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The Anticancer Diet: Reduce Cancer Risk Through The Foods You Eat





Synopsis

With the huge number of studies on nutrition and cancer available, it's impossible for a person to sort through them all to come up with practical recommendations. Now, Dr. David Khayat, a world-renowned oncologist, has done that hard work for you. In this international bestseller, Dr. Khayat provides easy-to-followâ •and often surprisingâ •guidelines on what are now known to be the foods most likely to reduce the risk of cancer. For those of a scientific bent, he explains what cancer is and how it develops. Bringing together his own research with that of other major cancer specialists, he breaks down what the studies mean, which ones provide the most solid evidence, and how to use their results in your and your familyâ [™]s diet.Structured by the major food groupsâ •as well as supplements, beverages, and exerciseâ •The Anticancer Diet may surprise you by not disparaging red meat but alerting you to find out the source of your fish and suggesting sole over salmon. While highly recommending commercial pomegranate juice, it cautions people with fair hair and eyes against drinking orange juice. What stage of life a person is at will also affect what they should consume. Pregnant women, older women, men, and children may process foods differently. With numerous easy-to-read charts and tables along with a comprehensive food list at the back of the book, this accessible, user-friendly guide helps readers realize the power in their everyday choices.

Book Information

Hardcover: 288 pages Publisher: W. W. Norton & Company; 1 edition (April 20, 2015) Language: English ISBN-10: 0393088936 ISBN-13: 978-0393088939 Product Dimensions: $6.5 \times 1.1 \times 9.6$ inches Shipping Weight: 1 pounds (View shipping rates and policies) Average Customer Review: 4.0 out of 5 stars Â See all reviews (15 customer reviews) Best Sellers Rank: #307,054 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #52 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #476 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

Customer Reviews

For the typical American on the typical "let's get sick" diet, this book is a "must read." But it's not, despite the author's best intentions, 100% correct. With a few adjustments, however, it becomes an

ideal reference. Dr. Khayat's writing style is highly accessible, and he makes every effort to be clear. His honesty and integrity are also important to him, and this shows in his writing.Dr. Khayat brings a mix of sound nutritional advice and poor nutritional advice, in this book. For example, he is adamant about drinking a particular fruit juice. Ask an endocrinologist about that; these experts on what happens when you rapidly ingest sugar in liquid form won't even debate any alleged health benefits from fruit juice. They say don't touch the stuff, no matter what it might hold in health benefits because those will cost you in other, serious health deficits.He advocates drinking cow's milk (except for men over 50). He is apparently unaware that the factory farmed cows who produce this milk all have mastitis. They are given antibiotics for this, which you drink in the milk along with the pus their infected mammaries pass into the milk. There are many reasons to not drink milk (other than organic milk). In his defense, things are done differently in France where his nutritionist resides.I'm not a doctor of any sort, but I haven't been sick since 1971 despite having an immune disorder from birth (cured in my 50s, after my own research and blood tests confirm this). The difference is that at a very early age I took "you are what you eat" very seriously. That has really paid off.Among his sound nutritional advice Dr. Khayat is very big on turmeric.

This would not be my first choice as an anti-cancer diet book. That choice would be Richard Beliveau's FOODS TO FIGHT CANCER. Beliveau's work is studying food compounds that show ant-cancer activity. His book has information that Khayat's doesn't such as how long to brew green tea to maximize the extraction of catechins (10 minutes is much better than 3 minutes). Also, some green teas have much more EGCG than others. Beliveau lists them.. Beliveau says that there is a synergistic effect between EGCG and curcumin -- another anti-cancer food. When is comes to broccoli Beliveau tells how sulforaphane is created when broccoli is chewed or lightly cooked (sulforaphane is destroyed by normal cooking). Beliveau also states that broccoli sprouts contain as much as 100 times as much sulforaphane as mature broccoli. BTW, broccoli sprouts are fairly easy to grow in an EasySrouter(TM) available along with broccoli seed from the Sprout People. My favorite book on sprouting is GARDENS AT OUR FINGERTIPS by Gene Monson available from Sproutamo. I mention this because there is currently a clinincal trial looking at sulforaphane and cancer. Also, there is another synergistic effect between sulforaphane and lycopene which is available from cooked tomatoes. Khayat doesn't mention these facts either. Khayat does cover some topics that Beliveau doesn't such as drinking water and sweeteners. Beliveau's book was written before the pomegranate became an anti-cancer darling for some such as Khayat who says it is great -- drink as much pomegranate juice as you would like. I think the jury is still out on

pomegranate. One problem with pomegranate juice is that it has a lot of sugar -- 36 grams in 8 ounces (about 240 ml). But, from the way Khayat writes he sees nothing wrong with sugar.

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