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Introduction

Whilst working in the NHS, I frequently met people diagnosed with cancer who had adopted 'alternative' nutritional advice from various unreliable sources. The advice was trusted as it was presented in such a way that suggested the dietary principles were safe and well researched.

These 'alternative' diets are often strict, eliminating essential food groups, and hence nutrients from the diet. Unfortunately some of the people I met had, unknowingly, severely compromised their nutritional status and as a consequence were unable to tolerate effective levels of cancer treatment or were unable to do simple everyday tasks due a lack of energy and strength.

This was my motivation; to write a book that keeps it simple - no gimmicks - just reliable information and advice.

Around 80% of people diagnosed with cancer experience some degree of under-nutrition. Diet and health are inextricably linked and the awareness of just how important nutrition is for those with cancer is growing. Nutritional therapy is now understood to be an essential part of cancer treatment, rather than simply as an adjunct or an afterthought.

This book provides comprehensive information on nutritional therapy for those affected by cancer, based on the latest research and clinical practice, showing *why* and *how* to apply important principles to the diet.

There are over 200 different types of cancer, each one bringing different nutritional difficulties. This book has been developed to provide information and advice to anyone affected by any type cancer, tackling the most common nutritional issues in a simple and practical way.

Following each chapter there is space to make notes. This space could be used in a number of different ways; to jot down questions to ask during a consultation with a health professional, to document a 'to do' list or action plan or simply to make notes of any thoughts relevant to the chapter.

A few terms explained

Nutritional status: This term refers to the state of the body related to the consumption and utilisation of nutrition.

Under-nutrition: This term refers to a state in which the consumption and utilisation of nutrition is insufficient to meet the needs of the body.

Nutritional Therapy: This is a term used to describe the application of scientific understanding into practical dietary principles to maintain and promote health and treat disease.