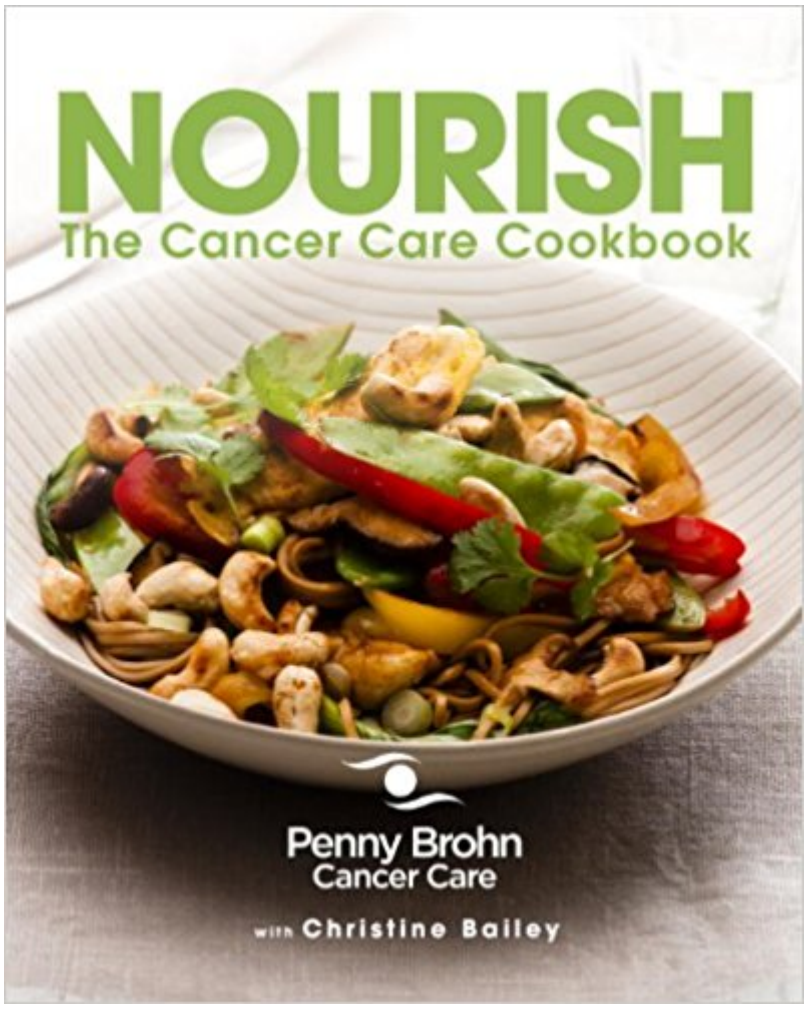
Ebook Directory
the best source of ebook

The book was found

Nourish: The Cancer Care Cookbook



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Cancer sufferers need good nourishment, but all too often the treatment destroys their appetite and makes it difficult to eat. This groundbreaking culinary guide, from the UK's leading center for holistic cancer care, offers more than 75 recipes especially developed to enhance tolerance by those going through even the most aggressive treatments. Nourish explains the crucial role food plays in any cancer treatment program and gives inspiring advice on what works, along with plans based on six small meals a day. Every dish here features key ingredients known to promote recovery, boost immunity, reduce inflammation, and aid healing. Patients and their caregivers will find the information invaluable.Ã Â

Book Information

Paperback: 160 pages
Publisher: Duncan Baird (April 2, 2013)
Language: English
ISBN-10: 1848990847
ISBN-13: 978-1848990845
Product Dimensions: 7.2 x 0.5 x 8.5 inches
Shipping Weight: 14.4 ounces
Average Customer Review: 4.7 out of 5 stars 4 customer reviews
Best Sellers Rank: #1,142,547 in Books (See Top 100 in Books) #73 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #148 inÃ Â Books > Medical Books > Nursing > Oncology #179 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Cancer

Customer Reviews

Penny Brohn Cancer Care, at the forefront of holistic cancer care for over 25 years, is the UK's leading charity in the field. Now recognized by practitioners of conventional medicine, the center is working with the NHS, Macmillan Cancer Care, and Walk to Walk.Ã Â Christine Bailey is a well-known nutritionist, chef, and author of numerous health and recipe books. She is a member of the Guild of Health Writers and writes regularly for many national magazines, including BBC Good Food and Women's Fitness. She provides nutritional support at the Penny Brohn Cancer Care Centre and has written for Cancer Research UK magazine.Ã Â

Well written book. Not only cookbook, but provides lifestyle practices for staying healthy during treatment and beyond.

My son-in-law is the cook and my daughter has cancer. He enjoyed the booked. They looked thru it forrecipes that would fit their family.

excellent recipes, tasty and simple

Firstly a disclaimer of sorts: this reviewer does not have cancer and cannot pretend to understand the feelings that those suffering from cancer experience. Yet looking at this book has given a little insight into this world that one hopes never to visit personally.At first this reviewer did wonder why it was necessary to have a cookbook for cancer sufferers, yet the book patiently explains that good nutrition is essential and side-effects of treatment often make food unappealing and eating becomes a struggle. The aim of this book is to focus on nutritious food that can be easily tolerated and can help to alleviate common symptoms and side-effects.So the book starts with a wealth of background information and various guides, explaining the book’s central "whole-person" approach and underlining the necessity of good nutrition and keeping the body in the best condition possible. No comment can be made as to the accuracy of the information given or its suitability to an individual cancer sufferer - your doctor would be the best person to talk to - yet everything seems to be good sensible advice. The Penny Brohn Cancer Care is a leading charity offering specialist help to people living with cancer and their supporters, so you can deduce that they should know what they are talking about! It would not be hyperbole to suggest that much of their advice is general "common sense" that could equally be utilised for those suffering from other conditions too. At the end of the book is also advice for sufferers about how to support their body during treatment, looking at many common ailments such as nausea, fatigue and digestive problems. This is possibly nothing new but sometimes good advice needs to be repeated nonetheless many times. As a resource for a carer or family member this could be a great little thing in itself to help further their understanding.So the recipes, split into four chapters - Shakes, Juices, Smoothies & Breakfasts; Soups & Light Dishes; Main Meals; Desserts & Baked Treats. A simple test reveals great results. If you were to rip a few pages out of this book at random and show it to somebody would they know this was a "special" book or not. The answer is no. It looks just like any other great, engaging recipe book. Sometimes it is a very fine line for somebody with a long-term or terminal illness as to whether they feel like a burden and a victim or not. Recipes from this book enable the entire family to eat great, interesting, inspiring and healthy food which will particularly suit a cancer sufferer. No palaver making "special meals" and treading on metaphorical egg shells here.Just pulling a couple of recipes out at random.

Japanese Lamb Burgers with Wasabi Mayo, Venison with Zesty Gremolata and finally Baked Lemon Cheesecake. They hardly scream out with being suitable for someone who has to very carefully watch their diet and health. Eating as normally as possible won't take your mind off your illness but equally it won't place a perception of an addition burden on to it either. It may feel like one is labouring the point here but it is worth reinforcing.Each recipe is presented exactly how a great cookbook should be. Clear title and internal signposting, interesting introduction and scene setter, portion sizing, an estimation of preparation and cooking times and various nutritional information clearly labelled. The instructions are clear and simple to follow and the great food photography really pulls you in.There's not a lot more to say. This is a great book. It would be a great general book without the special sections concerning cancer treatment and it is unfortunate that many people won't see this book by virtue of its title alone. One can only speculate how even "better" this book will be for somebody who has cancer or for a supporting family member. There are many food books that look at various sicknesses or allergies but there are very few that manage to mix sensitivity, compassion, engagement and great content together like this book has.

Download to continue reading...

Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Breast Cancer Prevention and Recovery: The Ultimate

Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Nourish: The Cancer Care Cookbook Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) The Breast Cancer Cookbook: Over 100 Easy Recipes to Nourish and Boost Health During and After Treatment The Meals to Heal Cookbook: 150 Easy, Nutritionally Balanced Recipes to Nourish You during Your Fight with Cancer 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) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition 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) Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types

Contact Us

DMCA

Privacy

FAQ & Help