



Cooking through Cancer Treatment to Recovery: Easy, Flavorful Recipes to Prevent and Decrease Side Effects at Every Stage of Conventional Therapy

Susan Gins MA MS CN, Lisa A. Price ND

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For cancer patients undergoing treatment, foods that prevent and reduce side effects, promote healing, and increase your quality of life.

Written by a naturopathic physician and a certified nutritionist specializing in complementary cancer care, *Cooking through Cancer Treatment to Recovery* provides patients and their friends and family with over 100 quick and delicious recipes that provide nutrients essential at each stage of treatment while avoiding proinflammatory foods such as processed sugars, dairy, and gluten that may increase side effects. The recipes in this user-friendly cookbook:

- Will not interfere or reduce the effectiveness of conventional treatment
- Address the most common side effects of conventional treatment including diarrhea, fatigue, insomnia, nausea, joint pain, chemo brain, loss of appetite, anemia, muscle aches, gas and bloating, and constipation
- Use widely available ingredients and are quick and easy to prepare with minimal prep and cooking time
- Are packed with flavor and aesthetic appeal, such as savory oatmeal, mushroom buckwheat soup, chicken with apricot and chickpeas, carob fudge, and mango lassi
- Provide essential vitamins, minerals, and phytonutrients
- Include nutrition facts and calorie count
- Complement each other for a therapeutic balance of protein, good fats, carbohydrates, and fiber
- Feed the whole family, promoting health for loved ones as well

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