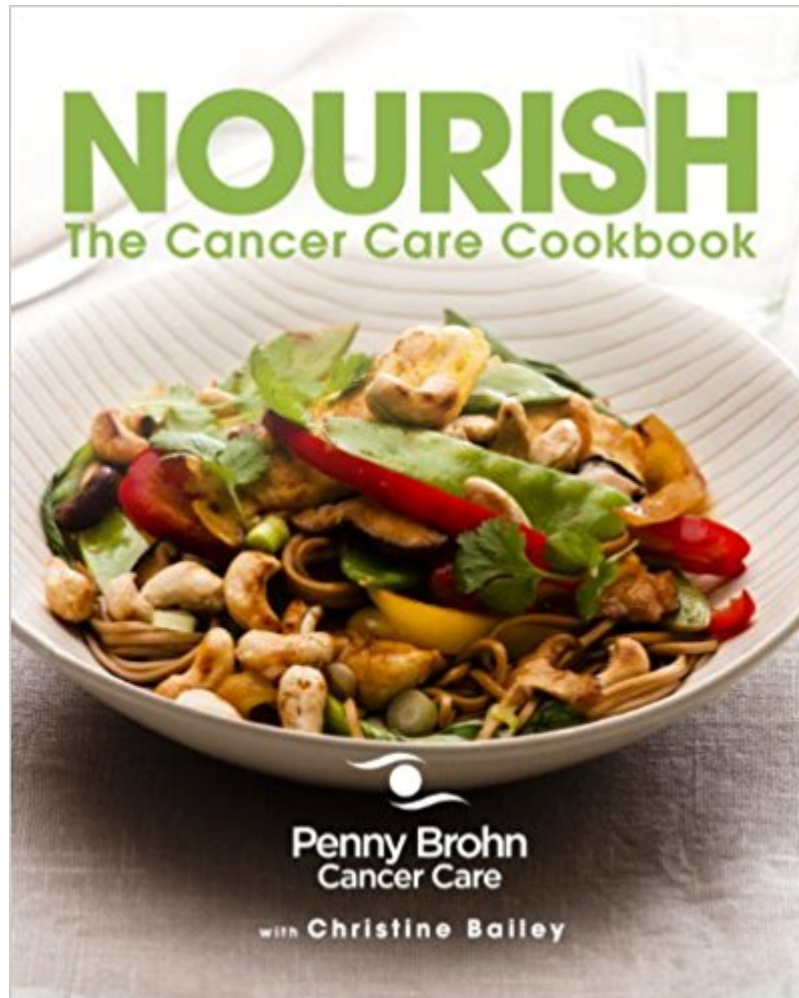




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# Nourish: The Cancer Care Cookbook



## Synopsis

Cancer sufferers need good nourishment, but all too often the treatment destroys their appetite and makes it difficult to eat. This groundbreaking culinary guide, from the UK's leading center for holistic cancer care, offers more than 75 recipes especially developed to enhance tolerance by those going through even the most aggressive treatments. Nourish explains the crucial role food plays in any cancer treatment program and gives inspiring advice on what works, along with plans based on six small meals a day. Every dish here features key ingredients known to promote recovery, boost immunity, reduce inflammation, and aid healing. Patients and their caregivers will find the information invaluable.Â Â

## Book Information

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## Customer Reviews

Penny Brohn Cancer Care, at the forefront of holistic cancer care for over 25 years, is the UK's leading charity in the field. Now recognized by practitioners of conventional medicine, the center is working with the NHS, Macmillan Cancer Care, and Walk to Walk.Â Â Christine Bailey is a well-known nutritionist, chef, and author of numerous health and recipe books. She is a member of the Guild of Health Writers and writes regularly for many national magazines, including BBC Good Food and Women's Fitness. She provides nutritional support at the Penny Brohn Cancer Care Centre and has written for Cancer Research UK magazine.Â Â

Well written book. Not only cookbook, but provides lifestyle practices for staying healthy during treatment and beyond.

My son-in-law is the cook and my daughter has cancer. He enjoyed the book. They looked thru it for recipes that would fit their family.

excellent recipes, tasty and simple

Firstly a disclaimer of sorts: this reviewer does not have cancer and cannot pretend to understand the feelings that those suffering from cancer experience. Yet looking at this book has given a little insight into this world that one hopes never to visit personally. At first this reviewer did wonder why it was necessary to have a cookbook for cancer sufferers, yet the book patiently explains that good nutrition is essential and side-effects of treatment often make food unappealing and eating becomes a struggle. The aim of this book is to focus on nutritious food that can be easily tolerated and can help to alleviate common symptoms and side-effects. So the book starts with a wealth of background information and various guides, explaining the book's central "whole-person" approach and underlining the necessity of good nutrition and keeping the body in the best condition possible. No comment can be made as to the accuracy of the information given or its suitability to an individual cancer sufferer - your doctor would be the best person to talk to - yet everything seems to be good sensible advice. The Penny Brohn Cancer Care is a leading charity offering specialist help to people living with cancer and their supporters, so you can deduce that they should know what they are talking about! It would not be hyperbole to suggest that much of their advice is general "common sense" that could equally be utilised for those suffering from other conditions too. At the end of the book is also advice for sufferers about how to support their body during treatment, looking at many common ailments such as nausea, fatigue and digestive problems. This is possibly nothing new but sometimes good advice needs to be repeated nonetheless many times. As a resource for a carer or family member this could be a great little thing in itself to help further their understanding. So the recipes, split into four chapters - Shakes, Juices, Smoothies & Breakfasts; Soups & Light Dishes; Main Meals; Desserts & Baked Treats. A simple test reveals great results. If you were to rip a few pages out of this book at random and show it to somebody would they know this was a "special" book or not. The answer is no. It looks just like any other great, engaging recipe book. Sometimes it is a very fine line for somebody with a long-term or terminal illness as to whether they feel like a burden and a victim or not. Recipes from this book enable the entire family to eat great, interesting, inspiring and healthy food which will particularly suit a cancer sufferer. No palaver making "special meals" and treading on metaphorical egg shells here. Just pulling a couple of recipes out at random.

Japanese Lamb Burgers with Wasabi Mayo, Venison with Zesty Gremolata and finally Baked Lemon Cheesecake. They hardly scream out with being suitable for someone who has to very carefully watch their diet and health. Eating as normally as possible won't take your mind off your illness but equally it won't place a perception of an addition burden on to it either. It may feel like one is labouring the point here but it is worth reinforcing. Each recipe is presented exactly how a great cookbook should be. Clear title and internal signposting, interesting introduction and scene setter, portion sizing, an estimation of preparation and cooking times and various nutritional information clearly labelled. The instructions are clear and simple to follow and the great food photography really pulls you in. There's not a lot more to say. This is a great book. It would be a great general book without the special sections concerning cancer treatment and it is unfortunate that many people won't see this book by virtue of its title alone. One can only speculate how even "better" this book will be for somebody who has cancer or for a supporting family member. There are many food books that look at various sicknesses or allergies but there are very few that manage to mix sensitivity, compassion, engagement and great content together like this book has.

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