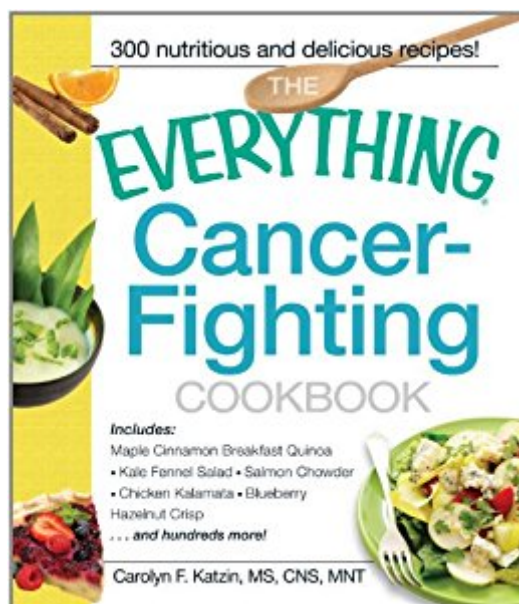


The book was found

The Everything Cancer-Fighting Cookbook (Everything®)



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

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Customer Reviews

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 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)

Good Book!

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