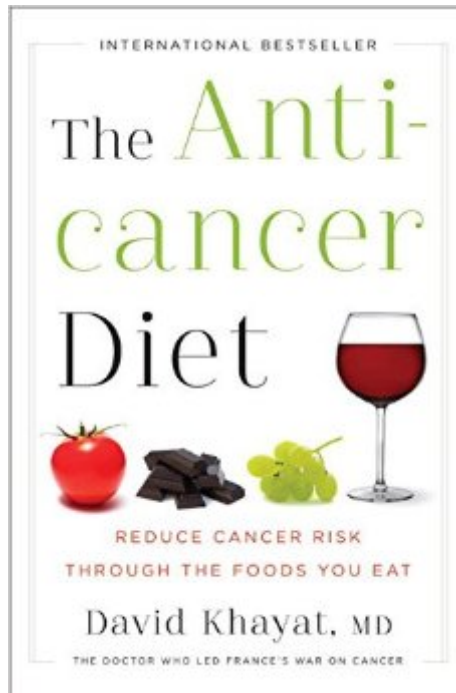


The book was found

# The Anticancer Diet: Reduce Cancer Risk Through The Foods You Eat



## Synopsis

With the huge number of studies on nutrition and cancer available, it's impossible for a person to sort through them all to come up with practical recommendations. Now, Dr. David Khayat, a world-renowned oncologist, has done that hard work for you. In this international bestseller, Dr. Khayat provides easy-to-follow and often surprising guidelines on what are now known to be the foods most likely to reduce the risk of cancer. For those of a scientific bent, he explains what cancer is and how it develops. Bringing together his own research with that of other major cancer specialists, he breaks down what the studies mean, which ones provide the most solid evidence, and how to use their results in your and your family's diet. Structured by the major food groups as well as supplements, beverages, and exercise, The Anticancer Diet may surprise you by not disparaging red meat but alerting you to find out the source of your fish and suggesting sole over salmon. While highly recommending commercial pomegranate juice, it cautions people with fair hair and eyes against drinking orange juice. What stage of life a person is at will also affect what they should consume. Pregnant women, older women, men, and children may process foods differently. With numerous easy-to-read charts and tables along with a comprehensive food list at the back of the book, this accessible, user-friendly guide helps readers realize the power in their everyday choices.

## Book Information

Hardcover: 288 pages

Publisher: W. W. Norton & Company; 1 edition (April 20, 2015)

Language: English

ISBN-10: 0393088936

ISBN-13: 978-0393088939

Product Dimensions: 6.5 x 1.1 x 9.6 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (15 customer reviews)

Best Sellers Rank: #307,054 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #52 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #476 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

## Customer Reviews

For the typical American on the typical "let's get sick" diet, this book is a "must read." But it's not, despite the author's best intentions, 100% correct. With a few adjustments, however, it becomes an

ideal reference. Dr. Khayat's writing style is highly accessible, and he makes every effort to be clear. His honesty and integrity are also important to him, and this shows in his writing. Dr. Khayat brings a mix of sound nutritional advice and poor nutritional advice, in this book. For example, he is adamant about drinking a particular fruit juice. Ask an endocrinologist about that; these experts on what happens when you rapidly ingest sugar in liquid form won't even debate any alleged health benefits from fruit juice. They say don't touch the stuff, no matter what it might hold in health benefits because those will cost you in other, serious health deficits. He advocates drinking cow's milk (except for men over 50). He is apparently unaware that the factory farmed cows who produce this milk all have mastitis. They are given antibiotics for this, which you drink in the milk along with the pus their infected mammarys pass into the milk. There are many reasons to not drink milk (other than organic milk). In his defense, things are done differently in France where his nutritionist resides. I'm not a doctor of any sort, but I haven't been sick since 1971 despite having an immune disorder from birth (cured in my 50s, after my own research and blood tests confirm this). The difference is that at a very early age I took "you are what you eat" very seriously. That has really paid off. Among his sound nutritional advice Dr. Khayat is very big on turmeric.

This would not be my first choice as an anti-cancer diet book. That choice would be Richard Beliveau's **FOODS TO FIGHT CANCER**. Beliveau's work is studying food compounds that show ant-cancer activity. His book has information that Khayat's doesn't such as how long to brew green tea to maximize the extraction of catechins ( 10 minutes is much better than 3 minutes). Also, some green teas have much more EGCG than others. Beliveau lists them.. Beliveau says that there is a synergistic effect between EGCG and curcumin -- another anti-cancer food. When it comes to broccoli Beliveau tells how sulforaphane is created when broccoli is chewed or lightly cooked (sulforaphane is destroyed by normal cooking). Beliveau also states that broccoli sprouts contain as much as 100 times as much sulforaphane as mature broccoli. BTW, broccoli sprouts are fairly easy to grow in an EasySrouter(TM) available along with broccoli seed from the Sprout People. My favorite book on sprouting is **GARDENS AT OUR FINGERTIPS** by Gene Monson available from Sproutamo. I mention this because there is currently a clinical trial looking at sulforaphane and cancer. Also, there is another synergistic effect between sulforaphane and lycopene which is available from cooked tomatoes. Khayat doesn't mention these facts either. Khayat does cover some topics that Beliveau doesn't such as drinking water and sweeteners. Beliveau's book was written before the pomegranate became an anti-cancer darling for some such as Khayat who says it is great -- drink as much pomegranate juice as you would like. I think the jury is still out on

pomegranate. One problem with pomegranate juice is that it has a lot of sugar -- 36 grams in 8 ounces (about 240 ml). But, from the way Khayat writes he sees nothing wrong with sugar.

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

The Anticancer Diet: Reduce Cancer Risk Through the Foods You Eat Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Foods to Fight Cancer: Essential foods to help prevent cancer Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet (Reset Your Diet Now and Say Goodbye to Adrenal Fatigue Forever) Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings A Guide to Juicing, Raw Foods & Superfoods: Eat a Healthy Diet & Lose Weight (Reluctant Vegetarians) Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis Beating Prostate Cancer (Hormonal Therapy & Diet, 1) (Hormonal Therapy & Diet, 1) The Feeling of Risk: New Perspectives on Risk Perception (Earthscan Risk in Society) The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan to Lower Your Breast Cancer Risk Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome Alkaline Diet: The Best Alkaline Meal Plan to Reduce Body Acid Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and Friends A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer by Diet Therapy Eat This, Not That When You're Expecting: The Doctor-Recommended Plan for Baby and You! Your Complete Guide to the Very Best Foods for Every Stage of Pregnancy

[Dmca](#)