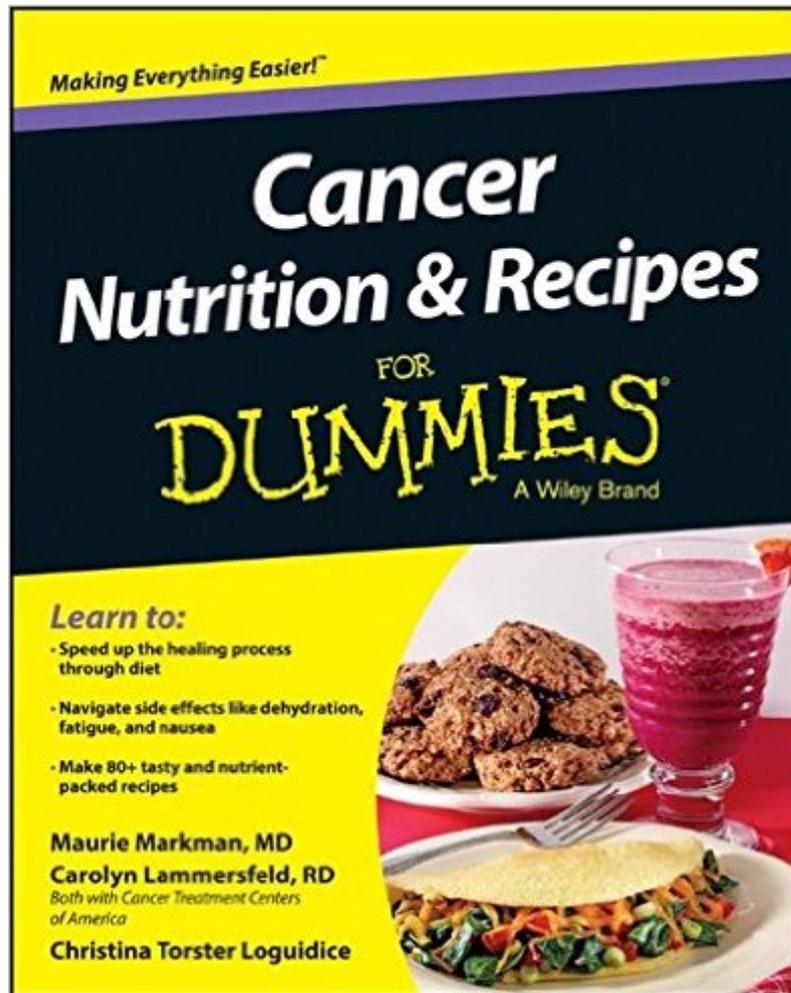


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# Cancer Nutrition And Recipes For Dummies



## 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

Even though at this moment in time I only have a pre-cancer medical issue, I thought this book would offer some insight into the type of nutrition requirements which would help to avoid further

problems. I found this book to be absolutely fantastic and it has a lot of important and highly effective information anyone can benefit from by reading this volume. Do not be fooled by the title (Cancer Nutrition & Recipes for Dummies by Maurie Markman, MD, Carolyn Lammersfeld, RD, and Christina Torester Loguidice), you do not have to be a dummy to benefit from this book. In fact, the information is presented in such a way that anyone with some degree of intelligence can easily understand the vast amount of material this book throws out to readers. I have read several of the "For Dummies" series and found them to be easy to read and understand. This "For Dummies" series has a formula that really works for passing on important information on a wide variety of topics. This book is organized into five well-researched and detailed sections. Part one covers "Getting Started with Cancer Nutrition." This section explains the various types of cancer, the treatments, side effects, and the role of nutrition in fighting cancer. Section two focuses on "The Importance of What You Eat and How you prepare it." This section goes into what is the "Clean Eating" philosophy. This deals with explaining the cancer-fighting foods and how to cook for best results. Part three offers some fantastic "Wholesome Recipes" to combat cancer. Part four covers "Staying Strong for the Long Haul." The areas dealt with in this section includes "Making conscious lifestyle changes and helping the one you love." The final section is called "The Part of Tens." It is in this section that it offers some very practical advice.

Because several members of my family have battled cancer, I was interested in reading this book. I found it to be easy to read and I did pick up some good tips. Where it faltered to me was I thought it contained too much conventional wisdom that science is starting to question or conflicting information. For example, that breakfast reduces the risk of becoming overweight or obese. Or that we should be wearing sunscreen (without it going into which ones were safe or not) Or how in the dump it section it says to get rid of high sugar items...yet in the recipe section many recipes call for sugar, honey, syrup or other sugar-containing ingredients. There are plenty of recipes that don't too, I just thought the amount of ones that did contain those items conflicted with the message to dump the high-sugar items. For example, in their Sinless Sweets section...the Blueberry Crumb Bars calls for 1 tablespoon sugar and 2/3 cup packed brown sugar. How is that not high-sugar or qualifying for a sinless sweet? Same section, Baked Pumpkin Pie Pudding- 3/4 cups sugar. Cocoa Walnut Brownies- 1 2/3 cup sugar (yikes!) In the short snippet on Vegetarian and Vegan diets it says "it's easy to be either a vegetarian or a vegan and eat clean because you're already eating lots of clean, wholesome foods through your plant-based diet." That is an assumption that might be true in most cases, but anyone who has lived those diets knows that it's also easy to NOT eat clean with all the

processed vegetarian and vegan options out there so a heads up would have been beneficial there but not only did they not do that, they followed with "if you're willing to eat some processed foods, you can consider seitan, meat substitutes and vegan or vegetarian protein powders.

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