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The Cancer Survival Cookbook: 200 Quick and Easy Recipes with Helpful Eating Hints

Christina Marino, Donna L Weihofen

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Fight Cancer With Food

Eating well and maintaining weight are crucial factors in cancer recovery. But when you have cancer, you often don't feel like eating. The medications can make you nauseated, radiation can make your mouth sore, you can lose your taste from the disease or treatments, and the emotional upset can reduce your desire to eat.

There's hope, though. You do not have to exist on baby food or bland crackers when you are going through chemotherapy or radiation therapy. Instead, use this book and rediscover the pleasure, comfort, and healing power of eating.

The Cancer Survival Cookbook offers nourishing recipes and practical suggestions to help in you recovery. Not only are the 200 nourishing meals, side dishes, snacks and desserts tasty and easy to make, but many feature simple options to add calories or other nutrients according to your needs. These unique tips for customizing recipes make them healthy choices the whole family can enjoy.

This innovative book also includes extensive advice on overcoming specific eating problems such as nausea, appetite loss, and diarrhea, trustworthy information on herbal remedies, and appealing recipes for those who need soft diets.

"Donna Weihofen doesn't accept the idea that people with cancer should be limited in what they can eat. She made it possible for me to not only enjoy eating again, but to enjoy a variety of foods. I've been able to put on weight and I feel better"
—**Pat Syverud**, cancer survivor

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From reader reviews:

Richard Fentress:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they performing activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could possibly be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the publication untitled The Cancer Survival Cookbook: 200 Quick and Easy Recipes with Helpful Eating Hints can be good book to read. May be it could be best activity to you.

Jerry Montgomery:

The reason why? Because this The Cancer Survival Cookbook: 200 Quick and Easy Recipes with Helpful Eating Hints is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will zap you with the secret it inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content inside of easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of gains than the other book include such as help improving your ability and your critical thinking method. So , still want to hesitate having that book? If I ended up you I will go to the book store hurriedly.

Philip Newman:

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