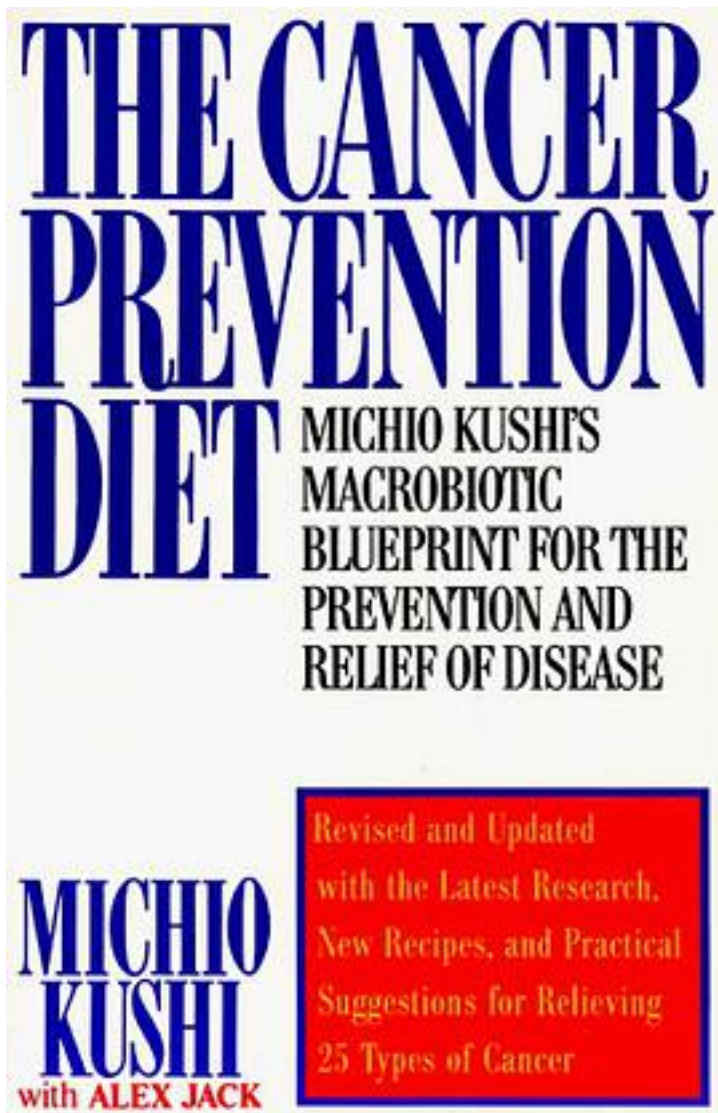


The Cancer Prevention Diet



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Since its original publication a quarter-century ago, "The Cancer Prevention Diet" has been one of the most popular guides to the prevention and relief of society's most feared disease. Drawing on the most up-to-date cancer research, Michio Kushi and Alex Jack present a dietary program that can be implemented safely and simply at home, at a fraction of the cost of usual meals and medical care. This completely revised and updated twenty fifth anniversary edition includes: broader dietary guidelines and new recipes; new research on the twenty most frequent types of cancer; new ways to combine macrobiotics with chemotherapy, radiation, and more; the latest statistics, studies, and treatments; and, the role of positive emotions in the healing process.

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