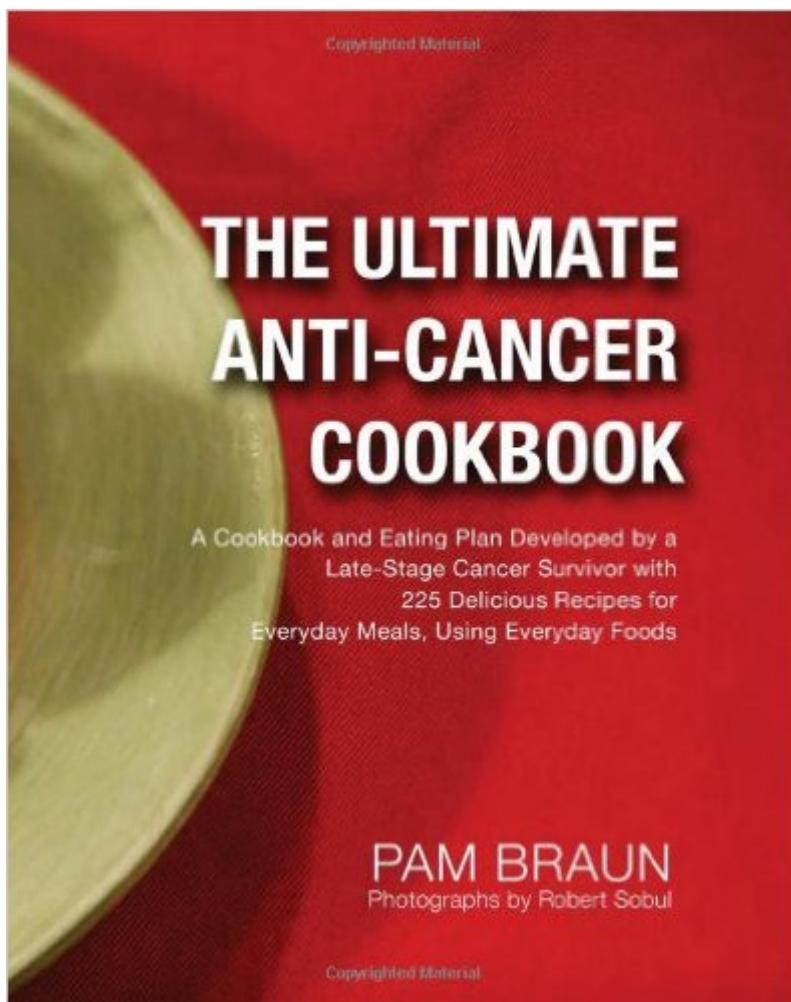


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# The Ultimate Anti-Cancer Cookbook: A Cookbook And Eating Plan Developed By A Late-Stage Cancer Survivor With 225 Delicious Recipes For Everyday Meals, Using Everyday Foods





## Synopsis

The Ultimate Anti-Cancer Cookbook takes "you are what you eat" to a whole new level with easy to use recipes, using everyday foods. Incorporating sound science, a chef's sensibility, and common sense, this indispensable reference gets tons of use while inspiring well-being with Pam Braun's delicious recipes that are virtuous for your body. Plus, readers learn about nutrition along the way.

## Book Information

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Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ (47 customer reviews)

Best Sellers Rank: #105,558 in Books (See Top 100 in Books) #10 inÂ Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #31 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer #173 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

## Customer Reviews

This really is a wonderful book. Not only is it a cookbook, but it reads at times like an incredible and inspiring personal story. Sometimes it feels like the author is sitting in the room talking with you about what she's learned and how it has changed her life. I am fortunate to say that I haven't had to face a cancer diagnosis, but my mother was felled by cancer and my father has been successfully (thank god) treated for it as well. Faced with those facts it only makes sense to do anything in my power to ward off this devastating disease. Gaining control over the food on my plate is of prime importance. I can't say that I've tried every recipe in the book but I've made quite a few of them and can certainly say that both my husband and I have enjoyed the meals greatly. And what a relief to consistently see ingredients that I can easily find at my local grocery store! That is such a plus. I'm looking forward to eating more of these delicious recipes.

I love the concept of the book and all the wonderful information. This book gives me the recipes to go along with Servan-Schreiber's Anti-Cancer and Beliveau and Gingras's Foods to Fight Cancer. It ties it all together. It gives me delicious, tasty, easy to prepare recipes and tells me about their

cancer fighting properties. I am a cancer survivor, but this book is for everyone.

The book is beautiful and the recipes are wonderful. This cookbook was written by talented woman who survived a very life threatening cancer. I bought it but was somewhat concerned that there would be foods I wouldn't like or complicated recipes. Neither of these things are the case. The recipes are easy to follow, easy to assemble and delicious. I have tried several at this point, but believe I will sample almost everything in the cookbook in the future. I am a cancer survivor also and encourage anyone interested in a more healthy diet to buy this book for yourself or give it as a gift. It is fabulous and Pam's personal story is outlined within. She has multiple endorsements from doctors and diet experts. This is a must-buy!!!!

This is a new book on the market and well worth the price. It focuses on recipes that combine many ingredients that have been shown to have anti-cancer properties. I would have given this book 5 stars if 1) the lists of ingredients for each recipe were printed in a darker font. The ingredient lists are printed in a very light grey font making it a bit hard to read, and 2) if it were spiral bound so it could lay flat on the counter while cooking. Those two things aside, I think this is a 5 star anti cancer cookbook. I am loving the recipes.

I love everything about this book! Yes, you are what you eat! The recipes are easy, you don't have to go to specialty stores to get the ingredients. You can get it all at your local grocery store. I truly believe that what we eat can help prevent cancer. Just change what you put in your cart at the grocery store. Pam's story is not only inspiring, but heartwarming as well. Anytime I go to the refrigerator, I'm constantly thinking of what exactly I'm choosing to eat. Purchasing this book is gift in it of itself.

The black ink was grey. I couldn't read the recipes. The pages with pictures had nice black ink but the recipes and the index in back wasn't legible. I returned it. The author contacted me to offer a free copy of the cookbook. Thanks Pam Braun!

Wanted a book based on healthy meals since many people I know have had or died from cancer. I know this can't prevent me from getting cancer, but it may help.

Make room on your cookbook shelf for this great collection of recipes with a focus on cancer-fighting

foods rich in antioxidants and other important nutrients. There are must-try recipes for breads (sweet potato bread with oatmeal topping!), soups (refried bean soup!), entrees (salmon burgers!) and enough fruit- and veggie- based fare to keep you interested no matter what is in season. In addition, the author has done her homework, and provides the reader with great insights into the role of diet in fighting/avoiding cancer.

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