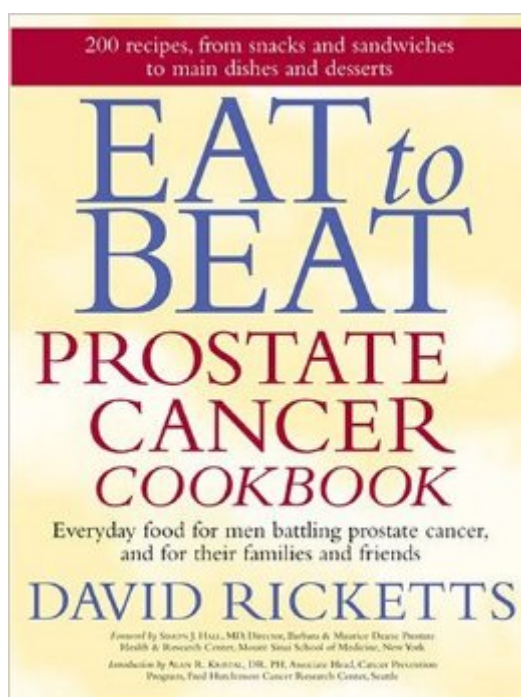


The book was found

# Eat To Beat Prostate Cancer Cookbook: Everyday Food For Men Battling Prostate Cancer, And For Their Families And Friends



## Synopsis

Prostate cancer is now the most common nonskin cancer among men in the United States. In 2005 alone, 250,000 new cases were diagnosed, and that number is certain to rise with each passing year. No one is more aware of this than David Ricketts, experienced cookbook author and recent prostate cancer survivor. Shortly after surgery and radiation treatments, Ricketts began to research food and lifestyle changes that might inhibit the likelihood of prostate cancer as well as its progression. The result is this uniquely specific cookbook, which takes full advantage of foods thought to fight prostate cancer while eliminating those believed to contribute to the disease. *Eat to Beat Prostate Cancer Cookbook* features more than 200 delicious recipes for everything from snacks, sandwiches, and drinks to main-course dishes—all foods that will appeal to the entire family. This tremendously useful book also benefits from the author's firsthand experience, as he offers insight into what to expect regarding diagnosis and treatment of prostate cancer, as well as practical advice for making the transition to healthier cooking, smarter eating, and a longer life.

## Book Information

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## Customer Reviews

The standard American diet is associated with significantly more prostate cancer than Asian diets, seen by the fact that the sons and grandsons of Asian immigrants develop prostate cancer more frequently as they integrate into American culture. As a physician and medical oncologist, I am often asked about diet by my patients and their families. This book is the best one for people concerned with prostate cancer; it is up to date on nutritional research, yet the food is good and easy to

prepare. A wonderful gift for any spouse who wants to know what they can do to help. The price is great too. The website ([prostatecancercookbook.com](http://prostatecancercookbook.com)) has great articles and web links for patients and families.

This is a great cookbook for anyone to use. Easy to follow recipes, foods that are very healthy and spices that enhance the flavors. Our cholesterol has gone down and that was not the focus of purchasing the book. Recommend without reservation!!

When it comes to eating, I'm about as carnivorous as a T-Rex. However, after hearing about diet being linked to (prostate) cancer and all, I decided to add a healthy component to my diet. Prior to getting this book, I considered holding a pack of tofu or soy milk as severely compromising my masculinity. And I still do. Nonetheless, the benefits that have come from my change in diet are well worth it! I've shed a few pounds and feel great. Ninety-nine percent of the recipes I've tried are easy and delicious. Speaking of easy and delicious, I've impressed a couple of my dates with these recipes. Although I still eat like a T-Rex, from time to time, I feel confident that (prostate) cancer won't make me extinct. Cheers!

Eat to Beat Prostate Cancer is an excellent resource for many folks. It is NOT just for those dealing with prostate cancer. It is chock full of interesting and tasty recipes which include a variety of soy products. There is a full complement of recipes ranging from appetizers to desserts. Any woman who wants to include soy in her diet to deal with menopausal symptoms, any person who wants to decrease the amount of animal protein in his/her diet or any parent who wants to include high quality soy protein in the family meal plan should invest in this resource. It is much more than just a cookbook. I have purchased many soy based cookbooks over the years looking for something like "Eat to Beat..." This is the ONE! Thanks, David Ricketts.

As a aging single man still on a heavy urban work schedule who normally opted to eat out, this book truly helped me when I decided that at my age, I had a prostate cancer risk and I needed to watch my diet. The only way for me to get a handle of what I was putting in my mouth was to try to prepare more of my meals. This would be a challenge with all the work I have during the day but this book made the challenge much easier because many of the meals in the book are simple adaptations of standard dishes. I now feel so less gorged than when I ate out. In fact I have more sustained energy with balance nutrients. I don't get that low slump after eating the heavy carb and fat dishes one gets

eating out. The recipe portions are reasonable and I'm certain I can avoid the late middle age spread that so many of my fellow countrymen suffer from. I can continue to easily get down the aisle and still fit into a economy middle airplane seat. My doctor and I are happy my cholesterol went down a bit, too.

The word "cancer" is possibly one of the most fearful one can hear. Along with good medical treatment, it is so useful to do something yourself to help. Good, tasty, nutritious meals are a very good start. This gem of a cookbook is a must. I heartily recommend it. The recipes are not complicated. I am not a "gourmet" cook. But they are easy and the ingredients can be found in most food stores and health food stores. I wish more physicians were inclined to stress nutrition along with proper medication, but this is something you can do yourself. By all means, get this book!

David Ricketts wrote this book because he developed prostate cancer; I cook from it because it's chockful of fabulous tasting, easy-to-prepare, and super-nutritious recipes. And because, as a nutritionist, I know that basing a diet on the foods featured in this book is a smart choice, not only for men who are trying to beat prostate cancer, but for anyone who is striving to stay healthy.

This is a great book that's full of recipes. The reason for 3 star rating is only because a lot of the recipes contain soy. My Dad's been diagnosed with advanced prostate cancer and soy is the one thing the doctor told my Dad to avoid so majority of these recipes we aren't able to make for him otherwise I would've rated it higher.

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Battling Lung Cancer With Nutrition (Battling Cancer With Nutrition) (Volume 2)  
Invasion of the Prostate Snatchers: An Essential Guide to Managing Prostate Cancer for Patients and their Families  
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