



Cancer: Cancer Diet: Eating secrets you need to know during your cancer treatment (Cancer Diet, cancer prevention, fight cancer, cancer recovery, cancer free, cancer foods Book 2)

Melanie White

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You may be wondering – Are there certain foods I should be eating during these months I’m taking chemotherapy?

That’s a question Melanie White asked her oncologist several years ago as she was about to undergo several rounds of chemo therapy. She was surprised by the answer.

About the author

Melanie White is first and foremost – a cancer survivor. She is not a doctor, a nutritionist or medical professional of any kind. She is however a reader and a researcher who has taken an active interest in health and nutrition since her Non- Hodgkin Lymphoma diagnosis several years ago. Many of the references she came across were very good but she found them to be quite long and detailed. You may not have the time, energy or the inclination to read dozens of books on nutrition and cancer fighting foods – especially right now. This eBook is a compilation of the best material she found and is intentionally short for that very reason.

For your body to overcome a deadly disease like cancer, it needs more than radiation or chemotherapy. It needs essential nutrients that help diminish the side effects of those radical treatments. It also needs those nutrients which will strengthen and sustain vital organs that are facing a time of incredible stress.

This book contains proven, time tested steps and strategies on how to use certain foods during the treatment and recovery stages of cancer. Cancer starts at the cellular level, so there is also a need to treat it at the same level. This is where good nutrition comes in.

In The Cancer Diet: Eating Secrets You Need to Know During Your Cancer Treatment, you will learn:

- To Understand The Side Effects of Chemotherapy and the Need for a Proper Diet
- The Importance of Good Nutrition while undergoing Chemotherapy
- The Types of Food to Eat before Chemotherapy
- The Types of Food to Eat On Those Days Taking Chemotherapy
- Foods to Manage Mouth Sores

- Foods to Fight Nausea
- Essential Eating Tips During Your Treatment
- A List of My Favorite Top 20+ Foods to Eat During Your Cancer Treatment
- 9 Foods to Avoid during Chemotherapy

This concise guide is an ideal reference for the cancer patient or their caregiver.

Enhance your cancer treatment by eating properly. Feeding your body the foods it needs at this critical time is essential to your best recovery.

Find out how in these pages!

See what others readers are saying

My father-in-law is going through chemotherapy now for liver cancer, so this book was purchased right on time for us.

This book is a great reference, explaining which foods are best tolerated during different stages of chemo. This book talks about normal foods that you might already be eating every day. There are sections throughout the book to assist with the possible side effects of cancer.....

Chris Flec

The Cancer Diet is empowering to anyone who wants to get some control over this horrible disease and resulting treatment- whether they have been diagnosed with cancer or not. This book will provide a wealth of information that everyone can put to use in their daily lives to help in the fight against cancer--- who knew that something as easy as a pinch of cinnamon could make a difference? It is such a relief to finally find a book such as The Cancer Diet to help with authentic recipes that arm the patient or careperson with more knowledge and information to help combat this disease.

Faiz

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Paul Simpson:

Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication untitled Cancer: Cancer Diet: Eating secrets you need to know during your cancer treatment (Cancer Diet, cancer prevention, fight cancer, cancer recovery, cancer free, cancer foods Book 2) can be very good book to read. May be it could be best activity to you.

Wm Mills:

As we know that book is very important thing to add our knowledge for everything. By a e-book we can know everything we want. A book is a set of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This guide Cancer: Cancer Diet: Eating secrets you need to know during your cancer treatment (Cancer Diet, cancer prevention, fight cancer, cancer recovery, cancer free, cancer foods Book 2) was filled in relation to science. Spend your extra time to add your knowledge about your science competence. Some people has diverse feel when they reading the book. If you know how big benefit of a book, you can really feel enjoy to read a book. In the modern era like right now, many ways to get book that you simply wanted.

Deborah Fishman:

A number of people said that they feel bored stiff when they reading a book. They are directly felt the idea when they get a half areas of the book. You can choose often the book Cancer: Cancer Diet: Eating secrets you need to know during your cancer treatment (Cancer Diet, cancer prevention, fight cancer, cancer

recovery, cancer free, cancer foods Book 2) to make your current reading is interesting. Your own skill of reading expertise is developing when you such as reading. Try to choose straightforward book to make you enjoy you just read it and mingle the feeling about book and looking at especially. It is to be initial opinion for you to like to open a book and go through it. Beside that the book Cancer: Cancer Diet: Eating secrets you need to know during your cancer treatment (Cancer Diet, cancer prevention, fight cancer, cancer recovery, cancer free, cancer foods Book 2) can to be your brand new friend when you're sense alone and confuse with what must you're doing of these time.

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