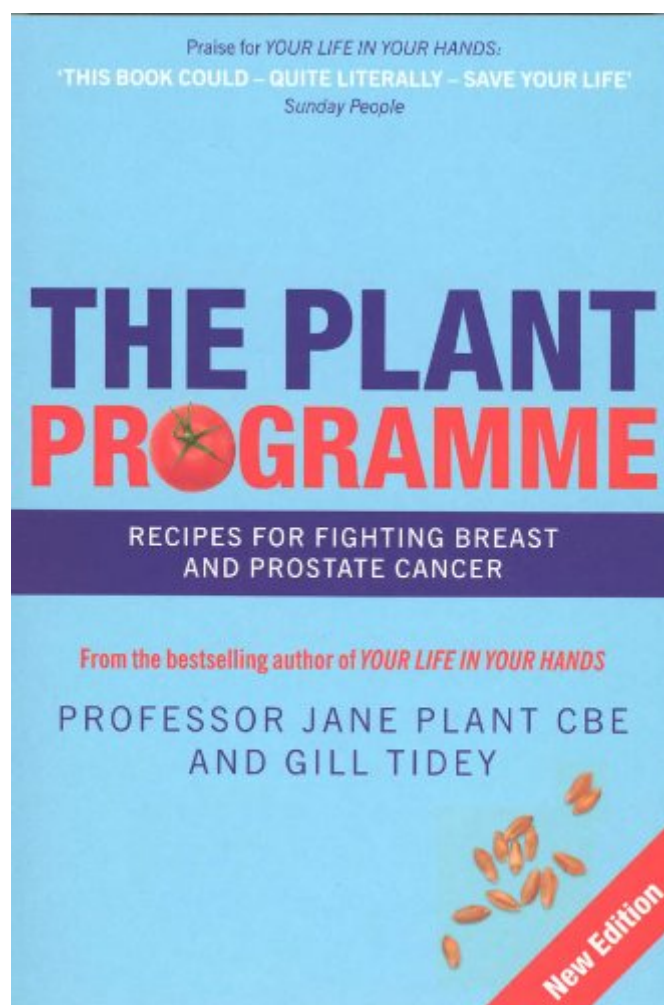


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# The Plant Programme



## Synopsis

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.

## Book Information

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## Customer Reviews

It is 3 years since I bought this book, in April 2005, soon after being diagnosed with the most serious staging of prostate cancer. I had only just celebrated my 54th birthday and here was I being told that

the prognosis was very, very bleak. I then bought and read Jane Plant's own inspiring story of her fight against breast cancer in her book "Your life In Your Hands", and I became convinced of the wisdom of her words and her successful strategy in the battle against such devastating illness. The first step in my fightback was to completely change my diet, and to do this I needed a guide to help me through the planning of all my daily meals. Never having been on any type of diet before, I was at a loss as to where to start, what to buy, what to avoid, and how to prepare and to cook the foods I would now need. This simple, well written book was my guiding light, my very own cookery 'bible'. To this day it sits proudly on my kitchen shelf, now very well thumbed through and extremely well worn. I could never have managed to stay on the path to recovery without it. And a recovery it has indeed been. Only last week, on 15th May 2008, my oncologist gave me my latest blood test results and told me how amazed and delighted he was that I had come through all the hormone treatment and radiotherapy so exceptionally well, and that after having stopped all medication 6 months ahead of schedule, my results were startling. I have a normal PSA level and my testosterone is equivalent to that of a healthy, younger man. I cannot praise this book highly enough, and I have waited three years to write this review, now being totally sure that buying it was one of the best decisions of my life. Thank you Prof Jane Plant.

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