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The Cancer Prevention Diet, Revised and Updated Edition: The Macrobiotic Approach to Preventing and Relieving Cancer

Michio Kushi, Alex Jack

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Since its original publication a quarter-century ago, *The Cancer Prevention Diet* has been one of the most popular guides to the prevention and relief of society's most feared disease. Drawing on the most up-to-date cancer research, Michio Kushi and Alex Jack present a dietary program that can be implemented safely and simply at home, at a fraction of the cost of usual meals and medical care. This completely revised and updated twentyfifth anniversary edition includes:

• Broader dietary guidelines and new recipes

• New research on the twenty most frequent types of cancer

• New ways to combine macrobiotics with chemotherapy, radiation, and more

• The latest statistics, studies, and treatments

• The role of positive emotions in the healing process.

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