

## **Cancer and Diet**

*Food is medicine that you take three times a day!*

Smoothie - blunts the damage of chemotherapy, whey protein can be byproduct of dairy production, so better quality whey is better.

Berries - sweet and low glycemic index

cinnamon - healing to GI tract

Turmeric - anti-inflammatory

Soy Lecithin - emulsifies fats and aids fat digestion, also very healing to nerve tissues, some chemotherapy is neurotoxic

## **FOOD - What to Eat!**

- ◆ Fresh, local organic foods
- ◆ Veggies, salad greens, especially cruciferous veggies (these greatly aid detox)
- ◆ Whole grains, unpearled barley, more fiber than any other grain (great way to get a lot of fiber, helps with both constipation and diarrhea)
- ◆ Mushrooms, eat variety of mushrooms, saute in olive oil or organic butter (source of immune supporting polysaccharides)
- ◆ Extra Virgin Olive Oil - lots, healthy fat is very important
- ◆ Organic (free range) Eggs, 2 per day poached or soft boiled is best, but any cooking method is good (perfect bioavailable protein)
- ◆ Spices, turmeric, cinnamon, garlic, onions
- ◆ Organic Butter
- ◆ Oily Fish - wild salmon, sardines packed in water, etc. (no tuna or halibut)
- ◆ Green Tea - 6-8 glasses caffeinated green tea daily
- ◆ Nancy's Organic Yogurt - full or low fat - probiotic source, huge improvement in GI health, cancer treatment clear cuts GI lining, plus pts usu on antibiotics
- ◆ apples - 1-2 per day, source of pectins, may be more palatable than MCP
- ◆ Popcorn with nutritional yeast (yeast is rich source of selenium and nucleic acids)
- ◆ Organic coffee - 1-2-cups per day
- ◆ Seaweeds - try Dulse first, has mildly salty taste and can sprinkle it on food as seasoning
- ◆ Dark Chocolate - 70% or higher cocoa
- ◆ Nuts and nut butters - minimize peanuts, nuts are nutrient dense, raw, dry roasted
- ◆ Coconut Milk
- ◆ Avocados
- ◆ Yams and Sweet Potatoes
- ◆ Chicken Soup

## **Avoid List:**

- Sugar and refined carbohydrates - no white flour, no white pasta, no corn syrup or fructose in anything
- Artificial sweeteners, synthetic ingredients (i.e. preservatives, colorings, etc.)
- Hydrogenated Oils
- Processed Meats