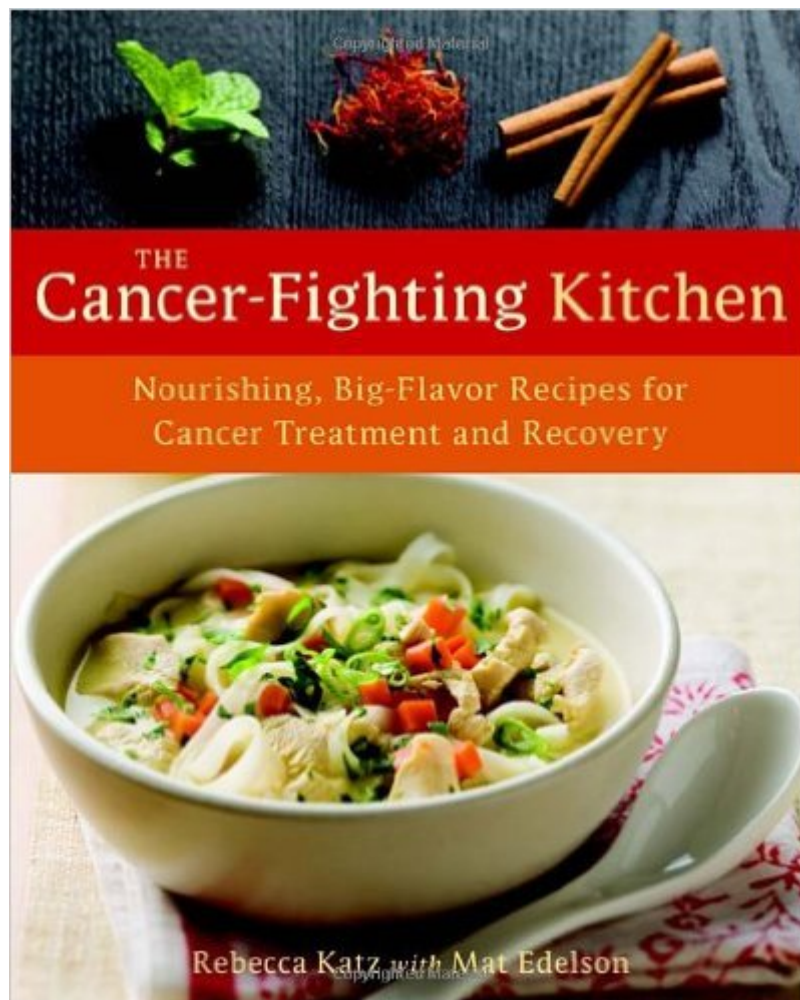




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# The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes For Cancer Treatment And Recovery



## Synopsis

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.

## Book Information

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## Customer Reviews

Starred Review. Cancer treatments such as surgery, chemotherapy and radiation can be almost as hard on the body as the disease itself, and detailed nutrition advice is usually not on the program.

This informative guide to fighting cancer from the inside out, from the senior chief at Marin County's Commonweal Cancer Help Program, corrects that with a wealth of easy, immediate steps to speed up the healing process through diet. The duo offer advice on treatment prep as well as solutions to common side effects like dehydration, fatigue and nausea. Caregivers should scour the first third, which describes in detail the treatment process, and includes an alphabetical list of cancer-fighting ingredients like blueberries, chocolate, honey and salmon, a reference for the 150 recipes that follow. Recipes for soups, broths and simple, satisfying dishes like Chicken and Rice are welcome, but the text is most helpful for an array of quick, nutritious snacks, like nutrient-rich granola bars or a cooling Cantaloupe Granita with Mint (especially useful for cravings, which are also addressed). Katz's experience with cancer patients and their long, often frustrating recovery lends authority to her wise, common-sense approach, suitable for cooks of all skill levels.

“Rebecca Katz has produced an invaluable resource. Instead of telling patients to ‘just eat a balanced diet,’ we can now show them how to control disease and optimize health with delicious, nourishing food from The Cancer-Fighting Kitchen. I recommend this book highly.” --Andrew Weil, MD, founder and program director of the Arizona Center for Integrative Medicine and author of *8 Weeks to Optimum Health* and *The Healthy Kitchen*

“The Cancer-Fighting Kitchen is an incredibly rich and satisfying resource--it is a must for people living with and beyond cancer, and should be mandatory reading for all health care professionals. This great gift will have a profound impact on the health and well-being of all who partake!” --Donald Abrams, MD, chief of hematology and oncology at San Francisco General Hospital, integrative oncologist at the UCSF Osher Center for Integrative Medicine, and coauthor of *Integrative Oncology*

“The Cancer-Fighting Kitchen elegantly combines the science of healthy nutrition with the wisdom of the heart and soul. This beautiful book illuminates a clear path to nourish the body, and provides clear and inspiring guidance to make the process easy, simple, and joyful. I am delighted to recommend this wonderful resource for people living with cancer and their loved ones.” --Jeremy Geffen, MD, medical oncologist and author of *The Journey Through Cancer: Healing and Transforming the Whole Person*

“If food is medicine, Rebecca Katz is one of the great healers. The Cancer-Fighting Kitchen is a book for anyone who wants to eat as if their life matters.” --Rachel Naomi Remen, MD, author of *Kitchen Table Wisdom* and *My Grandfather's Blessings*

“There is no substitute for eating healthfully, especially when diagnosed with cancer. This wonderful resource makes nutritious foods easy to prepare, attractive to look at, and tasty to eat. It is the best I have seen.” --Joseph

Pizzorno, ND, editor-in-chief of Integrative Medicine and coauthor of Encyclopedia of Natural Medicine and Natural Medicine for the Prevention and Treatment of Cancer A book to nourish loved ones. The Cancer-Fighting Kitchen: Nourishing, Big Flavor Recipes for Cancer Treatment and Recovery--This is a book I have added to my shelf and it will always be within reach. I think this book could be called many things--a mother's handbook to nourishing your loved ones or cooking to cure. I know my family and friends will benefit from my new favorite book the next time I need to cook something to make them feel better. --Regina Charboneau for The Atlantic.com

First, I should note how much I love Rebecca Katz, and the concept of this book. I have her Healthy Mind cookbook as well, which I liked, so I thought I'd give this one a try. Unfortunately, I am pretty disappointed with the outcome of most of the recipes. As a regular cook, I find the dishes to be very bland and lacking, which is odd considering the abundance of healing spices and herbs each dish calls for. The majority of soups (and everything else) definitely need some serious FASSing, otherwise you're left with a very mediocre product. My wish is that you perfected these recipes before publishing, so as to not have to spend an additional 20 minutes making each recipe desirable. All in all, the core of each dish is fair at best, so you have to know what you're doing in the kitchen to round it all out and capture that sought-after umami goodness.

I am astonished by the amount of research and effort that was put in writing each and every recipe and the selected ingredients and the procedures for preparing and cooking each one. I have been using three recipes from this book so far and plan to introduce more to my diet. To my surprise, the food was not just healthy, but excellent taste and well balanced. I even started making variations on the recipes which was good but found the ones in the book to be among the best. I also could identify which recipes work for what case of my body needs. Thanks to the footnotes which provide additional enlightenment about the background of each recipe and its use. I highly recommend using this book. I even think of buying it for friends who have some critical health issues or even for my overseas family just for regular use.

My mom was recently diagnosed with breast cancer. She has lost a lot of weight starting chemo because she was not able to taste anything. This book has changed this. We have found SEVERAL recipes that she loves, can taste, and are easy for her to fix. Thank you SO much!! You are literally a life saver

As a retired chef, I am cooking for my wife who has been diagnosed with cancer. The big challenge is to keep her weight up during chemo. Well, she has gained two pounds. I find that the recipes are well tested, imaginative and nourishing.

I love this book. It is so handy to look up food and see what the benefits are for your body. I was amazed about many foods but mostly celery. I didn't realize how good it is for you. I am a survivor of cancer but still refer to this book frequently. I even purchased one for a friend that was fighting breast cancer. Thanks for putting together such a wonderful recipe book!!!

I think this book is fabulous! The index of the cancer-fighting properties of various foods is a wonderful resource, as well as the index of recipes to combat various side effects from treatment. I've used this book a lot myself, and, sadly, have given it as a gift too many times, as various friends have been struck by cancer. But i think this book is a wonderful resource and is really helpful. Especially for caregivers. It is so hard to stand by when a loved one is struck by cancer, but making nutritious, delicious food is something YOU CAN DO, and so I think it has been as cherished equally by the patient as well as the caregiver. Favorites are the broths and various soups, especially the minestrone, and the beet and carrot salad. If you or a loved one has been diagnosed with cancer GET THIS BOOK!

I purchased this cookbook for a friend going through surgery, radiation, and chemo treatments for breast cancer. I just wanted to be helpful to her and lighten her load a little by bringing her healthy things to eat to strengthen her body. I gave the book to her and let her pick out some things that looked good to her, and that way she could also read the first chapters about what to do to prepare for chemo and its side effects, then I took it back so I could make those things for her. After receiving it in the mail and looking through the pages I have come back to order another one. The beginning of the book has a plethora of helpful information about staying ahead of the downsides of chemo, ahead of the nausea, ahead of the drain to the body, prepared for the days when "the-tireds" hit, and it just packs a wallop of nutrition for the body (any body, but especially the fighting body). I want to have another one on hand to use or to give away for other friends down the road. And even for myself just to make healthier meals for my family. The only reason I didn't give it 5 stars is... 1) several recipes (main dishes) are time consuming and laborious (shopping for and then cutting and chopping lots of ingredients). It is not a biggie if you are making things out of the book to take to your fighting friend, but if you are the one fighting you might not have the energy for all of it unless

you prepare ahead of time and freeze things. 2) I couldn't find some of the ingredients at my local grocery store (organic turkey/chicken products - my grocery only carries "natural" which I'm told is basically the same except for the feed that was fed to the animals, and organic beef bones; and some exotic vegetables like garnet yams, Japanese sweet potatoes, kombu, juniper berries, asian or anjou pears, etc. ). AND 3) there is the (necessary) cost factor of using organic ingredients (I was surprised the recipes called for organic meat/eggs/some dairy, but not organic veggies or fruits).

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