FIGHT CANCER WITH FOOD
EAT WHENEVER THE HECK YOU WANT

✔ *Cabbage (especially raw)
✔ *Bok choy (1/2 cup servings)
✔ Sweet potatoes
✔ Cooked tomatoes
✔ *Lemons (detoxes liver and kidneys, along with limes!)
✔ 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)
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 Sometimes**

- dried beans (maybe more often?)
- raw honey (sparingly)
- cashews
- pork
- roasted nuts
- peanuts
- oatmeal
- brown rice
- buckwheat
- cheese
- milk
- beef
- fish
Eat If You Want To Cheat

- coffee
- organic popcorn
- whole grain bread
- white potatoes
- chocolate
PLEASE AVOID 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)
**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](#) (no longer at the Cancer Survivors' Network where I first found it; the one I linked to is similar but not exact)
- 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)
Fermented cod liver 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 EO for immune boosting; Serenity for relaxation