

The Survivor's Handbook
Eating Right for Cancer Survival

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The Cancer Project proudly displays the Humane Charity Seal of Approval.

A Note to the Reader

The Survivor's Handbook: Eating Right for Cancer Survival was written by Neal D. Barnard, M.D., with the help of Jennifer K. Reilly, R.D. It was developed to accompany The Cancer Project's "Nutrition and Cooking Classes for Cancer Survivors" series. However, it is sufficiently detailed to be used on its own and will give you important insights into food's role in cancer prevention and cancer survival.

Our goal is to provide you with information about foods and health. However, neither this book nor any other can take the place of individualized medical care

or advice. All cancer treatments, including diet changes, must take into account your needs as an individual. In addition, if you are overweight, have any health problem, or are on medication, you should consult with your doctor before making any changes in your diet or exercise routines, and you should follow your doctor's recommendations, which will be based on your personal needs.

There are many situations in which a diet change can alter your need for medications. For example, individuals with diabetes, high blood pressure, or high cholesterol levels often need less medication when they improve their diets. You should be sure to work with your physician to adjust your regimen as needed.

The science of nutrition grows gradually as time goes on, so we encourage you to consult other sources of information, including the references listed in this volume.

With any dietary change, it is important to ensure complete nutrition. Be sure to include a source of vitamin B₁₂ in your routine, which could include any common multivitamin, fortified soymilk or cereals, or a vitamin B₁₂ supplement of five micrograms or more per day.

We wish you the very best of health.

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