

## DIETARY Recommendations for Cancer

In order for your body to heal itself, it needs to have healthy blood. Living foods, such as fresh (un-cooked) fruits and vegetables, are the only things which can create healthy blood. With most people, the pancreas, liver and other digestive organs are overworked due to the large amount of cooked foods coming into the diet, as well as too many animal based meals and by-products. Have your raw and living foods before you have anything that has been cooked and make sure to have a good portion of the raw. This will ensure that you are getting an 80 - 85% raw food diet. This is MOST important in order for the body to heal from cancer.

All of your meals need to be kept simple having no more than three or four different items per meal and remember to not over-eat or under-eat and chew all of your foods well. Make your solid foods the consistency of apple sauce before you swallow them and swish your juice around in your mouth before you swallow it.

Be careful to not overfill the stomach, as even too much good food, will turn toxic in your system. Use the following formula to calculate the volume of well-chewed food your stomach can hold, and then only eat 2/3 of the volume of the stomach. Remember, the volume is for well-chewed food (ie a salad will chew down to a much smaller quantity).

Measure the width of your palm in cm

Measure the length of your palm in cm

$W \times W \times L = \text{volume of 1 cubic cm} = .001/\text{liter}$

Multiply the volume of 1 cubic cm x .001 to find out the amount in litres

**\*\*Always eat only 2/3 the volume of the stomach\*\***

Have nothing to eat between meals as this can cause even good foods to decay in your system and produce disease in your digestive tract. However, you can have juices in between meals. Allow 4 to 5 hours between meals and try very hard to stay on a schedule having no more than a half hour difference in mealtimes from day to day. Remember that your green smoothie is the first part of your meal; if you are still hungry after you drink it, you may have whatever other food items you were planning to have.

Drinking liquids with meals hinders the production of saliva in the mouth and this in turn will make your foods harder to digest, so it is not good to drink liquids with your meals. Stop drinking water or other liquids about a half hour before a meal and do not start drinking water again until it has been at least one hour (preferably 1.5 hours) after you have eaten. Remember to sip your water throughout the day and do not gulp it. It is very important that you drink 8 glasses of liquids per day (4 to 5 cups of freshly made vegetable juice, and 4 to 5 cups of water).

If you want to see some positive changes in your health, and in your ability to fight disease and also slow down the aging process, you will consider the recommendations below very seriously. We have helped thousands upon thousands of people all over the world to regain their health and we are committed to your success as well!

If you are currently on medication(s) ask your Doctor to monitor you because your meds will become too strong for you and they will need to be reduced.

If you have any questions, regarding this protocol, or if you need menu or recipe ideas, please visit our website, or contact us at: [baysidetherapy@nb.aibn.com](mailto:baysidetherapy@nb.aibn.com) or call 506-228-9108

### **Routine:**

- 6:00 am            1 x 8oz glass of warm or room temperature water with Astragalus 1000 mg +  
Curcumin 400 mg + 1 Bromelain enzyme  
1 cup of organic, decaf green tea
- 7:00 am            Natren Probiotics (Natren is the best choice, but use another brand if this one  
is not available)  
Digestive Enzyme  
Breakfast: Green Smoothie (see recipe on next page)  
2 Tbsp ground flax  
Other breakfast items as per recommended list. Foods should be blenderized  
where possible.
- 9:30 am            8oz glass water with 5000 mg Vitamin C + 1 Bromelain enzyme
- 10:00 am           16 oz. glass fresh vegetable juice (80% carrot)
- 11:00 pm           8oz glass water with Astragalus 1000 mg
- 12:00 pm           Digestive Enzyme  
Lunch: Green smoothie with Fresh garlic 1-2 cloves
- Other lunch items as per recommended list. Foods should be blenderized where possible.
- 2:30 pm            8oz glass of water
- 3:00 pm            16 oz. glass fresh vegetable (80% carrot)
- 4:00 pm            8oz glass water with Astragalus 1000 mg + Curcumin 400 mg
- 5:30 pm            Light supper if any
- 7:00 pm            water or fresh vegetable juice if desired with 5000 mg Vitamin C  
1 cup green tea + 1 Bromelain enzyme
- 9:00 pm            water + Curcumin 400 mg,.... Bedtime

**Every hour of sleep before mid-night is equal to 2 hours of sleep after midnight.**

**ROUTINE explained:**

When you awake in the morning, drink 2 glasses of room temperature water (preferably distilled and add 2 Tbsp. of chlorophyll to the water). This will help all of your body's systems to get the liquid they need to start functioning at full capacity. It will help your bowels to move better and will help with increased blood flow.

You will need to wait at least 30 minutes after having your water, before eating your breakfast. Breakfast should be the largest meal of the day, as your system has had opportunity to rest through the night and is ready to go. Here is where you will "fill your tank" for the day! If you eat a well-balanced breakfast, you will find your energy will remain constant through the morning without the need for harmful stimulants such as coffee and tea.

Breakfast should start with a Green Smoothie. Below is the Smoothie recipe; please follow the instructions so you will receive the best benefit.

**Green Smoothie**

2C Coconut Water

2 large handfuls of spinach (vary the greens from week to week - see further instructions below)

Small bunch of fresh parsley

Fresh sprouts (broccoli, kale, cabbage, alfalfa, Fenugreek, Mung Bean)

1 tsp. Chlorella

1 tsp. Spirulina

3 Tbsp of chlorophyll either mint or plain

1/2 Tbsp. Wheat grass powder

1 Tbsp. flax seed oil

4-5 Walnuts

1 cup of blueberries sprinkled with cardamum

Blend until smooth & creamy. Drink immediately.

After you have had your green smoothie you may have other breakfast items as per the following recommendations. If you find that you are not hungry then do not eat anything else and you will be just fine until your next mealtime. If you find that this is too much green smoothie for you then cut the recipe by half.

You will also need flax seeds to bind any excess estrogens and other hormones and remove them from your system through the bowels. Take 2 heaping tablespoons of flax seeds, and grind them up in a coffee grinder. These can be added to your green smoothie or put on your fruit. The flax seed should be followed for the next six months to really get your bowels cleaned out, and you should always grind it fresh each time you use it.

For your green smoothie, make sure to vary the green leafy plants which you use in order to get a variety of nutrients. Only use green leaves in this smoothie, nothing else! Do not use broccoli, cucumbers, green cabbage, peas or any other food which is green in colour but not made of leaves! Acceptable green leafy plants are: spinach, romaine, parsley, kale leaves, chard, alfalfa sprouts or broccoli sprouts. Green powders are acceptable as an addition to the fresh greens. If the green taste is too strong for you, you may add a variety of frozen berries only for a yummy taste! It is best not to add other fruit.

Essentially, you should have organic, fresh fruit. If organic is not available, choose from the best that you have available.

A list of fruits which are allowed. Those which are starred are especially important cancer fighters:

lemons [\*], limes [\*], avocado [\*], apples [Granny Smith in moderation], nuts [almonds & walnuts only and in moderation], strawberries, blueberries, raspberries, blackberries, grapefruit [\*],

The power of sunshine in chlorophyll is wonderfully cleansing in the body. The greener the leaves, the more concentrated the amount of chlorophyll.

The reported health benefits from chlorophyll consumption are just too many. Taken consistently in sufficient amounts, here are some of the powerful remedial effects of this amazing substance:

Increases blood count

Detoxifies and cleanses

Alleviates blood sugar problems

Reduces or eliminates body odours

Relieves gastric ulcers

Greatly relieves respiratory troubles like asthma and sinuses

Kills bacteria in wounds and speeds up healing

Reduces inflammation pain

Improves bowel functions

Improves milk production in lactating mothers

Soothes painful hemorrhoids

**WATER** About 1 - 2 hours after you finish breakfast, you can start drinking your water.

There are actually two kinds of water that your body needs, and they are “drinking water” and what we call “Organic Water”. Drinking water is that which you drink (which should be distilled water if possible or Reverse – osmosis as second best). Organic water is the liquid contained in fresh vegetables, which you extract with a juicer. 75% of the juice should be carrot, with the balance of a variety of other vegetables. A small piece of fruit may be juiced if the vegetable taste is too strong.

It would do you well to have a minimum of 3 to 4 cups of drinking water per day (or more if desired) and 4 to 5 cups of organic water per day

Drinking your daily water requirements in this fashion will enable every cell in your body to become well hydrated and function much more efficiently which will, in the long run, produce a healthier you. Always drink your drinking water (distilled or RO water) and your "organic water" (fresh juices) in between meals. Have two cups of organic water each time you have it and swish it around in your mouth to mix the saliva with it before swallowing. Your drinking water should be sipped throughout the day because your body can only use about 2 to 3 ounces of this water at a time.

You can get a good distiller for your countertop at very reasonable prices by getting on the Web at the following address <http://www.h2olabs.com/store/> or other sites as well.

Here are a few juice recipes to help get you started:

### **V28**

3 large Red Beets  
2 medium Carrots  
2 stalks Celery  
4 Plum Tomatoes  
4 cups Parsley, leaves and stems, roughly chopped and packed into the measuring cup  
1 Jalapeño, ribs and seeds removed  
12 Red Radishes

### **Sweet N Tart Citrus**

3 cups Cranberries  
2, 2 x 2" pieces Ginger  
2 small Ruby Red Grapefruit  
2 Limes

### **Great Greens Juice**

2 Green Apples  
2-3 cups Spinach  
6-8 leaves Swiss Chard  
1 Cucumber  
4 stalks Celery  
1/2 Fennel Bulb  
1 bunch Basil

For lunch, you should have your second Green Smoothie (the same as you did for breakfast), or if it is more convenient you can have it for supper. After you have had your green smoothie you may have other lunch items as per the following recommendations. If you find that you are not hungry then do not eat anything else, and again, if you find that this is too much for you then cut back the amount to half. You can start drinking your water again at least 1-2 hours after you finish your lunch.

Essentially, you should have organic, fresh salads, vegetables, juiced grasses, and sprouts as much as possible. If organic is not available, choose from the best that you have available.

A list of such vegetables which are allowed. Those which are starred are especially important cancer fighters: broccoli and especially broccoli sprouts [\*], asparagus [\*], avocado [\*], beets [\* use in moderation], cabbage and especially cabbage sprouts [\*], carrots [\*], cauliflower [\*], celery, cucumbers, egg-plant, green and yellow squash [moderation], green beans and peas (fresh), red[\*] and yellow[\*] peppers (also green[\*] if they agree with you), spinach, tomatoes, mustard greens, collards, kale [\*], lettuce, okra, parsley[\*], scallions, radishes, Swiss chard, watercress, sea vegetables, such as nori, wakame and dulse, wheat grass[\*juice or powdered], barley grass[\*usually powdered], turnips[\*], and beans[\*], garlic[\*eat lots if you are able to] and onion[\*].

This recipe is excellent and provides a good, satisfying complement to your meal. Remember though, that the cooked portion of your meal should not exceed 20%. This recipe is to be used in moderation until your cancer is gone.

### Delicious Oat Burgers

1 Tbsp. garlic powder  
3 Tbsp. onion powder  
1 Tbsp. sage  
¼ C. nutritional yeast flakes  
¼ C. oil  
1 C. Tamari  
8 C. water  
8 C. quick oats

Combine water and seasonings in a large pot and bring to a boil. Stir in quick oats and let sit for 15 to 20 minutes. Form into patties. Bake at 400F for 15 minutes or until brown. Turn over and bake an additional 15 minutes or until brown.

These patties are simply delicious eaten either hot or cold! Stuff into whole wheat burger buns with all the fixings or they can be frozen for later use. These patties are delicious served in a casserole with a brown gravy!

**IMPORTANT** Make sure to get a good amount of magnesium rich foods to balance the high amounts of calcium you will be getting from all the vegetable juices. Consume good amounts of foods such as organic oat bran, almonds, sprouted buckwheat, pumpkin seeds, spinach and all varieties of beans whether sprouted, or cooked. Make sure to chew your foods well; make them like apple sauce before you swallow them. This will enable you to eat less and get more nutrition from your foods.

For those who may be concerned about not getting enough protein, protein is contained in every fruit and vegetable. Some plant foods are known as complete proteins, meaning each one of these foods is a complete protein in itself, containing all 9 essential amino acids, and is capable

of building and repairing every structure in the human body. Here is a list of foods which contain complete protein profiles all by themselves.

Spinach, Kiwi, Avocado, Potato (baked and in moderation), Quinoa, Spirulina, Cashews

Combinations of all other grains, fruits, vegetables and seeds will give you all the protein your body needs to rebuild every one of its tissues including brain, bones and muscles. Grains are to be used in moderation until you are well, say once a week.

To replace cow's milk make the following: Take almonds or pecans or any other nut, and place them into your blender with just enough water to cover. Blend them until smooth, and add enough water to make the consistency of milk (or cream if desired). If you want the milk to have a little sweetness, add raisins or dates or a little honey, and blend until smooth. You can also add a little vanilla flavour if desired. This will keep in your refrigerator for up to 4 days.

**EXERCISE** It would be good for you to get at least a half hour of exercise every day such as good brisk walking, or time on a stationary bike, or swimming, or a variety of cardio-vascular work. This will help the body to heal faster and increase brain function as well.

**Probiotics** We only recommend the Natren brand as they are the only manufacturer which we have found that is diligent to keep the integrity of the product. (Available from a health food store) A good strength of these bacteria should be taken every day to replenish the bowels with healthy flora as these are needed for good digestion and assimilation of nutrients. You cannot overdose on this. If you have been taking antibiotics they will have killed off much of the good bacteria and as a result, the bad bacteria will overpopulate the intestines.

Digestive enzymes (available from health food stores or can be ordered online) should be used to help improve overall digestion. Make sure that these contain Protease, Amylase, Lipase as well as a good variety of other enzymes. You cannot overdose on these either and they will give your pancreas and liver a good rest for a change so these organs can concentrate more on healing the body than on digestion. The kind of enzymes we recommend are called "Digest" from the company Enzymedica. These enzymes turn the foods we eat into energy and other healing substances, which enable the body to do repair work in every organ tissue.

**DO NOT eat anything in between your meals!** You should only have drinking water or your organic water between your meals. When we go to bed at night, the stomach should be finished its work for the day. Digestion should not be carried on during the sleeping hours. When the stomach becomes exhausted from frequent eating, it produces a feeling of tiredness in the system. Here is where many people make the mistake of thinking that it is a lack of food which has produced this feeling of no energy. And without giving the stomach proper time to rest, they put more food into it. This will remove the feeling of fatigue for a little while because the brain tries to rally more energy to deal with the foods coming into the stomach. The stomach becomes very tired having to deal with so much food coming in and as a result, it cannot do its work properly and instead of digesting the food the stomach can only churn its contents into toxic material to be stored in body tissues or removed from the body in the form of diarrhoea.

Do not have desserts as the sugars always cause irritation to the digestive system, cause sluggishness with the circulation and over-work the stomach. In addition, the sugar feeds cancer. Even natural sugar such as found in sweet fruit should be limited (refer to the allowed foods listed above). If you are going to have dessert, have a dessert made with raw fresh fruits such as Apple Pie (see the recipe below). Have this for breakfast after your green smoothie, and only have once or twice per month.

## **Raw Apple Pie**

### Crust

2 C. walnuts, soaked overnight and drained  
5 medjool dates – pitted (if substituting with other dates you may need to add 1 or 2 more)  
Combine in food processor and process until gooey. Press into pie plate.

### Filling

2 apples – quartered  
Juice of ½ lemon  
Combine in food processor and pulse chop until chunky.

### Topping

2 apples quartered  
1 C. raisins  
Juice of ½ lemon  
1 ripe banana  
2 tsp. cardamom

Combine in food processor and process until mushy. Spread on top of chunky apples. Sprinkle ½ C. raisins on top. Chill and serve. Delicious!!

Supper should be your lightest meal of the day, as you want your stomach to be empty when you go to bed, so that all of your digestive organs can rest. Some people enjoy having their second green smoothie at this meal, and then having nothing else. If you have already had your second green smoothie for lunch, you might want to just enjoy some fruit and toast, or have a soup, or maybe a light sandwich. Try to keep this meal light, especially if your desire is to lose a few pounds.

The following list of foods are cancer's top fighters. Consume them daily!

- Turmeric 1 tsp. daily. Made from the crushed dried stalk of the curcuma longa plant. Contains antioxidant properties which have very strong anti-cancer potential. The daily addition

of a tsp. of turmeric to soups, salad dressings, pasta dishes, etc. is a simple, rapid, inexpensive way to prevent the development of cancer. Add a pinch of cayenne as well, as this will increase the uptake of turmeric by 1000%.

- Berries ½ C. daily. Blueberries, strawberries, cranberries, raspberries, blackberries ; these are extremely high in anti-oxidants. They also contain ellagic acid – a phytochemical compound which interferes with the development of cancer. Highest in raspberries, strawberries, hazelnuts and pecans. Decreases risk of esophageal cancer and colon cancer

- Tomatoes ½ C. daily. Tomatoes contain lycopene, which belongs to the vast family of carotenoids – molecules that are responsible for the yellow, orange, and red colours of many fruits and vegetables. Reduces risk for prostate cancer by approx. 30%.

- Grapes – ½ C. daily. Contains a plant hormone called resveratrol, especially found in the skins and seeds of grapes. In 1996, it was identified as the first molecule of dietary origin capable of interfering with the progression of cancer by inhibiting all 3 stages necessary for the development of the disease: initiation, promotion, and progression.