



The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery

Rebecca Katz, Mat Edelson

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A Culinary Pharmacy in Your Pantry

The Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment.

Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu plans that have been specially formulated for specific treatment phases, cancer types, side effects, and flavor preferences. *The Cancer-Fighting Kitchen* brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal.

The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet category and the People's Choice Award.

From the Hardcover edition.

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Thad Whitehead:

The book with title The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery has lot of information that you can learn it. You can get a lot of help after read this book. That book exist new know-how the information that exist in this book represented the condition of the world at this point. That is important to you to understand how the improvement of the world. This specific book will bring you inside new era of the syndication. You can read the e-book with your smart phone, so you can read the item anywhere you want.

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Olga Snider:

Is it a person who having spare time after that spend it whole day by watching television programs or just lying down on the bed? Do you need something totally new? This The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery can be the solution, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these books have than the others?

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