



# What to Eat if You Have Cancer (revised): Healing Foods that Boost Your Immune System

*Maureen Keane, Daniella Chace*

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## Fuel your body to fight cancer

Cancer and cancer treatment take a toll on your body, but you can help make cancer treatment more effective and reduce its unpleasant side effects with good nutrition. *What to Eat if You Have Cancer* presents the best foods to fight cancer and suggests ways to keep your body strong--knowledge you need to take control of your health.

A vital resource for cancer patients, this revised edition contains new recipes, new menus, and the latest research on cancer and nutrition.

With the help of *What to Eat if You Have Cancer*, you will learn

- The foods to eat and the foods to avoid in your fight with cancer
- The proper use of supplements in nutrition therapy
- How to create personalized meal plans to complement different types and phases of treatment

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