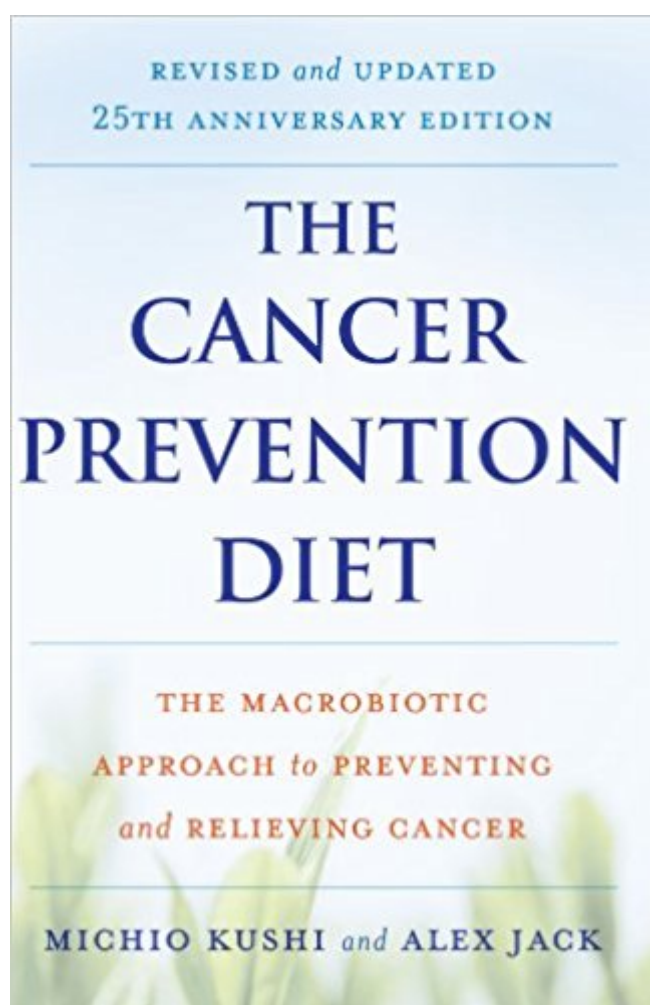


The book was found

# The Cancer Prevention Diet, Revised And Updated Edition: The Macrobiotic Approach To Preventing And Relieving Cancer



## Synopsis

Since its original publication a quarter-century ago, *The Cancer Prevention Diet* has been one of the most popular guides to the prevention and relief of society's most feared disease. Drawing on the most up-to-date cancer research, Michio Kushi and Alex Jack present a dietary program that can be implemented safely and simply at home, at a fraction of the cost of usual meals and medical care. This completely revised and updated twentyfifth anniversary edition includes:

- Broader dietary guidelines and new recipes
- New research on the twenty most frequent types of cancer
- New ways to combine macrobiotics with chemotherapy, radiation, and more
- The latest statistics, studies, and treatments
- The role of positive emotions in the healing process.

## Book Information

Paperback: 608 pages

Publisher: St. Martin's Griffin; -25th Anniversary, Revised, Updated ed. edition (August 18, 2009)

Language: English

ISBN-10: 0312561067

ISBN-13: 978-0312561062

Product Dimensions: 6.1 x 27.3 x 236.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 20 customer reviews

Best Sellers Rank: #175,398 in Books (See Top 100 in Books) #41 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #131 in Books > Medical Books > Medicine > Internal Medicine > Oncology #254 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

## Customer Reviews

Kushi, author, lecturer and popular voice of the international macrobiotic community, has joined once again with co-writer Jack to update and revise this comprehensive, cancer-prevention guidebook, first published 25 years ago. The new volume contains current statistics and research while presenting the core traditions of the macrobiotic way of life. Chapters on emotions and cancer and 100 new dishes and drinks are also incorporated, including a number of lighter recipes necessitated by a yangizing trend (heavier, busier and more stressful) in society. Macrobiotics, as Kushi explains, is based upon the concept of balancing yin and yang energy in all things. The authors note that when the first edition was published, a cold war existed between holistic and mainstream therapies; today, they assert, mainstream medicine has recognized the beneficial effects of the macrobiotic diet as it relates to cancer, while admitting its own failings in keeping the

disease in check. (Kushi's criticism of modern medicine and practices, notably scans and radiation, may still raise controversy.) Kushi writes that cancer prevention and treatment should begin in the kitchen, encompassing diet (with an emphasis on whole grains and vegetables) as well as environment, outlook and lifestyle. This remarkable resource also includes 17 up-to-date individual chapters on specific cancers, such as thyroid cancer, spiraling since the last edition. (Aug.)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

MICHIO KUSHI is the leader of the international macrobiotic community. She has given seminars on Far Eastern medicine and philosophy to medical professionals and healthcare associates around the world. The Smithsonian Institute recently opened a permanent Michio Kushi Family Collection on Macrobiotics at the National Museum of American History in Washington, D.C. ALEX JACK is an author, teacher, and dietary counselor. He is the founder and president of Planetary Health, Inc., an educational organization devoted to creating a sustainable future.

Comprehensive and practical. Was recommended by a fellow cancer survivor.

Once you realise how simple it is to change your eating habits, it will spur you on to finding out more about how diet affects our health. This book contains all the information you'll ever require to decipher between what's good for you, and what will actually make you sick; what bad food habits are, and how to change towards a healthy lifestyle and a new life to be led with hope, vision, and time on your side.

Not much new here was dissapointed

Macrobiotics is the way to live!Healed from lupus type rash, allergies.And preventing any return of cancer!Fibromyalgia symptoms gone!!m Blessed!!!!!!

This is a must read for anyone that has cancer! A great resource full of helpful information that has really helped my family. My mother with leukemia has improved after implementing some of the advice in this book.

YES

Loved the original book and it helped so many people. This updated version is very nice and I am sure will do much good. Would recommend it to anyone who is dealing with cancer or concerned about it, or just wants better health.

I heard from a co-worker about this book due to my precancer condition. It has been very interesting and I am giving much thought about the information. Very good book.

[Download to continue reading...](#)

Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) The Cancer Prevention Diet, Revised and Updated Edition: The Macrobiotic Approach to Preventing and Relieving Cancer Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) The Macrobiotic Approach to Cancer: Towards Preventing and Controlling Cancer with Diet and Lifestyle Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Cancer Prevention Diet: The Revolutionary Cancer Prevention Diet to Live Healthy and Cancer Free HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Cancer: Taboo Cancer Cures 6

Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)