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MEDIA KIT



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METABOLIC FASTING FOR CANCER

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Nina Gudkovs

AUTHOR BIOGRAPHY

about

Nina Gudkovs has been working in the field of complementary medicine as a Western Herbal Medicine practitioner for the past 7 years and has a passion for helping people with their health. She provides services from 2 clinics in Brisbane and Warwick in South-East Queensland. Nina was awarded two Excellence in Clinic certificates on completion of her training.

The suggestion to write a practical book for cancer patients came from Professor Kerry Bone, a leading educator in naturopathic and herbal medicine, with whom Nina had the enormous good fortune to be mentored.

From keeping abreast of the latest research, Nina has developed a firm conviction that diet matters for people suffering from cancer, and she is strongly motivated to provide resources and increase public awareness of the beneficial impact of plants and their phytochemicals on health.



"Dietary phytochemicals can play a significant role in the cancer therapy through a variety of mechanisms which exert anti-cancer effects. "

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BOOK BIOGRAPHY

the book

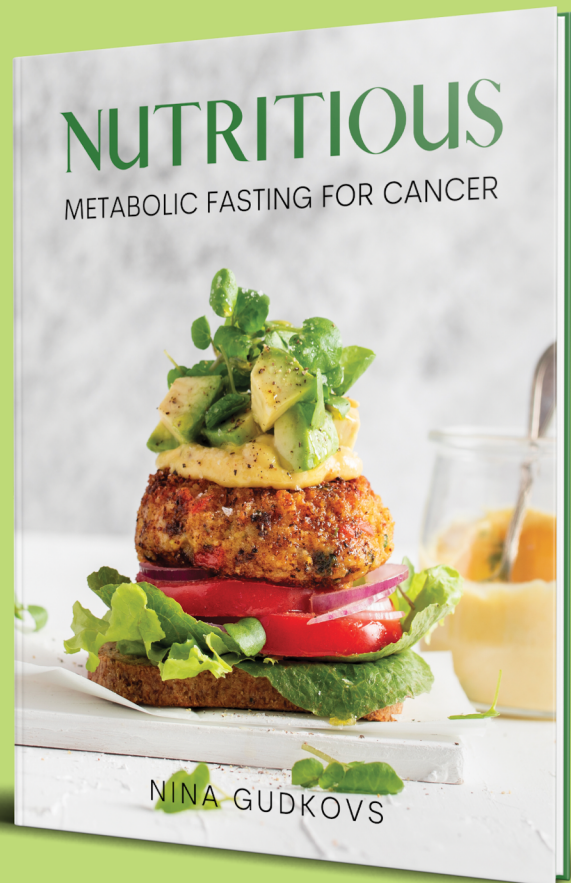
Author: Nina Gudkovs

Category: Cookbook, self-help

Nutritious: Metabolic Fasting for Cancer is a toolkit, full of guidelines and recipes that translate cancer research into what you can easily do at home.

This revolutionary approach offers a template to give you a better chance of healing by eating a ratio of healthy fats and plant-based proteins that are low in carbohydrates. Research has shown us that cancer cells generally rely on glucose as their main energy source to grow and multiply. It is also now known that cancer cells can also use various alternative sources for energy, such as amino acids, especially those found in high amounts in animal protein. This book integrates these findings with burgeoning research on the powerful health benefits of a plant-based diet, and is truly cutting edge in its formulation of how to eat, providing nutritious and tasty recipes.

Nina provides an engaging and well written resource for people who have a diagnosis of cancer. With clear explanations, beautiful photography, and a wealth of useful information, this informative book gives readers an in-depth rationale for the approach as well as providing patients with the tools and knowledge to follow this diet with confidence.



Dimensions | 196 x 253mm

Publication date | June 2022

Publisher | Ocean Reeve Publishing Pty Ltd

Publication State/Country | Queensland, Australia

ISBN 13 | 978-1-922532-48-0



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TARGET AUDIENCE

who should read

- People with a diagnosis of cancer - in conjunction with any treatment they may be undertaking: chemotherapy, radiation, surgery, immunotherapy, or alternative therapies.
- People in cancer remission
- People who are concerned about cancer prevention due to a family history of cancer
- Healthcare practitioners who wish for an additional resource for their patients

the benefits

- Personal agency to take an active role in your own health
- A resource that contains more than 60 mouth-watering recipes that are easy to prepare
- A 14-day meal plan
- Food lists and shopping guides to help in getting started
- Useful tips to make transitioning to and sustaining this plant-based ketogenic diet as simple as possible
- Practical strategies and guidance for days when tired or suffering from the side-effects of treatment.

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REVIEWS

what people are saying

"Congratulations to Nina Gudkovs for this fluent, thoroughly researched explanation of the role of nutrition in counteracting cancer, based on the principles of metabolism and veganism. I have read countless scientific works and popular books on this subject (having published one myself), and this is definitely among the best. People often ask me for recipes utilizing the key foods that protect against cancer, and now I can confidently direct them to Nina's beautifully presented and illustrated book."

DR DAVID WILKINSON

Surgical oncologist, author of "Can food be medicine against cancer?"

"The genius of this book is the way it deciphers the basic objective of a defined carbohydrate, protein and fat intake from vegan sources into daily meal plans, skillfully turning theory into practice. To solve this puzzle with recipes that are both appetising and wholesome is a Herculean achievement, not surprising though, given that Nina is an accomplished cook and natural therapist. This book will be of huge benefit to my patients with cancer (or who wish to prevent it) and I can't wait to use it. In fact, it is the first book I know of that provides a practical and realistic way to achieve a truly healthy vegan ketogenic diet for cancer."

PROFESSOR KERRY BONE

CoFounder and Director of Research and Development at MediHerb

"I am amazed at the information, useful knowledge and delicious healthy recipes that Nutritious contains. This is an *excellent* book, well written with clear explanations. This book is outstanding and I know that it will be a valuable resource for many patients with cancer. After half a century of reading about these things, I found the case studies most interesting. I would highly recommend this book to patients as I have not seen anything that compares with it in quality or relevance for people with cancer."

DR JOHN WALTERS

Integrative GP and Clinical Director National Institute of Integrative Medicine

"This is a wonderfully practical and appealing book for anyone faced with the often daunting challenge of a cancer diagnosis, and for anyone wanting to avoid one. It gives the scientifically-based "whys" and the "hows" in simple terms, with helpful detail about application and how to overcome possible hurdles, as well as managing the diet through day to day symptoms of cancer and its treatment. An absolutely excellent and much needed resource. Well done!"

DR LIZ STRINGER



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INTERVIEW QUESTIONS

let's talk

- What motivated you to write this book?
- Who has the book been written for?
- What are some of the challenges people who have diagnosis of cancer face?
- Why is diet important?
- What is metabolic fasting?
- How do you think this book will help people?
- Are there any caveats that people should be aware of?
- What would you say to someone who has recently been diagnosed with cancer?
- What are some tips for people who want to use this book?

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AUTHOR CONTACT

connect

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