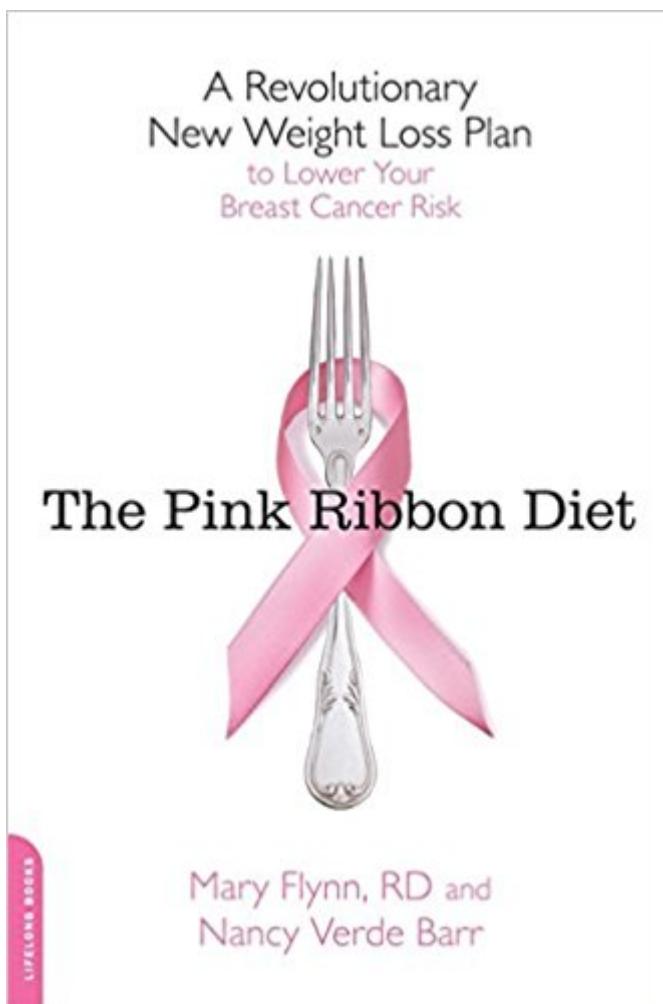


The book was found

The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan To Lower Your Breast Cancer Risk



Synopsis

In a study funded by the Susan G. Komen for the Cure® Foundation, Dr. Mary Flynn researched the effects of an olive-oil-and-plant-based diet on overweight women who had previously undergone treatment for invasive breast cancer. Now, she reveals her findings in *The Pink Ribbon Diet*. Not only is this program more effective than the National Cancer Institute's recommended low-fat diet, but it is also a diet that women find more satisfying and can thereby sustain for life. The Pink Ribbon Diet features 150 recipes that naturally emphasize Mediterranean foods with nutrients thought to lower breast-cancer risk and foods that improve biomarkers, indicators of risk. This diet has been effective in helping women who have had breast cancer and those at risk of getting it to avoid unhealthy weight gain and safeguard their health.

Book Information

Paperback: 288 pages

Publisher: Da Capo Lifelong Books; 1 edition (September 28, 2010)

Language: English

ISBN-10: 0738213942

ISBN-13: 978-0738213941

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 37 customer reviews

Best Sellers Rank: #448,708 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #129 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #1139 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

Under the auspices of the Susan G. Komen for the Cure foundation, Flynn, a research dietitian at the Miriam Hospital and assistant professor at Brown Medical School, studied the effects of a plant-based olive-oil diet ("PBOO") for overweight women who had undergone breast cancer treatment, compared to a low-fat diet recommended by the National Cancer Institute. Her conclusion--that the plant-based olive oil diet is both more effective and more satisfying--is the basis for this combination research/recipe book, penned with the help of Barr, a cookbook author formerly associated with Julia Child. The authors explain that the PBOO diet concentrates primarily on foods that women should eat in order to lower their risk of breast cancer or to ward off its recurrence, while

omitting foods associated with risks; the focus on olive oil and veggies leads to improvement in blood lipids, blood sugar, and insulin, all biomarkers for breast cancer. Part II presents a 1,500-calorie diet that includes 150 simple, affordable, and enticing recipes, ranging from breakfasts, salads, and sandwiches to main courses and desserts. This user-friendly and preventive diet plan will benefit every woman concerned about breast cancer and health. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Publishers Weekly, 8/16/10â€¢ “This user-friendly and preventive diet plan will benefit every woman concerned about breast cancer and health.” Library Journal, 8/2/10â€¢ “[A] reasonable plan, even if you just want to maintain a healthy weight.” Blogcritics.org, 9/15/10â€¢ “Offers breakfasts, side dishes, main dishes, andâ€¢ best of allâ€¢ â€¢desserts (including cranberry/almond biscotti)”|Bottom Line: Would I buy The Pink Ribbon Diet? Yes, it is filled with recipes designed to satisfy the healthy Mediterranean in me. Infodad.com, 10/14/10â€¢ “[The Pink Ribbon Diet] offers some delicious dishes.” January, October 2010â€¢ “An interestingâ€¢ â€¢and surprisingly rationaleâ€¢ â€¢book”|Authors Mary Flynn and Nancy Verde Barrâ€¢ â€¢’s guide to diet, weight loss and food is sane and approachable.” Books and Chocolate blog, 12/6/10â€¢ “This bookâ€¢ â€¢should be shared with any woman who is a breast cancer survivor, has been recently diagnosed, or who wants to lowerâ€¢ her risk of getting the disease.” Healthy Magazine (UK), January 2011

Because this book contains charts and recipes, reading it on a Kindle Touch is not ideal. I tried to copy and paste the text for a few recipes on ’s cloud reader and it didn’t work. I’m a secretary by trade and do this on a regular basis. I ended up handwriting a few that sounded especially good. It’s probably easier to just buy the hard copy book. With regard to the book’s content, it was helpful information but there were entirely too many testimonials for my taste. I’m a “cut-to-the-chase” and tell me what I need to know person. I wish that I had this information four years ago when I was first diagnosed. It might have spared me the third diagnosis that I received yesterday. Take care of your bodies ladies and they will take care of you.

I purchased this book via Kindle after my lumpectomy earlier this year. I’ve decided to order the book - it is easier to navigate in the kitchen than my kindle as I’m preparing my meals. At first, I thought I would be hungry on this diet but found quite the opposite. Critics out there would look at

the high carb plan and think that one would not lose weight. I lost 8lbs in two weeks on this diet. I love the food and servings are plentiful. It does take some planning & prep, but if one is eating the way that they should, it would take planning and prep. My first trip to the grocery store did cost me close to \$100, but I had to stock up on some of the basics of this diet. Once I had them, I only had to replenish from time to time. Most of the recipes make only one serving, some make a few more (soups), but they do double/triple nicely. My husband can't eat this diet alone, but what is my dinner works out to be his side dish. The food is tasty and within a few days I noticed that I actually felt good. The diet doesn't discuss drinks - coffee or tea - but I made the decision not to drink diet drinks anymore, limit soda to once in awhile, and enjoy my daily cup of 1/2 caf coffee. I created an excel spreadsheet to meal plan & fill my grocery list. I'm not counting the calories, but am watching to make sure that I stay within the servings guidelines. Because I can't make the meal at my work, I prep either the weekend or night before my lunch and take to work - a lot of the recipes are very portable & re-heat well. My co-workers are requesting the recipes. My husband said that this should be called the Tupperware diet because of all the Tupperware I'm using to keep my meals in. I just think of it as my own convenience meal.

Excellent explanation of important dietary choices for health and the importance of weight control for the breast cancer survivor. Recipes are easy and helpful. A very easy way to diet - counting allowed units of starch, fruit, veggies, fat, and dairy instead of calories. Much easier this way and makes it obvious where we like to "go heavy" in our daily choices. I think she should have emphasized the importance of organic for certain foods - the top 15 most contaminated, and provided that list. I also notice she is not too concerned about the consumption of sugar. In a way this is helpful because one can have an otherwise healthy treat now and again and not feel guilty. (There are no units for sugar in the daily counting of categories). Somehow it all works out that one is not going above a certain daily calorie limit. I am well informed about diet and cancer and I highly recommend this book. Many helpful suggestions for getting organized as well. Pretty easy for me since I already stock most of these foods but the diet definitely points out where I fall short on consumption of vegetables.

My dietitian recommended this book and I am definitely feeling better already. It makes a lot of sense and describes why this plant based olive oil diet works. It truly is the essence of a mediterranean diet which is recommended by the MAYO clinic. I have stage 4 breast cancer and within a week of being on this diet my digestive problems have evened out. My family members

are starting it too. This is the best diet for anyone, whether or not you have cancer, heart disease or diabetes, or if you have none of them. This makes a lot of sense.

Dr. Flynn's book has changed my life! I am almost 70 years old - so I've done a lot of diets, and failed. This is not a diet to me, but a way of living. I am losing weight, feeling good, having more energy and not feeling like I am being starved. Quite the opposite has happened, I am satisfied with my food and do not have cravings. This would be a wonderful gift for anyone that you love who needs to improve their physical being. The recipes are easy and very tasty. Thank you Dr. Flynn.

I have used the book since March. Since starting the lifestyle change I have lost 12 pounds. The recipes are well written, easy to follow and offer a variety of healthy foods that are satisfying and yummy.

One recipe from this book was published in an article in the Brown Alumni Magazine--Tomatoes, Basil and Whole Wheat pasta. I loved the recipe so much that I make it once a week. I wanted the rest of the recipes, so I ordered the book, and I am not disappointed--have made many of the roasted vegetable recipes and entrees. The book explains the science behind the "Plant Based Olive Oil" diet and offers a number of studies that confirm its healthfulness and effectiveness. This cookbook is always out on my counter--I use something from it every day.

I first heard of this book at a dinner I attended with my office manager and co-worker. The author spoke at the dinner. I want to eat healthier so I ordered the book. The meals just look so delicious, and the book itself is just so logical in explaining food that is good for you that I ordered a few copies to give to my daughter, and my best friends. I love them all so much, I just want them to eat healthy

[Download to continue reading...](#)

The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan to Lower Your Breast Cancer Risk
Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure

For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)