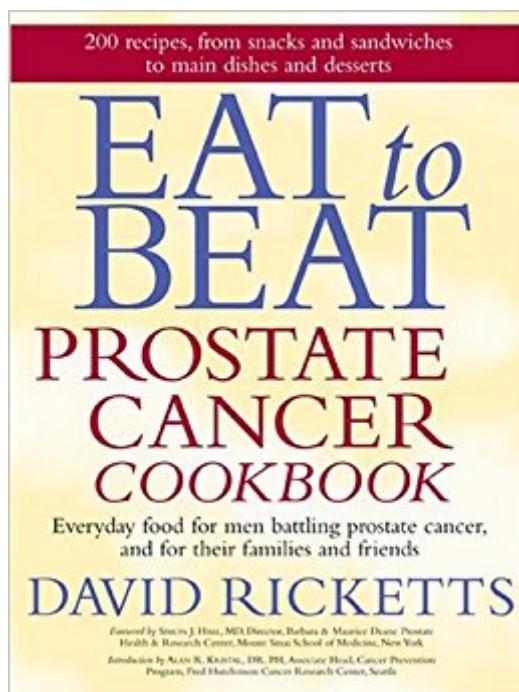


The book was found

Eat To Beat Prostate Cancer Cookbook: Everyday Food For Men Battling Prostate Cancer, And For Their Families And Friends



Synopsis

Prostate cancer is now the most common nonskin cancer among men in the United States. In 2005 alone, 250,000 new cases were diagnosed, and that number is certain to rise with each passing year. No one is more aware of this than David Ricketts, experienced cookbook author and recent prostate cancer survivor. Shortly after surgery and radiation treatments, Ricketts began to research food and lifestyle changes that might inhibit the likelihood of prostate cancer as well as its progression. The result is this uniquely specific cookbook, which takes full advantage of foods thought to fight prostate cancer while eliminating those believed to contribute to the disease. Eat to Beat Prostate Cancer Cookbook features more than 200 delicious recipes for everything from snacks, sandwiches, and drinks to main-course dishes—all foods that will appeal to the entire family. This tremendously useful book also benefits from the author's firsthand experience, as he offers insight into what to expect regarding diagnosis and treatment of prostate cancer, as well as practical advice for making the transition to healthier cooking, smarter eating, and a longer life.

Book Information

Paperback: 336 pages

Publisher: Harry N. Abrams; 1 edition (April 1, 2006)

Language: English

ISBN-10: 1584794755

ISBN-13: 978-1584794752

Product Dimensions: 7.5 x 1 x 10 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.3 out of 5 stars 22 customer reviews

Best Sellers Rank: #308,455 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Men's Health > Prostate Health #28 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease #65 in Books > Cookbooks, Food & Wine > Special Diet > Cancer

Customer Reviews

From 1987 to 2004, David Ricketts was the recipe and contributing food editor to Family Circle magazine. The author or coauthor of a dozen cookbooks, Ricketts continues to monitor his prostate cancer. He lives on Cape Cod.

Hope it helps.

This is a great book that's full of recipes. The reason for 3 star rating is only because a lot of the recipes contain soy. My Dad's been diagnosed with advanced prostate cancer and soy is the one thing the doctor told my Dad to avoid so majority of these recipes we aren't able to make for him otherwise I would've rated it higher.

I just completed my 4th order for Mr. Rickett's book, "Eat to Beat etc." My experience with the recipes in the book have been mainly positive. I ordered my first copy in mid '08 and admit that it was a big factor in a life style change. When I give a copy away I immediately order another. When giving the book, I recommend to the recipient that they read the first part of the book before starting to cook. If I could, I would like to personally thank Mr. Rickett's for so many enjoyable meals. And, yes, I will order copies # 5 and 6 if necessary!

Wonderful book. Helped me prepare meals for my husband and relearn healthier meals

One more book that needed to read having the diagnosis and a member of the club no man wants to join.

Very good book. I would highly recommend it for everyone... not just those battling prostate cancer. Very good recipes. Very informative.

Much information on nutrition and prostate cancer and this one was recommended to me. I want to be aware of the most recent findings. Like, tomatoes are night shade -- tomatoes are very good fighting prostate cancer.)

The word "cancer" is possibly one of the most fearful one can hear. Along with good medical treatment, it is so useful to do something yourself to help. Good, tasty, nutritious meals are a very good start. This gem of a cookbook is a must. I heartily recommend it. The recipes are not complicated. I am not a "gourmet" cook. But they are easy and the ingredients can be found in most food stores and health food stores. I wish more physicians were inclined to stress nutrition along with proper medication, but this is something you can do yourself. By all means, get this book!

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Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers

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