

# DIET AND CANCER: *Is There a Connection?*

Written By Melinda Coker  
Reviewed by Gail McGlothlin

Melinda Coker is very clear about her reasons for writing *Diet and Cancer: Is There a Connection?* She wants to "cut through the clutter" that surrounds diet and health risks. Reading *Diet and Cancer* is like reading the Reader's Digest compilation of hundreds of articles and books on diet and health risks. Thank you, Melinda!

Like everyone else my age, I scan health articles in newspapers and magazines and read the on-line articles that are highlighted by MSN, Yahoo, or Google. Throw in articles

The good news about new research, new cures, and hope is scattered throughout the book. Chapters 6 – 9 are the culmination of the research and recommendation for a new way of looking at what we eat. Coker has transformed our food choices into choices that will shorten or lengthen our lives and, for those who have children living at home, the lives of our children.

Coker is also blunt about "not to simply dabble about dietary changes." Those simple, little "changes," as adver-

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about cancer and cures. Mix in conflicting advice – drink wine for this, don't drink wine; eat fish for this, don't eat fish. Add minor and serious brushes with cancer by family and friends and the stern look from the doctor at the annual physical. The totality of it all is the degree in health, diet, and cancer one needs to make informed decisions.

Fortunately, Ms. Coker's fascination with diet (good and bad) and consequences has resulted in life long study and practice of a healthy food plan and its consequences. We plan for a good job by getting a good education. We plan for retirement by saving. We plan the number of children we'll have, where we'll go on vacation, how many electrical outlets we'll have in our new house, etc., etc., etc. *Diet and Cancer* makes an excellent case for planning for a long, healthy life by avoiding cancer risks and eating a diet rich in fruit, vegetables, and grains.

*Diet and Cancer* is well researched, as you will note by the fifteen-page bibliography in small print. It is organized in a logical progression. The information on risks factors is simply stated with little commentary. A warning to the reader: even compiled and condensed, the amount of information is significant. At one point, I skipped ahead to see if I could find a chapter where my risk factors weren't so prominently listed!!!

used on the cover of magazines in the supermarket check-out lines, "does very little" according to Coker.

The author concludes her book with a ten-day food plan outline. When I read the plan, my first thoughts were that *my food bill would drop as dramatically as Coker promises the weight would*. My second thought was that I would need less time in the kitchen than usual.

Read *Diet and Cancer* and you'll find uncompromising facts about preventing cancer, mitigating the negative effects of chemotherapy, and the relationship of cancer and food. You'll also find a plan to guide you and your family toward a new way to look at what is on your dining table. Whether you choose to make a significant change in your food plan or not, the researched information from *Diet and Cancer* are worth of the price of the book and the time it takes to read it.



**Diet and Cancer:  
Is There A Connection**  
Melinda Coker  
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