



The Strang Cancer Prevention Center Cookbook

Laura Pensiero, Michael P. Osborne, Susan Oliveria

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A comprehensive guide to cancer prevention

The oldest cancer-prevention institute in the country, New York City's famed Strang Cancer Prevention Center advocates promoting cure through early detection. It has been instrumental in developing early screening and prevention programs as well as nutrition counseling.

Now readers can benefit from the same topnotch advice the center provides for its clients. A remarkable collaboration of leading cancer prevention experts and America's top gourmet chefs, *The Strang Cancer Prevention Center Cookbook* presents cuttingedge nutritional and scientific data on cancer, as well as a tantalizing collection of health-inducing recipes.

Complete with the latest information about the crucial link between diet and health, this book introduces nature's own powerful cancer-fighting agents such as the chemicals found in many fruits and vegetables. More than 150 recipes for appetizers, soups, salads, sides, entrees, and desserts are featured. Research has shown that up to 80 percent of all cancers can be prevented by the type of changes in diet and lifestyle outlined in this book.

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