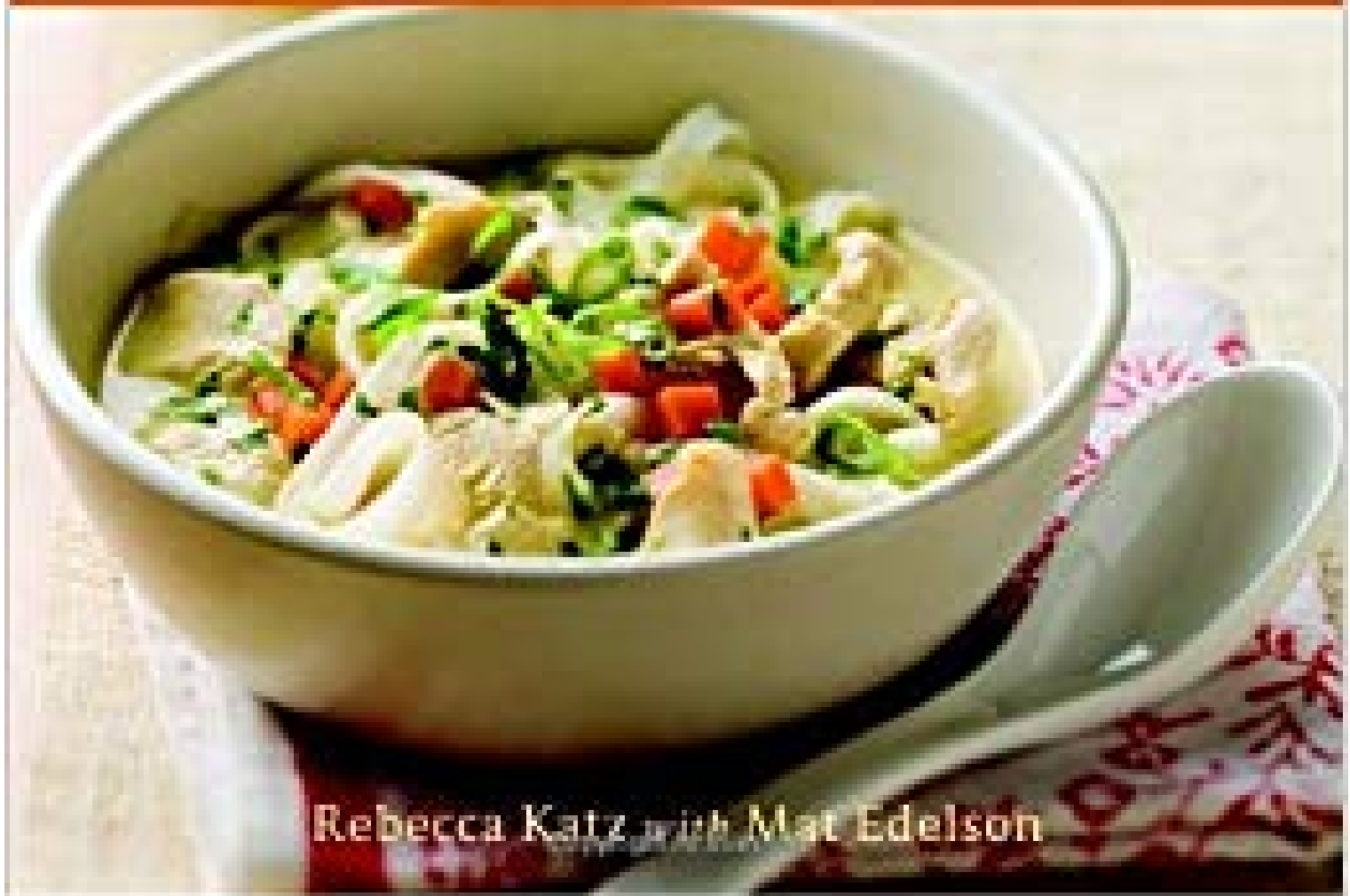




THE Cancer-Fighting Kitchen

Nourishing, Big-Flavor Recipes for
Cancer Treatment and Recovery



Rebecca Katz with Mat Edelson

Rebecca Katz

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



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This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a indicator- and cancer-fighting culinary toolkit. A step-by-step information helps patients nutritionally prepare for all phases of treatment, and a full nutritional evaluation accompanies each recipe. A Culinary Pharmacy in Your Pantry The Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are an easy task to prepare and made to give patients a much-needed increase by stimulating hunger and addressing treatment side effects including exhaustion, nausea, dehydration, mouth area and throat soreness, tastebud adjustments, and weight reduction. The Cancer-Fighting Kitchen brings the curing power of delicious, healthy foods to those whose hearts and bodies crave a revitalizing food. Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu programs which have been specially formulated for specific treatment phases, tumor types, unwanted effects, and flavor preferences. Blending fantastic taste and meticulous science, these quality recipes for soups, vegetable meals, proteins, and lovely and savory snacks are rich in the nutrients, nutrients, and phytochemicals that help patients thrive during treatment. The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet plan category and the People's Choice Award.



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Great find! A must have for any cancer patient or family of a cancer patient. I was identified as having metastatic breast cancer in March of 2016 (this year). I use this book continuously, yet it is written designed for cancer patients, including 'strategies for thriving during treatment' and the beautiful 'culinary pharmacy' gives the benefits of the foods, herbs, and spices used in the quality recipes. Being thrown into this intense treatment that brought serious side effects caused me to look into books to help me make good food choices through the 5. She offers easy solutions for unwanted effects such as nausea, dehydration, fatigue, weight loss, and others. I stumbled upon this reserve and am therefore grateful for locating it! I purchased it used and also appreciated the previous owner's handwritten notes within it. I like that the author has personally caused oncology patients and also having had cancer affect her own home. I also like that she takes a whole food approach. Five Stars bought book for my son Great an easy task to fix dishes for REALLY HEALTHY meals for health-conscious families This book boasts with healthy, easy to prepare dishes. It really is in philosophical line with "Nourishing Traditions". I gave the book to her and let her pick out some points that looked great to her, and that way she could also browse the first chapters about what to do to get ready for chemo and its side effects, i quickly took it back therefore i could make those ideas for her. A must-have reserve, and not simply for cancer patients! I bought this reserve after seeing it at a relative's home, a person with malignancy. As I experienced the publication I realized that it's not valuable simply for those with cancers but for most of us who use food as medicine on a regular basis. I like the almond muffin recipe and the variants of it that she suggests (specifically the chocolate variation)! And also for myself just to make healthier foods for my children. The Cancer-Fighting Kitchen can be a user-friendly cookbook - obviously written, filled with details on how to keep one's best health through what we eat. On top of that is that the recipes produce delicious foods. My initial treatment was chemotherapy. I am such a enthusiast of Rebecca Katz's book! As she states, here's to "The energy of Yum!" This is simply not a 'cure-your-cancer-with-diet' book, but a compassionate and extremely helpful idea book for cancer patients.. this book is quite informative and recipes look great In good condition Just what we needed Great Book for Tumor Patients Directed at patients at local Mary Bird Perkins Cancer Center Not for the common cancer patient I don't believe the writer has ever been a malignancy patient. Her advice about what to eat to greatly help with side effects pays to, but the recipes are occasionally complicated and need a large amount of thought when buying..The author, Rebecca Katz, is founder of a culinary practice that specializes in meeting the specific nutritional requirements of cancer patients. She's been a chef and guest lecturer at best academic medical centers throughout the country. 5 month treatment. She describes unwanted fat, acid, salt, sweet modifications for taste changes, in addition to compassionate and sensible Approaches for Thriving during Treatment (title of chapter 2). In this book, the writer makes difficult things sound doable, which I think is part of her compassion and sensible-ness. I liked the book that much that I have bought it for our family - and I am in fact deploying it! I just wanted to be beneficial to her and lighten her load a little by getting her healthy things to consume to strengthen her body. If you are looking for a personal resource for getting through cancer or even to support a friend or family member going through cancer, I recommend this book! After receiving it in the mail and looking through the pages I've come back to order another one. The start of the book includes a plethora of useful information about staying prior to the downsides of chemo, prior to the nausea, ahead of the drain to the body, prepared for the days when "the-tireds" strike, and it simply packs a wallop of nutrition for your body (any body, but especially the fighting body). I would like to have another one

on hand to use or even to give away for other friends down the road. "Radical Medicine", and "Deep Nutrition". The only real reason I didn't give it 5 stars is. For me, a good cookbook has to have pictures that motivate you to eat and this one is full of them. This is not a 'cure-your-cancer-with-diet' book, but a very helpful, sensible book of recipes that help you to get through treatments. 1) several recipes (main dishes) are frustrating and laborious (shopping for and cutting and chopping plenty of ingredients). It isn't a biggie if you are making things out from the book to take to your fighting friend, but if you are the one fighting you will possibly not have got the energy for everything unless you prepare in advance and freeze things. 2) I couldn't find some of the ingredients at my local supermarket (organic turkey/chicken items - my grocery only carries "natural" which I'm told is actually the same except for the feed that was fed to the pets, and organic beef bones; and some exotic vegetables like garnet yams, Japanese nice potatoes, kombu, juniper berries, asian or anjou pears, etc.). AND 3) there is the (necessary) cost aspect of using organic substances (I was amazed the recipes needed organic meats/eggs/some dairy, however, not organic vegetables or fruits). Food for chemo and after book Great info informative i don't have cancers but we am a mother that wants to cook healthy for my strong little guys. For example, there is a chilled soup of cucumber and avocado, cooling and smooth to swallow when swallowing is hampered by mouth sores from the treatments. Another example is usually melon slushies - a step much better than ice, th slushie has a little nourishment in it. The receipe for a lentil salad provides 17 substances and I just had 4 inside your home. We like that most of the dishes are very colorful and they taste equally good. When you have a talented family member or professional prepare to make meals, the book is effective. What I must say i need are simple quality recipes that use everyday ingredients and take almost no time to make. When the author of this publication says the prep time is five minutes, don't believe it. Thanks for all your tips! Glad the product is available. I found this reserve when I was looking for a cancer- fighting diet guide for a dear friend.). Meals for Fighting Disease, Amazing! In my own oncologist's waiting space, there were a number of magazine assets for eating "healthful" through malignancy, but I experienced that they promoted plenty of processed foods, whereas this book encourages preparing your personal meals and snack foods and provides many alternatives for what to make whenever a chemo patient doesn't genuinely have an appetite. I unfortunately know more people than ever before with tumor (horrid disease! Weapon at hand and wielding aggressively I actually purchased this cookbook for a friend going through medical procedures, radiation, and chemo remedies for breast tumor.! I am right now through my chemotherapy treatment, having just had medical procedures and will be on to radiation therapy, but I plan to continue to make use of the recipes in this reserve.- It gives you tips. As a cancer patient I have to be encouraged to consume and buying and cooking is a real chore if you are nauseous and in discomfort.



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