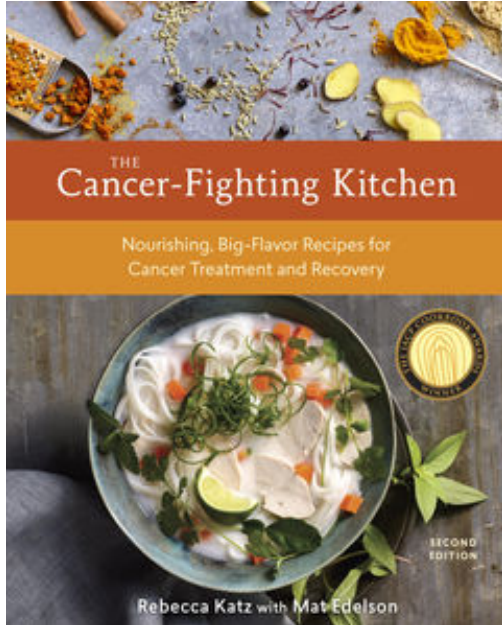


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caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment.

This second edition also includes a dozen new recipes--many of which are simpler and less complicated, for cancer patients to prepare on their low days--as well as a list of cancer-fighting foods that can be incorporated into everyday life without stepping behind the stove. Rebecca has also revised the text with the most up-to-date scientific research and includes a section on how friends and family can build a culinary support team.

*From the Hardcover edition.*

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