



The Cancer Prevention Diet: Michio Kushi's Macrobiotic Blueprint for the Prevention and Relief of Disease

By Michio Kushi, Alex Jack

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Michio Kushi's macrobiotic blueprint for the prevention and relief of disease.

Revised and updated with the latest research, new recipes, and practical suggestions for relieving 25 types of cancer.

Drawing on the most up-to-date cancer and heart research, Michio Kushi presents a ground-breaking dietary program that can be implemented safely and simply in the home at a fraction of the cost of usual meals and medical care.

As the risk and incidence of cancer increases, *The Cancer Prevention Diet* continues to be essential reading for anyone seeking to maintain or regain optimum health through natural means.

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Editorial Review

Review

"One case does not prove a theory, but my own favorable experience with macrobiotics opened my eyes to the accumulating evidence that a whole-grain, leafy vegetable, and bean diet can often prevent, arrest, and even reverse deadly degenerative diseases such as cancers, coronary heart attacks, and strokes. All Americans should get their eyes opened by reading Kushi's *Cancer Prevention Diet*."--Benjamin Spock, M.D.

"I have prescribed Michio Kushi's dietary approach for everything from uterine fibroid tumors to menopausal symptoms-- with great success. I eagerly await the day when people don't wait until they have cancer to start eating this way."--Christiane Northrup, M.D., F.A.C.O.G.

"This is a powerful anticancer prescription, and one that I heartily recommend."--Neal D. Barnard, M.D., President, Physicians Committee for Responsible Medicine

About the Author

Michio Kushi, founder of the East West Foundation, is the acknowledged leader of the international macrobiotic community and natural-foods movement. Well known and widely respected among both the medical community and the public at large, he is the author of numerous books and articles on the food-health connection. Alex Jack, a journalist and author, is a former editor of the *East West Journal*. Together, they are the authors of *Diet for a Strong Heart*.

Users Review

From reader reviews:

Andrew Evans:

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