



31. Non-fiction – Nutrition and Cancer

THE SURVIVOR'S HANDBOOK – EATING RIGHT FOR CANCER SURVIVAL by Neal Barnard

Each year 1,3 million people in the US are diagnosed with cancer. Dr. Neal Barnard, founder of the Physician's Committee for Responsible Medicine (PCRM), explains how nutrition can play a key role in overcoming cancer. Readers learn how foods influence hormones that fuel cancer and how a dietary change to a low-fat, plant-based diet can be beneficial to anyone diagnosed with cancer.

Each section describes:

- specific nutrients and how they work in your body
- which foods are the best sources
- recommended recipes
- simple, practical steps to take to increase consumption of these foods.

Also included is a question and answer section that covers many concerns related to cancer, plant-based diets, nutrient absorption, food safety, and more.

Neal Barnard, M.D., is a clinical researcher, author, and health advocate. He has been the principal investigator or co-investigator on several clinical trials researching the effects of diet on health. Author of dozens of publications in scientific and medical journals as well as numerous nutrition books for lay readers, he is frequently called on by news programs to discuss issues related to nutrition, research, and other controversial areas in modern medicine.

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