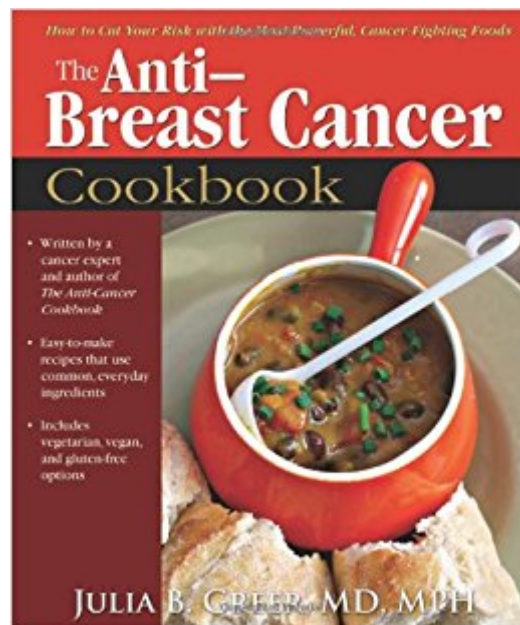




The book was found

Anti-Breast Cancer Cookbook: How To Cut Your Risk With The Most Powerful, Cancer-Fighting Foods



Synopsis

Breast cancer is the most common type of cancer diagnosed among women in the United States. It is second only to lung cancer as a leading cause of cancer death in females. The National Cancer Institute estimated that 230,480 women were diagnosed with breast cancer in the US in 2011 and 39,520 women died from it. And the scary part is anyone can get cancer. There is no single diet, food, or nutrient that will keep you from getting cancer. However, in the same way that wearing a seatbelt may protect you from being injured in a car accident, eating certain types of food may help to protect you from developing many cancers, including breast cancer. Dr. Julia Greer - cancer expert and author of *The Anti-Cancer Cookbook* - pulls together everything you need to know about breast cancer and the foods you should eat to protect you from developing breast cancer. She shares her collection of more than 200 recipes for sauces, main courses, sandwiches, breads, desserts and beverages - many of which are vegan or vegetarian and over half are gluten free. All of the recipes are made from common everyday ingredients chock-full of powerful antioxidants that may significantly slash your risk of developing breast cancer.

Book Information

Paperback: 228 pages

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Average Customer Review: 4.1 out of 5 stars 16 customer reviews

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Customer Reviews

Check out a recipe from the book featured with Princeton Alumni Weekly:

http://blogs.princeton.edu/paw/2013/03/greer_92_provid.html (Katherine F. Greenwood Princeton Alumni Weekly 2013-03-01)"Here is a great variety, indeed a wealth of gourmet recipes to try, with an emphasis on the best of seasonal produce that will enhance the daily health of its fans and devourers." -Midwest Book Review, March 2013 (James Cox Midwest Book Review

2013-03-13)Featured in SHAPE's "12 Pasta Dishes Under 500 Calories" (Alanna Nuñez SHAPE online 2013-03-15)

Although no single diet, food, or nutrient will keep you from getting cancer, clinical studies show that eating certain types of food may help protect you from many cancers. In *The Anti-Breast Cancer Cookbook*, author, cook, and physician Julia Greer, MD, gives you more than 200 recipes you can use to help fight breast cancer—as a preventative measure, to diminish the risk of a cancer recurrence, or to help you keep your immune system in great shape. Each recipe calls for foods rich in vitamins and minerals known to fight breast cancer specifically. Breast cancer is the most common type of cancer diagnosed in women in the United States. The lifetime risk of developing breast cancer is about one in eight, but research shows you can take several steps to help lower your risk, including maintaining a healthy weight as you age, exercising regularly, avoiding alcohol, lowering your saturated fat intake, and eating antioxidant-rich foods. Although diet is not a cure for cancer, it is probably the one factor over which we have the greatest control. Cooking healthful food is a wonderful way to relax, socialize, and build healthy habits.

I LOVE THIS COOKBOOK . THERE ARE MANY GREAT IDEAS.

Very helpful & informative

Good recipes! This book would be better if the pictures were in color.

Great book! Love it! Thank you very much. Lots of wonderful recipes. Could use more pictures.. Other than that highly recommend it!

Buy at least 2 copies because you will want to pass it on and keep yours. Easy and some combinations I would not have thought about. I gave up on oncology meds because of the nausea and this is very healthy eating.

Great book. Helping a friend in need.

Full of information and recipes!

I have been looking at books like this for a while and am very pleased with the range and choice of recipes.

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