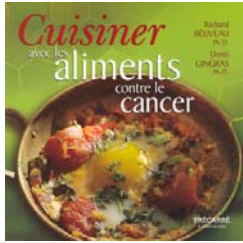


20. Non-Fiction – Nutrition and Cancer



CUISINER AVEC LES ALIMENTS CONTRE LE CANCER / COOKING WITH FOODS THAT FIGHT CANCER by Richard Béliveau Ph. D. and Denis Gingras Ph. D.

In *Cooking With Foods That Fight Cancer*, authors Richard Béliveau and Denis Gingras explain the latest exciting findings linking food science, nutrition and cancer. Readers will discover other foods containing phytochemical compounds capable of preventing cancer, as well as new data tying inflammation and obesity to the onset and growth of tumors.

The authors make clear that food, far from being a cluster of molecules strung together, is a daily potential source of pleasure and spiritual nourishment. They reconcile health concerns and their own gourmet preoccupations by teaming up with a group of renowned chefs to create over 160 delicious recipes. Inspired by diverse and often centuries-old culinary traditions, these recipes make use of a variety of foods with known anticancer properties. Containing over 200 recipes, the book is in full color and superbly illustrated throughout.

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