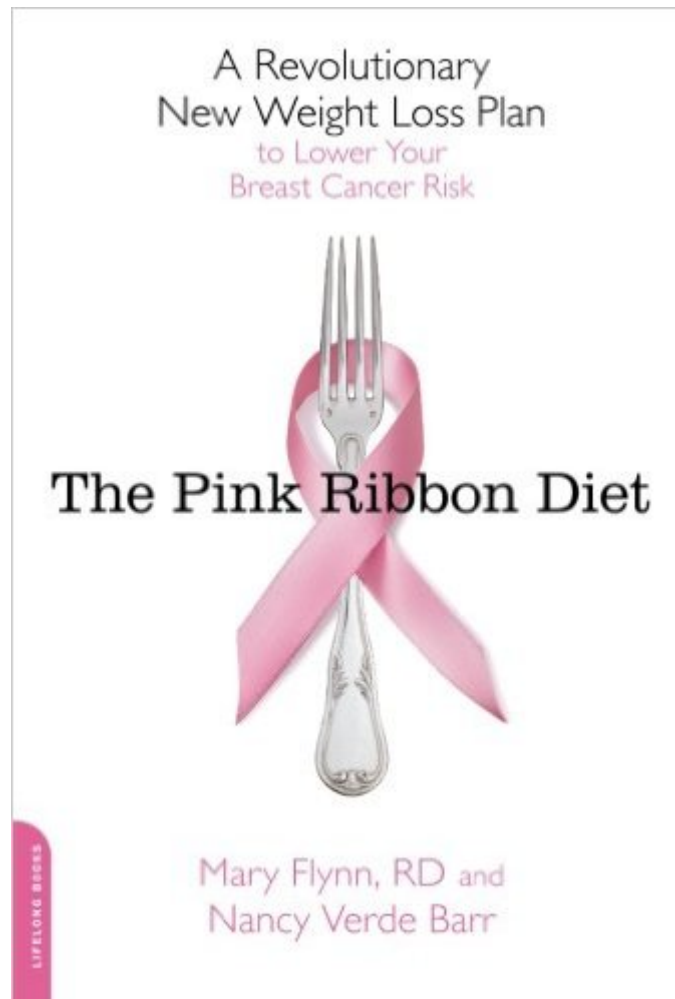


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# The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan To Lower Your Breast Cancer Risk



## 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 0.6 x 8.9 inches

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

Average Customer Review: 4.4 out of 5 stars See all reviews (35 customer reviews)

Best Sellers Rank: #152,331 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #32 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #467 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

Knowing women who have gone through breast cancer and having a risk in my family as well, I paid attention when I saw this book. *The Pink Ribbon Diet* is the result of a study on the effects extra weight has on women with breast cancer (who tend to gain during treatment) as well as those who don't have it but are at greater risk because they are overweight. The findings show that a higher fat (olive oil) plant-based Mediterranean diet not only helps women in all stages of recovery manage or lose weight, but it also helps women who don't have cancer to lose weight and nourish their bodies with cancer-preventative nutrients while also improving biomarkers like insulin, blood sugar, and cholesterol. I confess I was skeptical at first, thinking this was another diet that was full of "don't's",

but I was pleasantly surprised to discover that the recipes (there are 150) are great and foods that are discouraged aren't missed. I love soups and there are plenty to choose from, along with sandwiches, baked goods, casseroles and salads. Meat is allowed, as are cheese and eggs, but in limited quantities for reasons the authors give based on the study. This book isn't pushing vegetarianism, but documents real reasons why some meats in high quantities increase the cancer risk, whereas whole grains, olive oil, vegetables, and fruit actually help the body fight cancer and lose weight. The book outlines a 1500 calorie diet and gives sample weekly meal plans along with recipes and advice on how to stock a pantry with more healthful, cancer-fighting foods. This is a diet book that does restrict calories and some foods while focusing on those that promote healing and weight management. The reasons for the restrictions are based on what increases the risk of cancer and what helps prevent it. This book should be read and used with that specific goal in mind, and should be shared with any woman who is a breast cancer survivor, has been recently diagnosed, or who wants to lower her risk of getting the disease.

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.

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 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.

There are some good ideas in the book. However, I can't see losing weight with the carbs in these recipes. Olive oil is likely protective, but following up good recommendations with the idea that no amount of healthy eating can offset red meat or mayonnaise casts suspicion on the science. Who has never eaten something on the "bad" list or can be sure they never will. So there is will always be

a "reason" why you may get breast cancer anyway. Also, I have seen very thin ladies who had breast cancer. One was also a vegan. So being thin and a herbivore is no guarantee. Which comes to the point. They still don't know what causes it, how to cure it and how to prevent it. Take for example the alcohol debate which rages on and a different opinion endorsed by the medical community comes out each week. It would be kinder to just stop the speculation until somebody knows for sure what the Hell is causing it. Or is willing to give up all the money made off the unfortunate people who have it and come out with the real answers and solutions. Most likely good intentions behind the book, but could be a false sense of security.

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.

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.

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