



# The Survivor's Handbook: Eating Right for Cancer Survival

*Neal Barnard*

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## **The Survivor's Handbook: Eating Right for Cancer Survival** Neal Barnard

Researchers have been investigating how food choices can help prevent cancer and, when cancer has been diagnosed, how they can improve survival. The findings are nothing short of dramatic. Certain diet patterns seem to have a major effect, helping people diagnosed with cancer to live longer, healthier lives. Eating well is a simple and delicious way to put yourself on the road to good health.

This groundbreaking new book will provide you with empowering information on how simple, everyday choices can cause major changes in your health and well being. Written by best-selling author Neal Barnard, M.D., The Survivor's Handbook provides comprehensive information you can put to work right now. Subjects include: Fueling Up on Low-Fat Foods; Favoring Fiber; Discovering Dairy Alternatives; Replacing Meat; Planning Healthy Meals; Antioxidants and Phytochemicals; Immune Boosting Foods; Maintaining a healthy Weight; Foods and Breast Cancer Survival; Foods and Prostate Cancer Survival; PLUS over 60 pages of delicious easy-to-prepare recipes!

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