

# Keto for **CANCER** FOOD LIST

A Unique Guide On What To Eat And  
Avoid By Using Ketogenic Diets For  
Cancer Recovery And Treatments



**Betty Sizer**

# Ketogenic Recipes For Cancer

**Fran Warde, Catherine Zabilowicz**



## **Ketogenic Recipes For Cancer:**

*Ketogenic Diet Recipes for Beginners* Damon Axe, 2020-02-07 For too long we've blamed dietary fat for weight gain and health problems. The truth is healthy fats can actually help your body burn fat. That's the secret behind the ketogenic diet. As you get more fat and lose weight and feel strong and energetic without feeling hungry or deprived. The Keto Diet does away with the one size fits all philosophy offering a customizable approach that is tailored to the unique needs of the individual. Damon Axe provides the tools to empower everyone to develop a personalized nutrition plan offering limitless options while taking the many restrictions of a traditional ketogenic diet. A one stop guide to the culinary way of eating. The Keto Diet shows you how to transition to and maintain a whole foods based ketogenic diet with a key focus on practical strategies and tons of mouthwatering recipes. This book includes 60 healthy and delicious whole food recipes. **Healthy**

**Keto Recipes: 88 Easy Ketogenic Recipes for Better Health and Slimmer Body** Julie Gabriel, 2020-06-03 Are You Ready to Lose Weight with Keto Diet Easily? Keto success is achieved by following low carb principles but the weight loss is just the beginning. Studies have shown that the keto diet stabilizes mood, raises energy levels, controls blood sugar, lowers blood pressure, improves cholesterol, and more. Simply defined, a keto or ketogenic diet is an eating plan with high fat and very low carb intake. This diet plan is composed of mostly fat and moderate protein. According to experts, the ratio can be stated as fat 70-80% from daily total calories, protein 10-20%, and 5-10% carbohydrates. You might be dubious about this eating plan because of its high fat content. But due to its low carbohydrate diet, fats are effectively burned and converted to energy. A lot of people who have experienced its benefits have talked about keto's great effects on their health, wellness, and everyday performance. Are you looking for an easy but most importantly healthier way to adopt a keto diet? Then you came to the right place. Discover a simple adaptable strategy to help maintain your keto diet no matter what your weight loss goals are. These keto compliant recipes contain only a handful of easy to find ingredients, no fancy or branded products. That's a promise. For anyone new to the keto lifestyle who needs to learn the basics, this book explains the chemistry of keto macronutrients and the benefits of intermittent fasting. Here's a sneak peek of what's inside of this book: A primer on the keto diet, Essential pantry stocking tips on a budget, Power Keto breakfasts, No fuss lunch and dinner recipes, Energizing and skin firming smoothies, Delicious keto desserts, Versatile side dishes and snacks. Keto lifestyle does not have to be complicated, time consuming, unsustainable, or boring. This health focused keto diet book will also introduce you to the ketogenic way of eating and cooking so you can confidently enjoy the easiest and healthiest way towards a lasting weight loss and a whole new life on keto. **The Living Well With Cancer Cookbook** Fran Warde, Catherine Zabilowicz, 2016-06-16 When authors Fran Warde and Catherine Zabilowicz met at the Maggie's centre at Charing Cross Hospital in London, they quickly discovered they shared a passion for good food and healthy eating. They also realized that with their combined knowledge and experience, Fran as an acclaimed food writer and Catherine as an experienced nutritional therapist working at Maggie's, they could

provide invaluable guidance for anyone living with cancer their families and friends The Living Well With Cancer Cookbook published in support of the Maggie s charity is the result of Fran and Catherine s collaboration Aimed at helping readers through each stage of their journey diagnosis during and after treatment this essential guide is packed with advice on nutrition and health and offers a range of delicious recipes There are healthy twists on classic favourites and tempting new treats to try with every ingredient considered for its health benefits Positive and empowering the book contains a wealth of information on the best food choices to make and reveals why many scientists today believe that certain foods and a balanced diet are crucial in sustaining strength throughout treatment Taking a holistic approach this book also seeks to alleviate anxieties such as those concerning weight loss loss of appetite and the changes in how food tastes Above all the simple comforting recipes will help both experienced cooks and novices to create nutritious easily adapted meals from breakfast right through to dinner each one designed to nourish and sustain

*The Ketogenic Kitchen* Domini Kemp, Patricia Daly, 2016

Cancer survivors Domini Kemp and Patricia Daly offer the first comprehensive ketogenic cookbook based on the most exciting new research on nutritional approaches to the prevention and management of cancer For decades the ketogenic diet which shifts the body s metabolism from burning glucose to burning fat lowering blood sugar and insulin and resulting in a metabolic state known as ketosis has been used to successfully manage pediatric epilepsy More recently it has been used by the Paleo community as a weight loss strategy Now emerging research suggests that a ketogenic diet in conjunction with conventional treatments also offers new hope for those coping with cancer and other serious disease With endorsements from leading researchers and oncologists such as Dr Thomas Seyfried *Cancer as a Metabolic Disease* The Ketogenic Kitchen offers more than 250 recipes as well as meal plans and comprehensive scientific information about the benefits of a ketogenic diet with sensible advice to help readers through periods of illness recovery and treatment This North American paperback edition has been updated to include U S customary units of measure appearing side by side with metric measures

**Keto for Cancer** Miriam Kalamian, 2017-10-18 Keto for Cancer brings clarity to this emerging science and makes implementation of this information straightforward and uncomplicated David Perlmutter New York Times bestselling author This book addresses every question or concern that cancer patients might have in using a ketogenic metabolic strategy for managing their cancer Thomas Seyfried PhD THE comprehensive guide for patients and practitioners from a foremost authority in the emerging field of metabolic therapies for cancer Although evidence supporting the benefits of ketogenic diet therapies continues to mount there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer Keto for Cancer fills this need Nutritionist Miriam Kalamian has written the book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer and particularly the deep nutritional overhaul involved with the ketogenic diet Kalamian a leading voice in the keto movement is driven by passion from her own experience in using the ketogenic diet for her young son Her book addresses the nuts and bolts of adopting the diet from deciding whether keto is

the right choice to developing a personal plan for smoothly navigating the keto lifestyle It is invaluable for both beginners and seasoned users of the ketogenic diet as well as for health care professionals who need a toolkit to implement this targeted metabolic therapy The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet which extends well beyond simply starving cancer emphasizing the powerful impact the diet has on the metabolism of cancer cells Nutritional nuances and meal templates and tracking tools are explored in sections such as Fasting Protocols Know What's in the Foods You Eat Preparing Keto Meals Put Your Plan Into Action Kalamian also discusses important issues such as self advocacy empowering readers by offering tips on how to critically examine cancer care options and then incorporate what resonates into a truly personalized treatment plan *The Ketogenic Kitchen* Domini Kemp, Patricia Daly, 2016-09-02 The first comprehensive ketogenic cookbook based on new research on nutritional approaches to the prevention and management of cancer with over 250 recipes Kemp and Daly provide clear explanations and fantastic recipes delivered in a passionate and personal writing style This book removes the difficulties and makes the integration of the ketogenic diet into one's life a rich and enjoyable process Travis Christofferson author of *Tripping Over the Truth* For decades the ketogenic diet which shifts the body's metabolism from burning glucose to burning fat lowering blood sugar and insulin and resulting in a metabolic state known as ketosis has been used to successfully manage pediatric epilepsy More recently it has been used by the Paleo community as a weight loss strategy Now research suggests that a ketogenic diet in conjunction with conventional treatments also offers new hope for those coping with cancer and other serious disease With endorsements from leading researchers and oncologists *The Ketogenic Kitchen* offers more than 250 recipes as well as meal plans and comprehensive scientific information about the benefits of a ketogenic diet with sensible advice to help readers through periods of illness recovery and treatment This North American edition has been updated to include U S customary units of measure appearing side by side with metric measures An excellent resource I'm sure it is going to help many and I couldn't recommend it more hardily Dr Joseph Mercola *The Raw Ketogenic Diet* Dr. Amaka Nwozo ,2020-02-29 Amazing energy great weight loss improved digestion and optimal health can be yours on the raw keto diet by combining the amazing benefits of raw food and ketosis Delicious raw keto recipes and a 14 day meal plan with net carbs under 25g per day will keep you happy full and in ketosis Optimal health is our goal when you're on the Raw Ketogenic Diet because it has the ability to repair dysfunctional metabolic pathways in disease ultimately leading to restoration and healing This makes it great for individuals that have diabetes obesity epilepsy cancer and many other conditions It's not the typical ketogenic diet that has well known side effects like constipation dehydration stomach upset and an increased risk of stroke and heart disease because of bad unhealthy fats used in meal preparation Good healthy fats are used in the Raw Ketogenic Diet and this makes a world of difference because it improves mental and physical health significantly On the Raw Ketogenic Diet you can experience the following Amazing Weight Loss Immune System Enhancement Detoxification Anti inflammation Increased

Alkalinity Improved Digestion Improved Elimination Mental Clarity Increased Energy and Vitality Better Sleep With only a few fresh easily obtainable inexpensive ingredients in our recipes you can prepare raw keto meals in minutes anytime anywhere This makes it easy for anyone to do and it helps people move towards their goal of optimal health It also includes the raw keto shopping list an amazing 14 day meal plan with net carbs under 25 g per day and so much more [Low Carb Yum 5-Ingredient Keto](#) Lisa MarcAurele,2020-04-07 Incredibly easy recipes from Low Carb Yum one of the all time most popular low carb and keto blogs People across the country are discovering low carb and keto diets and finally achieving weight loss success but one of the biggest challenges can be finding easy to prepare low carb recipes that can fit a busy schedule Everyone wants to get in and out of the kitchen fast and this where Low Carb Yum 5 Ingredient Keto comes to the rescue The cookbook is filled with delicious recipes to make low carb high fat meals with minimal ingredients and no fuss preparation Easy and great tasting foods are the key to success with a keto diet and it doesn't get much simpler than recipes with 5 ingredients or less Low Carb Yum 5 Ingredient Keto features over 120 tasty recipes for breakfast lunch dinner dessert and beverages Quick breakfast recipes to start the day off right Soups and salads that make perfect lunches Effortless appetizers snacks and beverages Hearty dinners that don't take all day to prepare Seafood specialties Decadent yet healthy desserts Recipes meeting dairy free nut free egg free paleo and AIP dietary restrictions Low Carb Yum 5 Ingredient Keto is also the perfect guide for keto and low carb beginners Whether you've made the move to a keto diet to lose weight or improve health there's helpful tips and advice including A rundown of keto basics with explanations of ketosis daily macros and calorie counting Foods to eat and foods to avoid making shopping and stocking one's pantry even faster and easier Common keto mistakes that can cause weight loss stalls Addressing inflammatory foods which may also be contributing to health issues Sample daily meal plans for those who need some help during their transition to keto Nutritional information for all recipes including macros

**Keto in an Instant** Jen Fisch,2020-01-07 From the bestselling author of The Easy 5 Ingredient Ketogenic Diet Cookbook comes an essential guide to making keto meals in the Instant Pot Bestselling author Jen Fisch knows that making lifestyle changes is challenging Several years ago she was suffering from multiple autoimmune diseases when her doctor suggested she try the keto diet Her first thought was That seems too hard and I don't want to give up my favorite foods But soon after a lot of trial and error and recipe testing and developing the single working mom figured out how to make a keto eating plan work for her and her daughter She turned her tips and recipes into a hugely successful blog Keto in the City and later included them in her cookbooks Today Jen is an established authority in the keto community and regarded as a trusted expert In her new cookbook Keto in an Instant Jen explores one of the time saving cooking tools her audience loves most The Instant Pot Keto in an Instant features more than 80 recipes that make use of the pressure cooker spanning every meal of the day From hearty dishes like Short Rib Ragu Shredded Brisket Bowls and Chicken Parm Meatballs to soups and stews like Buffalo Chicken Chowder Lasagna Soup and Coconut Shrimp Soup to treats like

Blackberry Pudding Cupcakes Maple Bacon Pancake Bites and Strawberry Cinnamon Rolls Jen offers healthy and delicious dishes that every member of the family can enjoy without feeling deprived In addition to healthy mouthwatering recipes Jen shares her personal success story the key principles of keto and a comprehensive guide to foolproof cooking with the Instant Pot She makes the keto lifestyle simple delicious and budget friendly for everyone [Exhaustive Guide To Ketogenic Diets for Men, Women and Cancer Patients](#) Dr John Cole,2019-11-28 The book begins with an overview of how and why to keto It walks readers through the steps of setting macros getting into ketosis becoming fat adapted and figuring out which foods make them feel good and help them hit their goals Following that is a varied and delicious collection of recipes for breakfasts lunches dinners sweet and savory snacks drinks and condiments The recipes are packed with handy extras that make them even easier to use and adapt from portion sizes to comprehensive nutrition information to substitutions for those with dietary restrictions such as vegetarians and people with food allergies Happy Reading *A Handbook for Ketogenic Diet to Combat Cancer and Keto Intermittent Fasting* Elizabeth Caroline,2018-05-06 Book 1 5 Key Ketogenic Diet To Combat Cancer Enhance Appetite Feeling Energized Rejuvenate Appearance Are you looking for a diet which is appetizing while at the same time can help to reduce cancer risk and fight the disease Unlike other books this guide will show you the many amazing benefits of ketogenic diet which helps you keep a healthy body weight and prevent the growth of malignant tumor Inside you will discover The key causes of cancer that help you start taking preventive measure to avoid incurring high medical treatment costs and pain suffering How a Ketogenic diet can benefit you and let you live a longer healthy life 5 key Keto diet which can hinder the growth of cancer cells and minimise suffering All round delicious recipes to help you start a keto diet with success generating amazing positive energy to enhance your body health recovery rate And much much more Book 2 Beginners Guide To Keto Intermittent Fasting Become Toned Rejuvenate Appearance Regain Confidence Would you like to have a ready action meal plan that you can start right away to help you get to the weight where you feel comfortable happy and confident with your body Unlike other weight loss guides Keto Intermittent Fasting practice will lead to long term health benefits as it reduces the chances of having chronic heart diseases diabetes cancer obesity and so on Besides IF also enable your body to tap into the fat reserves accumulated and turns your body into a fat burning furnace to achieve steady weight loss Inside you will discover The concept of intermittent fasting to let you have a better understanding before you begin How to implement intermittent fasting IF correctly to achieve effective fat loss and develop a lean look The 1 mistake many people are committing right now that is sabotaging their dieting results and how you can avoid this The various methods of IF that you can choose suitably to incorporate into your life to achieve sustainable ideal weight and stay healthy Ways to overcome hunger while on IF to help you persevere towards your fat loss goal that could maintain for life Over 30 nutritious and delicious easy to prepare keto recipes which compliment intermittent fasting perfectly to enable you to attain more benefits good sleep staying youthful feeling energetic beyond mere weight loss A Meal Plan to resolve your food planning frustration

especially for busy people And much much more Bonus Gift is enclosed inside [The Incredible Internet Guide to Diets & Nutrition](#) Marc Dauphinais,2000 The Incredible Internet Guide to Diets Nutrition takes the fat out of the big search engines and provides a quick and easy way to find the best web sites for any kind of diet [Journal of the American Dietetic Association](#) ,1998 **Healthy Cancer Healing Diets** Karen C Huston,2019-05-18 Karen Huston an experienced Nutritionist took the time in compiling the best recipes for cancer patients She targets cancer patients who are clearly watching their weights The ketogenic diet is basically a natural nontoxic metabolic therapy studied and used for preventing and treating cancer It is effective because cancer cells are dependent on constant supply of blood sugar glucose to stay alive Normal cells can make energy from both glucose and ketones metabolic by products of burning fat but most cancer cells can only use glucose Avoiding carbohydrates starch and sugar while enjoying delicious and healthy protein and fats will lower blood glucose and increase blood ketone levels resulting in a normal body state called nutritional ketosis Several studies conducted have shown that nutritional ketosis starves cancer cells while nourishing normal cells and strengthening total body health The ketogenic diet recipes for cancer as contained in this book is based on the consumption of whole fresh foods and it can be used in addition to standard care or as a stand alone treatment in wait and see situations There are some 60 recipes in this book Each of the recipes has been proven effective in fighting cancer BUY THIS BOOK AND START ENJOYING HEALTHY CANCER FIGHTING RECIPES **The Simply Happy Cookbook** Steve Doocy,Kathy Doocy,2022-09-13 NEW YORK TIMES BESTSELLER 1 New York Times bestselling authors Fox Friends cohost Steve Doocy and his wife Kathy share more delightful stories and delicious recipes that are simple and stress free What s better than serving your family food they rave about Keeping it simple of course Sure there are times when you want to spend all day noodling around in the kitchen but most days we want more oomph with less effort In The Simply Happy Cookbook Steve Doocy and his wife Kathy provide more than a hundred recipes for their favorite dishes that are just as comforting to make as they are to eat using fewer ingredients simpler preparations and less time in the kitchen Just as in their previous two cookbooks they share family photos and stories along with their recipes so the time and energy saved in the kitchen can be put toward what s important reading charming and funny stories about their family and sometimes famous friends The Doocys offer recipes for every occasion including appetizers breakfast sandwiches sides casseroles slow cooker meals pasta pizza and desserts so you re covered no matter what you re looking to make Some of their low effort all American comfort dishes include Maple Bacon Cinnamon Rolls Lasagna Grilled Cheese Sandwich Buffalo Chicken Pot Pie Single Skilled Shrimp and Cheesy Grits Bacon and Burst Tomato Tortellini Pretzel Crust Chocolate Peanut Butter Pie Perfect for low stress solo dinner prep or for luring the cooking averse into the kitchen to create happy memories around more than just the dinner table The Simply Happy Cookbook is sure to please **Keto Manifesto** Angelica Stone,2018-04-16 Lose Fat by Eating More of It Seriously Are you ready for world class health and energy Tired of random YouTube videos podcasts or articles that didn t show you how to flourish on a



ketogenic diet How long are you going to wait before you demand the best for yourself Upgrade to Olympic Level Nutrition Imagine waking up as the Olympic athlete version of yourself How do you feel How does your life improve with world class nutrition You can choose to reach your personal peak But you must do what is required to care for your body Keto Manifesto shows you why this diet is so popular with athletes scientists health professionals and many more Discover the physical impact of diet on your body Make better daily diet decisions And determine your destiny with every bite Feel Immediate Benefits Feel rapid improvements in your focus Feel energized throughout your day Feel your body flourish through the little known secret of brown fat Keto Manifesto is your practical guide to the why and how of ketosis Empower yourself for effective sustainable weight loss And learn to stop hunger crashes and cravings completely Keto Manifesto benefits your athletic training energy levels focus treatment of disease and overall health Why wait Live at your best today Move forward on first class fuel IGNITE Your Natural Ketosis Engine Weight loss can be daunting But imagine you knew a counterintuitive truth A truth proven by an avalanche of overwhelming evidence A truth that changes how you think about nutrition forever This truth is a biochemical process called ketosis The prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar Otto Warburg Nobel Prize winner Healthy cells can use ketones for energy But cancer cells cannot because they are metabolically damaged They only use glucose often much more than healthy cells This dependence on glucose was observed over 80 years ago But only now is this evidence reaching the general public Love and understand your body Take a chance on Keto Manifesto today Exactly What You Will Learn How To Lose Weight Through Ketosis Choose Fats Proteins and Carbs Confidently Answer FAQ S About the Ketogenic Diet Optimize Ketosis for Exercise Performance Stay Completely Healthy Throughout Understand the Science of Ketosis and Disease Get Started 7 Day Eating Plan with Mouthwatering Recipes One Click for Better Health and More Energy Full 30 Day 100% Money Back Guarantee That s How Confident We Are Don t lose another day without demanding the best for yourself **Ketogenic Foodie** Paul Wilson, 2016-04-16 SAVE UP TO 90% RIGHT NOW Get this Amazing 1 Amazon Best Seller Great Deal Is There Some Magic Way To Lose Weight Fast Or Cure Any Disease Absolutely Start Ketogenic Diet Get ALL the amazing ideas recipes today and create the healthy ketogenic food Eric Shaffer Blogger Food Enthusiast Lost 5 pounds by the end of this book Here s the real kicker The Ketogenic Foodie is a 1 Most Exclusive Recipe Book Ever Unlike other cookbooks guidance and recipes the Ketogenic Foodie has been created to focus on Easy Weigh Loss Recipes and The Most Explosive Flavours You ll Never Guess What Makes These Recipes So Unique After reading this book you will be able to Combine Unusual Flavours Try Unique Recipes Check Helpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Low Carb Meal These recipes are fantastic for satisfying all your family members crowd pleasing mouth watering low carb budget friendly high in protein fat burning Now you re probably wondering Why you need this book These recipes will give you Good time with family friends More flavor smell and yes the compliments Opportunity to lose

weight Dinnertime secrets Tender meals and unique taste Whether you re looking for a beginner s guide seeking some dinner ideas or just trying to get some ketogenic diet recipes you ll be inspired to start your weight loss journey Umm what now Here s Some Ketogenic Recipes To Try Baked Bacon and Eggs Crunchy Fresh Keto Cereal Recipe Egg Salad Broccoli Cheese Soup Chicken in Herb Cream Sauce Pepperoni Pizza Express Chicken Kiev Seared Salmon with Saut ed Spinach Mushrooms Use these recipes and start to lose weight today Impress your family with these easy to make healthy recipes Scroll up to the top of the page Get once in a lifetime opportunity to try these incredible ketogenic recipes **Fat for Fuel - the Cookbook** Fiona J. Parker,2017-04-02 50 Quick and Easy Ketogenic recipes to Combat Cancer Reset Metabolism Boost Brain Power Increase Your Energy Fat Fueled Ketogenic Diet Recipes Cynthia Joseph,2017-03-17 Ketogenic Diet has been proven to be the best Diet You need salt Eat no processed food Low carb high fat good fats moderate protein Endeavor to drink salt water using pink Himalayan salt We need salt to survive keep your electrolytes up or you die or feel like you want to lol Food manufacturing has been lying to all of us to sell products Sugar industry blaming fat for making us obese all along it s sugar that is the poison Then they come along and blame salt for bad health It s not salt it s the kind of salt and amount in processed food I hate to call it food Discover how to Eat real food with this Delicious Ketogenic Diet Recipes You ll be surprised how Easy it is to make your own meals it will only takes few minutes to do so This book also contains ten days working Ketogenic meal plan along with the grocery list for the ketogenic diet to help you Boost Brain Power Combat Cancer and Increase Your Energy Scroll Up and Order your Copy Now to Get Started 30 Day Ketogenic Meal Plan Teresa McCaine,2016-12-23 30 Days Keto Meal plan Get Rid of The Extra Weight With 120 Keto Recipes A Comprehensive Guide To Keto Diet Plan With Detailed Healthy Meal Plans Calorie Food Chart Have you been struggling with strict restrictive healthy eating plans and repeatedly losing weight only to gain it all back Would you like to make healthier food choices that would lead to fast weight loss and offer you the slender lean figure you have always dreamt of Unlock The Secrets Of Ketogenic Diet And Reap The Benefits Of The Quickest Way To Lose Weight A comprehensive healthy meal preparation guide this book by distinguished dietician Teresa McCain offers you invaluable insight into the best way to lose weight in a pleasant way with a healthy mouth watering monthly meal planner One of the most popular diets worldwide the groundbreaking KETO DIET is geared towards encouraging the liver to produce KETONES an excellent energy source activated in low carb healthy eating plans with miraculous effects on our health and wellbeing It PREVENTS CANCER by eliminating sugar from meals It BOOSTS WEIGHT LOSS by providing filling meals It ENHANCES BRAIN FUNCTION by raising the energy levels in the body Spice Up Your Life With A Heavenly Weight Loss Diet Plan A full range of 100 original appetizing meal plans easy to prepare for seasoned or novice chefs separated in distinct meal groups for BREAKFAST SNACK LUNCH and DINNER and accompanied by the recommended PORTIONS and the accurate amount of CALORIE INTAKE make this efficient monthly meal planner the best way to lose weight Give In To Your Sweet Tooth Almost all of us have a weak spot for some sweet

indulgence temptation means dessert Indulge to our 20 irresistible dessert recipes while keeping calorie intake at bay and lose these stubborn extra kilos in the fastest healthiest way Make the 120 Life Changing Keto Recipes The Central Part Of Your Lifestyle Enjoy Life In Full

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### **Ketogenic Recipes For Cancer Introduction**

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