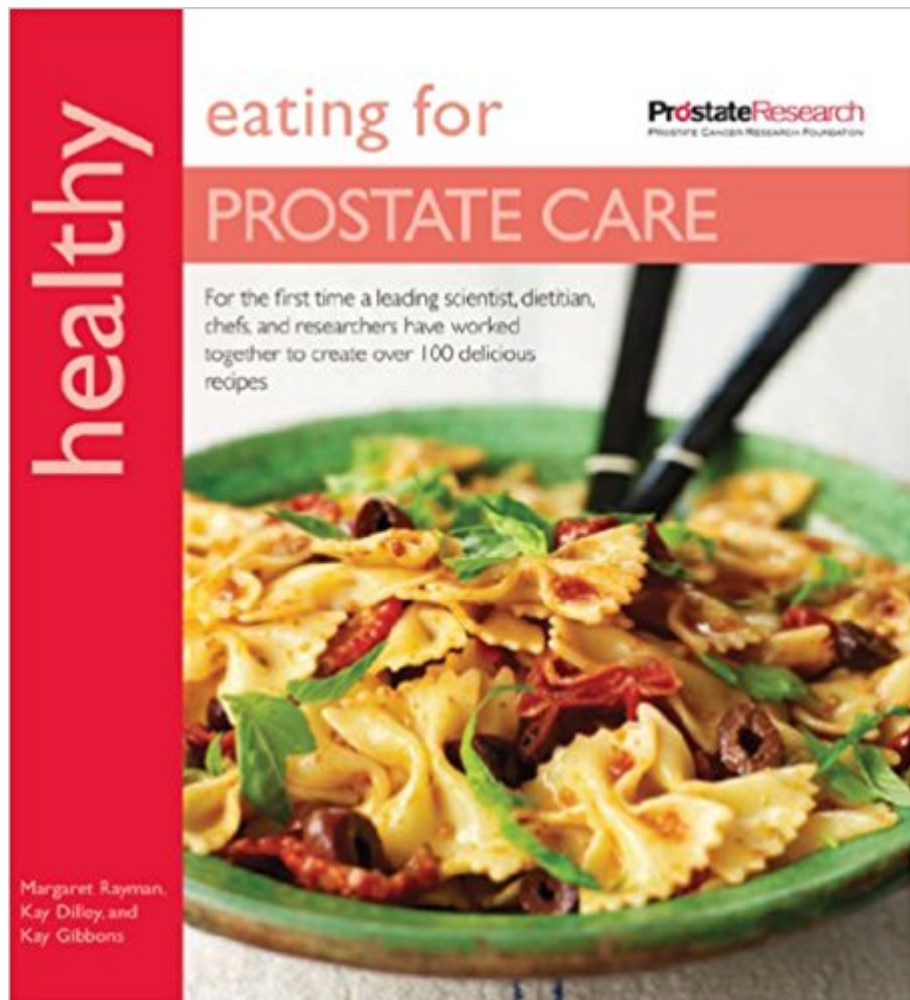




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# Healthy Eating For Prostate Care



## Synopsis

A much-needed cookbook designed to make the male population more aware of the dangers of Prostate cancer, the most common non-skin cancer in America. Scientists have found that there is a link between diet and the development and spreading of Prostate cancer and that eating the right foods can make all the difference - here are over 100 delicious recipes from leading chefs, endorsed by The Cancer Research Association.

## Book Information

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## Customer Reviews

Prostate cancer is the most common non-skin cancer in America to affect men, with 1 in 6 men suffering from the disease. Yet there is evidence that the health of the prostate can be helped by eating the right foods and avoiding the harmful effects of others. This book sets out the latest research in jargon-free language and defines clearly the link between diet and prostate cancer. A detailed introduction looks at the scale of prostate cancer and its risk factors. It looks at how eating diets rich in certain foods can help prevent the development of the disease and how it spreads. Why is diet so important? How might these foods work? And which are the best sources of polyphenols, lycopene, selenium, vitamin D, vitamin E, and cruciferous and Allium vegetables that can help protect the prostate? Chefs such as Antony Worrall Thompson, Cyrus Todiwala, Raymond Blanc, Alex Mackay, and Gino D'Acampo have contributed over 100 recipes. Simple to prepare and made from easily accessible ingredients, these recipes provide the essentials for a diet that can help prevent the development of prostate cancer and may hinder its progression. Above all they are

extremely tasty and healthy.

Margaret Rayman is the creator of the first university-level degree program on Nutritional Medicine in the UK. She is highly involved in the development of Nutritional Medicine as a subject and regularly gives lectures and speeches across England. She has also been a judge on BBC Food & Farming awards for four consecutive years. Kay Gibbons is a nutrition researcher specializing in prostate cancer and the correlation between diet and disease risk. Kay Dilley is a registered dietician who studied under Professor Rayman.

If you have cancer of the prostate and want to slow its progress or you would like to reduce your chances of getting cancer of the prostate, this is worthwhile purchase. Although my favorite book regarding diet and cancer is Richard Beliveau's *Foods to Fight Cancer*, *Healthy Eating for Prostate* care has several items of information that Beliveau's book doesn't...and it has recipes. Actually, unless you are really strapped for cash, I would recommend purchasing both books and maybe even a couple of others because, for some reason, not all the information regarding diet and cancer gets equal treatment from one book to another. For instance, green tea is more beneficial if some lemon is added to make it slightly acidic. I found this in only one book. Likewise, tomatoes and broccoli work better together. I just received this book and have yet to try the recipes, but most of the ingredients are easy to come by and the number of ingredients in each recipe is not overly large. Actual sources for the recipes are listed. Some of the recipes have not been modified, but others have been adapted from existing recipes [to make them more healthful I suppose]. A complaint I do have is that the analysis of the recipes is limited to three things: Calories, grams of fat and grams of saturated fat per serving. There is no mention of protein, carbohydrate, or sugar. Forty plus of the 176 pages discuss the various foods that should enhance prostate health. With each food or food group there is an explanation of how particular compounds in the foods work as anti-cancer agents. At times there have been studies with seemingly conflicting conclusions. These are mentioned rather frequently in the book rather than just using the results from one study. The reader may have to make up his own mind or do more research. This is a fact of life because although there is definitely interest in the subject of diet and cancer and there are lots of correlations that strongly suggest diet has roles both in causing and in preventing or slowing cancer. Actual double-blind controlled studies with human subjects are few and far between because of the cost of doing such studies and lack of profit to finance them. There is a two-page glossary and an index which could have been bigger and better. If you do purchase an anti-cancer book and want to learn

more, I would suggest taking a term such as "phytanic acid" -- it's on page 44, but not in the index-- and adding "cancer" and "NIH" to make up the search string "phytanic acid cancer NIH". The reason I didn't give this five stars is the missing protein component for the recipes. There was plenty of room and diet analysis programs are pretty common.

excellent book, has really helped us to change to a much healthier diet. Thank you

Nice cookbook. Explains foods to stay away from and others that are beneficial for prostate health. Delicious and simple recipes for every meal, and snacks too!

Valuable info but different approach to certain foods than other books. Each book on this subject has different key points which makes reading them worthwhile

all the recipes are delicious and easy to prepare I would recommend this product to anyone trying to eat healthier

I received this recently and haven't cooked any thing out of it yet but it looks like lots of interesting, good sounding recipes.

It's amazing what this book tells us in short: "EAT ONLY HEALTHY FOOD." "DON'T EAT THE PICTURES IN THE BOOK!"

Book as advertised, speedy delivery--great purchase

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