



# Total Breast Health: The Power Food Solution for Protection and Wellness

*Robin Keuneke*

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Robin Keuneke has made food her career: cooking it and teaching, writing, editing, counseling, and talking about it. *Total Breast Health* is about how food contributes to breast health and protects against breast cancer. Keuneke explains how "power foods" (soy, flaxseed, organic vegetables, and fresh, unprocessed oils) contribute to the prevention of breast cancer, including cooking tips and recipes. She presents a lengthy interview with Udo Erasmus, author of *Fats That Heal, Fats That Kill*, about helpful and harmful fats ("\$150 million were spent on marketing canola oil," which, like other oils, is processed with "Drano, window washing acid, bleach, and then overheated"). She shares her views about diets considered healthy, like the French Mediterranean diet (she's for it) and the high-carbohydrate, very low-fat diet (she's against it).

The "Secrets of a Healthy Kitchen" chapter uses a question-and-answer format to cover a myriad of topics, such as timesaving tips and how to select oils, fiber, rice, dairy, and water filters. More than 125 recipes include Tofu Cote d'Azur (with two to three heads of roasted garlic), Sweet and Sour Red Lentil Soup with Saffron, Dilled Salmon in Miso-Lemon Sauce, Spicy Sardine Pita Pocket, Soybean Casserole with Chicken, and Mocha Soy Custard. --*Joan Price*



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