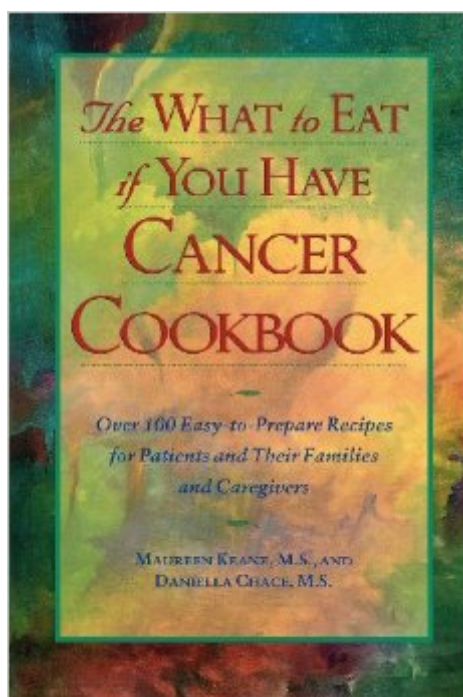


The book was found

# The What To Eat If You Have Cancer Cookbook



## Synopsis

Features more than 100 easy-to-prepare recipes that meet the unique dietary needs of cancer patients.

## Book Information

Paperback: 176 pages

Publisher: McGraw-Hill Education; 1 edition (April 22, 1997)

Language: English

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #1,055,768 in Books (See Top 100 in Books) #138 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#) #5551 in [Books > Health, Fitness & Dieting > Nutrition](#) #37745 in [Books > Parenting & Relationships](#)

## Customer Reviews

I purchased this book for my sister in January of 2000, two days after she was diagnosed with Stage 4 small-cell lung cancer. She began chemotherapy treatments the next week, and simultaneously begin eating exclusively through the plan in this book. Throughout the course of her treatments which have just ended this past month (May 2000) she never once got even the least bit nauseated and her energy level allowed her to remain active, missing only three days of work the entire course of treatment. Her blood levels remained consistently "at the high end of normal", she was never hospitalized nor required blood transfusions. She never lost her appetite, in fact, she eats what seems to be continually, and she lost approximately 20-lbs, which was due to better eating habits following the plan in this book. She ever once wavered from the plan in this book, everything was done to precision. Her last oncology visit, a week ago today, showed the cancer in two places had disappeared. The tumor in her lung had shrunk from 8 centimeters to 3. She begins radiation next week, which her oncologist says "we are going to shrink the remnants of the tumor into nothing but scar tissue". Her doctors and staff are amazed at the way she has accepted the chemo & how she has totally turned this around, which she attributes to her strong faith in God, strong family support and this book that provided the tool of nutrition. She has never looked more radiant and healthy in all her "50-something" years. What began as a very dismal prognosis, now has her

doctors constantly quizzing her about how she has stayed in such marvelous condition. Full remission is on the horizon, and we owe a lot of it to this book. It was a God-send, and I highly recommend it.

Having had the opportunity to hear Daniella Chase talk about the value of soy proteins and phytochemicals, as well as a variety of other topics, I can emphasize that the book doesn't approach the subject from a touchy feely or "eat what you want" approach. Instead, using the best and recent studies showing cancer-fighting and general-health benefits of specific categories and subcategories of food (like soy and cruciferous vegetables, to name a few), the authors provide a solid basis on which a cancer patient (like myself) can make good nutritional choices while going through a period that can feature nausea, lack of appetite, and general inactivity. If I were a better patient, I'd eat exclusively from the items in this book, prepared according to their companion recipe book. The book is not quite incidentally a great introduction to how the body works, how it processes food, and how cancer derives nutrition in order to grow. The short story: no fried foods, no alcohol, no processed sugar, no simple carbs; limited meat. Do eat legumes, phytochemical-containing vegetables and fruits, soy, fish, and lots of protein. This book has helped me considerably in keeping myself healthy during chemotherapy without sacrificing nutrition.

This book has been very useful as I go through chemo. Although I have had some nausea, with the help of this book, I have energy, and am able to keep exercising, and keep teaching even in the midst of chemo. This is not a fluffy book. The first sections are the best guide in micro and macro-nutrients for the layperson that I have read. (I should explain that I have a teaching license for biology, physics, and chemistry.) The recommended diets made my doctors perk up and smile, and nod and strongly agree. The one caveat is that the supplementation information has not been updated to include some of the most recent research - other than that this book is the first resource I recommend.

If you're lost and trying to learn about which foods a cancer patient needs to eat.... This is the book for you. I had to figure out what I was going to feed someone with cancer who did not want to eat. I knew that whatever he was going to eat would be a part of his treatment plan. So each morsel should be the best one that I could choose. This book explains everything you'll need to know on the subject. It will give you insight as to what's going on from the perspective of the cancer patient as well. A wonderful reference... Thank you!

I love this book...It's been such a help after finding out the shocking news that my husband has lymphoma. It uses all the "right foods" nutritionally speaking, to assist with his treatment plan. The food is delicious. So much so that I'm eating healthfully as well. I've found that recipes easy to follow and quick to prepare. It would have been almost impossible for me to figure out how to incorporate soy in our diets in such a tasteful way. I appreciate the book, the tips in it and the peace of mind it's given me in knowing the I'm feeding my loved one the best that I can. Thank you!

Despite its 1996 copyright this is a great resource! After reading several books on nutrition and cancer this is the one I continue to use for ongoing reference. It is not an easy read but explains thoroughly the physiology and chemistry of food components and nutrients. This is a very useful guide and far more helpful than any other resource I've read, including "Beating Cancer with Nutrition" by guru P. Quilin.

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The What to Eat if You Have Cancer Cookbook Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and Friends Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor F\*\*k Cancer - Coping & Coloring: The Adult Coloring Book Full of Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) Earls The Cookbook: Eat a Little. Eat a Lot. 110 of Your Favourite Recipes The Anticancer Diet: Reduce Cancer Risk Through the Foods You Eat You Have to F--king Eat Adam Mansbach - Go the F\*\*k to Sleep and You Have to F\*\*king Eat 2-in-1 Collection The New Testosterone Treatment: How You and Your Doctor Can Fight Breast Cancer, Prostate Cancer, and Alzheimer's Do You Have Prostate Cancer? A Compact Guide to Diagnosis and Health Interviewing: BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! (BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! GET THE JOB YOU DESERVE!) (Volume 1) You Are What You Eat Cookbook: Over 150 Easy And Delicious Recipes To Inspire The Healthy New Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Eat in My Kitchen: To Cook, to Bake, to Eat, and to Treat Eat & Explore Washington Favorite Recipes, Celebrations and Travel Destinations (Eat & Explore State Cookbooks) It's Not the Big that Eat the Small...It's the Fast that Eat the Slow: How to Use Speed as a Competitive Tool in Business Laugh, Sing, and Eat Like a Pig: How an Empowered Patient Beat Stage IV Cancer (And What Healthcare Can Learn from It) The Prostate Health Diet: What to

Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis The Power of When: Discover Your Chronotype - and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More Foods to Fight Cancer: Essential foods to help prevent cancer

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