

Powerful Patient 2008 week 47

Host: Joyce Graff, WebTalkRadio.net

Anti-Cancer Cooking

As we learn about the role nutrition plays in keeping our immune systems healthy, we have had to re-learn what to eat and how to prepare it. Dr. Julia Greer talks about her new *Anti-Cancer Cookbook*, and explains how the various nutrients support our health.



Julia Greer, M.D.

1) About Our Guest

Julia B. Greer, M.D., M.P.H., works as an epidemiologist in the Division of Gastroenterology, Hepatology and Nutrition at the University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania. She received her medical training at Princeton University, Mt. Sinai Hospital in New York, Georgetown University School of Medicine, in Washington, D.C., and the University of Pittsburgh School of Public Health.

She does primary research in breast, ovarian, and pancreatic cancer.

She is also an avid cook. For years she has given talks which included information about nutrition and cancer. Noticing how much people seemed engaged by this topic, and dismayed by the convenience-food epidemic, she decided to write this book.

2) The Anti-Cancer Cookbook

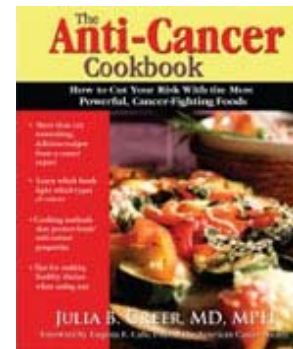
How to Cut Your Risk With the Most Powerful, Cancer-Fighting Foods

<http://www.amazon.com/Anti-Cancer-Cookbook-Julia-Greer/dp/0962481491>

This book is available for purchase now at the online outlets.

Dr. Greer explains which foods are rich in antioxidants and anti-inflammatories, and why they are important in fighting cancer. Food is our first natural defense: as Hippocrates, the Father of Medicine, said (460-377 B.C.) "Let food be thy medicine and let medicine be thy food."

A lot of the general advice in the book isn't hard to grasp: As cancer groups agree, the best diets are those rich in fruits and vegetables, whole grains, legumes and healthy sources of proteins and fats.



We talk about the pros and cons of soy, dairy products, gluten allergies, trans fats,

And the bulk of her book is recipes -- some 225 of them, many of which she pulled from her own regular repertoire. One of her favorites is one of her own concoctions: Adzuki Bean-Citrus Salad, which, as the book notes, contains saponins (from the beans) and isoflavones (in the miso, or soy paste) that may help prevent pancreas and breast cancers. She provides that kind of information for each dish.

3) About Guillain-Barré Syndrome

In the course of the conversation we speak about a number of conditions for which these nutrition principles are beneficial. Dr. Greer herself experienced Guillain-Barré syndrome for six years while recovering from her injuries. She has fully recovered from this experience.

Guillain-Barré syndrome is a disorder in which the body's immune system attacks part of the peripheral nervous system. The first symptoms of this disorder include varying degrees of weakness or tingling sensations in the legs. In many instances, the weakness and abnormal sensations spread to the arms and upper body. These symptoms can increase in intensity until the muscles cannot be used at all and the patient is almost totally paralyzed. In these cases, the disorder is life-threatening and is considered a medical emergency. The patient is often put on a respirator to assist with breathing. Most patients, however, recover from even the most severe cases of Guillain-Barré syndrome, although some continue to have some degree of weakness.

For additional information, please see <http://www.ninds.nih.gov/disorders/gbs/gbs.htm>

4) Recipes to Prevent Cancer

A. Broccoli and Tomato Halibut

Dr. Julia B. Greer writes, "This recipe was adapted from one that I found years ago in Easy Home Cooking magazine. Few vegetables rival broccoli and tomatoes in nutritional value. If you are watching your sugar and carbohydrate intake, this dish is perfect for you because it contains fewer than 10 grams of carbohydrates per serving." According to her book, the allicin in the garlic and lycopene in the tomatoes may help prevent colon and prostate cancers.

- 2 tablespoons extra-virgin olive oil
- 2 cups fresh broccoli florets, chopped
- 2 1/2 cups fresh ripe tomatoes, diced
- 2 tablespoons lemon juice
- 1 1/2 tablespoons garlic, minced
- 1 teaspoon dried tarragon

- 1/2 teaspoon sugar
- 1/4 teaspoon each salt and freshly ground black pepper
- 4 halibut steaks (about 5 to 6 ounces each)

Heat oil in a large skillet over medium heat about 1 minute. Add broccoli and heat 5 minutes. Add all remaining ingredients except halibut; cook 5 minutes, stirring occasionally. Add halibut; cover and cook about 5 minutes on each side. Divide halibut and vegetables among 4 dinner plates.

Makes 4 servings.

-- *"The Anti-Cancer Cookbook" by Julia B. Greer, M.D.*
(Sunrise River Press, \$19.95)

B. Adzuki-Bean and Citrus Salad

"This sweet and savory salad," writes Dr. Julia B. Greer, "contains antioxidants galore and is uniquely satisfying."

- 1 cup dried adzuki beans (can substitute black beans or other small beans)
- 1/4 teaspoon black pepper
- 2 tablespoons mellow white miso (soy paste)
- 3 tablespoons orange juice
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon fresh ginger, peeled and minced
- 3 scallions, chopped
- 2 medium cucumbers, peeled, seeded, and chopped
- 1 small carrot, chopped
- 3 tablespoons pecans, chopped
- 1 1/2 cups baby arugula
- 1 cup baby romaine-lettuce leaves
- 1 orange, peeled and divided into sections

The night before preparing salad, place beans in a bowl. Add water to cover by 2 inches. Cover and let stand overnight. Rinse and drain beans and place in a medium saucepan.

Add water to cover by 2 inches and bring to a boil over high heat.

Stir in pepper. Reduce heat to low, cover, and simmer, stirring occasionally, 30 to 40 minutes or until very tender. Drain beans and place in a serving bowl about 10 minutes. Meanwhile, in a large bowl, whisk together miso, orange juice, lemon juice, oil, and ginger.

Stir in scallions, cucumbers, carrot, pecans, and adzuki beans. Let stand 10 to 15 minutes to allow flavors to meld. Divide mixed arugula and baby romaine among 4 serving plates.

Add $\frac{1}{4}$ bean salad to middle of each plate of mixed greens and surround with a few orange slices.

Makes 4 servings.

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C. Cheesy Brown Rice and Lentil Casserole

Dr. Julia B. Greer writes, "This dish is flavorful and savory, not at all like those bland casseroles that you may have had in the past. As a side dish, the recipe makes about twice as many servings. For a vegan option, use your favorite soy cheese instead of the cheddar." According to the book, the saponins in the lentils and resveratrol in the red wine may help prevent pancreas and kidney cancers.

- 1/2 cup dry red wine
- 1 1/2 cups reduced-sodium vegetable broth
- 1/2 cup dried lentils
- 1/2 cup uncooked brown rice
- 1 cup diced tomatoes, mashed with a potato masher
- 1 medium yellow onion, minced
- 3 small garlic cloves, minced
- 1/4 teaspoon dried thyme
- 1 bay leaf
- Sea salt and ground pepper to taste
- 1/4 teaspoon dried basil
- 1/2 cup shredded reduced-fat cheddar cheese (or soy cheese)

Preheat oven to 350 degrees. In a 6-cup casserole dish, combine all ingredients except cheese. Mix thoroughly and cover with a tight-fitting lid or foil. Bake 90 to 100 minutes, or until lentils are tender and liquid is absorbed, stirring 2 or 3 times during baking. Take off foil or lid, remove the bay leaf and top with shredded cheese. Return to oven, uncovered, and heat 3 to 4 minutes, until cheese melts.

Makes 4 large servings.

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