



CANCER RESOURCES

Cookbooks

- Katz, Rebecca & Edelson, Mat. [The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery](#) [Hardcover]. 2009. Celestial Arts.
- Katz, Rebecca. [One Bite at a Time. Nourishing Recipes for Cancer Survivors and Their Friends.](#) 2008. Celestial Arts.

Integrative Cancer Care

- Block, Keith (forward by Andrew Weil, MD). [Life Over Cancer: The Block Center Program for Integrative Cancer Treatment.](#) 2009. Bantam.
- Abrams, Donald and Weil, Andrew. Integrative [Oncology \(Weil Integrative Medicine Library\).](#) 2009. Oxford University Press.

Guided Imagery

- Naparstek, Belleruth. www.healthjourneys.com. “A Meditation to Help You Fight Cancer,” “Cancer Pack” multi CD or MP3 set.
- Rossman, Martin. www.thehealingmind.org. Fighting Cancer From Within Book and Audio CD Set (5 CDs). Includes “Transforming Your Fear of Cancer,” “Healing Cancer from Within,” “Optimizing Cancer Treatments,” “Successful Cancer Surgery,” and “Creating Wellness Beyond Cancer.” These CDs are also available individually.

Support

- Silver, Marc. Breast Cancer Husband: How to Help Your Wife (and Yourself) Through Diagnosis, Treatment and Beyond. 2004. Rodale Press.

Websites

- [American Institute for Cancer Research.](#) www.AICR.org. They offer a weekly recipe by e-mail and biweekly research updates. A good place for cutting edge easy to understand information on cancer prevention and treatment. They also fund cancer research. Most of the recipes are excellent, but some do have too much simple sugars (honey, sugar, etc.), which should be eliminated in order to keep insulin levels in check.
- [The Cancer Project](#) promotes cancer prevention and survival through a better understanding of cancer causes, particularly the link between nutrition and cancer. <http://www.cancerproject.org/> Includes recipes.