

<b>Venue:</b>	Doody's Book Review Service
<b>Title:</b>	Book Review: Ancient and traditional foods, plants, herbs and spices used in cancer, Rajkumar Rajendram, et al.
<b>Date:</b>	2024
<b>Type:</b>	Book Review
<b>Author(s)/ Presenter(s):</b>	Amy Schreiner
<b>Abstract (or Book Review):</b>	<p><b>Description</b></p> <p>This book covers the use of ancient and traditional foods, plants, herbs, and spices in the treatment of cancer. Each chapter provides a unique description of a supplement, herb, plant, or spice shown to be effective in the treatment of cancer or mitigation of cancer symptoms.</p> <p><b>Purpose</b></p> <p>The purpose of the book is to provide a description of the dietary components which practitioners can use to treat patients who have been diagnosed or who are trying to prevent a diagnosis of cancer. It seeks to provide a brief overview of the different traditional Chinese medicine treatments, fruits, and plant-derived treatments. The majority of the text focuses on specific agents and the research supporting the items, extracts and agents. The objectives are worthy, and the book meets them.</p> <p><b>Audience</b></p> <p>The book's primary audience is providers seeking to gain knowledge in the treatment of patients diagnosed with cancer. Practitioners who work with patients seeking alternative treatment for cancer are targeted. The text meets the needs of the audience. The authors are credible and have a plethora of credentials making them experts in their fields.</p> <p><b>Features</b></p> <p>The book covers dietary needs and components for patients diagnosed with cancer. It then progresses into specific agents, items, herbs, plants, and extracts which may treat or assist</p>

these patients with their diagnosis. The coverage includes, among others, the usage of fenugreek in cancer, garlic extract usage in colon cancer, and reishi mushroom extract and breast cancer cells. Diagrams and illustrations are extremely helpful to the reader and enhance the written material. One shortcoming of the book is there are limited alternative treatments discussed. The book does not discuss the reason the authors chose these items.

**Assessment**

The book is interesting and has the potential to be helpful to the practitioner who works with patients seeking alternative treatments for cancer. It meets the objectives set forth and likely would provide help to practitioners in this field. I have not seen other books like this.