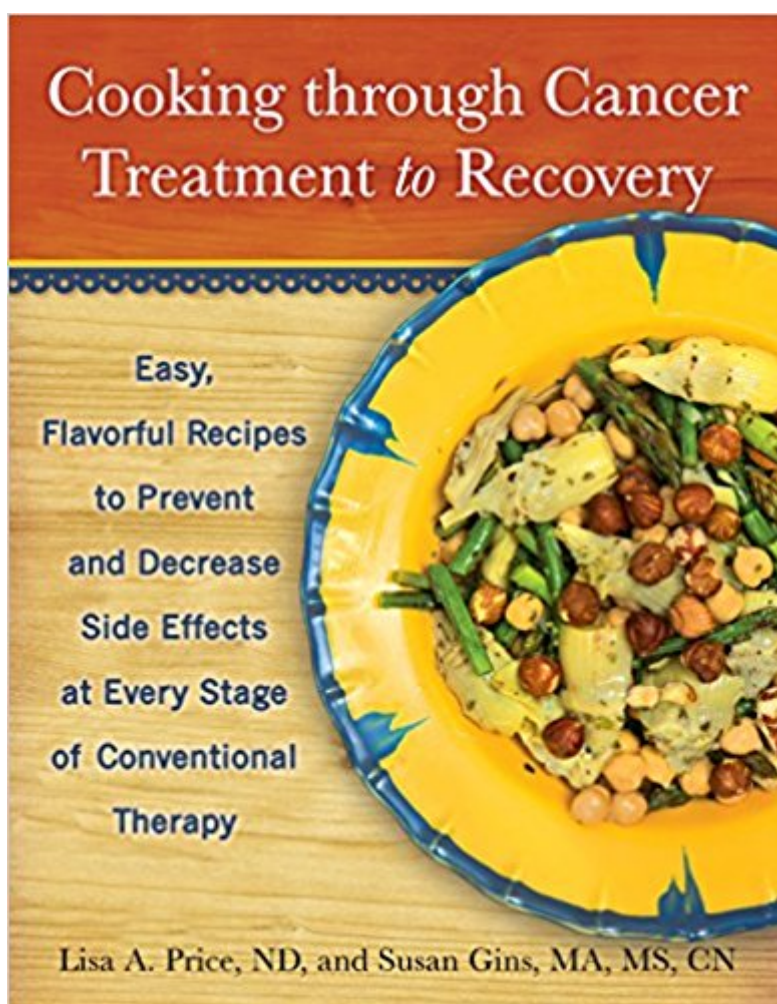


The book was found

Cooking Through Cancer Treatment To Recovery: Easy, Flavorful Recipes To Prevent And Decrease Side Effects At Every Stage Of Conventional Therapy





Synopsis

Written by a naturopathic physician specializing in complementary cancer care and a certified nutritionist, *Cooking through Cancer Treatment to Recovery* offers over 100 quick and delicious recipes that provide nutrients essential at each stage of treatment while avoiding proinflammatory foods such as processed sugars, dairy, and gluten that may increase side effects. The recipes in this user-friendly cookbook:

- Will not interfere or reduce the effectiveness of conventional treatment
- Address the most common side effects of conventional treatment such as diarrhea, fatigue, insomnia, nausea, joint pain, chemo brain, and loss of appetite
- Use widely available ingredients and are easy to prepare
- Are packed with flavor and aesthetic appeal
- Provide essential vitamins, minerals, and phytonutrients
- Complement each other for a therapeutic balance of protein, good fats, carbohydrates, and fiber

A wonderful book and [an] invaluable asset. The recipes are original and delicious and the comments prior to each recipe make them feel like gifts from a friend.

Patricia L. Dawson, MD, PHD, FACS, Medical Director, Swedish Cancer Institute Breast Program, and Medical Director, The True Family Women's Cancer Center

What an incredibly practical and delicious resource for people in all phases of their journey with and beyond cancer.

This is the sort of information my patients are hungry for.

Donald I. Abrams, MD, Integrative Oncologist, University of California San Francisco

An essential resource for anyone facing cancer and for those who love them. Whether you are gluten sensitive, vegan, or a robust meat eater, you will find recipes with nutritional values for every stage of cancer treatment and beyond in this treasure chest of a cookbook.

Sara O'Connell, Founder and Executive Director, Cancer Resource Centers of Endocino County, Recipient of the Robert Wood Johnson Foundation 2007 Community Health Leaders Award, and two-time breast cancer survivor

Lisa A. Pricer, ND is a naturopathic physician specializing in complementary cancer care. She is currently in private practice in Seattle, Washington, and is an adjunct faculty member at Bastyr University. Dr. Price was a National Institute of Health Research Fellow (2005-2010). Susan Gins, MA, MS, CN, was voted "Best Nutritionist in Seattle" by City Search. She directs Nourish, a successful nutrition practice, and gives presentations to public and private organizations.

Book Information

Paperback: 200 pages

Publisher: Demos Health; 1 edition (February 28, 2015)

Language: English

ISBN-10: 1936303809

ISBN-13: 978-1936303809

Product Dimensions: 7.5 x 0.4 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 34 customer reviews

Best Sellers Rank: #152,776 in Books (See Top 100 in Books) #37 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#) #220 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#)

Customer Reviews

I have the highest praise for *Cooking through Cancer Treatment to Recovery*. The book's organization is unique, intuitive, and helpful to cancer patients (and anyone interested in good nutrition) in understanding healthier ways of eating and meal organization. The introductory explanations are easy to comprehend and useful. The recipes are original and delicious and the comments prior to each recipe make them feel like gifts from a friend. The inclusion of nutritional information for each recipe is extremely helpful and is too often omitted in cookbooks. As a breast cancer surgeon, I think that this cookbook will be a well-thumbed addition to everyone's kitchen. This is truly a wonderful book and will be an invaluable asset for all of us. Patricia L. Dawson, MD, PhD, FACS, Medical Director, Swedish Cancer Institute Breast Program, and Medical Director, The True Family Women's Cancer Center

What an incredibly practical and delicious resource for people in all phases of their journey with and beyond cancer. Mouth-watering recipes for all three daily meals come complete with nutritional information, what symptom the dish targets, a relevant health tip, and even a suggestion of how long the dish can last in the refrigerator. This is the sort of information my patients are hungry for and it is a pleasure to be able to add *Cooking through Cancer Treatment to Recovery* to my list of recommended nutrition references. Donald I. Abrams, MD, Integrative Oncologist, University of California San Francisco

Cooking through Cancer Treatment to Recovery addresses a very important topic. We have all heard tidbits of the food-cancer connection, both for prevention and during treatment, but few sources have discussed this in such a comprehensive way. Price and Gins connect the research to the food, the colorful, healthy fruits, vegetables and other nutrients with our clinical interventions. I found these overlaps insightful and useful, both in my clinical practice and my personal food choices. David Kiefer, MD, Research Fellow, Department of Family Medicine, University of Wisconsin-Madison, Assistant Clinical Professor of Medicine, Arizona Center for Integrative Medicine, University of Arizona

An essential resource for anyone facing cancer and for those who love them. Whether you are gluten

sensitive, vegan, or a robust meat eater, you will find recipes with nutritional values for every stage of cancer treatment and beyond in this treasure chest. What shines through on every page is the need for comfort during cancer treatment and recovery; comfort for the belly, comfort for your tired body, maybe even your bald head. This book is a book about comfort, full of comfort foods, all presented in easy-to-make, nutritionally sound, recipes. Food is medicine, for the healing body and the soul. Comfort: the magic ingredient on every page! Sara O Donnell, Founder and Executive Director, Cancer Resource Centers of Mendocino County, recipient of the Robert Wood Johnson Foundation 2007 Community Health Leaders award, and two-time breast cancer survivor (2014-10-28) --Patricia L. Dawson, MD, PhD, FACS, Medical Director, Swedish Cancer Institute Breast Program, and Medical Director, The True Family Women's Cancer Center

Lisa A. Price, ND, is in private practice in Seattle and is an adjunct faculty member at Bastyr University. She was a National Institute of Health Research Fellow (2005-2010). Prior to becoming a naturopathic physician Dr. Price worked professionally as a research scientist. Susan Gins, MA, MS, CN, was voted "Best Nutritionist in Seattle" by City Search. She directs Nourish, a successful nutrition practice, and teaches corporate seminars on how health issues affect the bottom line. She taught nutrition classes at Bastyr University for nine years.

This book is not only perfect for one going through cancer treatment and recovery, but also for caretakers, or those wanting to understand how cancer treatment impacts our bodies and the nutrients needed to keep our immune systems optimal during a very traumatic time. After undergoing breast cancer treatment two years ago, with ongoing side effects, I intend to make every one of these recipes - and thankfully they are easy to follow because I tend to get lost in a kitchen. Also, the stress of cancer alone leaves us depleted, and too often the best intended recipes are simply too difficult when one is exhausted...not so with this book. The recipes are "user friendly" - and the information in the book is extremely comprehensive. People often ask me "What can I give my friend or family member who is going through cancer?" Some of the most well intended friends brought me cake, cookies, donuts, boxes of candies...things I couldn't eat, and yet accepted graciously. At times I even felt hurt that they didn't realize that my body didn't need more sugar, it needed nutrients!! So, this book is precisely the answer to the age old question of what to give a person who is ill, or in recovery. It shows sensitivity on behalf of the giver, AND it's practical!! absolutely recommend this book - and while I'm at it, I'll be buying a few extra copies to keep for those moments, when I hear the news, and just don't know what to say; because this book speaks volumes.

YUM! Whether it is you or your partner or a friend who has heard the dreaded diagnosis, here is a ray of sunshine to make the day brighter. There are a lot of books out there about cancer care and cooking, but how many treat food, which we take in all day, as a medical helpmate and a delicious friend? This Naturopath, Dr. Lisa Price and the nutritionist, Susan Gins, do a fabulous job of explaining (easily) why what we eat helps us be what we are. Thank heaven, they start with a shopping list which makes it all go easier. I just didn't have Liquid Aminos around. Delicious recipes, with full attention to the joy that comes from eating comfort foods in crisis. Not the mashed potatoes-and-gravy that will feed a cancer and make us rollicking ill afterward, but Bibimbap (a lovely rice dish), Chili Paste Salmon, Turkey Florentine (which helps with fatigue, insomnia blood sugar regulation) and Eloise's Creole Gumbo. Every recipe is both coded, to tell what stage of treatment it best supports, and has a nice little sidebar to tell us Targeted Side Effects, vitamins and then, the calories and breakdown of all those lovelies (Carbs, Protein, etc.). There are good scientific health tips on every page. Nothing like a zucchini and Carrot Muffin to start your day, is there? How about Coconut "Ice cream" for that snack? Balsamic Blueberries, anyone? The organization is beautiful, with a quick-glance chart of recipes w/treatment phases and targeted side effects at the end of the book and a glossary of common foods and their nutrient content. Before long, I can make up my own recipes, because this is a teaching book, as well as a handy reference for those of us who wish to help someone with the big C. It is written with love and respect for my intelligence and , probably biggest of all, no easy "truths", just information carefully and lovingly offered to help us help ourselves when our bodies have failed us a bit. This will help the body and help each other, and so, ourselves. Thanks to these observant and brilliant women who are sharing my life by offering their knowledge and heart.

Ã Â Since I wrote the book, I'd like to note some of the unique features it has: 1. 98% of the recipes are only 4 steps long 2. Family and friends can cook food that is helpful to the recovery of the cancer patient to decrease side effects of treatment 3. You don't have to have cancer to find the tasty, easy and nutritious recipes good for your health 4. People going through cancer should not have to cook food that causes them more stress 5. Having food to eat that improves health is empowering
Wishing the best of health!

"Cooking through Cancer" is fine companion book to "The Anti-cancer Diet" by Khayat (see my review) for those who cook. We live in a CCRC (Continuing Care Retirement Community), where

cooking is no longer much of an issue. The book has a variety of recipes (some with pictures) to tempt a patient with a poor appetite, and to prevent and decrease side effects. I would have welcomed this book more when I was primary cook with my late wife. The appendix tabulates the recipes by treatment phase and side effect. It also includes a listing of food nutrient content, support resources, a bibliography and of course an index. I highly recommend these two books as a pair for anyone who must provide both caregiving and cooking for the household.

I cooked a recipe from this book for a potluck and it was loved by everyone there. I made roasted brussels sprout with garlic sauce because I knew this would suit all diets (vegan, gluten free, etc.) It was easy to make and came out very tasty. I like having this book because I can recommend it to any friends or family going through cancer treatment, but I can also use it when I want to prepare healthful food for myself and friends.

I sent this message to Dr. Price: I just got mine in the mail from ! I have only had time to skim (and I went right to those color pics, which then led me to a great looking recipe:) but I am excited to get cooking for myself and friends in need. I loved seeing that Barbara Kingsolver quote! And I really appreciated the cross-reference check-list tool in the back. I love those sorts of helpful things in a cookbook! Thank you for creating this book. I would like to add another review once I have made some of the recipes (which I'm sure will be fantastic--I just like to get to the real business of cooking)!

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