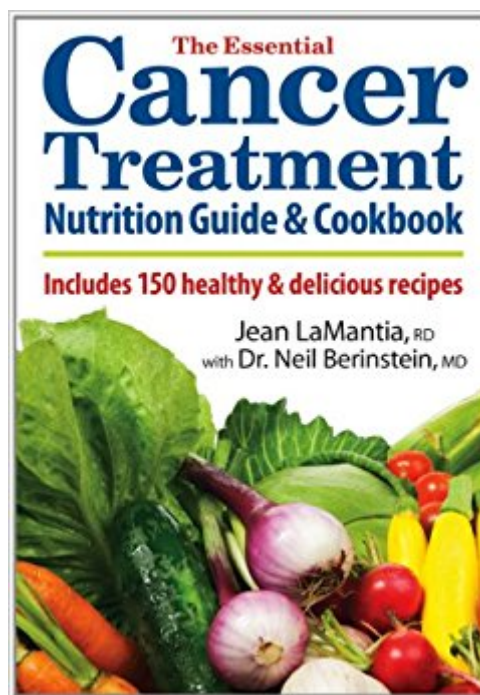




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The Essential Cancer Treatment Nutrition Guide And Cookbook: Includes 150 Healthy And Delicious Recipes



Synopsis

Information that meets the unique and specialized nutritional needs for individuals undergoing treatment. Recent research indicates that diet can influence a patient's cancer treatment and survival rate as well as help to manage the side effects. This book has been written for both patients and caregivers and addresses the unique requirements of a patient undergoing cancer treatment. A patient's waxing and waning appetite and ability to maintain optimal nutritional requirements are severely challenged during treatment, so the book provides integral information on how to deal with these challenges. From managing the side effects of treatment with particular foods and nutrients, to make-ahead meals that can be frozen and reheated at a moment's notice, to foods that are simply more palatable to a patient depending on what stage of treatment they're in. The 150 recipes will also be tabbed and categorized according to their suitability in the stage of treatment, making meal preparation easier. In addition to the recipes specially selected to meet the needs of cancer patients, this book covers: Treatments such as chemotherapy, radiation therapy and surgery Treatment side effects and nutrition recommendations for everything from anemia and appetite concerns to heartburn, taste changes, mouth sores and wound healing Concurrent conditions such as diabetes, heart disease and obesity Fighting cancer cells and boosting the immune system with food such as probiotics, anti-inflammatories, low glycemic foods, phytonutrients, and nutraceuticals Conventional, complementary and alternative treatments such as energy medicine, whole medical systems and alternative therapies Sample menus, shopping lists, resources. The information in this book will be an invaluable resource and will help to alleviate the worry and concern that patients and caregivers face when dealing with the many health and nutritional issues associated with cancer treatment.

Book Information

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Customer Reviews

The authors have created a most informative book that is geared toward those receiving cancer treatment... There are chapters that point out the foods with the iron, vitamins, best grains, and other foods that will produce the least nausea and be easiest for your body to absorb... The authors explain every facet, including things that some might even consider trivial. The recipes are categorized for people with a sore mouth or throat, low appetite, constipation, weight management, dry mouth, and more... There are many challenges for those recovering from cancer treatment and this book is a welcome guide to assisting them on the road to recovery. (Shelf Life)

Jean LaMantia, RD, has her own private practice where she provides one-on-one nutrition counseling and also leads nutrition seminars. She is also a weekly columnist in The Toronto Star, Canada's largest newspaper, and regularly appears in print, television and radio media. Jean is also a cancer survivor. Neil Berinstein, MD, FRCP(C), ABIM, is an associate scientist with the cancer research program at Sunnybrook Health Sciences Centre and a professor in the department of medicine at the University of Toronto.

Bought this for a friend that's going through chemo and radiation. I highly recommend getting someone you know that's going through treatments a copy of this book. It lets them know you care, without giving them all the "pink" awareness stuff (my friend is a die-hard Harley bike rider).

Whether you are the cancer survivor, patient, or care-giver, this is a bottom-line, authoritative book that needs to be in your library. I found a copy in my cancer-treatment nutrition center -- and, after looking at it, believed it important enough to buy a copy so that I could have it as an immediate, on-going reference. Whether you are using it to ensure you are knowledgeable of actions to take while under treatment or after-treatment maintenance -- you'll get basic information and, even better, recipes. A good read. A great reference.

This Guide Cookbook keeps me Inspired while I go through radiation cancer treatment.

I took this book to chemo and their registered dietician was so impressed she ordered a copy for the

medical center.

Very nicely written with great valuable information for cancer patients. The recipes are healthy and easy to make.

very good deal, I borrow this book from library, after reading, I decided to buy it, after searching for a few days, I got this book at very reasonable price, thanks!

This is organized so that as you use the recipes at a glance you can know what problems will be helped. The recipes are simple enough that even if you are not motivated you can put it together without much trouble.

Good recipes and advise. Easy to understand.

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