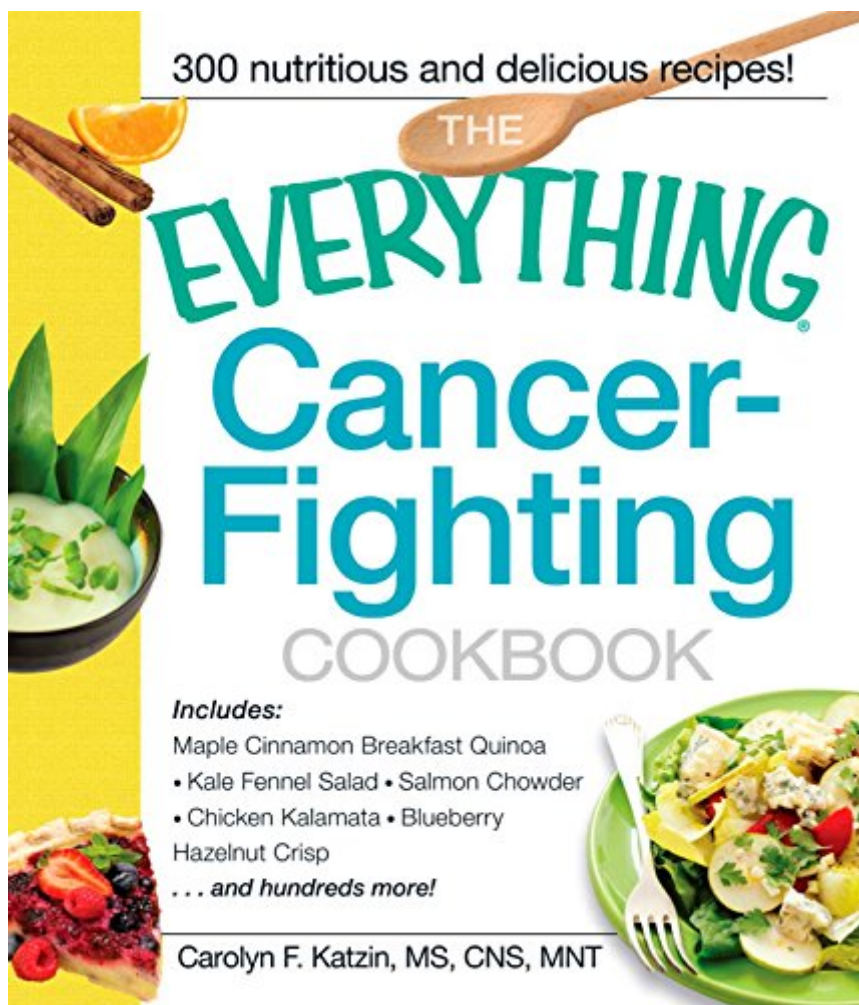




The book was found

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

File Size: 1505 KB

Print Length: 304 pages

Publisher: Everything; 1 edition (December 18, 2010)

Publication Date: December 18, 2010

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B004GUSDB8

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #703,214 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #77

in Kindle Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #188 in Kindle Books > Cookbooks, Food & Wine > Special Diet > Cancer #869 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions

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 buy this and send it all over the USA through our nonprofit 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,) The Everything Cancer-Fighting Cookbook (Everything®) 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

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)