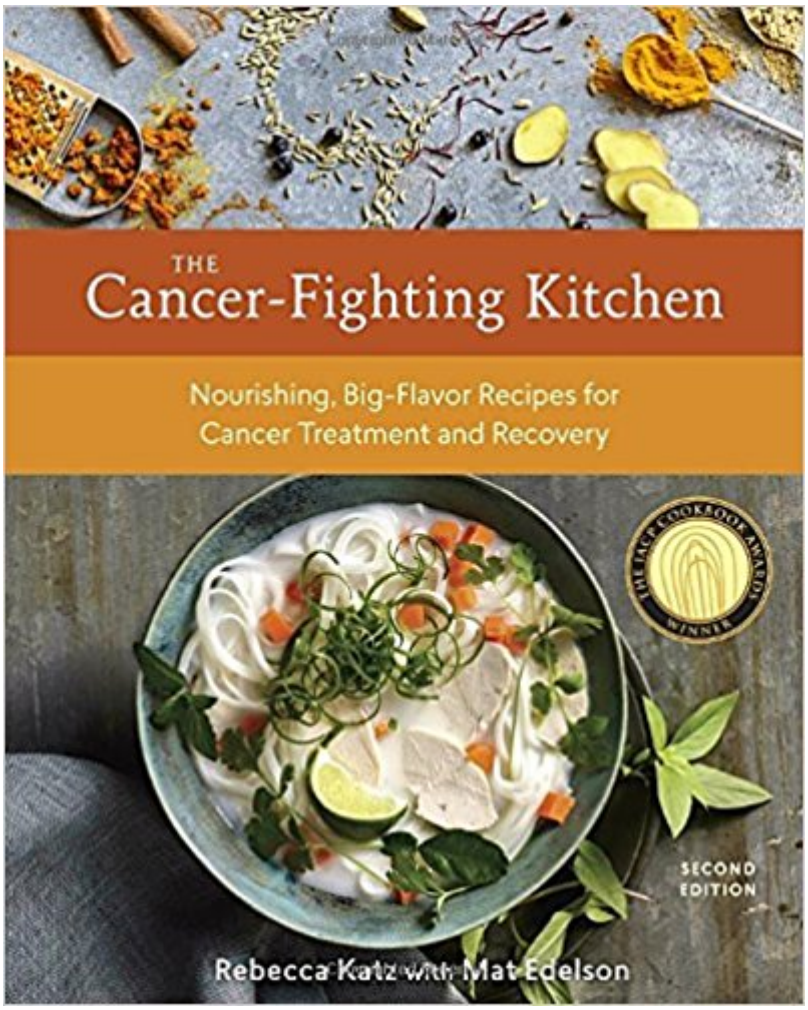
Ebook Directory
the best source of ebook

The book was found

The Cancer-Fighting Kitchen, Second Edition: Nourishing, Big-Flavor Recipes For Cancer Treatment And Recovery



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

This new and revised edition of the IACP award-winning cookbook brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal, through 150 new and updated recipes.Featuring 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. This second edition also includes a dozen new recipes--many of which are simpler and less complicated, for cancer patients to prepare on their low days--as well as a list of cancer-fighting foods that can be incorporated into everyday life without stepping behind the stove. Rebecca has also revised the text with the most up-to-date scientific research and includes a section on how friends and family can build a culinary support team.

Book Information

Hardcover: 240 pages

Publisher: Ten Speed Press; Revised ed. edition (February 14, 2017)

Language: English

ISBN-10: 0399578714

ISBN-13: 978-0399578717

Product Dimensions: 8.3 x 0.8 x 10.3 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 50 customer reviews

Best Sellers Rank: #3,147 in Books (See Top 100 in Books) #1 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Cancer #15 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #81 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

"Rebecca Katz has produced an invaluable resource. Instead of telling patients to 'just eat a

balanced diet,' we can now show them how to control disease and optimize health with delicious, nourishing food from The Cancer-Fighting Kitchen. I recommend this book highly."Ã¢â ¬â •Andrew Weil, MDÃ¢â ¬Å“Rebecca Katz brilliantly combines delicious recipes with nutritious ingredients to help promote and maintain a healthy lifestyle.Ã Â I have sharedÃ Â The Cancer -Fighting KitchenÃ Â with my patients and their loved ones, and also with colleagues, family and friends.Ã Â Anyone concerned about their own health and well-being, and that of their loved ones, should buy this book.Ã¢â ¬Â• Ã¢â ¬â •Vered Sterns, MD, professor of oncology and co-director of the breast and ovarian cancer program at Kimmel Cancer Center at Johns HopkinsPRAISE FOR THE FIRST EDITION:Ã¢â ¬Å“Cancer treatments such as surgery, chemotherapy and radiation can be almost as hard on the body as the disease itself, and detailed nutrition advice is usually not on the program. This informative guide to fighting cancer from the inside out...corrects that with a wealth of easy, immediate steps to speed up the healing process through diet. ...KatzÃ¢â ¬â„¢s experience with cancer patients and their long, often frustrating recovery lends authority to her wise, common-sense approach.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly, STARRED REVIEWÃ¢â ¬Å“If you or someone you love is battling this tough, tenacious illness, youÃ¢â ¬â„¢ll want to use every tool The Cancer-Fighting Kitchen provides.Ã¢â ¬Â•Ã¢â ¬â •Energy Times"An amazing book...with flavorful recipes...simply delicious."Ã¢â ¬â •Washington PostÃ¢â ¬Å“a must-have cookbook for learning how to cook and eat during treatment and after.Ã¢â ¬Â•Ã¢â ¬â •Kairol Rosenthal, author of Everything Changes: The InsiderÃ¢â ¬â„¢s Guide to Cancer in Your 20s and 30sÃ¢â ¬Å“The Cancer-Fighting Kitchen is an incredibly rich and satisfying resource--it is a must for people living with and beyond cancer, and should be mandatory reading for all health care professionals. This great gift will have a profound impact on the health and well-being of all who partake!Ã¢â ¬Â•Ã¢â ¬â •Donald Abrams, MD, chief of hematology and oncology at San Francisco General Hospital, integrative oncologist at the UCSF Osher Center for Integrative Medicine, and coauthor of Integrative OncologyÃ¢â ¬Å“If food is medicine, Rebecca Katz is one of the great healers. The Cancer-Fighting Kitchen is a book for anyone who wants to eat as if their life matters.Ã¢â ¬Â•Ã¢â ¬â •Rachel Naomi Remen, MD, author of Kitchen Table Wisdom and My GrandfatherÃ¢â ¬â„¢s BlessingsÃ¢â ¬Å“There is no substitute for eating healthfully, especially when diagnosed with cancer. This wonderful resource makes nutritious foods easy to prepare, attractive to look at, and tasty to eat. It is the best I have seen.Ã¢â ¬Â•Ã¢â ¬â •Joseph Pizzorno, ND, editor-in-chief of Integrative Medicine and coauthor of Encyclopedia of Natural Medicine and Natural Medicine for the Prevention and Treatment of CancerÃ¢â ¬Å“A book to nourish loved ones. The Cancer-Fighting Kitchen: Nourishing, Big Flavor Recipes for Cancer Treatment and

Recovery--This is a book I have added to my shelf and it will always be within reach. I think this book could be called many things--a mother’s handbook to nourishing your loved ones or cooking to cure. I know my family and friends will benefit from my new favorite book the next time I need to cook something to make them feel better.Ã¢â ¬Â•Ã¢â ¬â •Regina Charboneau for The Atlantic.com

REBECCA KATZ, MS, is an accomplished chef and national speaker who has worked with the countryÃ¢â ¬â„¢s top wellness professionals and taught patients and doctors at leading cancer centers about the powerful role of food in cancer care. She is the former senior chef and nutrition educator at CommonwealÃ¢â ¬â„¢s Cancer Help Program, executive chef emeritus for the renowned Food as Medicine professional training in medical nutrition therapy, and co-founder of Healing Kitchens, a company that helps people translate nutrition and culinary science to the everyday plate through online and live courses, including The Cancer-Fighting Kitchen Course. She also consults for Dr. Andrew WeilÃ¢â ¬â„¢s Arizona Center for Integrative Medicine premiere nutrition conference for health professionals, and is the author of Clean Soups, The Healthy Mind Cookbook, The Longevity Kitchen, and One Bite at a Time. She has been featured in the Washington Post, The Atlantic, on Oprah.com, and on National Public Radio, among other national media.She lives in the San Francisco Bay Area with her husband and two loyal kitchen dogs, Lola and Blossom. Visit rebeccakatz.com for more information.MAT EDELSON is an award-winning science, health, and sports writer. He is the former anchor/director of the Johns Hopkins Health Newsfeed, a nationally syndicated daily radio program. He lives in Washington, DC.

This is a fantastic book. Bought it for a friend fighting cancer, I may get another for me, just because it’s an excellent resource. Very pleased.

Great book

The book has delicious recipes and healthy recipes for cancer survivors.

Excellent reference, terrific recipes!

Great book, practical and delicious.

Great ideas

Love this book. Good recipes and helpful information.

Great book for good eatinh.

Download to continue reading...

The Cancer-Fighting Kitchen, Second Edition: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery 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) 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,) 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) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health] The Nourishing Traditions Cookbook for Children: Teaching Children to Cook the Nourishing Traditions Way Cook for Your Life: Delicious, Nourishing Recipes for Before, During, and After Cancer Treatment 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) Simple Food, Big Flavor: Unforgettable Mexican-Inspired Recipes from My Kitchen to Yours The Value of Escharotics Medicines Which Will Destroy Any Living or Fungus Tissue in the Treatment of Cancer, Lupus, Sarcoma or Any Other Forms of Malignancy (Spine Title: Cancer: its Proper Treatment At Dr. Nichols Cancer Sanatorim by Escharotic... Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet)

Contact Us

DMCA

Privacy

FAQ & Help