

Foreword

Nourishing ourselves and our loved ones involves a major expenditure of time, energy and inspiration. We spend many hours collecting or growing our food, preparing it to be eaten, eating it and then cleaning up afterwards. Add to this the substantial cost of food during a lifetime and we begin to realize the great importance of food in our lives.

Twenty years ago, the “experts” told us that there was no relationship between nutrition and cancer. Nutritionists have since dispelled the fallacy of this notion. Sally Errey focuses on the very important role of healthful nutrition in patients with cancer. Trevor Simpson has done a beautiful job preparing eight compelling case histories showing how each person overcame his or her problem with cancer through good management and sound nutrition.

A very important contribution of “Staying Alive! Cookbook for Cancer Free Living” is the emphasis on “wholism” in our daily lives-looking at all the things that support our health and healing – quality nutrition, regular exercise, quality sleep, healthy lifestyle and a positive attitude. Although the book is dedicated to the subject of cancer, its emphasis is just as important for anyone who has a desire to be well and to stay well.

Sally has succeeded in making the sometimes complicated subject of nutrition easier for all of us to understand. She has provided more than 100 recipes to ease the transition from less wholesome foods to a complete, nourishing diet. Also invaluable is the list of 20 “cancer-conquering foods” and a “Nutritional Top 40”. Sally not only shows us how a nutritious diet can help to restore our health, she takes the extra step to show that sound nutrition can be a means of preventing disease, by “optimizing our immune system.”

The contents of this book make us fully aware of powerful marketing systems that encourage the public to make unhealthy choices in the marketplace. The information motivates us to take a common-sense approach to food and helps us to avoid the pitfalls when exploring new foods and recipes. Tips and details about kitchen equipment help make food preparation more efficient and enjoyable. The importance of organic foods, the risks of processed foods, how to cook food and how to plan menus are all included.

This book is far more than a cookbook. In short, Sally has created a very important blueprint for upgrading nutrition and healthy living. Her lively approach and sense of humour make for easy-to-understand and enjoyable reading and referencing. “Staying Alive!” is a “must read” for not only the lay person or those with cancer, but also for physicians and nutritionists who work with people with cancer.

Thank you, Sally, for your contribution to the community’s well-being.

R H.Rogers M.D.
Co-Founder, Centre for Integrated Healing