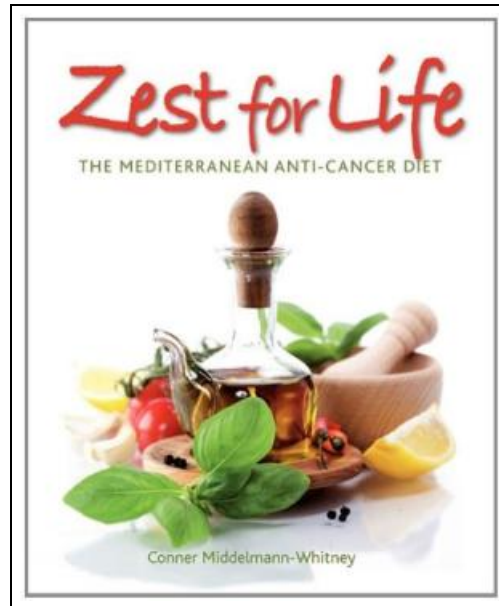


## Zest for Life: The Mediterranean Anti-Cancer Diet



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### **Reviews**

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## ZEST FOR LIFE: THE MEDITERRANEAN ANTI-CANCER DIET

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Honeybourne Publishing. Paperback. Condition: New. 280 pages. Dimensions: 9.3in. x 7.3in. x 0.9in. Without prevention, 1 in 2 men and 1 in 3 women in the industrialized world will develop cancer. What many people don't know: at least a third of cancers could be avoided through a healthy diet and lifestyle. Zest for Life, the first anti-cancer health book with recipes based on the traditional Mediterranean diet, provides all the guidance and practical advice you need to prepare delicious, easy and affordable meals to boost your defenses against cancer. Zest for Life does not propose a short-term diet of hunger or imbalanced eating. On the contrary, it shows how easy it is to enjoy a wide variety of tasty, healthy foods every day and in doing so to reduce not only your cancer risk, but also the risk of heart disease, obesity and diabetes. The Zest for Life diet emphasizes vegetables and fruits, fish, olive oil, legumes, fresh herbs and spices, and highlights the importance of conviviality and the guilt-free enjoyment of food, thus nourishing both body and soul. The healthy, modern recipes are inspired by rich culinary traditions from around the Mediterranean: Italy, France, Spain, Greece, Turkey, Morocco and others. Zest for Life comprises a 120-page science section outlining the principles of anti-cancer eating based on the latest scientific research, followed by 150 easy, family-friendly recipes (using American and metric measurements). Most of the recipes are plant-based, although healthy fish and meat dishes feature too, as do low-sugar, gluten-free cakes and other desserts. The 150 innovative, inexpensive and simple anti-cancer recipes in Zest for Life include: - Red cabbage and walnut slaw - Garlic eggdrop soup from south-western France - Spanish sweet-potato omelet - Provencal salmon parcels - Mackerel fillets in a creamy mustard sauce - Lentil moussaka - Crispy garbanzo dumplings (falafel) with garlicky...

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