

FIGHT CANCER WITH FOOD

EAT THESE WHENEVER THE HECK YOU WANT

- ✓ *Cabbage (especially raw)
- ✓ *Bok choy (1/2 cup servings)
- ✓ Sweet potatoes
- ✓ Cooked tomatoes
- ✓ *Lemons & limes (detoxes liver & kidneys)
- ✓ Flax oil
- ✓ Asparagus
- ✓ *Artichokes (1/4 c./day)
- ✓ *Beets
- ✓ *Broccoli (especially raw)
- ✓ Brussels Sprouts
- ✓ Carrot
- ✓ *Cauliflower
- ✓ Celery
- ✓ Chard Greens
- ✓ Chlorella
- ✓ *Collard Greens
- ✓ Cucumber
- ✓ Eggplant
- ✓ Fermented Veggies
- ✓ Garlic
- ✓ Green Beans
- ✓ Green Peas
- ✓ Kale
- ✓ Kohlrabi
- ✓ Lettuce
- ✓ Mushrooms
- ✓ Onions
- ✓ *Parsley
- ✓ Parsnips
- ✓ Peppers
- ✓ Pumpkin
- ✓ Radishes
- ✓ Rutabaga
- ✓ Spinach
- ✓ *Sprouts
- ✓ Sweet Potatoes
- ✓ Apple
- ✓ Apricot
- ✓ Avocado
- ✓ *Blueberries
- ✓ Blackberries
- ✓ Cantaloupe
- ✓ Cherries
- ✓ Coconut
- ✓ Currants
- ✓ Dates
- ✓ Figs
- ✓ Grapes
- ✓ Grapefruit
- ✓ Honeydew Melon
- ✓ Kiwi
- ✓ Mango
- ✓ Muskmelons
- ✓ Nectarines
- ✓ Oranges
- ✓ Papaya
- ✓ Peach
- ✓ Pear
- ✓ Raisins
- ✓ Raspberries
- ✓ Rhubarb
- ✓ *Strawberries (1 cup/day)
- ✓ Tangerines
- ✓ Tropical Fruits
- ✓ Watermelon
- ✓ Olive oil
- ✓ Eggs (soft-cooked yolks only, no whites)

FIGHT CANCER WITH FOOD

EAT THESE

15 percent carbohydrate, 58 percent protein and 26 percent fat

- ✓ almonds
- ✓ millet
- ✓ apple cider vinegar
- ✓ blackstrap molasses
- ✓ quinoa
- ✓ pumpkin seeds
- ✓ flax seeds
- ✓ eggs
- ✓ chicken
- ✓ cottage cheese
- ✓ butter
- ✓ plain yogurt
- ✓ pistachios
- ✓ liver
- ✓ flounder (3x/week)
- ✓ banana
- ✓ pineapple
- ✓ walnuts

EAT THESE IF YOU WANT TO CHEAT

- ✓ coffee
- ✓ organic popcorn
- ✓ whole grain bread
- ✓ white potatoes
- ✓ chocolate

EAT THESE SOMETIMES

- ✓ dried beans (maybe more often?)
- ✓ raw honey (sparingly)
- ✓ cashews
- ✓ pork
- ✓ roasted nuts
- ✓ peanuts
- ✓ oatmeal
- ✓ brown rice
- ✓ buckwheat
- ✓ cheese
- ✓ milk
- ✓ beef
- ✓ fish

AVOID THESE AT ALL COSTS

- ✓ white sugar (brown sugar)
- ✓ corn syrup
- ✓ corn
- ✓ corn or soy oil
- ✓ alcohol
- ✓ white flour (baked goods)
- ✓ shortening
- ✓ fryer fats (deep fried food)
- ✓ pop
- ✓ bacon, pepperoni, lunchmeat (with nitrites/nitrates)
- ✓ ham
- ✓ bologna
- ✓ city water (restaurants, work)

FIGHT CANCER WITH LIFESTYLE

DETOX IDEAS

- ✓ kelp powder (add to smoothies, soup/broth, applesauce, however you can get it in)
- ✓ clay baths (hottest you can stand, a palmful of clay)
- ✓ sauna
- ✓ real sauerkraut or homemade kimchi
- ✓ Whole Lemon Drink:
1 organic lemon, 1 tablespoon of extra virgin olive oil, and a glass and a half of clean spring water.
- ✓ ginger for nausea
- ✓ oil pulling (especially for mouth sores or metallic taste)

EVERY DAY CHECKLIST

(in order of priority)

- ✓ Water or fresh juice (water bottles from home)
- ✓ Juice Plus+
- ✓ Good sleep
- ✓ Frankincense (+ marigold) essential oils, diffused
- ✓ Probiotics
- ✓ Non-caffeinated tea
- ✓ Movement (exercise, moderate)
- ✓ Fish oil
- ✓ Get some sunlight
- ✓ Turn off Wifi at night; reduce exposure to cordless phone bases, fluorescent lights

Other Ideas:

- ✓ fresh juice: broccoli, kale, cabbage especially (with citrus, berries, and sea greens/algae)
- ✓ whole lemon drink
- ✓ On Guard essential oil for immune boosting; Serenity for relaxation