



# **The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery**

*Rebecca Katz, Mat Edelson*

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### A Culinary Pharmacy in Your Pantry

*The 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.

*From the Hardcover edition.*

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Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could be reading a book could be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the e-book untitled The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery can be excellent book to read. May be it can be best activity to you.

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