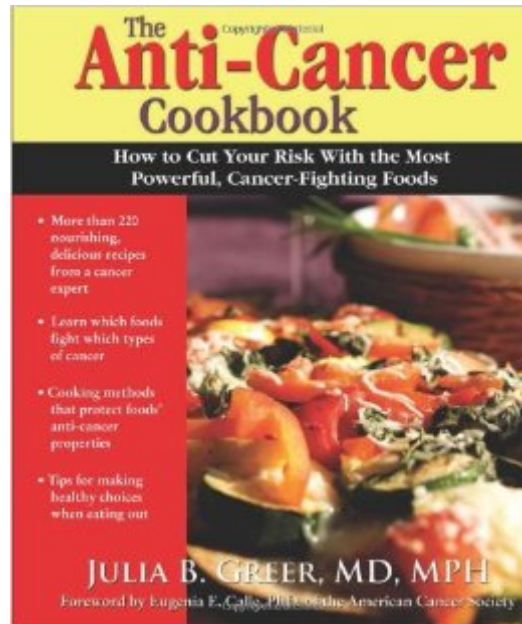


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# The Anti-Cancer Cookbook: How To Cut Your Risk With The Most Powerful, Cancer-Fighting Foods



## Synopsis

Eat broccoli sprouts to prevent bladder cancer . . . Eat more blueberries to reduce your risk of colon cancer . . . It seems that every day we hear new discoveries about various foods' anti-cancer properties. But the information comes in little bits, from all different directions, and it's hard to know how to put all this information to use in your own diet to reduce your risk of getting cancer. Now, Dr. Julia Greer - a physician, cancer researcher, and food enthusiast - pulls together everything you need to know about anti-cancer foods into one handy book: *The Anti-Cancer Cookbook*. She explains what cancer is and how antioxidants work to prevent pre-cancerous mutations in your body's cells, and then describes in detail which foods have been scientifically shown to help prevent which types of cancer. She then shares her collection of more than 250 scrumptious recipes for soups, sauces, main courses, vegetarian dishes, sandwiches, breads, desserts, and beverages, all loaded with nutritious ingredients chock-full of powerful antioxidants that may significantly slash your risk of a broad range of cancer types, including lung, colon, breast, prostate, pancreatic, bladder, stomach, leukemia, and others. Dr. Greer even includes tips on how to cook foods to protect their valuable antioxidants and nutrients and how to make healthy anti-cancer choices when eating out. If you love good food and are looking for delicious ways to keep yourself and your family healthy and cancer-free, you'll find yourself reaching for *The Anti-Cancer Cookbook* time and time again.

## Book Information

Paperback: 224 pages

Publisher: Sunrise River Press (November 7, 2008)

Language: English

ISBN-10: 0962481491

ISBN-13: 978-0962481499

Product Dimensions: 7.5 x 0.5 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #374,528 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #32 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #70 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#)

## Customer Reviews

Dr. Greer offers tasty tidbits to tempt your palate. And better still, she helps you fight off the Big C. She's no Emeril ("Bam!"...thank heavens) but she does offer many helpful suggestions that can

really be beneficial to your lifespan. This is not the usual lots-of-butter-and cream richness found in some quarters, nor is it the ascetic "bean-sprouts-and-hope" offered by others. Instead, it is sensible, research-based suggestions and recipes that can help save your life. While helping make your life at the table worth living. My only reservation is that I keep recalling the old saying, "Never trust a skinny chef," but since the intent is to keep you healthy, rather than provide cutting edge haute cuisine, I'll give her the benefit of the doubt. I'd dine happily with Dr. Julia Greer any day.

It has long been known and clinically demonstrated that food has a direct link to health, and that some foods are not only nutritious for the human body, they are also medical and remedial. In "The Anti-Cancer Cookbook: How To Cut Your Risk With the Most Powerful, Cancer-Fighting Foods", Dr. Julia B. Greer has compiled more than 200 specific recipes featuring ingredients that have a particular relevance for fighting various forms of cancer. The step-by-step instructions for each individual recipe are in accordance with cooking methods that protect the anti-cancer properties of the ingredients. Of special note is the cogent, practical, 'real-world' advice for making healthy menu choices when dining out. From Chilled Apple Oatmeal; Red Pepper Hummus; Maple-Pecan Broccoli; and Newport Beach Turkey Pasta Salad; to Portobello Tofu Tacos; Mahi Mahi with Citrus Sauces and Black Beans; Spice-Rubbed Filet Mignon with Grilled Tomatoes; and Chocolate Chocolate-Chip Zucchini Brownies, "The Anti-Cancer Cookbook" is a veritable cornucopia of dishes suitable for every dining occasion and highly recommended for anyone having to prepare meals with cancer prevention and treatment in mind.

I bought this as a way to better support my husband battle a recurrence of cancer. But it's turning into a Food Bible where I can find Yummy dishes that are just GOOD WHOLE FOOD without being kooky, hippy and with ingredients that you can only find at the corner organic grocery in Soho...I live in North Carolina. Easy recipes and tons of them! Many of them I use for my own HIGH cholesterol (I'm one of those people who are not overweight and healthy but have family genetic high cholesterol). So, I could write a 20,000 word essay on this book, but here's the bottom line: BUY IT, you'll use it and love it!!

I just wanted to point out that this book was originally published in 2008, not in the 1970s as one reviewer here had suggested. If there are other books out there with similar titles from the 1970s, they are not related to this book in any way.

This book is very outdated even though published in 2008. Makes me think the author really didn't know that much to begin with. Now, there is a lot of useful basic information about various cancers and the smartest foods to be consuming. However, when it comes to the recipes, she ignores the research. But this may be for you, if: you want to saute everything in oil, you want to consume red meat and pork, you want to consume dairy and eggs, you like lots of sugar, you want to use white flour and other refined carbohydrates, you want to grill, you want to oven bake potato fries and other starchy vegetables, you want to use Splenda. And, no mention of turmeric. Enough said! There are many much more savvy cookbooks out there, and most don't even tout being "anti-cancer." As a cookbook for general healthy eating, it is just okay. I tried one recipe -the Lentil Rice Casserole. It was average for this type of casserole, but topped with a layer of cheddar cheese. Go figure. For anyone taking a pro-active stance in either surviving or warding off cancer, I definitely do not recommend this book.

This is a clever book that educates you on foods that are helpful for cancer prevention while giving you recipes that are delicious at the same time. I think this author's use of spices is unusual and I have been able to take her combinations of spices and apply them to new recipes of my own. This book would make a wonderful gift for anyone.

I am not one to follow recipes, however, I am swimming in uncharted waters these days and so, with this cookbook, for the first time in my life, I am following the recipes item for item, measurement for measurement AND everything I've made tastes awesome AND my kids eat it AND it is healthy. This book makes the dietary approach to fighting cancer much more enjoyable than I ever imagined it would be.

I bought this due to a pre-cancerous scare. Although it is helpful---it's vague. Each recipe only gives you about three examples of cancers that the recipes can help you fight. I also think this book is maybe better used as a first step for anyone going through the need to change their diet, but I don't think pork chops with cherry sauce or salads with bacon are really healthier options.

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