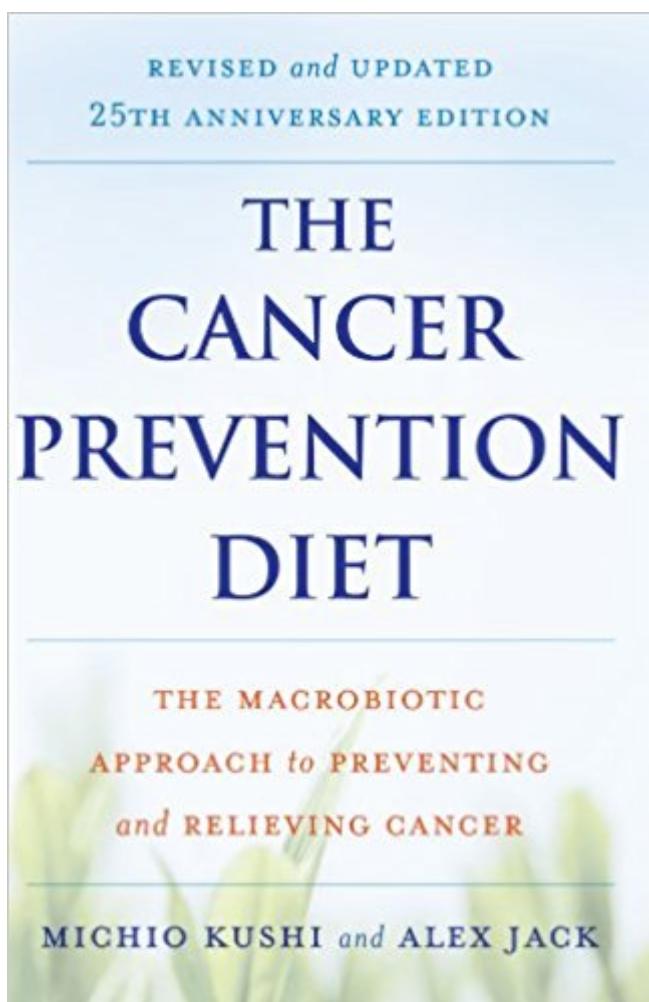


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# The Cancer Prevention Diet, Revised And Updated Edition: The Macrobiotic Approach To Preventing And Relieving Cancer



## 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

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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.)

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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!!I'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.

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