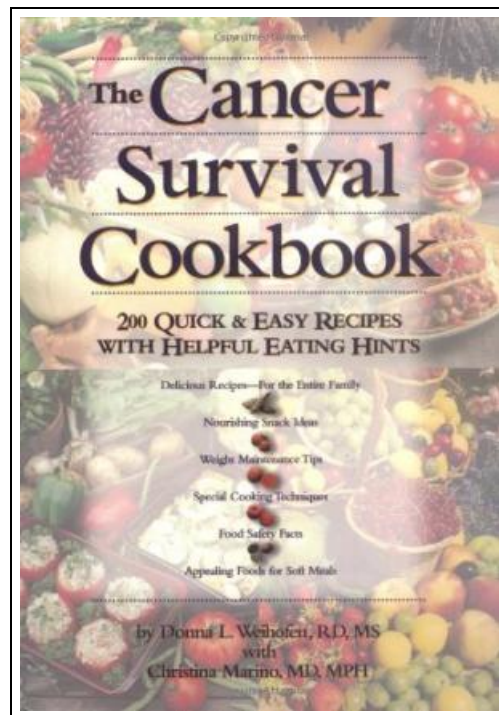


The Cancer Survival Cookbook: 200 Quick and Easy Recipes with Helpful Eating Hints



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THE CANCER SURVIVAL COOKBOOK: 200 QUICK AND EASY RECIPES WITH HELPFUL EATING HINTS



Houghton Mifflin Harcourt. Paperback. Condition: New. 304 pages. Dimensions: 9.9in. x 9.0in. x 0.9in. Fight Cancer With Food Eating well and maintaining weight are crucial factors in cancer recovery. But when you have cancer, you often don't feel like eating. The medications can make you nauseated, radiation can make your mouth sore, you can lose your taste from the disease or treatments, and the emotional upset can reduce your desire to eat. There's hope, though. You do not have to exist on baby food or bland crackers when you are going through chemotherapy or radiation therapy. Instead, use this book and rediscover the pleasure, comfort, and healing power of eating. The Cancer Survival Cookbook offers nourishing recipes and practical suggestions to help in your recovery. Not only are the 200 nourishing meals, side dishes, snacks and desserts tasty and easy to make, but many feature simple options to add calories or other nutrients according to your needs. These unique tips for customizing recipes make them healthy choices the whole family can enjoy. This innovative book also includes extensive advice on overcoming specific eating problems such as nausea, appetite loss, and diarrhea, trustworthy information on herbal remedies, and appealing recipes for those who need soft diets. Donna Weihofen doesn't accept the idea that people with cancer should be limited in what they can eat. She made it possible for me to not only enjoy eating again, but to enjoy a variety of foods. I've been able to put on weight and I feel better. Pat Syverud, cancer survivor. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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