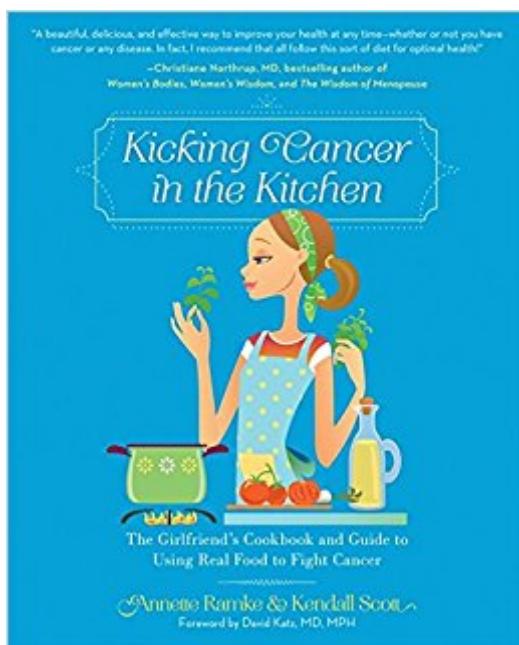


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# Kicking Cancer In The Kitchen: The Girlfriend's Cookbook And Guide To Using Real Food To Fight Cancer



## Synopsis

Kicking Cancer in the Kitchen, which has been named #3 of The 25 Cookbooks of the Year for 2012 by TheDailyMeal.com, is the ultimate resource for the woman who has been handed the cancer card--and for the one who never wants to get it. Authors Annette Ramke and Kendall Scott are cancer survivors, so they know exactly what it's like to deal with "the Big C." Here they share girlfriend-style, real-life knowledge and experience about the healing power of food, along with their stories of cancer ups and downs--with more than 100 recipes for fighting cancer and soothing symptoms of treatment. Whether someone is in the thick of "Cancer World" and wants to know what to expect, or for anyone who wants to do all they can to boost their health, Kicking Cancer in the Kitchen offers guidance on not only surviving, but thriving--before, during, and after cancer.

## Book Information

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## Customer Reviews

From Publishers Weekly:"Kicking Cancer in the Kitchen: The Girlfriend's Cookbook and Guide to Using Real Food to Fight Cancer by Annette Ramke and Kendall Scott (Sept). From two cancer survivors, a down-to-earth guide in which two women share, girlfriend-style, real-life knowledge and experience about the healing power of food--whether readers are in the midst of 'Cancer World', recovering after surviving cancer, or just want to eat healthier."Review"...a beautiful, delicious, and effective way to improve your health at any time--whether or not you have cancer or any disease. In fact, I recommend that all follow this sort of diet for optimal health!"•Christiane Northrup, M.D., author of the New York Times

bestsellers: Women's Bodies, Women's Wisdom and The Wisdom of Menopause"Being diagnosed with cancer is a game-changer. As a survivor myself, I can more than identify with the terror, sadness, rage, and feeling of helplessness that comes with that diagnosis. You need support, love, great advice, and just a touch of humor to get you through it. This invaluable book has it all. Written by cancer survivors and based on their experiences, feelings and results, Annette and Kendall at once become your girlfriends, confidants, advisors, and comrades in your journey back to health. Their advice is sound, simple, easy-to-follow, and based in the reality of what it's like to live in the real world when you have cancer. I only wish I had this book when I was sick. . . how much easier my journey back to health would have been." •Christina Pirello, Emmy Award-winning host of "Christina Cooks" Bestselling author of six cookbooks, including Cooking the Whole Foods Way "Fun, friendly, and inclusive, Kicking Cancer in the Kitchen is an empowering way to take control at a time when you're feeling pretty powerless. The suggestions are supported by solid science, and the recipes would be yummy even if they weren't health-promoting and •maybe •life-saving. •Victoria Moran Author of Fit from Within"Kicking Cancer in the Kitchen encourages people to get in their kitchens and experience the healing power of good nutrition. I applaud Kendall and Annette for turning their diagnosis into an opportunity to teach others how to eat and live well." •Joshua Rosenthal, MScED Institute for Integrative Nutrition Founder and Director"An essential guide to using food as medicine and creating an inhospitable environment for cancer, while delighting your palette and invigorating your senses. Getting well has never been more fun or tasty!" •Mark Hyman, MD, author of the #1 New York Times Bestseller, The Blood Sugar Solution"As cancer survivors themselves, Annette and Kendall will educate you about your dietary choices, empower to make step-by-step changes to eat a healthier diet, and entertain you with their wit and charm." •Beth Baughman DuPree MD, FACS, breast cancer surgeon and author of The Healing Consciousness: A Doctor's Journey to Healing"Whether you are a cancer survivor, previvor or someone looking to instill healthy eating habits into your daily life, Kicking Cancer in the Kitchen provides simple, delicious recipes and empowering information that can make a difference in your health and quality of life. The authors bring both their professional and personal experiences to the table. The result is a fun and informative book. •Sue Friedman, DVM, Founder and Executive Director of FORCE: Facing Our Risk of Cancer Empowered"Kicking Cancer in the Kitchen offers, in one engaging and comprehensive package, what others don't. It's first-hand experience, nutritional know-how, girlfriend-style support and tasty recipes • all designed to help kick cancer or keep you healthy. A healthy diet is an integral part of healing and fighting

disease, and Annette and Kendall join you, step-by-step, and empower you to discover how easy and delicious eating well can be. Starting with your very next meal! •Dr. Steven G. Eisenberg, Co-founder of California Cancer Associates for Research and Excellence and author of *Dancing With The Doctor* (2013)

Please check out Annette and Kendall's author pages (by clicking on the hyperlinks of the author names) to view the trailer to *Kicking Cancer in the Kitchen* (under Author Video)

The first half of this book is the best - just girlfriends talking to you about facing cancer. I found reading even a few pages very helpful and encouraging! I recommend this book if only for this portion of it! The recipes contain no meat, eggs, fish, or dairy ingredients at all. I started trying recipes one at a time and at first found them too odd ("Tahini Spinach Spelt Berries" anyone?) and they require blender, juicer, food processor, and immersion blender (I had none of these). The ingredients called for easily doubled my grocery bill. However, these recipes are intended to be more like medicine and they are well thought-out. I like most of the recipes I've tried and they have steered me in the right direction nutritionally. This book got me cooking, something I haven't enjoyed for a long time. I've ordered a similar cancer cookbook that hopefully will provide more variety and options to compliment this book. I recommend purchasing this book

I'm happy to endorse this book, "Kicking Cancer in the Kitchen". For years we've heard the saying, "you are what you eat!" and truly, it's that simple. Our bodies are a complex system that deserves the best fuel possible, especially if when dealing with a potential life threatening disease or other condition that has the potential to impact your quality of life and that of your family. *Kicking Cancer in the Kitchen*, is a common sense approach to helping you learn to live your life, despite your diagnosis. Including this book into your arsenal of tools, as you become adjusted to the new you, or if you are fighting a particularly difficult battle, goes a long way to help you achieve your nutritional goals, maintaining a healthy weight, but more importantly, helping you psychologically with a plan for success. I treat my breast cancer like a business. I must pay attention to the things I'm doing, every day, and eating plays a major role in how well I feel and how stronger I get by fueling my body with good food and good information. So, my advice is, Keep Calm and Kick Cancer in the Kitchen!

I bought this for a friend going through a difficult time with an aggressive cancer. The first part of the book explains about different types of cancer from women's experiences. What to expect, how

different people react to treatments- all as if you are talking to a real person- not something scripted from a medical book. The second part offers healthy and appetizing recipes. The recipes are divided by different types of cancers and explains why certain nutrients are needed more so for different types of cancer. This is the most down-to-earth book about cancer I have ever seen. Well researched and clearly written for the average person to understand.

I bought this for a friend, but reviewed it before passing it on. I know a lot of people don't like the truth, but cancer prevention and treatment has a lot to do with cutting back on toxic foods, i.e. meat. The addition of stories was important because when you are battling any type of disease even a passive support system helps.

I have been trying to eat better, changing one thing at a time. I started because I get colds/flu regularly, and it stinks. I never had cancer, nor can I say I'm close with anyone who has had cancer, but this book has been very helpful and useful. This book very simply, and in an easy to read and understand way, lays out great nutritional tips. The recipes are tasty and relatively easy, and alternates are provided for hard-to-find items. The insights into living with cancer and battling it were really interesting and insightful, and several stories brought tears to my eyes. I work with people that have had surgery (non-cancer related), and I recommend this book a lot and talk about the information in it for its healing advice and recipes. It's been valuable to me in many ways.

I found this book to be a great resource. I battle a difficult autoimmune disease which is affected greatly by diet. The format is great. Reviews the benefits of different types of foods as well as tips to altering your diet. I am in the process of writing my own cookbook filled with recipes which are autoimmune friendly. This book is an excellent resource.

I liked the way this book is written because it's easy to follow and seems like the authors are really talking to me! It doesn't have much scientific research to back up some of what they say, so I don't recommend only this book if you are looking to prevent cancer or a recurrence. It's a nice uplifting book and has some great recipes. For me in particular I recommend The Whole-Food Guide to Breast Cancer Survivors to have more information about the best lifestyle/diet and why.

This little book fills a necessary need to reason during cancer treatment. Although my husband has cancer and I am his caregiver and wife, the story is clear and the battle is defined through the

stories within. The recipes give hope and flavor to the possibilities of healthy clean eating with imagination. I cannot wait to start creating healthy meals for us through out our journey with cancer.

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