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Updated with the latest nutritional and scientific information



THE CANCER Survivor's GUIDE

FOODS THAT HELP YOU FIGHT BACK!

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Neal Barnard and

The Cancer Survivor's Guide: Foods That Help You Fight Back



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The links between diet and cancer are nothing short of dramatic. Neal Barnard, MD, explains how foods influence hormones that may fuel malignancy growth and how changing to a low-excess fat, plant-based diet could be beneficial to anyone diagnosed with cancer. This updated edition provides the latest food values, along with breaking scientific research. Experts have already been investigating how food choices might help prevent tumor and, when cancer has been diagnosed, how nourishment can improve survival. Susan Levin presents the most recent scientific research, like the effects of diet programs high in animal proteins on rates of colon cancer and the relationship of soy foods to breast tumor. Dietitian Jennifer Reilly provides over 130 delicious, low-fat, plant-based quality recipes will be helpful and satisfying to anyone identified as having cancer and their families. In addition, it includes new info on the effects of diets high in animal proteins on rates of cancer of the colon and the relationship of soy foods to breast cancer.



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Excellent resource I have browse other books by Dr. Barnard and noticed him speak live. He's a great representative for health through a plant-structured, low-fat diet. Found details to become dated and uncorrect The quality recipes, as in every of Barnard's books, look fantastic. The study in this publication is great and makes me experience empowered to fight. Don't waste your money Bought for a friend. Though I have followed that way of eating for several years, I am right now fighting cancer.



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