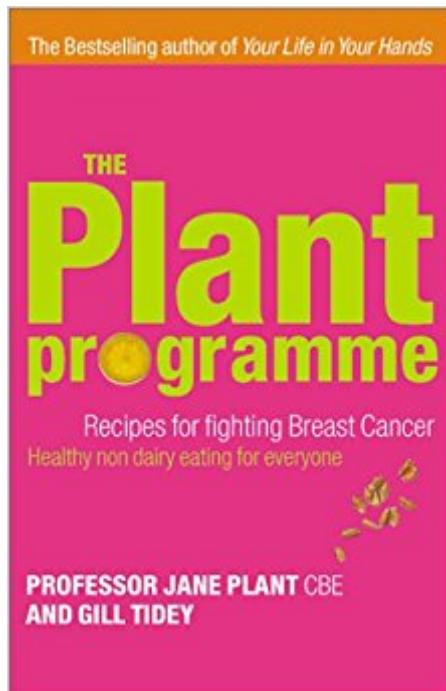


The book was found

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

Publisher: Virgin Publishing; New Ed edition (September 2002)

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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 extrememly 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,England25th 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 books 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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The Plant Programme: Recipes for Fighting Breast Cancer-Healthy, Non-Dairy Living for Everyone
Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management The Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer Breast Cancer and Iodine : How to Prevent and How to Survive Breast Cancer Breast Cancer and Me: The Hope-filled and Sometimes Humerous Story of a Breast Cancer Survivor I Am Not My Breast Cancer: Women Talk Openly About Love and Sex, Hair Loss and Weight Gain, Mothers and Daughters, and Being a

Woman with Breast Cancer Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal) The Dairy-Free Kitchen: 100 Recipes for all the Creamy Foods You Love--Without Lactose, Casein, or Dairy Jelly Donut Days: Fighting Breast Cancer, One Day at a Time Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques Nigerian Dwarf Goats Care: Dairy Goat Information Guide to Raising Nigerian Dwarf Dairy Goats as Pets. Goat care, breeding, diet, diseases, lifespan, ... and shelter, and goat management facts. Easy Chicken Breast Cookbook: 50 Unique and Easy Chicken Breast Recipes Fuck Off, Cancer: Breast Cancer Shaken not Stirred The New Testosterone Treatment: How You and Your Doctor Can Fight Breast Cancer, Prostate Cancer, and Alzheimer's Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies Vegan Cookies Invade Your Cookie Jar: 100 Dairy-Free Recipes for Everyone's Favorite Treats Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy Hey, I Didn't Sign Up for This! A personal story of living with and surviving lymphoma and breast cancer

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