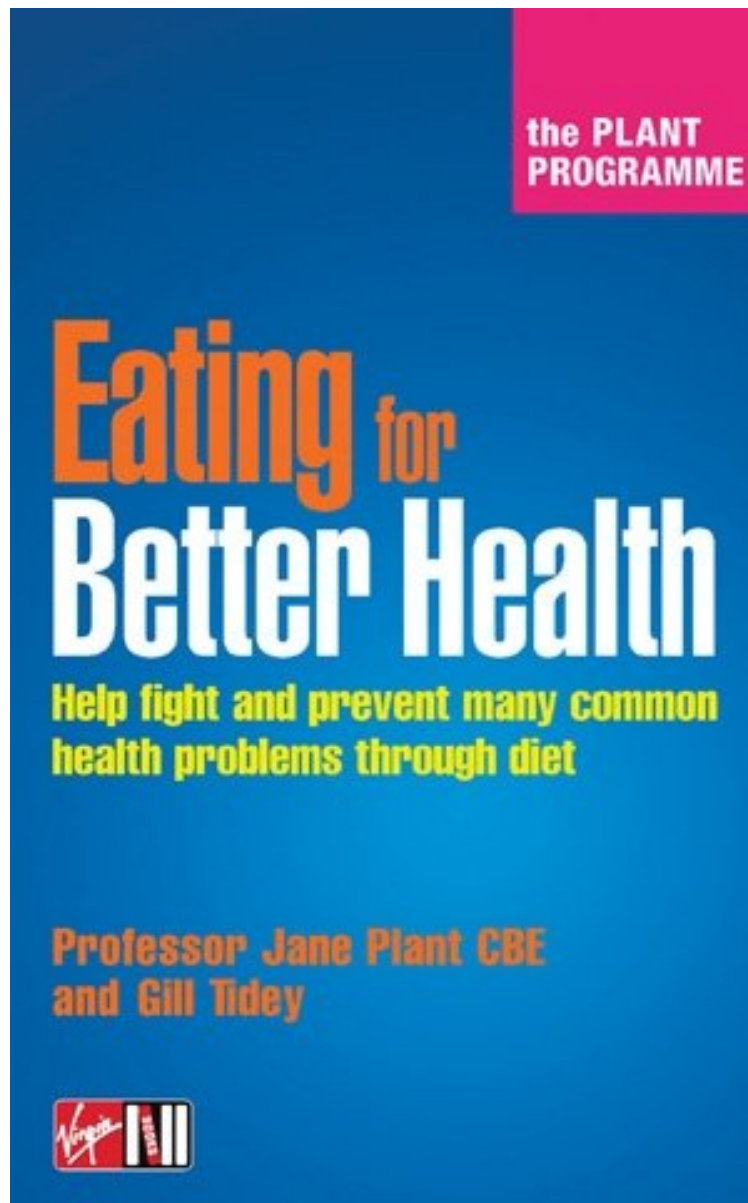


[Ebook pdf] Eating For Better Health: Help Fight and Prevent Many Common Health Problems Through Diet

Eating For Better Health: Help Fight and Prevent Many Common Health Problems Through Diet

Prof. Jane Plant, Gill Tidey

*ePub | *DOC | audiobook | ebooks | Download PDF*



 [Download](#)

 [Read Online](#)

#2446135 in Books Virgin Books 2005-06-01 Original language: English PDF # 1 .89 x 5.38 x 8.46l, #File Name: 0753509075224 pages | File size: 65.Mb

Prof. Jane Plant, Gill Tidey : Eating For Better Health: Help Fight and Prevent Many Common Health Problems Through Diet before purchasing it in order to gage whether or not it would be worth my time, and all

praised Eating For Better Health: Help Fight and Prevent Many Common Health Problems Through Diet:

6 of 6 people found the following review helpful. Eat to defeat cancer
By Rebecca C. Cody
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.
13 of 13 people found the following review helpful. A book I can't LIVE without!
By G. Hardy
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
12 of 14 people found the following review helpful. Wasn't what I expected.
By Candy Zimmerman
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.

Help fight and prevent many common health problems through diet. Following the internationally bestselling book on breast cancer, *Your Life in Your Hands*, Professor Plant - one of Britain's top scientists - has expanded the principles of the diet to look at other specific and general illnesses. This is accompanied by recipes to help these conditions. An essential book for general wellbeing and everyday good health. Including: allergies, blood disorders, digestive tract disorders, heart disease, cancers, diabetes, lung diseases, menopausal symptoms, neurological disorders, skeletal and muscular disorders and skin problems.

"Amazing...Her message is one that every woman must read" -- Daily Mail
"Could change the way you view food forever" -- Woman's Health
"This book could - quite literally - save your life" -- Sunday People
Ground-breaking -- Irish Times
About the Author
Professor Jane Plant CBE is one of Britain's preeminent scientists sitting on many influential government and international committees, and Chief Scientist of the British Geological Survey. Gill Tidey is Director of the Nottingham Energy Partnership. Both manage high-level careers, look after their families and homes, and entertain, and are therefore aware of the complexities and stresses of modern day life, but both know it is easy to create meals that minimise the risks to health inherent in modern dairy and convenience-food-rich diets.