



SECOND EDITION

AMERICAN CANCER SOCIETY

COMPLETE GUIDE TO

# Nutrition for Cancer Survivors



*Eating Well, Staying Well During and After Cancer*

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**American Cancer Society Complete Guide to Nutrition for Cancer Survivors:  
Eating Well, Staying Well During and After Cancer**



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Winner: 2011 American Medical Writers Association Award, Health Care Customers; 2011 National Indie Excellence Award, Cancer; and how they can help bolster energy, strengthen the disease fighting capability, fight off infection, and minimize the side effects of treatment. Finalist: 2011 Next Generation Indie Publication Award, Diet/Food/Diet — Charts, information on special diet plans, and level-headed tips about dietary supplements make this a valuable tool for maintaining a healthy lifestyle. Also discussed is the role of audio nutritional options before, during, and after malignancy therapy 2011 Mom's Choice Awards, Gold, Adult Books; Created for consumers, patients, and family members seeking reliable information about nutritional support for people with cancer, this comprehensive guidebook offers the latest information about using nutrition to ideal advantage during the cancer journey.—



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A must for cancer sufferers, survivors and the families and caregivers Essential for cancer sufferers, survivors and the families and caregivers to know what to do and NOT DO, before, during and after treatment. I wish I had gotten this book several years ago-should be on sale in doctors ' offices, hospitals, and offices or groups helping tumor patients and their caregivers, like the professional ones! Especially for people who have leukemia, myelodysplastic syndrome, or other bloodstream cancers, and bone marrow disorders, neutropenias, and anemia! Recommendations for healthy eating options and information about how nutrition . It was easy to understand and very useful. Some of the info is certainly in handouts that I acquired at the various places I have been for help, definitely not all. My sister borrowed it from the library and insisted I get yourself a copy and I gave in and ordered it from Amazon . Must have completed It sooner. Recommend finding a copy and that ACS obtain it out there, maybe a brand-new edition, I don't know. Don't have the energy, unfortunately, to explore that issue. the favourite food of cancer cells They don?t warn against carbs and sugar, the favourite food of cancer cells. Four Stars This book is very well done and helpful in planning for a healthy lifestyle. Useful daily.! Recommendations for healthy eating choices and information about how nutrition may impact recovery are contained throughout this publication... Because it covers many different types of cancer, this information may be more helpful to some individuals than others. Excellent resource with tons of information to help you heal Full of a whole lot of info on many aspects of coping with this illness, befitting patients and caregivers. Five Stars good information Complete Guide to Nutrition for Cancer Survivors This book contained extremely valuable information necessary to plan cancer surgery and also cancer treatment. As well general to meet up our needs Like the headline says... Good tips Great nutritional details and the categories helped me add to the recommendations in a manner that made sense to me within my breast cancer trip. I would have avoided some attacks if I had examine this before. The Society is so wonderfully supportive of individuals and this book is an added support that clarifies everything your physician may not get around to telling you or answers a lot of those questions you are uncomfortable asking.



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