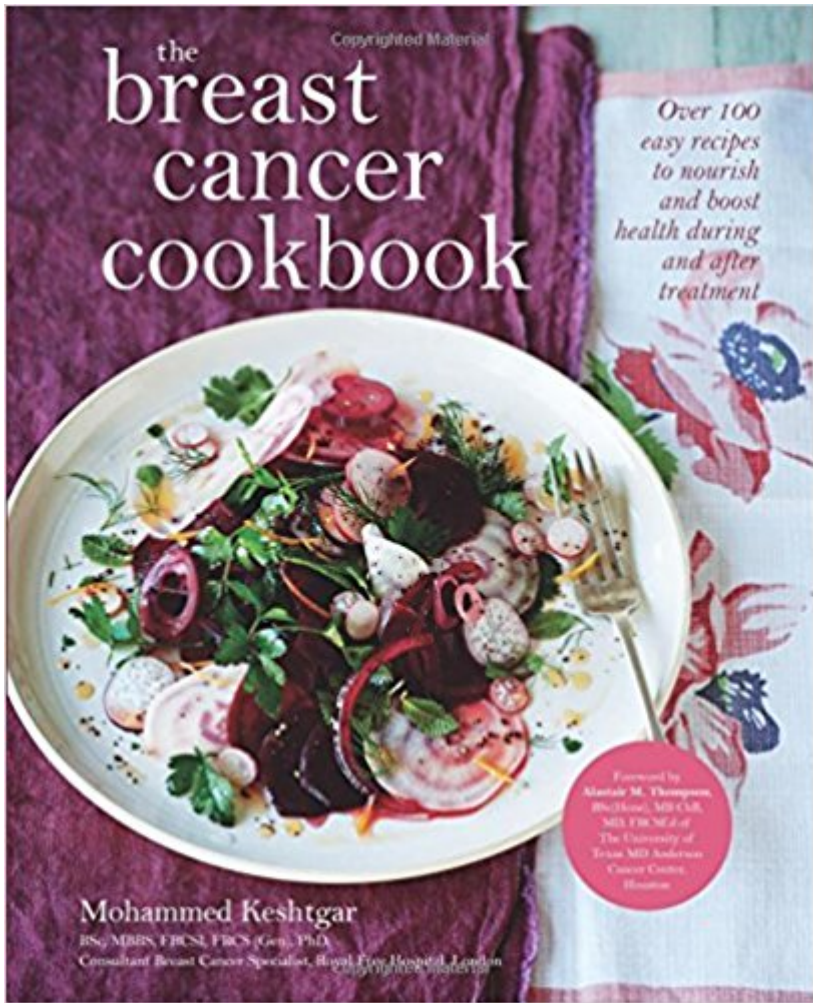


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The Breast Cancer Cookbook: Over 100 Easy Recipes To Nourish And Boost Health During And After Treatment



Synopsis

Breast cancer affects 1 in 8 women during their lifetimes. Research has shown that adopting a healthier diet and lifestyle can reduce the risk of getting the disease and improve the survival of patients who have been diagnosed. Mo Keshtgar discusses the risk factors and foods that can play a positive role in the prevention and treatment of breast cancer, including fruit, vegetables, and phytoestrogens. Covering breakfast, soups, salads, fish and shellfish, poultry and meat, vegetarian dishes, desserts, treats, and drinks, the recipes have all been especially created to take in all the dietary considerations linked to breast cancer.

Book Information

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Customer Reviews

Mohammed Keshtgar, BSc, MBBS, FRCSI, FRCS (Gen), PhD, is a surgical Oncologist specializing in the treatment of breast cancer. Believing that diet and lifestyle are significant risk factors in the development and progression of breast cancer, he has written this book, based on the latest research, with his team of experts. Creative cookery writer, Emily Jonzen has devised the recipes.

Excellent, as it provides both the philosophy and the practical application of that philosophy. We have changed our diet to where it is no longer a diet but simply food that we not only prefer but something we miss when not available. I was a 'meat and three veg' person but now enjoy the tasty salads, a transformation!

I love this cook book. I am a thirteen year breast cancer survivor and like everyone else (but maybe a bit more so,) I get sick of thinking about and dealing with diets and eating healthy. I have had been dealing with this for so long, I have been through a dozen diets and what I love about this cook book is it has a real comfort factor that is often missing from Cancer diet books. The recipes are varied and some are very healthy and some are simply comforting in a way that I really appreciate. The pictures and presentation feel warm and comfortable and I can tell you comfort and normality is a major quality you are looking for, as a patient, in anything you have around you in the kitchen. A simple but good cook book. with recipes that I can actually make is a wonderful thing. If you are a patient, I recommend this as a gift for yourself. And if it is your mother, sisters or for anyone you love, who is fighting and struggling with this horrid disease, this is a great gift because it doesn't feel restrictive or too medical. .

most get and perfect book for a friend that is going through Breast Cancer.Thank you!

Very good book.

try the chocolate mousse with raspberries!! yum

Very helpful, great ideas.

My wife just bought this. She hates it. The recipes have amounts all in grams -- British-- and use ingredients you can't find in the U.S. The pictures are pretty but you can't eat a picture.

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