

The Breast Health Cookbook

From the author of the #1 *New York Times* bestseller
The Breast Cancer Prevention Diet

THE BREAST HEALTH COOKBOOK

FAST AND SIMPLE
RECIPES TO REDUCE THE
RISK OF CANCER



DR. BOB ARNOT

Recipes and menus by
BARBARA SUTHERLAND, Ph.D.,
and RITA MITCHELL, R.D.

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Dr Bob Arnot has found that the foods women eat can have a profound influence on whether or not they develop breast cancer. Drawing on Asian, New American and Mediterranean classics, Dr Arnot (with the aid of nutritionists Rita Mitchell and Barbara Sutherland) has put together over 170 recipes with easy to prepare menus for every meal of the day. The menus are based on the incredibly varied, time-tested and delicious cuisines from other cultures where the incidence of cancer is dramatically lower than in the Western world. As an added bonus there are menu suggestions and tips on converting recipes to help reduce prostate cancer, so the entire family can enjoy delectable, disease-fighting meals.

作者介绍:

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