



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

By Katz, Rebecca; Edelson, Mat

Ten Speed Press, 2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "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..."



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