

The Plant Programme: Recipes for Fighting Breast and Prostate Cancer

Jane Plant CBE, Gillian Tidy

Plant Programme Recipes For Fighting Breast And Prostate Cancer

William Shurtleff; Akiko Aoyagi



Plant Programme Recipes For Fighting Breast And Prostate Cancer:

Beat Cancer Jane Plant, Mustafa Djamgoz, 2014-06-05 If you or someone you love has been diagnosed with cancer you want to do everything possible to beat the disease But with so much conflicting advice and so many options available how do you decide on the best treatment plan for you In this major new book Professor Jane Plant and Professor Mustafa Djamgoz present a clear and scientifically sound 10 step programme to help you beat cancer At a time when you may be feeling helpless and confused this book provides the essential guidance you need to take control of your life and regain your health with targeted advice for specific cancers Included in the 10 step plan Inform yourself understand what cancer is what causes it and how to avoid carcinogens Choosing the right treatment evidence based advice on conventional and complementary therapies including chemotherapy radiotherapy surgery and medication Change your lifestyle guidance on diet exercise reducing stress relationships and other lifestyle factors that have a proven link with cancer Beat Cancer will help you prevent cancer tackle your diagnosis and stay in remission

The Plant Programme Gillian Tidey, Jane Plant, 2015-09-24 Jane Plant's breast cancer recurred five times before she learned of the relationship between diet and the disease In her international bestselling book *Your Life in Your Hands* she describes how her training and knowledge as a natural scientist enabled her to understand and eventually overcome her cancer In *Prostate Cancer Understand Prevent and Overcome* she then expanded her research into prostate cancer the second biggest cancer killer among men In *The Plant Programme* Jane and fellow scientist Gill Tidey show how adopting a lifestyle of non dairy eating and healthy living can complement conventional medical treatment of breast or prostate cancer and help in the prevention of the diseases With hundreds of tasty easy to make and nutritious dairy free meals for all occasions as well as tips on how to cope with dining away from home *The Plant Programme* can help save lives

Anni's Cancer Companion Anni Matthews, 2011-08-15 When Anni Matthews was diagnosed with cancer she decided to do something really valuable with the experience she produced a book that is a friendly companion for those who must face the disease Of huge practical help to anyone diagnosed with cancer and those who care for them this book is a one stop guide to making sense and use of the orthodox treatments complementary therapies and psychological spiritual and holistic options available Subjects ranging from the most current major advances in treatments and diagnosis to the small but effective ways of relieving the side effects are explained clearly and concisely often with humour and always with warmth Written by a bright articulate woman who was determined to have an informed say in what happened to her *Anni's Cancer Companion* marks a new generation of books about cancer It is that rare thing a reference book that is human

Beating Stress, Anxiety And Depression Jane Plant, Janet Stephenson, 2009-05-07 The epidemic of stress anxiety and depression that is sweeping the Western world is accompanied by huge social economic and personal costs This accessible and groundbreaking book is designed to help sufferers their families and health professionals The authors both former sufferers argue that the medical profession's current approach is not working They dispel the fear and prejudice surrounding

mental illness and present a new effective programme for dealing with stress anxiety and depression They describe the successes that they and others have achieved through new treatment methods You will discover your risk factors and how to reduce them how mental health problems can be diagnosed more effectively and how to ensure the best possible treatment They go on to present the 10 lifestyle factors that affect the likelihood of developing anxiety and depression and reveal the 10 food factors that can improve mental well being BEATING STRESS ANXIETY AND DEPRESSION is essential reading for sufferers and their families *Cooking for Healthy Healing: Healing Diets* Linda Page,2002 You will discover the healing secrets of different kinds of foods for example fruits vegetables and chlorophyll how they cleanse your body and heal health problems green superfoods and medicinal mushrooms how they work for faster healing herbs and sea greens how they help the body remain in balance spices and herbs how they boost thermogenesis to burn calories for hours Also includes complete nutrient value reference sections for food herbs and nutrients and a complete section dedicated to the importance of organic foods There are over 80 complete healing diets and programs from allergies to childhood disease control to recovery after radiation and surgery each detailed programme shows how to develop the healing diet and then refers to the easy to use recipes in *Cooking For Healthy Healing Book Two The Healing Recipes* *Eating for Better Health* Gillian Tidey,Jane Plant,2012-03-31 This informative accessible guide to eating for better health will help you regain control of your health whether you re fighting a chronic condition or want to prevent problems in the future Bestselling author Jane Plant and dietician Gill Tidey show how eating the right foods can help you manage and even prevent a range of other common health problems including allergies heart disease high blood pressure digestive problems diabetes skin problems and many more With clear advice on what to eat and what to avoid for each of the conditions and featuring over 200 easy to make delicious recipes to get you on the road to optimum well being this is a book for everyone who wants to live a healthier life Including a new foreword by Dr Michael Dixon Medical Director of the Prince s Foundation for Integrated Health and Chair of the NHS Alliance Plant-Based Foods: Ingredients, Technology and Health Aspects Alev Yüksel Aydar,2023-04-26 The plant based food industry has flourished in recent years with a steady stream of exciting product launches reaching the worldwide market Consumers have become interested in a plant based diet that includes grains legumes seeds nuts fruits and vegetables There are a number of factors involved in this trend including consumer opposition to harming animals health problems such as lactose intolerance desire for a healthier lifestyle and environmental awareness Several books related to plant based diets and cookbooks have been published for vegans and vegetarians however there is no research work related to plant based production technology ingredients and their qualitative and nutritional properties based on the results of scientific studies *Future Food Plant Based Products* is the first book where the comparison of plant based products with other alternatives are explored in detail Novel plant based product formulations production and results of recent studies are examined in detail in this book Plant based products are mainly alternatives to dairy and meat products and this text includes

comprehensive chapters on meat substitutes and plant based non dairy products In the opening chapter the main ingredients and raw materials used to produce a variety of plant based products are covered along with their qualitative and nutritional properties Further chapters focus on the health effects of plant based products and microbiological and safety issues For researchers seeking a full up to date overview of plant based product alternatives and their production health affects and safety aspects this book meets your needs *Understanding, Preventing and Overcoming Osteoporosis* Gillian Tidey, Jane Plant, 2012-05-01

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