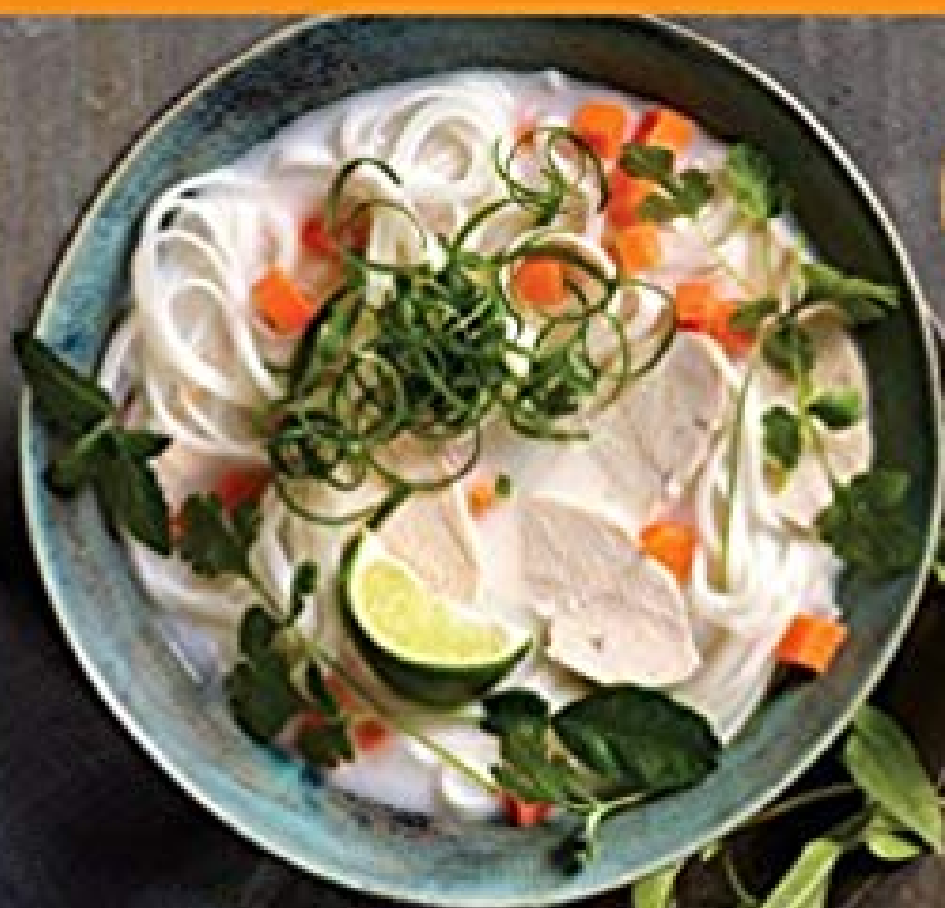




THE Cancer-Fighting Kitchen

Nourishing, Big-Flavor Recipes for
Cancer Treatment and Recovery



SECOND
EDITION

Rebecca Katz with Mat Edelson

Rebecca Katz

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



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This new and revised edition of the IACP award-winning cookbook provides 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 quality recipes that are easy to prepare and designed to give individuals a much-needed boost simply by stimulating hunger and addressing treatment unwanted effects including exhaustion, nausea, dehydration, mouth and throat soreness, tastebud shifts, and weight reduction. A step-by-step guide assists individuals nutritionally plan all phases of treatment, and a full nutritional analysis accompanies each recipe. This second edition also contains twelve new recipes--many which are simpler and less complicated, for cancer sufferers to prepare on their low days--as well as a summary of cancer-fighting foods which can be integrated into everyday life without stepping behind the stove. Rebecca has also revised the text message with up-to-date scientific research and carries a section on how friends and family can create a culinary support team. This remarkable resource teaches individuals and caregivers how to use readily available powerhouse ingredients to build a indicator- and cancer-fighting culinary toolkit. Blending fantastic flavor and meticulous science, these quality recipes for soups, vegetable dishes, proteins, and nice and savory snacks are abundant with the nutrients, nutrients, and phytochemicals that help sufferers thrive during treatment.



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