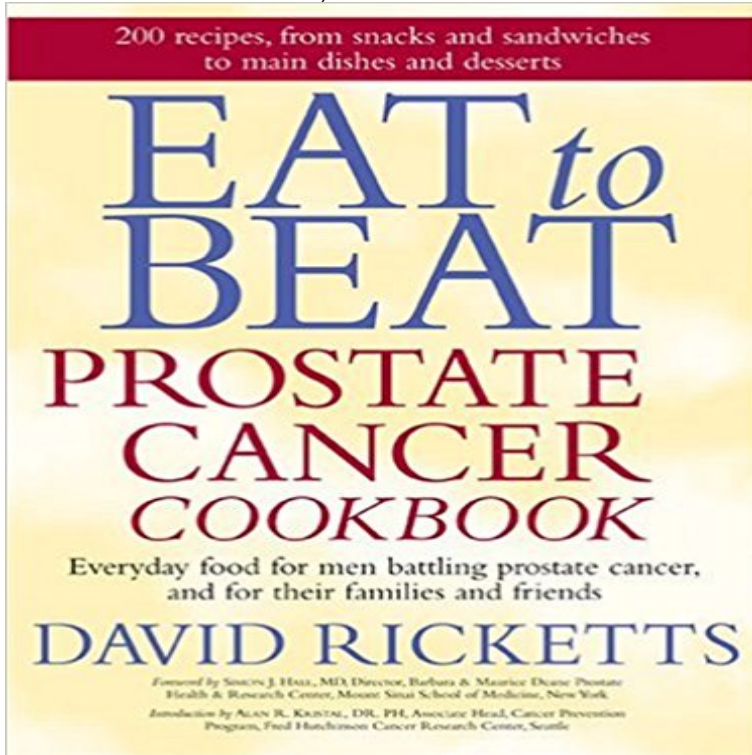


# Eat to Beat Prostate Cancer Cookbook: Everyday Food for Men Battling Prostate Cancer, and for Their Families and Friends



Prostate cancer is now the most common nonskin cancer among men in the United States. In 2005 alone, 250,000 new cases were diagnosed, and that number is certain to rise with each passing year. No one is more aware of this than David Ricketts, experienced cookbook author and recent prostate cancer survivor. Shortly after surgery and radiation treatments, Ricketts began to research food and lifestyle changes that might inhibit the likelihood of prostate cancer as well as its progression. The result is this uniquely specific cookbook, which takes full advantage of foods thought to fight prostate cancer while eliminating those believed to contribute to the disease. Eat to Beat Prostate Cancer Cookbook features more than 200 delicious recipes for everything from snacks, sandwiches, and drinks to main-course dishes—all foods that will appeal to the entire family. This tremendously useful book also benefits from the authors firsthand experience, as he offers insight into what to expect regarding diagnosis and treatment of prostate cancer, as well as practical advice for making the transition to healthier cooking, smarter eating, and a longer life.

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Our food experts create easy-to-prepare recipes featuring real food your whole family will love. Eat to Beat Prostate

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