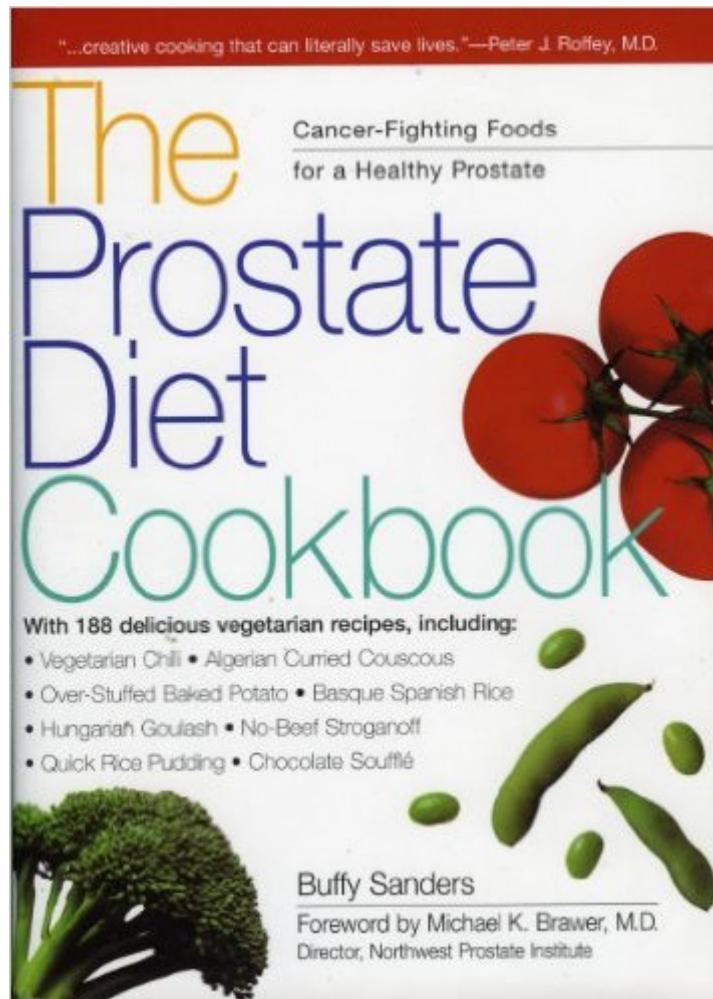


The book was found

# The Prostate Diet Cookbook: Cancer-Fighting Foods For A Healthy Prostate



## **Synopsis**

Based on solid scientific research and endorsed by leading oncologists, it includes dietary guidelines plus 188 delicious, cancer-fighting recipes.

## **Book Information**

Hardcover: 304 pages

Publisher: Harbor Press, Inc.; 1 edition (July 2001)

Language: English

ISBN-10: 0936197420

ISBN-13: 978-0936197425

Product Dimensions: 6.6 x 1 x 9.6 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 3.4 out of 5 starsÂ  [See all reviewsÂ \(9 customer reviews\)](#)

Best Sellers Rank: #1,455,907 in Books (See Top 100 in Books) #131 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease #156 inÂ Books > Health, Fitness & Dieting > Men's Health > Prostate Health #192 inÂ Books > Cookbooks, Food & Wine > Special Diet > Cancer

## **Customer Reviews**

Buffy Sanders originally created the recipes comprising The Prostate Diet Cookbook: Cancer-Fighting Foods For A Healthy Prostate when her husband was diagnosed with an aggressive form of prostate cancer and was given only 18 months to live. That was five years ago. Buffy's diet led to a spectacular turn-around and today her husband leads a normal, active, cancer-free life. The 185 recipes are practical, nutritious, delicious, and kitchen cook friendly. The Prostate Diet Cookbook is very strongly recommended for anyone with a family member or friend who is endangered by or is at risk for cancer of the prostate.

It makes sense that a proper diet can have an impact on the prevention and treatment of prostate cancer. I have some doubt, however, about the ability of certain foods to destroy prostate cancer cells as claimed on the dust jacket. Fighting prostate cancer is a grim business and this book will help PC survivors and their loving spouses because it provides hope and a fun approach to food preparation. I am presently using the book more for its ideas and inspiration instead of trying to precisely follow each recipe.

Background: my PSA has doubled in 6 months, but is still under 4.0. I am putting off a 2nd biopsy until I have given dietary changes a chance to kick in. Mr. Guler's comments worried me. The meat issue is really a fat issue (I wonder if the surge in Atkins adherents will lead to a surge in prostate cancer). The fat issue, as I understand it, is (a) the quantity of fat and (b) an imbalance between omega-3 & omega-6 fats. I'm told that grass-fed beef is lower in fat & has a one-to-one ratio, whereas corn-fattened beef has very little omega-3. So beef isn't entirely out of the question. Fish can be a problem. Farmed salmon is high in fat, but because of the feed, it contains little or no omega-3. My new diet has more fish (not farmed) than meat. Complex carbs. Vegetables such as broccoli & peppers, but not potatoes. No dessert. No dairy. Zone diet portions. Any general purpose cookbook will provide sufficient recipes.

The book opens with information regarding foods to be avoided that feed prostate cancer along with a endorsement by a medical doctor. The book does not define what is "meat" which is a food that the book states should be avoided. It also avoids the categories of seafood and moderate alcohol use such as wine with dinner. I wrote the co-authors requesting a clarification of the above items. Since they refused to answer my inquiry, I consider the book just another vegetarian cookbook with a misleading or incomplete title.

I got this book for my father who has already been through treatment. He has been struggling to find a proper diet because of a lot of conflicting information online. He told me that it would be so much easier on him if he had a cookbook. Once we got this one, he literally sat down, read it front to back, and loved the recipes!

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