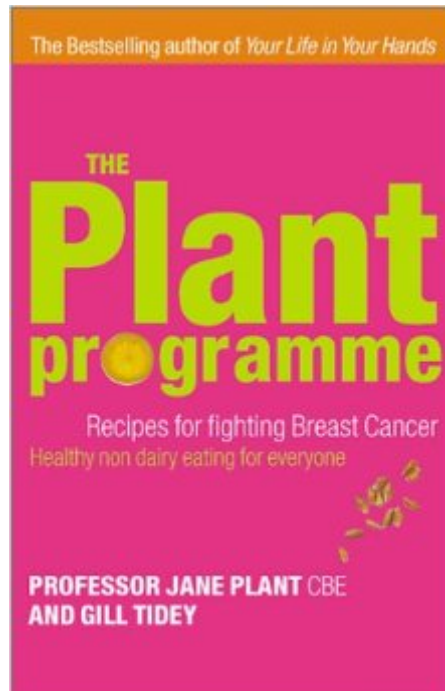


The book was found

The Plant Programme: Recipes For Fighting Breast Cancer-Healthy, Non-Dairy Living For Everyone



Synopsis

Professor Jane Plant's first book, "Your Life in Your Hands", was aimed at those trying to treat or prevent breast or prostate cancer. In this title she and fellow scientist Gill Tidey show how to make the necessary changes to implement the Plant Programme in your everyday life. From essential equipment in the kitchen, to weekly menu plans - tasty, nutritious, easy to prepare and mostly inexpensive - to food for the kids. Covering dining in, dining out and lifestyle aspects such as shopping, cleaning, gardening and grooming, the authors provide everything you need should need to know in a simple and easy-to-understand formula.

Book Information

Paperback: 256 pages

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Language: English

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Product Dimensions: 7.7 x 6.4 x 0.8 inches

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,378,857 in Books (See Top 100 in Books) #114 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease](#) #127 in [Books > Health, Fitness & Dieting > Men's Health > Prostate Health](#) #176 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#)

Customer Reviews

It is 3 years since I bought this book, in April 2005, soon after being diagnosed with the most serious staging of prostate cancer. I had only just celebrated my 54th birthday and here was I being told that the prognosis was very, very bleak. I then bought and read Jane Plant's own inspiring story of her fight against breast cancer in her book "Your life In Your Hands", and I became convinced of the wisdom of her words and her successful strategy in the battle against such devastating illness. The first step in my fightback was to completely change my diet, and to do this I needed a guide to help me through the planning of all my daily meals. Never having been on any type of diet before, I was at a loss as to where to start, what to buy, what to avoid, and how to prepare and to cook the foods I would now need. This simple, well written book was my guiding light, my very own cookery 'bible'. To this day it sits proudly on my kitchen shelf, now very well thumbed through and extremely well

worn. I could never have managed to stay on the path to recovery without it. And a recovery it has indeed been. Only last week, on 15th May 2008, my oncologist gave me my latest blood test results and told me how amazed and delighted he was that I had come through all the hormone treatment and radiotherapy so exceptionally well, and that after having stopped all medication 6 months ahead of schedule, my results were startling. I have a normal PSA level and my testosterone is equivalent to that of a healthy, younger man. I cannot praise this book highly enough, and I have waited three years to write this review, now being totally sure that buying it was one of the best decisions of my life. Thank you Prof Jane Plant. It worked for you, and you were magnanimous enough to write these books and to spread this message of hope to other cancer sufferers....and I am sure that there must be many others now in the world who are feeling as I do today....so very glad to be alive! George Hardy, England 25th May 2008

We all need to know about Jane Plant. Her cancer kept returning and returning. When it came back just days after surgery, her doctors gave her 2-3 months to live - until she changed her diet and got well, about 20 years ago. Believe me, what she did is worth doing for anybody with breast, prostate, or other many other cancers.

I have Jane A. Plant's copy of "Your Life in Your Hands" and was expecting this book to be vegan, but it's got recipes with meat in it. Just wanted to post this FYI for anyone else out there that may have been like me. I much prefer "Your Life In Your Hands." This book is nothing but a cook book.

I found this book easy to read and most informative. The recipes are excellent - uncomplicated and very well researched

Great Book

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Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast
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Talk Openly About Love and Sex, Hair Loss and Weight Gain, Mothers and Daughters, and Being a

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