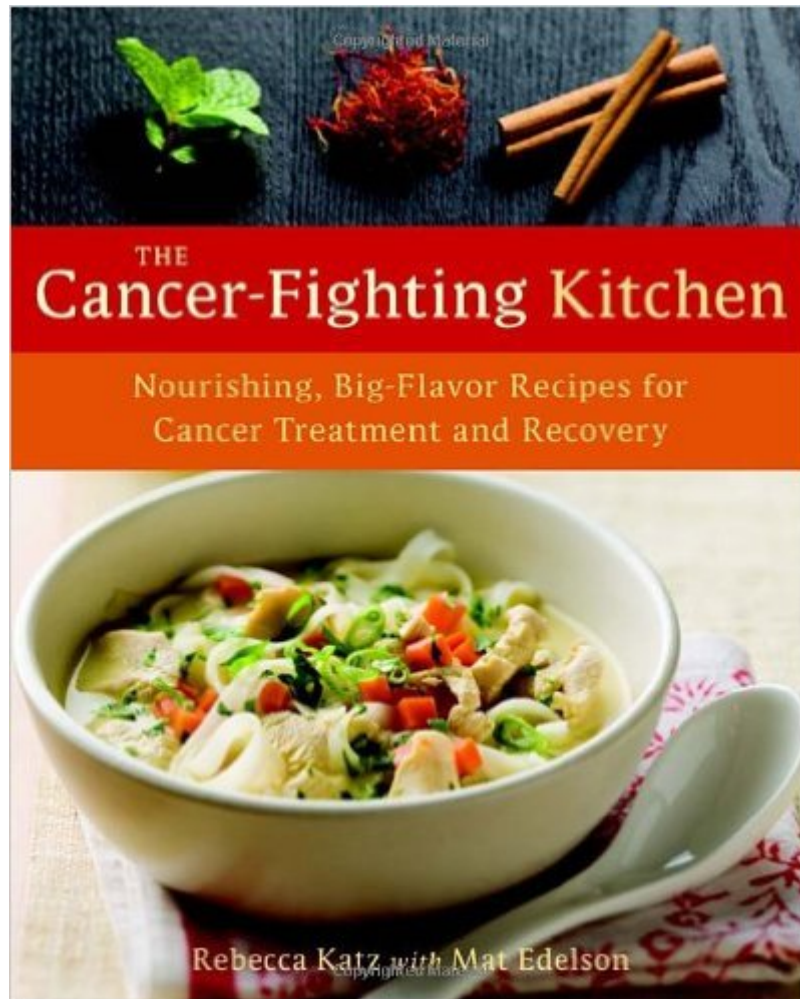


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# The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes For Cancer Treatment And Recovery



## Synopsis

A Culinary Pharmacy in Your PantryThe Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment. Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu plans that have been specially formulated for specific treatment phases, cancer types, side effects, and flavor preferences. The Cancer-Fighting Kitchen brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal. The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet category and the People's Choice Award.

## Book Information

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## Customer Reviews

"Cancer Fighting Kitchen" isn't just a cookbook; nor is another treatise on nutritional philosophy. It's indeed a cookbook, but so much more. Now that I've spent a couple of days with it, I know it's a nutritional arsenal with the kind of firepower that's perfect for what can seem like a tough

assignment: cooking for someone going through cancer treatment. But whether you're cooking for someone who really needs to eat well in order to heal-- or you just want to understand how the food you eat influences your overall health and wellness, this is an amazing find. The recipes look and sound simple and delicious -- I can't wait to cook my way through all of them. This is the perfect follow-up to "One Bite at a Time" -- my first real friend in the kitchen when I needed a whole new way to look at cooking. I've cooked my way through it over the last three or four years, and I'm ready for the next step and this is it. Her Magic Mineral Broth is an amazing elixir that aids in whatever ails you -- I've made gallons of it, and now I'm thrilled to see two new takes on the basic recipe in this book. This time Rebecca Katz offers us lots of easily digestible nutritional science along with recipes that look so tempting that I can almost taste and smell them just from the photos. But it is her disarming and sympathetic humor that leads you into each chapter and recipe with a little smile of recognition and a tidbit of personal insight. The Culinary Pharmacy section in her "Cancer fighting Toolkit" is worth the purchase price alone. It's a virtual encyclopedia of what we're all trying to learn about ingredients that add health-supportive magic to what we slave over in the kitchen.

A very dear friend of mine gave me this fabulous cookbook during the Christmas holidays called 'Cancer-Fighting Kitchen: Nourishing, Big-Flavour Recipes for Cancer Treatment and Recovery' by Rebecca Katz with Mat Edelson. Since my diagnosis of Breast Cancer in October 2010, I have been given and purchased many cookbooks, reference guides to leading a healthier, active lifestyle, etc... I think I am covered for the next 9 months in terms of research and enjoyable reading! However, I thought it important to pass this along as it is one of those books that your family would benefit wholly from. What sets this cookbook apart from others is its unique approach to your kitchen and converting your refrigerator into its own cancer-fighting battle ground plus how to take care of yourself during Chemotherapy treatment. From Chapter One's Cancer-Fighting Tool Kit and learning things about the four pantry staples, to easing side effects from treatment to easy recipes to relieving symptoms such as anemia, constipation, fatigue, nausea and vomiting. There is something about everything in terms of easing this tough period of a patient's life. And one of the perks of this Chapter, apart from the delicious recipes, is the Culinary Pharmacy section starting on page 28. It's your very own cheat-list to adding immunity boosting spices, seeds, and nuts to meals you may have only added mild seasoning to such as salt and pepper. It also includes very important vegetables most recognized as natural anti-inflammatories, digestion aids, nausea reducers, anti-bacterials, appetite stimulators, and NF-kB regulators. My personal favourite is learning the benefits of adding fresh and dry herbs to dishes and not just as last minute add-ins or garnishes.

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