



Mis recetas de cocina anticancer (Spanish Edition)

Odile Fernandez

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La comunidad científica se ha rendido a la evidencia: nuestra mayor aliada para tomar parte activa en el proceso de prevencion y curacion del cancer es, sin duda, la alimentacion. Sin embargo, es dificil encontrar obras que ofrezcan recetas culinarias concretas para aprovechar al maximo las maravillosas propiedades anticancer que nos brindan los alimentos. Hasta ahora. Odile Fernandez, medico de familia y superviviente del cancer, vuelve con un nuevo titulo dedicado muy especialmente al menu de cada dia. Ademas de detallar los nutrientes, componentes y propiedades de cada uno de los alimentos que previenen el cancer y de alertarnos sobre los que lo favorecen, Odile ofrece al lector un extenso recetario de platos para cada dia: arroces y ensaladas, batidos y desayunos, platos principales y meriendas, que incorporan los ingredientes conocidos por sus propiedades anticancerigenas. Una obra completa, positiva y accesible, indispensable para descubrir la estrecha relacion entre el cancer y la alimentacion y aprender a llevar a la mesa los platos que contribuiran a una larga vida llena de salud y de felicidad. / Odile Fernández, physician and cancer survivor, now offers readers a cookbook of dishes for each day: rice, salads, smoothies, breakfast, snacks and main dishes, including ingredients known for their anti-cancer properties. A book to discover the close relationship between cancer and diet, brings to the table dishes that contribute to a long, healthy, and happy life.

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