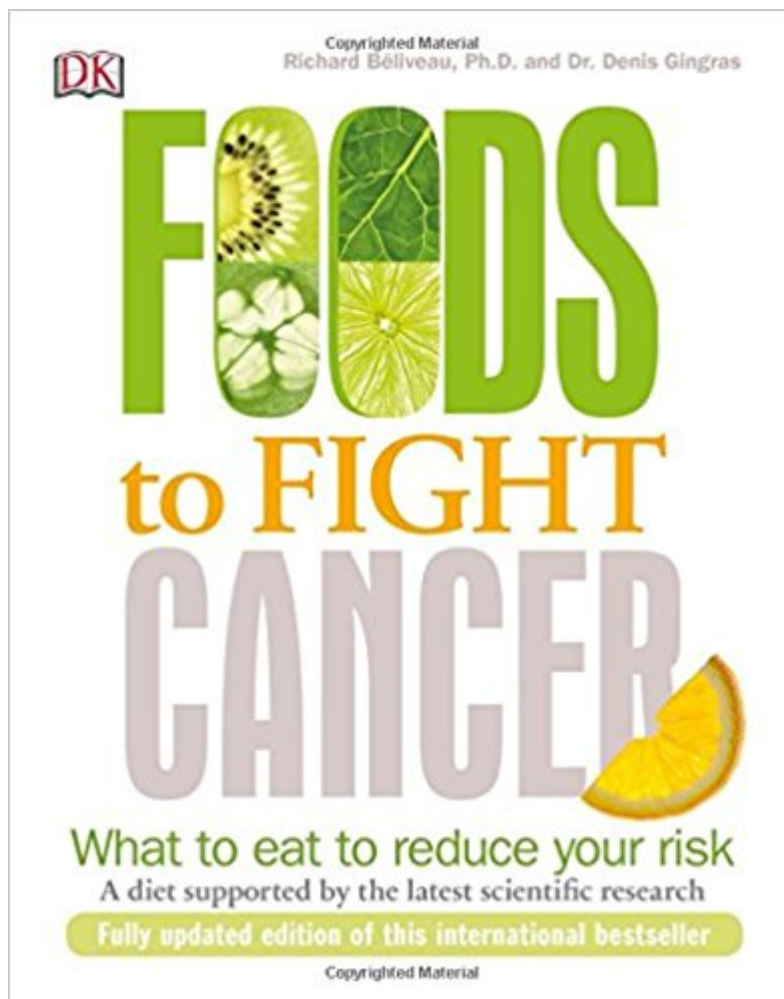




The book was found

# Foods To Fight Cancer: What To Eat To Reduce Your Risk



## Synopsis

Discover the facts behind reducing your risk of cancer with cancer-fighting foods in this informative and visual guide supported by the latest cancer research. With more than 700,000 copies sold worldwide, *Foods to Fight Cancer* explores the link between diet and cancer with information backed by the scientific community. Written by internationally recognized experts Richard BÃ©liveau, Ph.D., and Dr. Denis Gingras, you will learn how to eat well to be well and reduce your risk. Updated and expanded to include the latest oncological research, this guide reveals how using simple dietary changes and preventative nutrition with everyday foods that are scientifically proven to contain anticancer properties work in your body to fight and prevent cancer. With more than 100 charts, tables, and diagrams that clearly explain the facts and science behind nutrition and debunk popular myths surrounding certain foods, *Foods to Fight Cancer* is an essential book for anyone looking to improve their health, to have a healthy remission, to begin cancer prevention, or to support a loved one going through treatment. Adhering to recommendations from the World Cancer Research fund, *Foods to Fight Cancer* is a vital read that details serious dietary and lifestyle changes for the good of your health.

## Book Information

Paperback: 240 pages

Publisher: DK (May 9, 2017)

Language: English

ISBN-10: 1465456287

ISBN-13: 978-1465456281

Product Dimensions: 7.2 x 0.9 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 111 customer reviews

Best Sellers Rank: #52,948 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #18 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #36 in Books > Medical Books > Medicine > Internal Medicine > Oncology

## Customer Reviews

"a fascinating and comprehensive new book." â Martha Stewart Living Magazine

I recently bought this book because a loved one previously had cancer and could possibly be battling with it again. I wanted to know more about which foods they should be introducing more into their

current diet. The book is very well laid out. Everything is in color. It does get a little bit high techy and medical in some parts which I briefly skimmed over. The breakdowns of food groups is very interesting. Even when the food areas are broken down into the groups you don't have to read the entire chapter if you do not want to because it has highlighted summary areas. All in all I would say this book is worth buying. Very helpful even if you do not have cancer, I know I've made some changes already to my own diet.

I have given this book to every loved one who has encountered cancer. I often wonder why people wait until they have cancer to eat smart and live healthy? The time to start is now people!

I wish I had read this book many years ago, as I am now a cancer survivor. However, since I intend to do my best to prevent a recurrence, it is still extremely valuable. What one reads in this book can also be read from the reports of the major cancer conferences in the country, such as the recent San Antonio Breast Cancer Conference in December. This book begins with one of the best explanations of cancer and how it develops in our bodies that I have ever read. (And I have read a lot!) As it continues, it then relates to how food is at least equal to, if not better, than resorting to medications. How many times have we heard to eat five servings of vegetables and fruits each day? Which of them or both is meant by that admonition? This book makes it clear which and how many, and most importantly, why. Beautifully illustrated, well written for the lay person, a valuable tool in the fight not only against cancer, but for good health! Just a follow up note: I also purchased Recipes for Foods to Fight Cancer, a recipe book produced by the same authors with celebrity chefs producing recipes using the recommended foods. (After all, how many of us know how to fix seaweed?) However, while it is attractive and interesting, I would have preferred more simple, every day recipes, rather than gourmet recipes. Stick with Foods to Fight Cancer and you'll have all the information you need.

My husband is fighting pancreatic cancer, and we are looking to do everything possible to make him healthy. I purchased several books on anti-cancer foods, but this one was the one based mostly on research, fact and data. The others seemed more anecdotal and less based on solid information. Although it is published in 2007, it still has great information. It is missing some newer information (i.e., Triphala & Capscaisin), but overall, it is the BEST resource out there that I have found (and I have been looking). The authors explain the biology and chemistry behind their recommendations in an understandable and useful way. EXCELLENT BOOK. You should buy it

even if you are healthy, as it will show you how to prevent cancer as well.

the advantages of some foods and spices for cancer patients and for everybody else. explained in simple language. recommended to me by a physician/cancer survivor who took some simple ideas from this book and saw a big change in his life, health and hopefully outcome. recommend this book for anybody, especially if you know somebody who's a cancer patient. it will be a good present.

A You Tube video sparked my interest in cancer prevention/treatment. I was amazed to find out that many of the foods we eat contain natural cancer fighting properties, some more powerful than the available drugs. I searched and found this book, "Foods to Fight Cancer." I read the reviews and decided to give it a try. I'm happy to say I wasn't disappointed. This is a great book! It's colorful, it's well written, and it's full of illustrations that enhance and clarify the text. It's a perfect example of how books should be written. It makes learning fun and easy. Best of all, I'm learning how to prevent cancer with a healthy diet of natural foods (e.g., berries, grapes, avocados, even chocolate). I can't wait to finish the book. In the meantime, I strongly suggest you purchase a copy and get started. One of the many things you'll learn is that all of us are at risk. I'll let you find out why when you read the book.

Bought this after having read "Anti cancer a new way of life " both books are terrific. this book is a quick easy guide to get people started or as a quick reminder of what you should be eating. I throughougly enjoyed both books, and I think they are a goood compliment to each other. There were slight differences in the diets. For example, in "anti cancer.." he recommends 2 to 3 cups green tea. This one recommends at least 3. Anti cancer had a lot of information that is not in this book, such as how sugar feeds tumors and need to avoid sugar. I recommend buying both books, and reading them both as quickly as possible. I recommend starting with "Anti cancer new way of life " becuase it gives quite a bit of more info off the bat. If your short on time, use this book as a quick start guide, then go back later and read the other book.

My husband has responded remarkably well to his chemo combined with use of these foods. We run everything past the nutritionist who has basically said that as long as it is whole food and not supplement/pill form, you can't overdose on anything. That makes life much simpler. And it's good stuff - I've learned a whole new way of cooking with some ingredients I had never heard of! Same author as Anti cancer book, also recommended.

[Download to continue reading...](#)

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) 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) CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) 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) Foods to Fight Cancer: What to Eat to Reduce Your Risk 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,) 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 Anticancer Diet: Reduce Cancer Risk Through the Foods You Eat Foods to Fight Cancer: Essential foods to help prevent cancer Breast Cancer: Reduce Your Risk with Foods You Love Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System, Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System, Reduce Inflammation) (Volume 1) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN

THE USA Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)