

# C A N C E R *P*rehab101

Create Cancer-Fighting  
Juices and Smoothies with  
these Easy to Make Recipes



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# Cancer Prehab 101: Juices & Smoothies

## Introduction

Everywhere you turn you are told to eat more fruits and vegetables. The Canadian Cancer Society says to “Eat a healthy diet – including lots of fruits and vegetables”. What’s your definition of ‘lots’?

The Canada Food Guide says we should get 7- 10 servings a day of fruits and vegetables for an adult.

On a good day you’re lucky to eat a banana on your way to work and a salad with dinner! And who wants to eat salad for lunch and dinner...we’re not rabbits!

Welcome to the world of juices and smoothies. Juicing and making smoothies provides the essential nutrients your body needs in an easy to absorb format. It’s like taking a shot of anti-cancer nutrients! In fact juicing is especially important if you are going through cancer treatment. Our body is so busy healing and dealing with the cocktail of chemicals it’s bombarded with that it needs a break from the digestion process. With juice, the nutrients are quickly and readily absorbed, giving our immune system a fighting chance.

Did you know that in my daily smoothie, I have 4 servings of vegetables? Sometimes I have it for breakfast, with a scoop of protein powder. Sometimes it’s my afternoon pick-me-up instead of that 3:00pm cup of coffee. And when my kids ask for a glass of juice at breakfast, I quickly juice 2 oranges, 2 apples and throw in a couple of carrots...and they drink it!

So, as you start your journey with juicing or sampling with smoothies, I want you to know that every recipe in this eBook is loaded with cancer-fighting ingredients. Your cells won’t know what hit them.

I believe the body can heal itself if we give it the right ingredients. So whether you’re looking to prevent cancer, or build your immune system to fight off the dreaded disease, fruits and vegetables are the champions!

In good health,  
Cheryl Wahl, RHN, Fitness Trainer  
North Shore Nutrition

PS. A little side note on where I got the program name from.

**Cancer Prehabilitation**, a process on the continuum of care that occurs between the time of cancer diagnosis and the beginning of acute treatment, includes physical and psychological assessments that establish a baseline functional level, identifies impairments, and provides targeted interventions that improve a patient's health to reduce the incidence and the severity of current and future impairments. <http://bit.ly/1dWHGxV>

\*The information presented in this eBook is not intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before implementing any nutrition program or dietary changes you feel could be harmful to your health.

## Juicing Recipes

Here's a list of fruits and vegetables that are included in the juicing recipes below. Feel free to experiment and come up with your own concoction.

**Apples:** A medium apple has 4 ½ grams of fibre, which help to keep us regular and remove toxins (women need about 25 grams). It's high in Vitamin C, an important immune boosting vitamin

**Beets:** Contains a compound called betalains, which not only have antioxidant and anti-inflammatory properties, but assists with the elimination of toxins by neutralizing and excreting them. Lightly steam the beet greens as a source of lutein, important in eye health.

**Carrots:** 1 large carrot contains over 400% of your daily intake of vitamin A (immune boosting vitamin). Numerous research studies show the cardiovascular benefits of carrots, as well as the anti-cancer benefits, especially in colon cancer.

**Celery** has many health benefits including:

- Natural muscle relaxant
- Reduces blood pressure
- Decreases the production of stress hormones
- Anti-inflammatory
- Immune booster and combats free-radicals
- Contains anti-cancer compounds

**Ginger:** Very effective in treating nausea and vomiting. Reduces inflammation, which helps with pain of osteoarthritis and rheumatoid arthritis. Contains a compound that has anti-tumour effects.

**Grapes:** Contains phytonutrients, namely resveratrol, which contain anti-cancer properties. Also beneficial as an anti-oxidant, anti-inflammatory, anti-microbial, anti-aging, and provides cardiovascular support. Make sure to use the red grapes.

**Oranges:** 1 orange has over 140% of your daily intake of vitamin C. Also contains compounds that lower blood pressure and cholesterol levels. Keep as much of the white pulp when juicing.

**Parsley:** From the Greek word “rock celery”. Not just a garnish but an excellent source of Vitamin C and A. Parsley contains a compound that can help neutralize certain types of carcinogens, like smoke on a BBQ.

**Pineapple:** Contains an enzyme called bromelin, which assists in the digestion of proteins. It’s high in Vitamin C, which protects against free radical damage, and contains a significant amount of manganese, which is an antioxidant, as well as helping with energy production.

**Strawberries:** Are an exceptional source of antioxidants. 1 cup contains over 140% of our Vitamin C requirements. They’re great for protecting against heart disease, type II diabetes (regulates blood sugar) and prevention of certain types of cancer like breast, colon and cervical.

**Watermelon:** Compounds in watermelon make it a great choice for anti-inflammatory and antioxidant health benefits. The lycopene content makes it beneficial for protecting against Prostate Cancer.

### **Beginner Basics**

If you’re new to juicing, here are some basic recipes to start. Slowly feed the items through the juicer in the order listed, one at a time. Where ice is listed as an ingredient, just pour the juice over ice, don’t juice it.

### **Orange Juice**

Really, that’s it! You won’t believe how amazing this tastes instead of store bought OJ.

2 oranges

### **Apple Juice**

Same here, that’s all. This is what apple juice is supposed to taste like.

2 apples

## **Step 2 for the Beginner**

Now put the first 2 together and add a veggie. This is loaded with vitamin A and C, two major immune boosting ingredients.

1 orange  
1 apple  
1 large carrot

## **Immune Booster**

This one is building on the 'Step 2' juice and has even more immune boosting and anti-oxidant properties. A tip for dealing with beets: wear kitchen gloves when peeling, your hands won't turn purple!

1 medium beet  
1 carrot  
1 orange  
Large handful of spinach

## **Insomnia, Relaxation**

It's a strong tasting drink so add some lemon juice or an apple; whatever suits your taste buds.

4 stalks celery

## **Health Booster – Anti-Cancer in a glass!**

Not only is this one high in immune boosting vitamins like beta-carotene, C and E, but also has many other health beneficial compounds.

1 celery stick  
1 large carrot  
½ cup grapes  
5 large sprigs of parsley  
1 medium beet  
½ inch ginger  
1 large orange  
Ice cubes

## **Digestion aid**

Good to have after a heavier meal. Try this instead of an antacid.

2 cups pineapple  
½ inch ginger root  
1 carrot  
Ice cubes

## **Digestion & nausea**

Another variety to help with digestion, or the common side effects of chemotherapy, nausea.

2 cups pineapple  
½ inch ginger root  
1 apple

## **Lycopene**

This one's screams ANTI-PROSTATE CANCER!

2 cups strawberries  
2 cups grapes  
2 cups watermelon

## **V7 Juice**

If you like the V8 juice, try this homemade variety, way lower in sodium and so much better tasting.

1 cup spinach  
2 carrots  
2 tomatoes  
½ small cucumber  
½ red bell pepper  
½ cup parsley  
2 stalks celery





## Smoothie Recipes

Here's a short list of 10 different green vegetables you can choose from to add into your smoothie. Feel free to pick a green veggie from the list if the one given in the recipe doesn't suit your taste buds.

**Kale:** Offers everything you want in a leafy green! It's an excellent source of vitamins A, C, and K. It has a good amount of calcium for a vegetable, and also supplies folate and potassium.

**Collards:** Similar in nutrition to kale but they have a heartier and chewier texture and a stronger cabbage-like taste. A half-cup has 25 calories.

**Turnip greens:** Are more tender than other greens. This sharp-flavored leaf is low in calories yet loaded with vitamins A, C, and K as well as calcium.

**Swiss chard:** With red stems, stalks, and veins on its leaves, Swiss chard has a beet-like taste and soft texture. Both Swiss chard and spinach contain oxalates, which are slightly reduced by cooking and can bind to calcium, a concern for people prone to kidney stones. Chard contains 15 calories in one-half cup and is a good source of vitamins A and C.

**Spinach:** Has 20 calories per serving, plus it's packed with vitamins A and C, iron as well as folate.

**Mustard greens:** Have a similar nutrition profile to turnip leaves and collards. Mustard greens have scalloped edges and come in red and green varieties. They have a peppery taste.



**Broccoli:** With 25 calories a serving, broccoli is rich in vitamin C and is also a good source of vitamin A, potassium, and folate.



**Red and Green Leaf and Romaine Lettuce:** These lettuces are high in vitamin A and offer some folate. Leaf lettuces have a softer texture than romaine. Fans of Iceberg lettuce may go for romaine, a crispy green that's better for you.

**Cabbage:** Although paler in color than other leafy greens, this cruciferous vegetable is a great source of cancer-fighting compounds and vitamin C. One-half cup cooked has 15 calories.

**Iceberg Lettuce:** This bland-tasting head lettuce is mostly water. It is last on the list for its health benefits. It's not devoid of all nutrition, but it's pretty close.

### **Basic Balance**

This is a good one for green smoothie beginners.

1 mango  
1 cup baby kale  
1 cup water

### **Post Workout Smoothie**

Add all ingredients except protein powder into a blender and blend on high until smooth for about 45 to 60 seconds. Add protein powder and blend for another 10 – 15 seconds

1 to 1 ½ cups unsweetened almond milk or coconut milk  
½ cup frozen blueberries (or any other berry you have)  
1 small banana, frozen or fresh  
1 scoop protein powder (I like Vega)

### **Muscle Builder Smoothie**

2 cups spinach  
1 cup soft tofu, organic  
1 ½ cups frozen strawberries  
1 ripe banana  
¾ cup water, or almond milk for added thickness



## **Peach Dream**

Great for people who are watching their sugar intake. If you buy organic peaches go ahead and keep the peach skin on.

2 cups spinach  
2 cups grapes, frozen  
1 peach  
2 cups water

## **Brain Fuel**

Packed with plenty of good fats and fiber to get you thinking good thoughts all day long.

2 cups baby kale  
2 cups ripe pears  
1 cup frozen mango  
½ avocado  
2 cups water

## **Warrior Smoothie**

Nutrition in a glass. Enough said.

3 stalks kale, discard the tough stalk and use the leaves  
3 leaves romaine  
½ banana  
2 cups water

## **Green Granny Smoothie**

This is a green as it gets. Apples and greens. Yum.

1 granny smith apple, preferably organic, cut into chunks  
2 cups kale leaves discard the tough stalk and use the leaves  
1 lime, juiced or seeds removed  
1 small handful of cilantro, leaves only (great for detoxifying heavy metals)  
1 orange  
2 cups water

## **Pineapple Mango Smoothie**

Great for hot summer days.

½ banana  
1 cup chopped mango  
½ cup chopped fresh pineapple  
2 cups fresh spinach  
½ cup of ice  
2 cups of water

## **Spinach Blueberry Smoothie**

A great one for kids. This one's not so boldly green in colour.

1 small to medium banana, sliced into 2-inch chunks  
1 cup frozen blueberries  
3 cups spinach, well packed  
2 cups water

## **Apple and Cucumber Zipper**

The ginger in this recipe gives it a nice little zip.

2 apples  
½ cucumber  
1-inch ginger  
2 cups of water

## **Morning Pick Me Up**

Ditch the coffee. Have some dandelion greens instead.

½ bunch dandelion greens  
2 stalks celery  
½ inch fresh ginger root  
2 peaches  
½ pineapple

## Nut Milks

Now, I know this is a book on juices and smoothies but I wanted to add this section on making your own nut milks, or milk alternatives.

First off, I recommend that cancer patients remove cow's milk from their diet completely, especially those with Prostate Cancer. A review of studies from 59 countries reported that consumption of dairy products (milk) is associated with an increased risk of prostate cancer incidence and mortality.

Approximately 75 percent of the world's population is lactose intolerant, which means that they are unable to fully digest dairy. Lactase is the enzyme needed to digest lactose, and most people stop producing it around the age of 5.

([http://www.naturalnews.com/025258\\_milk\\_health\\_dairy.html##ixzz2gbmUARGS](http://www.naturalnews.com/025258_milk_health_dairy.html##ixzz2gbmUARGS))

Commercial milk alternatives tend to be overly processed and high in preservatives. Also, the ratio of almonds to water tends to be quite a bit diluted, sometimes 1:8, instead of 1:3, as this homemade version is.

When it comes to blending nut milks, a high-speed blender is necessary. The good old Magic Bullet won't cut it. If you have a blender that really crushes ice (doesn't just say it does), then you should be good to go. I have a VitaMix, which is heavy duty and expensive. I LOVE it and it was a true investment, but not affordable for everyone.

The process to make nut milk is easy peasy. The night before, soak the nuts or seeds in a bowl with filtered water (this increases the bioavailability of the nutrients). The next morning, rinse them and add the ingredients to the blender, blend until smooth (time depends on the power of your blender). Mine takes about 30 seconds on high.

You can add it to your smoothies as is, or pour it from the blender, through a sieve or cheesecloth to make it pulp free. I just add it straight up. Put the leftovers in a glass jar and store in the fridge until the next smoothie. Consume it within 3-4 days for ultimate freshness.

### **Almond milk**

1 cup almonds  
3 cups water

### **Sesame milk**

½ cup sesame seeds (lightly toasted)  
2 cups water

### **Easy Soymilk**

1 package soft, organic tofu  
4 cups water