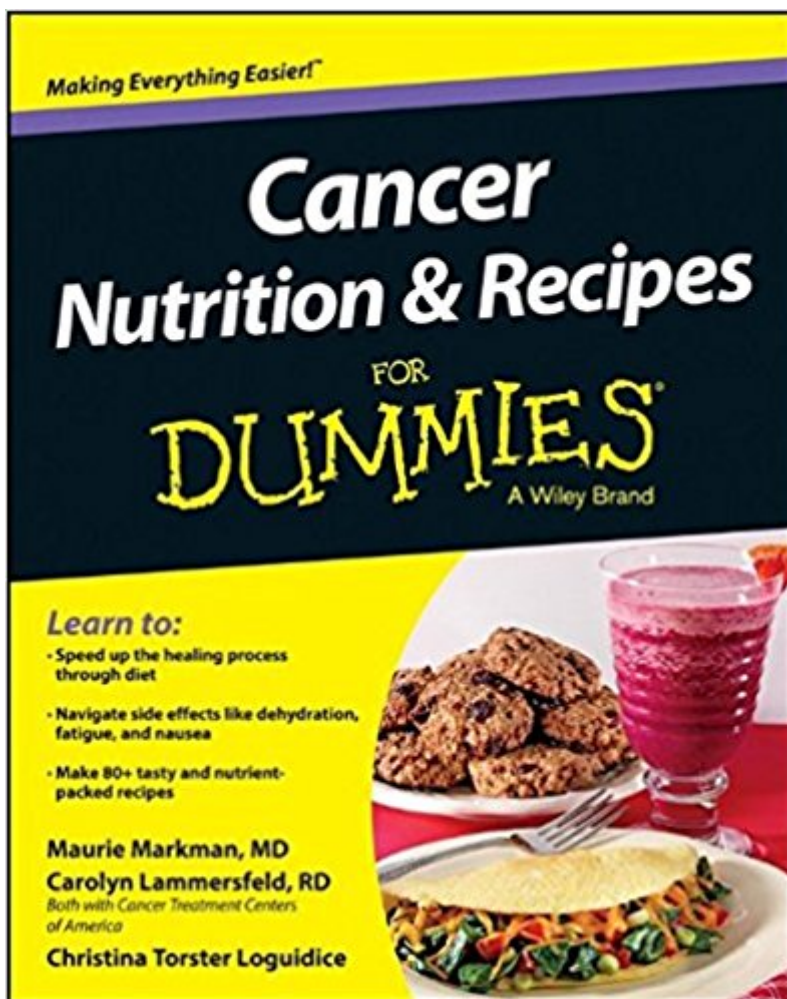


The book was found

# Cancer Nutrition And Recipes For Dummies



## Synopsis

Fight cancer from the inside out Cancer treatments such as surgery, chemotherapy, and radiation can be as hard on the body as the disease itself, and detailed nutritional advice is usually not part of the program. Yet eating the right foods can actually help lessen the strength of some of the most powerful symptoms of cancer and the side effects of treatment, allowing the patient to better fight the disease. Now, *Cancer Nutrition & Recipes For Dummies* is your trusted, informative guide to fighting cancer from the inside out. Designed for cancer patients and their families, *Cancer Nutrition & Recipes For Dummies* focuses on foods best tolerated during and that can ease side effects of cancer treatment. It also offers advice for menu planning, nutritional analysis, diabetic exchanges, and much more. Serves as a guide for cancer nutrition before, during, and after treatment Gives you a wealth of easy, immediate steps to speed up the healing process through diet Offers advice on treatment as well as solutions to common side effects like dehydration, fatigue, and nausea Enables cancer patients to put their strongest foot forward when starting treatment *Cancer Nutrition & Recipes For Dummies* targets those dealing with cancer and the loved ones who take care of them, aiding both parties in alleviating some of the side effects of the cancer treatment through change in diet.

## Book Information

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## Customer Reviews

Learn to: Speed up the healing process through diet Navigate side effects like dehydration, fatigue, and nausea Make 80+ tasty and nutrient-packed recipes Fight cancer from the inside out Cancer treatments such as surgery, chemotherapy, and radiation can be as hard on the body as the

disease itself. Designed for cancer patients and their families, *Cancer Nutrition & Recipes For Dummies* focuses on foods best tolerated during cancer treatment and that can ease side effects of cancer treatment. It also offers advice for menu planning, nutritional analysis, and much more. A primer on the "big C"; understand the different types of cancer, grasp the various diagnostic tests, know your cancer care team, and identify possible treatments The power of nutrition; get an understanding of how nutrition and cancer are connected and follow helpful guidance on transitioning to a clean eating lifestyle You are what you eat; discover cancer-fighting foods, enhance clean eating with immune-boosting foods, and safely deal with special dietary considerations Get cookin'; make more than 80 delicious recipes for every meal of the day, from invigorating breakfasts and soothing soups to satisfying entrees and delectable desserts Open the book and find: Guidance on tackling the physical and emotional effects of cancer treatments How food impacts your cancer fight Cancer-fighting foods, spices, and herbs Ways to embrace and transition to clean eating How to read food labels and stock your cancer-fighting kitchen Tips on cooking with the proper tools and techniques 80+ wholesome recipes the whole family will love

Maurie Markman, MD, a nationally renowned oncologist, is National Director of Medical Oncology at Cancer Treatment Centers of America. Carolyn Lammersfeld, RD, board certified in oncology nutrition and nutrition support, is Vice President of Integrative Medicine at Cancer Treatment Centers of America. Christina Torster Loguidice is Editorial Director of *Clinical Geriatrics and Annals of Long-Term Care: Clinical Care and Aging*.

*Cancer Nutrition and Recipes For Dummies* is an exceptionally clear, well-organized book. The recipes look great and delicious. I will spend lots of time trying out them. There are many useful tips on managing health, choosing medical people and explaining all aspects of various medical treatments. I bought one book for myself and another for a friend who has stage four cancer. Your book will help brighten her life. Thank you for your comprehensive book.

To bad this cook book isn't available to every cancer person AND THEIR CAREGIVER. We really enjoyed reading it and trying many of the recipes. They are interesting, easy to prepare, tasty, eye appealing and we both feel better than we have in months. Thank you!

A lot of information to help understand why proper nutrition is so important when battling cancer. This book can help anyone trying to understand eating as a preventive to disease. It is well written

and easy to understand in layman's terms.

I am enjoying the book especially the information on caloric needs and body weight. Also the many recipes and cancer fighting spices and herbs were informative.

Very good book and yes I would recommend it.

good

Great book! Easy to understand especially for non-medical people as th terms and explanations were simplified.

Great info, advice, a good support for those of us with cancer.

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breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Battling Lung Cancer With Nutrition (Battling Cancer With Nutrition) (Volume 2) Beating Cancer with Nutrition: Optimal Nutrition Can Improve Outcome in Medically-Treated Cancer Patients. American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer 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) 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) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children,toddler recipes,baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1)

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