



# Eet gezond, voel goed: Beveg kanker met voeding (Afrikaans Edition)

*Adéle van der Merwe & Jeske Wellmann, Jeske Wellmann*

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“Praktiese advies oor wat en hoe om te eet as jy kanker het ... ’n bruikbare, verstaanbare gids.”

– Megan Pentz-Kluits, dieetkundige konsultant vir KANSA. Deur reg te eet kan kankerlyers hul immuunstelsel versterk – en beter voel. Twee van Suid-Afrika se voorste kundiges wys in dié boek hoe mense met kanker, hul versorgers en hul families kanker met die regte kos kan bestuur. Met hope resepte, goed verpakte inligting en pasgemaakte maaltydplanne is hierdie boek veel meer as bloot ’n resepteboek. Dit onderskei tussen die verskillende soorte kanker en gee oplossings vir die spesifieke voedingsprobleme wat gepaardgaan met verskillende behandelings, dit gee raad vir die bestuur van die nuwe-effekte van kankerterapie, soos ’n droë mond of naarheid wat dit soms moeilik maak om behoorlik te eet. Die geregte is maklik om te maak en kan aangepas word vir verskillende kosvoorkeure en elke resep sluit dieetkundige wenke in sodat dit volgens die individu se behoeftes aangepas kan word. Hierdie boek help mense met kanker om voor, tydens en ná hul behandeling beter te eet en te voel.

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