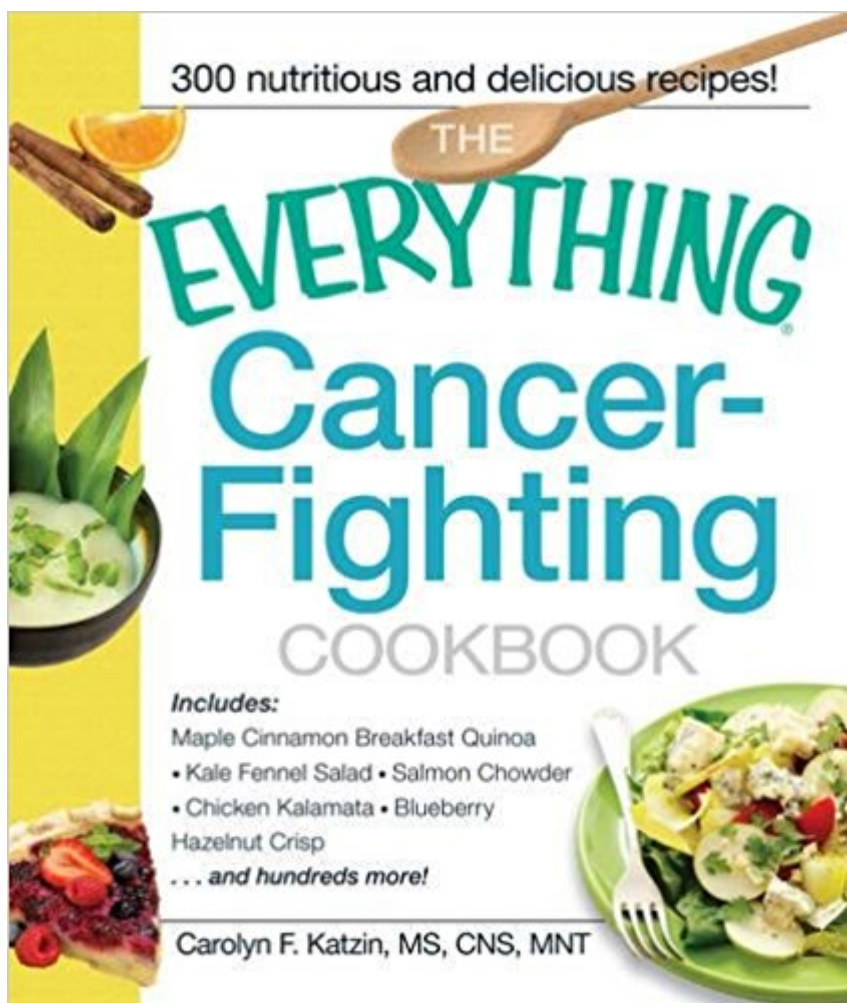


The book was found

# The Everything Cancer-Fighting Cookbook



## Synopsis

Whole foods. Antioxidants. Omega-3s. With this cookbook, you get 300 delicious ways to incorporate these nutritional powerhouses into your diet to help combat cancer one recipe at a time. Inside, you'll find recipes packed with disease-fighting ingredients that are satisfying and sustaining, such as: Pumpkin Seed Cornbread Stuffing, Quinoa Black Bean Salad, Salmon Cakes with Mango Salsa, Cucumber Gazpacho, Roasted Kale. Each recipe includes a full nutritional analysis so you can easily make the healthiest choices without sacrificing flavor or flexibility. Whether preparing meals for relatives, friends, or yourself, you'll find everything you need to cook your way toward a cancer-free life.

## Book Information

Series: Everything's®

Paperback: 304 pages

Publisher: Everything; 1 edition (January 14, 2011)

Language: English

ISBN-10: 1440507465

ISBN-13: 978-1440507465

Product Dimensions: 8 x 0.7 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,028,806 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #157 in Books > Cookbooks, Food & Wine > Special Diet > Cancer

## Customer Reviews

Carolyn F. Katzin, MS, CNS, MNT is a Certified Nutrition Specialist and Medical Nutrition Therapist with more than twenty years of experience. She is oncology nutritionist at Beverly Hills Cancer Center, Eisenhower Lucy Curci Cancer Center, and Premiere Oncology. She serves on the American Cancer Society California Division Board of Directors and is a member of the National Nutrition and Physical Activity Workgroup. She is the author of The Cancer Nutrition Center Handbook and a coauthor of Nutrition and Physical Activity During and After Cancer Treatment: An American Cancer Society Guide for Informed Choices. She is a member of the American Association for Cancer Research, American Society for Nutrition, and American College of Nutrition. Her website is [www.cancernutrition.com](http://www.cancernutrition.com).

I stumbled across this book in a used bookstore and bought it for my mother who is going through chemotherapy. I liked it so much I bought one for myself on . In my mother's case, she told me that her doctor did not talk to her about nutrition other than supplementing meals with Ensure. I feel that along with rest, nutrition is also important to the body's healing and recovery. There is some great information here that is tailored towards people going through chemotherapy such as fatigue, taste and smell changes, changes in digestion, as well as information about the cancer fighting foods themselves and why they are so beneficial. For example, my mother was so pleased to read that avocados (a favorite of hers) are very good for you. I like that the recipes incorporate these cancer fighting foods. So far I have tried two of the recipes: The Chicken Breasts with Curried Stuffing and The Green Chilli Chicken and they were phenomenal! Even my husband who does not like curry, liked the Curried Stuffing chicken. I am not one who likes to spend a lot of time in the kitchen, but likes using simple, fresh, ingredients. These recipes are very approachable, don't require a ton of prep, and most of all are very tasty. This book is such a great find! I'm very grateful to have come across this book.

I am using this book on a daily basis to help me change my diet so I can support and enhance the chemotherapy treatment. It provides good information about what to eat and how. Easy to make dishes and excellent variety. The one thing that could use improvement is the index. It's hard to find recipes by ingredients.

I buy this and send it all over the USA through our nonprofit [www.itaintchemo.org](http://www.itaintchemo.org) and I can say all of our Cancer Warriors find it useful.

this is a great cookbook and easy to follow.

Great variety and fantastic up to date and current nutrition information

Good Book!

I really wanted to find some great recipes in this book but so far am not having much luck....but I will keep trying. I've long subscribed to Cooking Light and recently discovered Eating Well, and I love to cook. These recipes seem overly high in fat and there isn't anything remarkable about them as they

pertain to fighting cancer. They feature healthy fats, lots of veggies and limited red meats. If you don't know anything about healthy eating you will get some tips in here but it's pretty average. Otherwise, keep your money and scour the Eatingwell.com website and get better recipes for free (no! I do not work for them...just love the recipes)

[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 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) 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,) 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) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) The Anti-Cancer Cookbook: How to Cut Your Risk with the Most Powerful, Cancer-Fighting Foods 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 Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition The Everything Cancer-Fighting Cookbook The Everything Cancer-Fighting Cookbook (Everything®)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)