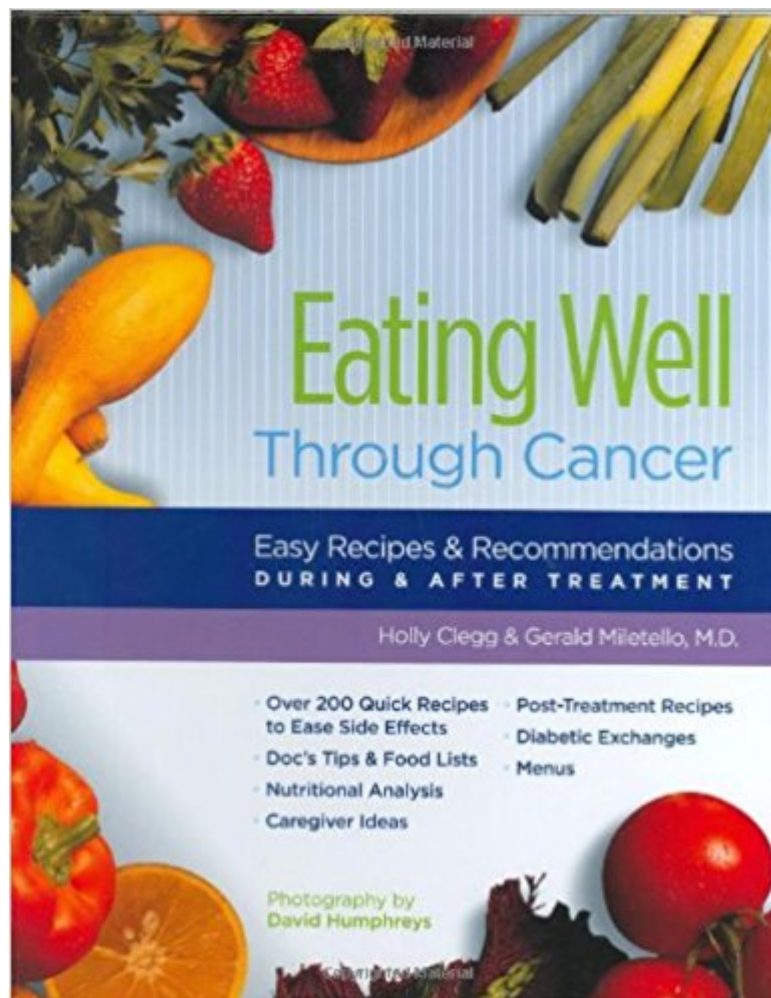




The book was found

# Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment



## Synopsis

My new updated 15 year anniversary edition of Eating well Through Cancer with cancer recipes will be available September! ã ã Pre-order the new cancer cookbook for cancer patients and prevention with easier-to-read format, new recipes and the same mainstream approach to help cancer patients and caregivers stay nourished during treatment. You can find the new edition link above! Cancer patients and caregivers with easy-to-follow recipes that focus on the best foods tolerated to ease side effects during chemotherapy and radiation. ã ã This cancer cookbook includes everyday, healthy recipes to combat side effects such as day of chemotherapy, ã ã sore mouth, neutropenia, nausea, constipation, and weight-loss with also also chapters for caregivers, snacks and healthy eating. ã ã While the book is for cancer patients, the whole family, young and older, will enjoy these scrumptious, 30-minute healthy recipes. ã ã With an oncologist's chapter introduction, doc's notes, menu planning, tips, nutritional analysis, diabetic exchanges, the book serves as a guide for nutrition before, during, and after cancer treatment. ã ã

## Book Information

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## Customer Reviews

"I wanted Holly to know how fantastic I think her book "Eating Well Through Cancer" is. I am a registered dietitian and teach a nutrition class for cancer patients. I was given the book as a reference from one of the nurses I work with. It is excellent!!! I will highly recommend it to the patients I teach and also plan to promote her other books and website through the American Dietetic Association Weight Management practice group." Marci Anderson, Registered Dietitian

Wellness Institute, Provo, Utah

The number one subject cancer patients request information on is nutrition. We have found "Eating Well Through Cancer" by Holly Clegg to be the perfect resource for our patients and their family members. The cookbook not only offers delicious and nutritious recipes but the book is organized by how the cancer patients feels and what they need. This book has become an invaluable tool for our patients and their families. Many patients continue to use this book years after their diagnosis." — Megan Doyle Battaglia Roswell Park Cancer Institute Buffalo, NY — Eating Well Through Cancer — has been a wonderful resource for our patients. It is informative, and it is practical. Patients and caregivers love it. We have provided this for our patients for about 8 years. We were thrilled last fall when the Spanish version was published. It is a terrific resource for patients throughout their journey. Gay Prescott Vice President of Development Hope Cancer Resources

Designed for cancer patients and their family, these easy-to-follow recipes focus on foods best tolerated and those to ease the symptoms during treatment. With an oncologist's chapter introduction, doctor's notes, menu planning, tips, nutritional analysis, diabetic exchanges, Eating Well Through Cancer serves as a guide for nutrition before, during, and after cancer treatment.

The recipes were easy to prepare and very tasty. While the recipes were geared for someone going through cancer, the entire family was able to enjoy many of the delicious recipes. It also was very helpful to have the recipes grouped by the types of side effects (e.g., neutropenia, nausea/vomiting, diarrhea). This grouping and the nutritional information provided made it easier to plan menus.

In the Fall of 2009, two of my immediate family members were diagnosed with different forms of cancer within three months of each other. One has lung cancer. One has stomach cancer (which had been mis-diagnosed as IBS by two independent physicians over the course of a year). As both began chemo treatments and suffered the seemingly inevitable problems that go along with it, I just happened across this book and am so thankful that I did. This book is full of helpful information that no oncologist or other medical provider has shared with my family. In addition to the general info, the recipes are simple and are divided up in useful categories to suit what may be going on at any particular point in time: what to eat on chemo day, what to eat when your white blood cell count is low, what to eat when you're constipated. The categories go on and on and in the words of my family member who has stomach cancer, she wishes "someone had told us about this book months ago. It's been a real life-saver." I don't advocate adopting any new nutrition plans without consulting

with a physician. If you have a friend or family member who has cancer, however, I do advocate getting this book for them. Even if it just gives them ideas on what to eat at any given time (or gives them something positive to focus on to try on a day when they fell like crud) it will have been money very well spent.

This is the best book out on eating well for cancer patients. I had cancer of the throat and had a lot of trouble eating until I found this book. I saw it in my cancer doctors office and ordered it from .I have seen several books on eating and bought several of them but this book is the best book I found

Great recipes, especially the Chicken, Barley & Bow-tie recipe (p.33). It is a 'must' for treatment-days (and after) when fatigue and nausea set-in.

I applaud the idea for the book but the author needs to do more research in regards to the foods he's recommending. Cancer cells feed on sugar to grow and thrive. This author advises the reader to put extra sugar in desserts so that they'll taste better. Huge mistake. Books such as "Cancer Fighting Kitchen," or "Beating Cancer through Nutrition," contain better and more accurate information. It pays to do your homework with such an important subject.

This helped my father and those helping him while he was being treated. It was a God send and his Oncologist gave him his own copy just before Chemo was to be started. I bought my own and I have now bought this book for others who are either going through Cancer treatment or who are helping those who are. All have reported back that it is chock full of useful information. Even though I no longer need to prepare these recipes for my father I make them for myself. Good food is good food. This book "just" ties that into a more complete treatment plan.

This book provides fairly good information but it does not reflect recent nutritional information related to fighting cancer. Too much sugar in many of the recipes. Recipes are easy to follow but I would use this as very basic info on addressing side effects of chemo, not eating well to complement the impact of chemo.

I had purchased this book before and lent it out to someone with cancer so I wanted another copy. I had a friend with cancer and made many of the meals in this book, put them in small servings and

brought them to her to fill her freezer. She said it was the best thing anyone could have done for her. As she went through Chemo she never felt like cooking, but could go to her freezer and there was dinner, all made. It gives great meals and lets you know what they are good for. It could be mouth sores, day before cancer, constipation etc. I had her look at the book before she started Chemo and mark the receipes she thought she would like. It is a great resource and the meals were so easy to make.

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During and After Treatment The Value of Escharotics Medicines Which Will Destroy Any Living or Fungus Tissue in the Treatment of Cancer, Lupus, Sarcoma or Any Other Forms of Malignancy (Spine Title: Cancer: its Proper Treatment At Dr. Nichols Cancer Sanatorim by Escharotic... Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Cook for Your Life: Delicious, Nourishing Recipes for Before, During, and After Cancer Treatment

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