

Cancer Prevention and Care Notes

Foods to Avoid:

- **DON'T EAT FOODS THAT DON'T COME FROM NATURE**-processed and junk food, and anything containing chemicals, additives and dyes should be banished from your diet
- **AVOID FOODS THAT HAVE BEEN SPRAYED AND WAXED**-if you cannot avoid these foods then remove their peels and/or wash thoroughly



- **AVOID REFINED SUGAR**-while there's no definitive evidence that it causes cancer, it does suppress the immune system which can leave you vulnerable to cancer growth as well as compromise your ability to withstand aggressive cancer treatment. Products containing refined sugar include sodas, cookies, cakes, candy, as well as store-bought juices and processed foods.

- **AVOID SATURATED, HYDROGENATED, PARTIALLY HYDROGENATED FATS**-as high consumption of these 'bad fats' has been linked to many degenerative disorders, including cancer, especially

breast, prostate, and colorectal cancers. Avoid red meat, butter, margarine, shortening, as well as products made with these foods. It is especially important to avoid meats that have been cured, charbroiled, or smoked as they are especially carcinogenic. If you'd like to enjoy meat as an occasional treat, stay away from hot dogs, cold cuts, and luncheon meats.

- **LIMIT ALCOHOL CONSUMPTION**-as high intake is linked to mouth and throat cancers, and potentially to cancer of the stomach, colon, and rectum. If you are otherwise healthy, try and limit yourself to a glass or two of wine a week. If you have been diagnosed with cancer, it's best to avoid it entirely as it depletes essential nutrients from your body.

Foods to Include:

- **FOLLOW THE NAG DIET**-eat foods that are natural, alive, and good quality. Eat organic whenever possible and choose foods (especially animal meats) that are free from antibiotics or other unnatural substances such as hormones. When buying fish, ask whether the product comes from a clean water source.
- **EAT AS MANY RAW FRUITS AND VEGETABLES AS POSSIBLE**-especially those that have deep, rich colours. These foods are high in fiber (which helps flush toxins out of the body) as well as antioxidants (which help to neutralize cancer-promoting free radicals and boost the immune system). Eating them raw ensures that they're still chock full of their natural enzymes which helps you to both digest and absorb the many nutrients these foods contain.
- **EAT EVEN MORE FIBER**-than all those fruits and vegetables contain. Make sure to eat plenty of whole grains-such as oats or brown rice- to ensure you're getting enough toxin-flushing fiber.
- **EAT FOODS HIGH IN GLUTATHIONE**-such as asparagus, avocados, broccoli, brussell sprouts, cabbage, and walnuts. *Glutathione* is a powerful antioxidant that effectively neutralizes free radicals created by the body's own metabolic processes.
- **EAT FOODS HIGH IN VITAMIN E**-such as wheat germ, nuts, and seeds as it's another powerful antioxidant.
- **EAT FERMENTED SOY PRODUCTS**-such as miso, tempeh, and miso as they appear to have anticancer properties. Consume these products 3-4 times weekly.
- **EAT PLENTY OF GARLIC AND ONIONS**-as they enhance the immune system and have a cancer-fighting component called *allyl sulfide*.
- **EAT PLENTY OF LEAN PROTEIN**-from beans, eggs, tofu, poultry, and fish. While protein is important for everyone, those battling cancer need more in order to



keep up their energy and strength as well as to prevent the muscle wasting that often occurs as a result of conventional therapies.

- **EAT PLENTY OF COOKED TOMATOES**-as they are high in *lycopene*, an antioxidant substance that has been shown to prevent prostate, cervical, lung, and stomach cancers.
- **TAKE 4 TABLESPOONS OF GROUND FLAXSEEDS WITH TEN OUNCES OF WATER DAILY**-in order to get extra fiber as well as plenty of cancer-fighting phytonutrients called *lignans*.
- **DRINK PLENTY OF CLEAN WATER TO HELP PROMOTE DETOXIFICATION**-drink spring or steam-distilled water only and try and avoid tap water as the increased level of contaminants in public water have been linked to an increased rate of leukemia, as well as bladder, lung, and breast cancers.

Detoxification:

- If you've been diagnosed with cancer, make regular detoxification a priority. Do a 3 day juice fast once every 3 months or a longer fast once every 6 months. People in advanced stages of cancer should exercise caution, and if bodily responses to detoxification-such as headache or nausea-become severe, then you should stop. Instead, simply add juices to your normal healthy diet.

Supplement Recommendations:

Note: only supplements that can be used in conjunction with conventional treatment (surgery, chemotherapy, and radiation) are listed here

- **Coriolus versicolor:** Take 1000 mg 3 times daily of the PSP or PSK standardized extract on an empty stomach. Coriolus contains polysaccharides that have been shown to enhance immune function, and a study at the University of Shanghai showed that it alleviated the side effects of chemotherapy and radiation. It is primarily used for esophageal, lung, stomach, and colon cancer.
- **Maitake:** Take 0.5 to 1mg of the standardized MD or D fraction per kilogram of body weight in divided doses on an empty stomach. Maitake is a mushroom that had been shown to enhance immune cells that fight cancer. It is most effective for breast, prostate, liver, and lung cancers.
- **Proteolytic enzymes:** Take a complex proteolytic enzyme three times daily between meals. Proteolytic enzymes have been shown to have numerous anti-cancer effects.

- **Astragalus:** Take 1000mg or 4ml of the tincture 3 times daily. Astragalus enhances natural killer and other immune cells that fight cancer.
- **Vitamin C:** Take 5000 to 10000 mg (or even as high as bowel tolerance) in divided doses throughout the day to enhance immune function.
- **Curcumin:** Take 400mg of curcumin extract 3 times daily on an empty stomach. This extract, derived from tumeric, has many anti-cancer and anti-inflammatory properties.
- **Essiac:** is a combination of detoxifying herbs based on an ancient Indian healing formula that has gained a reputation for success in treating cancers of all kinds. When buying Essiac look for the following combination of herbs: sheep sorrel, burdock root, slippery elm, rhubarb root, watercress, blessed thistle, red clover, and kelp. Essiac is most potent as a tincture or tea, and should be taken as directed on the label.
- **Fish oil:** has anti-inflammatory effects but also prevents the tissue wasting often seen in cancer sufferers. Take a product that contains a daily combined total dosage of 1500-2000mg of DHA and EPA.

Lifestyle Considerations:

- **Reduce stress**-as it's a carcinogen, just like radiation and pesticides. Reducing stress has an inhibitory effect on tumor growth and improves the quality of life during treatment. Support groups, meditation, yoga, and deep breathing exercises are an excellent way to reduce stress and tension.



- **Avoid toxins**-such as herbicides and pesticides, pollution, toxic metals, tobacco, alcohol, radiation, and food additives and preservatives as they cause damage to cell DNA and encourage free radical formation.

- **Incorporate exercise**-into your diet and lifestyle regime.
- **Establish a healthy relationship with the sun**-you need about 15 minutes of sun exposure a day to get the recommended dose of Vitamin D, however, try to limit you're your daily dose to the early morning hours when the rays are weaker as sunburn and/or prolonged exposure can lead to skin cancer.
- **Avoid radon**-as it's a radioactive gas found in the soil that is strongly linked to lung cancer and can't be detected by the human senses. Buy a radon test kit and use it in your home and, should you have a problem, you can seal up any leaks from the outside.
- **Exercise caution when having sex**-HPV (human papilloma virus) is a leading cause of cervical cancer. Unfortunately, condoms can't be relied on to protect you as the virus can pass through them.

Sources: Balch, Phyllis A. *Prescription for Natural Healing* and Balch, James F. and Stengler Mark. *Prescription for Natural Cures*