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## The Plant Programme: Recipes for Fighting Breast and Prostate Cancer

By Gillian Tidey, Jane A. Plant

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Plant Programme: Recipes for Fighting Breast and Prostate Cancer, Gillian Tidey, Jane A. Plant, Jane Plant's breast cancer recurred five times before she learned of the relationship between diet and the disease. In her international bestselling book, *Your Life in Your Hands*, she describes how her training and knowledge as a natural scientist enabled her to understand and, eventually, overcome her cancer. In *Prostate Cancer: Understand, Prevent and Overcome* she then expanded her research into prostate cancer - the second biggest cancer killer among men. In *The Plant Programme* Jane and fellow scientist Gill Tidey show how adopting a lifestyle of non-dairy eating and healthy living can complement conventional medical treatment of breast or prostate cancer and help in the prevention of the diseases. With hundreds of tasty, easy-to-make and nutritious dairy-free meals for all occasions, as well as tips on how to cope with dining away from home. *The Plant Programme* can help save lives.



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