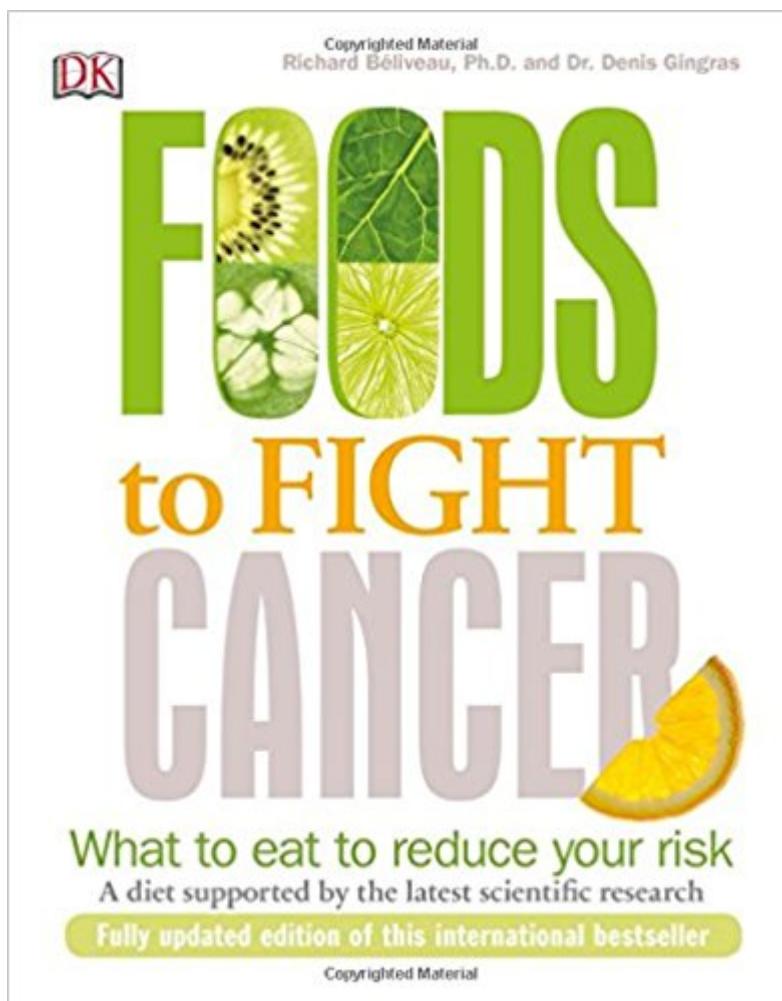


The book was found

# Foods To Fight Cancer: What To Eat To Reduce Your Risk



## Synopsis

Discover the facts behind reducing your risk of cancer with cancer-fighting foods in this informative and visual guide supported by the latest cancer research. With more than 700,000 copies sold worldwide, *Foods to Fight Cancer* explores the link between diet and cancer with information backed by the scientific community. Written by internally recognized experts Richard Béliveau, Ph.D., and Dr. Denis Gingras, you will learn how to eat well to be well and reduce your risk. Updated and expanded to include the latest oncological research, this guide reveals how using simple dietary changes and preventative nutrition with everyday foods that are scientifically proven to contain anticancer properties work in your body to fight and prevent cancer. With more than 100 charts, tables, and diagrams that clearly explain the facts and science behind nutrition and debunk popular myths surrounding certain foods, *Foods to Fight Cancer* is an essential book for anyone looking to improve their health, to have a healthy remission, to begin cancer prevention, or to support a loved one going through treatment. Adhering to recommendations from the World Cancer Research fund, *Foods to Fight Cancer* is a vital read that details serious dietary and lifestyle changes for the good of your health.

## Book Information

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## Customer Reviews

"A fascinating and comprehensive new book." • Martha Stewart Living Magazine

I recently bought this book because a loved one previously had cancer and could possibly be battling with it again. I wanted to know more about which foods they should be introducing more into their

current diet. The book is very well laid out. Everything is in color. It does get a little bit high techy and medical in some parts which I briefly skimmed over. The breakdowns of food groups is very interesting. Even when the food areas are broken down into the groups you don't have to read the entire chapter if you do not want to because it has highlighted summary areas. All in all I would say this book is worth buying. Very helpful even if you do not have cancer, I know I've made some changes already to my own diet.

I have given this book to every loved one who has encountered cancer. I often wonder why people wait until they have cancer to eat smart and live healthy? The time to start is now people!

I wish I had read this book many years ago, as I am now a cancer survivor. However, since I intend to do my best to prevent a recurrence, it is still extremely valuable. What one reads in this book can also be read from the reports of the major cancer conferences in the country, such as the recent San Antonio Breast Cancer Conference in December. This book begins with one of the best explanations of cancer and how it develops in our bodies that I have ever read. (And I have read a lot!) As it continues, it then relates to how food is at least equal to, if not better, than resorting to medications. How many times have we heard to eat five servings of vegetables and fruits each day? Which of them or both is meant by that admonition? This book makes it clear which and how many, and most importantly, why. Beautifully illustrated, well written for the lay person, a valuable tool in the fight not only against cancer, but for good health! Just a follow up note: I also purchased Recipes for Foods to Fight Cancer, a recipe book produced by the same authors with celebrity chefs producing recipes using the recommended foods. (After all, how many of us know how to fix seaweed?) However, while it is attractive and interesting, I would have preferred more simple, every day recipes, rather than gourmet recipes. Stick with Foods to Fight Cancer and you'll have all the information you need.

My husband is fighting pancreatic cancer, and we are looking to do everything possible to make him healthy. I purchased several books on anti-cancer foods, but this one was the one based mostly on research, fact and data. The others seemed more anecdotal and less based on solid information. Although it is published in 2007, it still has great information. It is missing some newer information (i.e., Triphala & Capscaisin), but overall, it is the BEST resource out there that I have found (and I have been looking). The authors explain the biology and chemistry behind their recommendations in an understandable and useful way. EXCELLENT BOOK. You should buy it

even if you are healthy, as it will show you how to prevent cancer as well.

the advantages of some foods and spices for cancer patients and for everybody else.explained in simple language.recommended to me by a physician/cancer survivor who took some simple ideas from this book and saw a big change in his life, health and hopefully outcome.recommend this book for anybody, especially if you know somebody who's a cancer patient. it will be a good present.

A You Tube video sparked my interest in cancer prevention/treatment. I was amazed to find out that many of the foods we eat contain natural cancer fighting properties, some more powerful than the available drugs. I searched and found this book, "Foods to Fight Cancer." I read the reviews and decided to give it a try. I'm happy to say I wasn't disappointed. This is a great book! It's colorful, it's well written, and it's full of illustrations that enhance and clarify the text. It's a perfect example of how books should be written. It makes learning fun and easy. Best of all, I'm learning how to prevent cancer with a healthy diet of natural foods (e.g., berries, grapes, avocados, even chocolate). I can't wait to finish the book. In the meantime, I strongly suggest you purchase a copy and get started. One of the many things you'll learn is that all of us are at risk. I'll let you find out why when you read the book.

Bought this after having read "Anti cancer a new way of life " both books are terrific. this book is a quick easy guide to get people started or as a quick reminder of what you should be eating. I throughougly enjoyed both books, and I think they are a goood compliment to each other. There were slight differences in the diets. For example, in "anti cancer.." he recommends 2 to 3 cups green tea. This one recommends at least 3. Anti cancer had a lot of information that is not in this book, such as how sugar feeds tumors and need to avoid sugar. I recommend buying both books, and reading them both as quickly as possible. I recommend starting with "Anti cancer new way of life " becuase it gives quite a bit of more info off the bat. If your short on time, use this book as a quick start guide, then go back later and read the other book.

My husband has responded remarkably well to his chemo combined with use of these foods. We run everything past the nutritionist who has basically said that as long as it is whole food and not supplement/pill form, you can't overdose on anything. That makes life much simpler. And it's good stuff - I've learned a whole new way of cooking with some ingredients I had never heard of! Same author as Anti cancer book, also recommended.

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