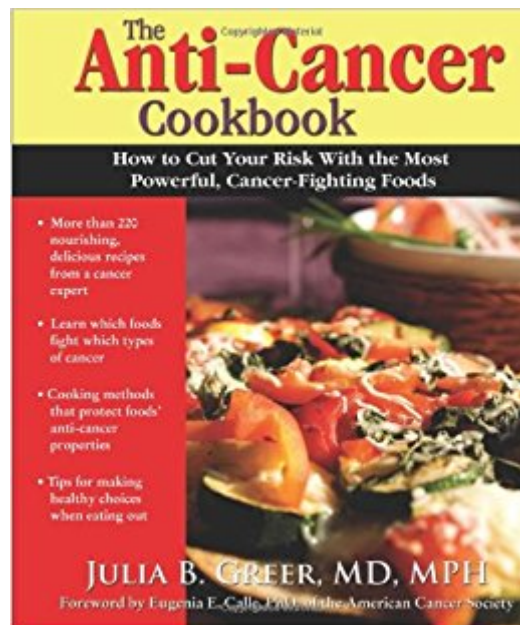




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# The Anti-Cancer Cookbook: How To Cut Your Risk With The Most Powerful, Cancer-Fighting Foods



## Synopsis

Eat broccoli sprouts to prevent bladder cancer . . . Eat more blueberries to reduce your risk of colon cancer . . . It seems that every day we hear new discoveries about various foods' anti-cancer properties. But the information comes in little bits, from all different directions, and it's hard to know how to put all this information to use in your own diet to reduce your risk of getting cancer. Now, Dr. Julia Greer - a physician, cancer researcher, and food enthusiast - pulls together everything you need to know about anti-cancer foods into one handy book: *The Anti-Cancer Cookbook*. She explains what cancer is and how antioxidants work to prevent pre-cancerous mutations in your body's cells, and then describes in detail which foods have been scientifically shown to help prevent which types of cancer. She then shares her collection of more than 250 scrumptious recipes for soups, sauces, main courses, vegetarian dishes, sandwiches, breads, desserts, and beverages, all loaded with nutritious ingredients chock-full of powerful antioxidants that may significantly slash your risk of a broad range of cancer types, including lung, colon, breast, prostate, pancreatic, bladder, stomach, leukemia, and others. Dr. Greer even includes tips on how to cook foods to protect their valuable antioxidants and nutrients and how to make healthy anti-cancer choices when eating out. If you love good food and are looking for delicious ways to keep yourself and your family healthy and cancer-free, you'll find yourself reaching for *The Anti-Cancer Cookbook* time and time again.

## Book Information

Paperback: 224 pages

Publisher: Sunrise River Press (November 7, 2008)

Language: English

ISBN-10: 0962481491

ISBN-13: 978-0962481499

Product Dimensions: 7.5 x 0.5 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 34 customer reviews

Best Sellers Rank: #419,989 in Books (See Top 100 in Books) #23 in Books > Health, Fitness &

Dieting > Nutrition > Cancer Prevention #30 in Books > Health, Fitness & Dieting > Nutrition >

Antioxidants & Phytochemicals #74 in Books > Cookbooks, Food & Wine > Special Diet > Cancer

## Customer Reviews

"The Anti-Cancer Cookbook is a veritable cornucopia of dishes suitable for every dining occasion and highly recommended for anyone having to prepare meals with cancer prevention and treatment in

mind." -The Midwest Book Review, reviewed by James A. Cox, December 2008 (Midwest Book Review 2008-12-01)"This could be the most important book you buy all year, so do yourself and your loved ones a favor and get a copy." -Mensa Bulletin, reviewed by Tom Elliot, March 2009 (Mensa Bulletin 2009-03-01)

Julia B. Greer, MD MPH, is an epidemiologist whose work focuses on pancreatic, ovarian, and breast cancers. She was educated at Phillips Exeter Academy, Princeton University, Mount Sinai Medical School, Georgetown University Hospital, and the Graduate School of Public Health in Pittsburgh, Pennsylvania. In addition to being a physician and an accomplished writer, she is presently a faculty member of the University of Pittsburgh Medical Center's Department of Gastroenterology, Hepatology, and Nutrition. And she is one darned good cook.

I like it. I just need to dig in to my cook books and prepare more great recipes.

This book is very outdated even though published in 2008. Makes me think the author really didn't know that much to begin with. Now, there is a lot of useful basic information about various cancers and the smartest foods to be consuming. However, when it comes to the recipes, she ignores the research. But this may be for you, if: you want to saute everything in oil, you want to consume red meat and pork, you want to consume dairy and eggs, you like lots of sugar, you want to use white flour and other refined carbohydrates, you want to grill, you want to oven bake potato fries and other starchy vegetables, you want to use Splenda. And, no mention of turmeric. Enough said! There are many much more savvy cookbooks out there, and most don't even tout being "anti-cancer." As a cookbook for general healthy eating, it is just okay. I tried one recipe -the Lentil Rice Casserole. It was average for this type of casserole, but topped with a layer of cheddar cheese. Go figure. For anyone taking a pro-active stance in either surviving or warding off cancer, I definitely do not recommend this book.

This has lots of good recipes even if you don't have cancer. I am really pleased with this book. I wouldn't miss this book for anything.

I am not one to follow recipes, however, I am swimming in uncharted waters these days and so, with this cookbook, for the first time in my life, I am following the recipes item for item, measurement for measurement AND everything I've made tastes awesome AND my kids eat it AND it is healthy. This

book makes the dietary approach to fighting cancer much more enjoyable than I ever imagined it would be.

The meals in this cookbook are easy to pull together and taste very good. Most of the ingredients can be easily substituted with a number of other similar things if you have food allergies or just simply don't like what is listed; minor changes do not seem to affect the taste or quality.

It is my understanding that soy is a plant estrogen that can affect women and might cause breast cancer. Soy is not healthy whether it is organic or not plus 92% of the soy crop is GMO. Canola oil comes from a crop that is sprayed with Roundup pesticide so if you use canola oil that is not organic, this would not be healthy. Extra light olive oil imported from Italy could be a healthier choice in oils. Try to avoid all seed oils such as cottonseed oil, sunflower oil, etc. Otherwise the recipes in this book seem to be interesting and healthy if you watch out for the margarine and the oils I've mentioned.

EASY TO READ AND FOLLOW- GOOD RECIPES AND A LOT OF EXPLANATION REGARDING THE PLUSSES OF DIFFERENT FOOD AND FOOD GROUPS

It is nice to know that I can cook meals that are not only good for me but easy to follow. Love it.

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