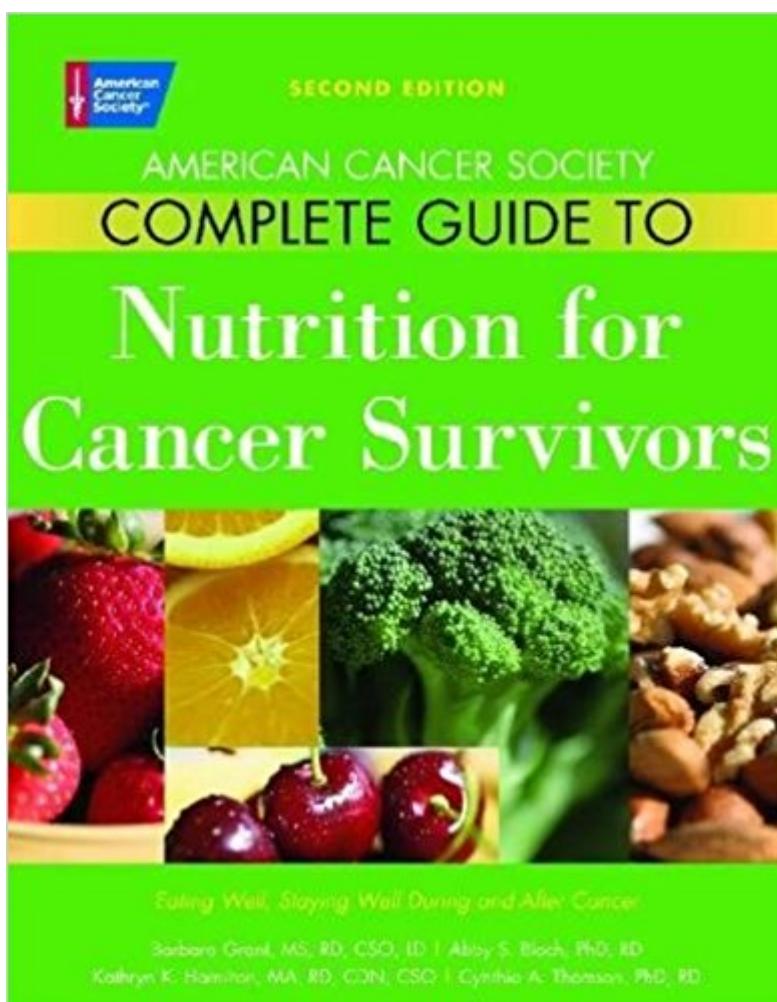


The book was found

# American Cancer Society Complete Guide To Nutrition For Cancer Survivors: Eating Well, Staying Well During And After Cancer



## Synopsis

Winner: 2011 American Medical Writers Association Award, Health Care Consumers; 2011 National Indie Excellence Award, Cancer; 2011 Mom's Choice Awards, Gold, Adult Books; Finalist: 2011 Next Generation Indie Book Award, Diet/Food/Nutrition

Written for consumers, patients, and families seeking reliable information about nutritional support for people with cancer, this comprehensive guide offers the latest information about using nutrition to optimal advantage during the cancer journey. Also discussed is the role of sound nutritional choices before, during, and after cancer therapy and how they can help bolster energy levels, strengthen the immune system, fight off infection, and minimize the side effects of treatment. Charts, information on special diets, and level-headed advice about dietary supplements make this a valuable tool for maintaining a healthy lifestyle.

## Book Information

Series: American Cancer Society Complete Guide to

Paperback: 284 pages

Publisher: American Cancer Society; 2 edition (April 20, 2010)

Language: English

ISBN-10: 0944235786

ISBN-13: 978-0944235782

Product Dimensions: 7 x 0.8 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #266,045 in Books (See Top 100 in Books) #58 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #382 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #913 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Barbara Grant, MS, RD, CSO, LD, is the outpatient clinical nutritionist at the Saint Alphonsus Cancer Care Center and is a board-certified specialist in oncology nutrition. She lives in Boise, Idaho. Abby S. Bloch, PhD, RD, is executive director of programs and research for the Robert C. and Veronica Atkins Foundation, was on staff at Memorial Sloan-Kettering Cancer, and was chairperson for the American Cancer Society Advisory Committee on Nutrition and Physical Activity. She lives in New York City. Kathryn K. Hamilton, MA, RD, CDN, CSO, is an outpatient clinical

oncology dietitian with the Carol G. Simon Cancer Center at the Morristown Memorial Hospital in Morristown, New Jersey; an assistant professor at College of St. Elizabeth in Morristown; and a board-certified specialist in oncology nutrition. She lives in Upper Saddle River, New Jersey. Cynthia A. Thomson, PhD, RD, is an associate professor at the University of Arizona department of nutritional sciences, a board-certified specialist in oncology nutrition, and was a nominee for the Sidney Salmon Memorial Award for Cancer Research in 2009. She lives in Tucson, Arizona.

Recommendations for healthy eating choices and information about how nutrition may affect recovery are contained throughout this book. Because it covers many different types of cancer, this information may be more helpful to some patients than others.

Great nutritional information and the categories helped me add to the recommendations in a way that made sense to me during my breast cancer journey.

I bought three of these my one of my sisters is having chemo it is full of information so we can all learn what is best for her

Like the headline says...

Not what I was looking for. Was hoping for actual list of foods, or maybe a recipe or two. Disappointing.

This book contained extremely valuable information required to prepare for cancer surgery as well as cancer treatment. It was easy to understand and very useful.

This is a good book for anyone trying to clean up their diet although it is definitely intended for cancer survivors. It is more fact based and less fad diet than most diet advice out there.

I'm a chemo nurse and bought this book to share with patients. They always have a lot of questions about what to eat and not eat and this book has clear concise messages. Easy to read.

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American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Cancer: Coping With Cancer: Controlling and Understanding

Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) The Men's Health Big Book of Food & Nutrition: Your completely delicious guide to eating well, looking great, and staying lean for life! Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Living Well, Staying Well:: Big Health Rewards from Small Lifestyle Changes (American Heart Association) Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat

High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery Eating Disorder  
Survivors Tell Their Stories (The Teen Health Library of Eating Disorder Prevention)

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