



Nature's Answer to Cancer

Release your inner healing, naturally!



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The Recipe for Breast Cancer

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ISBN 4-87954-626-7

www.sociohealth.co.jp

This kind of book is long overdue. Until recently, standard cancer treatments such as chemotherapy, radiation and surgery were offered exclusively to individuals who had been diagnosed with cancer. But now, we know that along with chemotherapy, cancer patients may benefit from what I call "kitchen therapy"--eating foods and nutrients that may help prevent cancer, support recovery during active cancer therapy and reduce risk for recurrence. In a culmination of research findings from recently published in vitro, in vivo and epidemiological studies around the world, we have now concluded that positive cancer outcomes may, in part, be realized by changing diet. Indeed, it is suggested that dietary changes can impart their most significant effect after the cancer has already formed! This is promising news to individuals who have been diagnosed and treated with cancer who have been left to wonder, "what can I do now to prevent a recurrence?"

Breast cancer rates have risen sharply in recent years in some Asian countries such as Japan, where women have adopted more of a "Westernized" diet and lifestyle. In fact, according to a study published in a 2002 issue of the International Journal of Cancer, researchers estimated that breast cancer was expected to soon become the most common cancer among women in Japan. The summarization of treatment plans and suggestions for diet therapy and recipes by Dr. Fukuda, Ms. Naya Kato and Ms. Keiko Okayama offer readers an opportunity to take control of the cancer process and optimize their health and well being. Their insight into these processes offers readers valuable understanding about the health-giving power of getting back to nature, eating from the sea and grazing from the fields rather than relying on convenient, highly processed and nutrient-robbing foods.

Soon after publishing my book, Challenge Cancer and Win!, I met with Dr. Fukuda, Ms. Okayama and others from Asahi Elles who had traveled to the United States to begin their fact-finding mission about the nutrition-cancer link. Since then, I have been invited to speak at international symposiums and lectures in Japan to health care professionals about how diet and lifestyle can impact the Japanese population. Through our joint collaboration and friendship over the years, we offer a similar message that education is empowering and that cancer survivors can gain back a sense of hope and take control of their health through proactive diet and lifestyle choices.

The Japanese audience for this kind of book did not exist decades ago. Today, Nutrition for Breast Cancer is extremely relevant and needed. It will provide a concise guide to those individuals who are looking for concrete recommendations to promote self-healing.

Kim Dalzell, PhD, RD, LD Author, Challenge Cancer and Win!