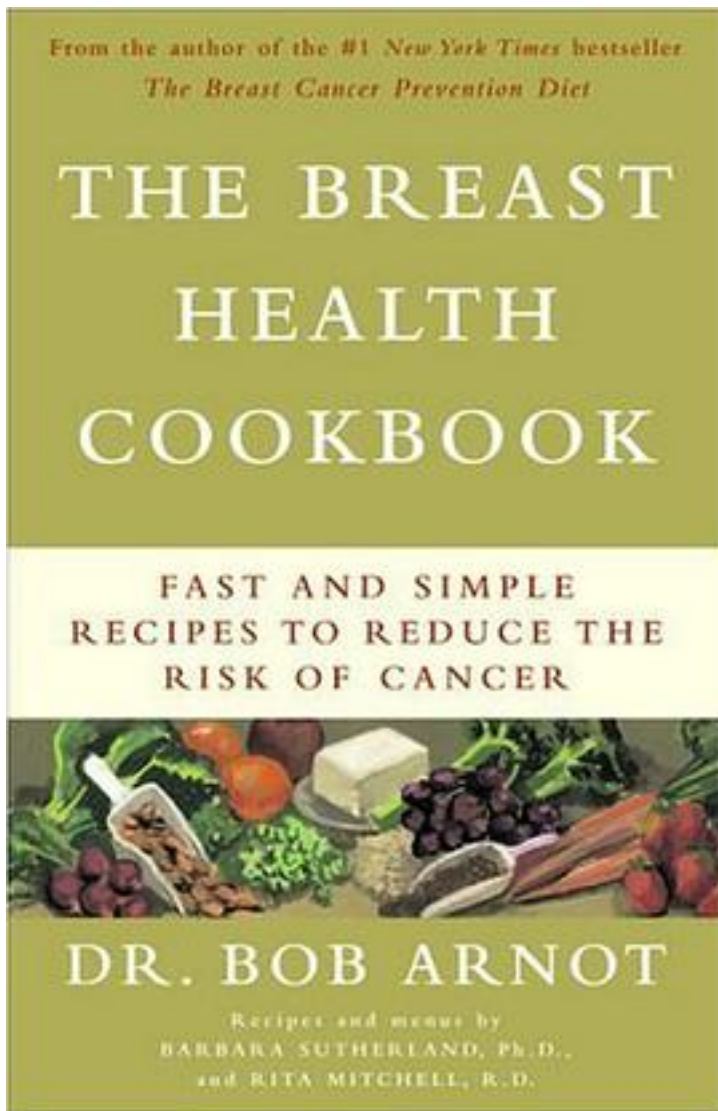


The Breast Health Cookbook



[The Breast Health Cookbook_下载链接1](#)

著者:Bob Arnot

出版者:Little, Brown and Company

出版时间:2002-10-01

装帧:Paperback

isbn:9780316095280

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:

目录:

[The Breast Health Cookbook_ 下载链接1](#)

标签

评论

[The Breast Health Cookbook_ 下载链接1](#)

书评

[The Breast Health Cookbook_ 下载链接1](#)