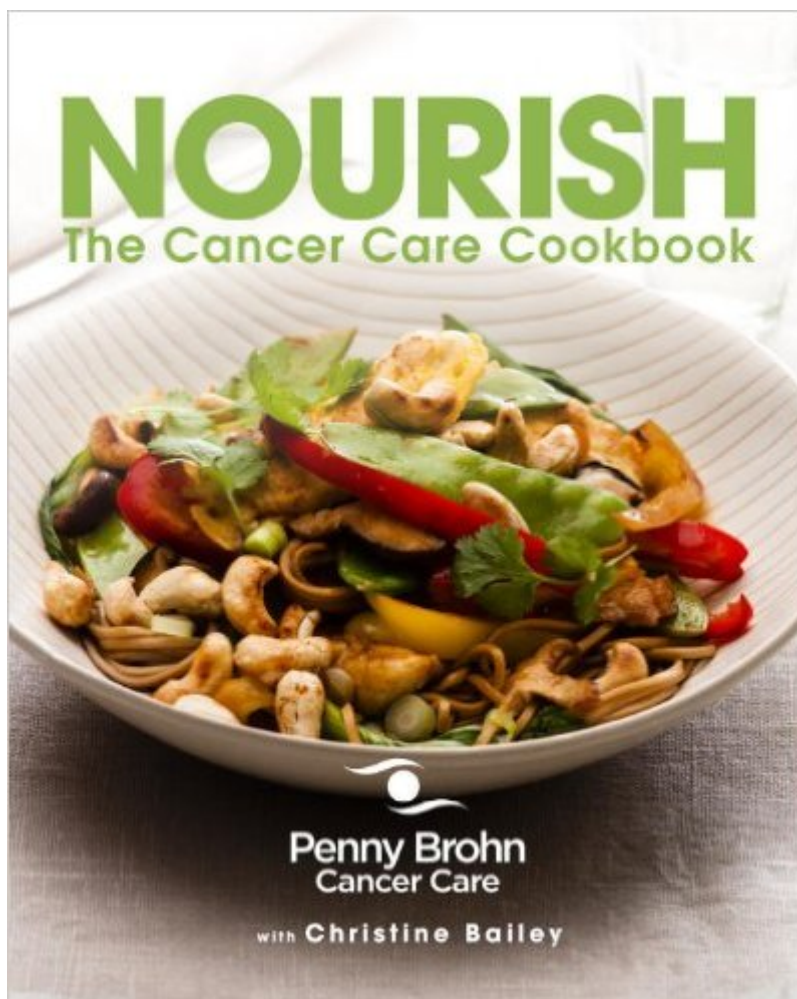


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# Nourish: The Cancer Care Cookbook



## Synopsis

Cancer sufferers need good nourishment, but all too often the treatment destroys their appetite and makes it difficult to eat. This groundbreaking culinary guide, from the UK's leading center for holistic cancer care, offers more than 75 recipes especially developed to enhance tolerance by those going through even the most aggressive treatments. Nourish explains the crucial role food plays in any cancer treatment program and gives inspiring advice on what works, along with plans based on six small meals a day. Every dish here features key ingredients known to promote recovery, boost immunity, reduce inflammation, and aid healing. Patients and their caregivers will find the information invaluable.Â

## Book Information

Paperback: 160 pages

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Product Dimensions: 7.2 x 0.5 x 8.5 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #420,179 in Books (See Top 100 in Books) #38 inÂ Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #52 inÂ Books > Medical Books > Nursing > Oncology #80 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer

## Customer Reviews

Firstly a disclaimer of sorts: this reviewer does not have cancer and cannot pretend to understand the feelings that those suffering from cancer experience. Yet looking at this book has given a little insight into this world that one hopes never to visit personally. At first this reviewer did wonder why it was necessary to have a cookbook for cancer sufferers, yet the book patiently explains that good nutrition is essential and side-effects of treatment often make food unappealing and eating becomes a struggle. The aim of this book is to focus on nutritious food that can be easily tolerated and can help to alleviate common symptoms and side-effects. So the book starts with a wealth of background information and various guides, explaining the book's central "whole-person" approach and underlining the necessity of good nutrition and keeping the body in the best condition possible. No comment can be made as to the accuracy of the information given or its suitability to an individual

cancer sufferer - your doctor would be the best person to talk to - yet everything seems to be good sensible advice. The Penny Brohn Cancer Care is a leading charity offering specialist help to people living with cancer and their supporters, so you can deduce that they should know what they are talking about! It would not be hyperbole to suggest that much of their advice is general "common sense" that could equally be utilised for those suffering from other conditions too. At the end of the book is also advice for sufferers about how to support their body during treatment, looking at many common ailments such as nausea, fatigue and digestive problems. This is possibly nothing new but sometimes good advice needs to be repeated nonetheless many times.

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