice prior to cooking it and there is a recipe for that in this book. Enjoy the Gingered Melon (so easy to make) on (p218) as a wonderful dessert. Of course the Chocolate Mousse on (p215) is a tempting treat as well. Whether you are looking to revise conventional recipes (p67), plan healthy cancer fighting meals that will slow down the course of cancer in your body, or if you just enjoy the taste of a good Roasted Red Pepper Hummus (p113) this book has an approach to healthy eating that we all can live with and enjoy.

I purchased this book because I do believe that food is a factor in cancer prevention and treatment. The scientific evidence in this book is compelling, although I did not need to be convinced. For those who are not sure about how food affects health, this is a five-star book. For anyone who wants some recipes to put the concepts into practice, this book is only three-star or four-stars. While there is some variety in the book, some of the recipes just didn't tantalize my taste buds. Making the change from meat as a main dish can be a challenge, so I wanted some recipes to make the family crave more plant based foods, and this one misses that mark. A good vegetarian book would be a better choice for recipes, but if readers who want both an explanation of why to make the change and suggestions on what to eat instead of meat will find this book most helpful.

This book tells you exactly what you need to do to survive your cancer diagnosis. Fortunately, I was already following a high-fiber, low-fat plant-based diet, so there wasn't a big change for me. I have just begun watching the fat intake much more closely. That is the key here--keeping your weight down and the fat intake at a minimal. It's just too bad the oncologists and radiologists don't know about diet's role in cancer survival. I've told them about Dr. Barnard's film "Forks Over Knives," but they look at me blankly as if to say, "What are you talking about?" Dr. Barnard is not the only doctor who has studied diet as it relates to cancer, there's a long list. I recommend you check them out. Start with "The China Study" by Dr. T. Colin Campbell.

I am a four-time cancer survivor and have found this book to be great. It has amazing recipes that are all vegan and easy to make. A definite must buy book for anyone who wants to change their eating habits to better their health.

This book is a FANTASTIC resource for anyone looking to make healthier, well-balanced meals and start down a path to great health. The easy to read material is very informative without being repetitive or too "scientific." The second half of this book is full of FABULOUS recipes that are so easy to make and totally yummy. I bought this book for myself, my parents, as well as recommended it to my friends and coworkers. I also recommend you visit the Cancer Project's website and consider taking one of their nutrition classes (which they use this book for.) It will change your life, I promise!

If you want to do everything possible to improve your cancer survival rate, then read this book and implement the suggestions. In the world of vegan cooking, it can be bewildering on how to put together vegan meals. And if the food tastes too bad, you will not be able to stay on this diet. It is obvious that the recipes in this book have been created and tested by a professional. And they help hold your hand in putting this program together! I can tell you that the recipes work in this book, and that is not true for many of the other vegan cookbooks that I have tried. Cookbooks that get an F grade are "Engine 2 Diet", "Prevent and Reverse Heart Disease" by Esselstyn, and "The Complete Idiot's Guide to Plant-Based Nutrition." Other useful sources for recipes are found by going online and looking up what professional vegan cooks do. The "Candle 79 Cookbook" is good but time consuming. The Mediterranean cookbooks (for example "Mediterranean Light") of Martha Shulman contain many tasty vegan recipes, and I highly recommend them.

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