

Dietary Suggestions

The following suggestions are to help our cancer patients improve their outcomes and decrease the possible side effects that can accompany conventional therapies like chemotherapy and radiation. In following these dietary suggestions a patient can decrease their body's inflammation and support the healthy functioning of the immune system.

Eliminate:

1. Dairy
 - a. Cheese
 - b. Ice Cream
 - c. Milk
 - d. etc
2. Fast food
 - a. All
3. Soy
 - a. Tofu
 - b. etc
4. Sugar and Synthetic Substitutes
 - a. Aspartame
 - b. Equal
 - c. High Fructose Corn Syrup
 - d. Splenda
 - e. Sucralose
 - f. Sucrose
 - g. etc
5. Wheat (gluten)
 - a. Bread
 - b. Cereal
 - c. Pasta
 - d. etc

Minimize:

1. Meat
 - a. Beef
 - b. Chicken
 - c. Farm raised fish
 - d. Pork
 - e. Turkey
2. Processed oils
 - a. Hydrogenated oils
 - b. Vegetable oils

Increase:

1. Cruciferous vegetables
 - a. Broccoli
 - b. Brussel sprouts
 - c. Cabbage
 - d. Cauliflower
 - e. Sprouts
2. Fruits (fresh)
 - a. Apples
 - b. Bananas
 - c. Berries
 - d. Cherries
 - e. Kiwi
 - f. Pears
 - g. Plums
3. Green leafy vegetables
 - a. Beet tops
 - b. Bok Choy
 - c. Carrot tops

- d. Cress
- e. Lettuce (red/green leaf)
- f. Kale
- g. Romaine lettuce
- h. Spinach
4. Miscellaneous
 - a. Artichoke
 - b. Asparagus
 - c. Beans
 - d. Celery
 - e. Corn
 - f. Garlic
 - g. Ginger
 - h. Onion
 - i. Rice
 - j. Squash
5. Mushrooms
 - a. Reishi,
 - b. Shitake
 - c. Maitake
6. Nuts
 - a. Almonds
 - b. Walnuts
7. Root vegetables
 - a. Carrots
 - b. Beets
 - c. Radishes
 - d. Squash
 - e. Sweet potatoes
 - f. Turnips
 - g. Yams



Why should I eliminate those foods?

It is important to eliminate these foods because they all promote disease and decrease the functioning of your immune system.

Dairy: Dairy is problematic for a number of reasons. Due to today's modern processing practices (pasteurization and homogenization) and the usage of hormones on livestock, we recommend that our patients avoid all dairy products. Consuming dairy causes the production of mucous and inflammation in the body which leads to decreased immune function. There is also a theoretical concern of the bovine hormones increasing tumor growth and aggressiveness when people with cancer consume them. Make the change to rice or almond milk.

Fast food: There isn't enough room on this page to list all of the problems with fast food. From the large amounts of "bad" fats that promote disease to the ammonia that can be injected in the meat to kill off bacteria, we recommend our patients refrain from all fast food.

Soy: Soy is a complicated discussion and we recommend people refrain from eating it due to the genetic engineering of its DNA, its ability to block thyroid function and decrease enzymatic activity, and due to its hormonal/estrogenic properties.

Sugar: The consumption of large amounts of sugar is known to decrease the function of the immune system hampering the body's ability to clear infections or fight cancer.

Wheat (Gluten): We recommend our patients avoid wheat, more importantly a protein in wheat named gluten. Gluten is a sticky, inflammatory protein that many people are sensitive to. This sensitivity can be another factor that is causing the immune dysfunction allowing cancer to grow. Gluten isn't the only problem with wheat. Wheat has also been shown to draw cadmium (a toxic heavy metal that causes cancer) out of the soil and concentrate the metal in its cells. Then, by eating the wheat, we increase our exposures and promoting disease.

Why should I minimize those foods?

Minimizing meat is important because the digestion of meat requires a large number of pancreatic enzymes. Pancreatic enzymes are a major way that the body decreases inflammation, regulates the immune system and combats cancer cells. Most of the animals that we eat in this country are also very sick and toxic. Conventionally grown and processed animals/meats are fed/injected with antibiotics, hormones, heavy metals, etc to try and make the animals grow as fast and as large as possible. All of the items we expose the animals too, we eventually get exposed to when we eat them. This in turn makes our bodies more inflamed, more toxic, and less capable to fight disease.

Processed oils promote the production of inflammation in the body, decrease cell health, and decrease the immune system. We advise our patients to switch their oils and consume coconut and olive oil. When cooking with these oils beware of using high heat, even when the oils are refined, because the heat destroys the health benefits. If there is a smoke coming from the heated oil, then the benefits are being destroyed.

Why should I increase those foods?

An increased and varied intake of plant based foods contains many health promoting constituents and has been shown to decrease cancer risk, improve immune function, decrease inflammation and alter genes that are associated with cancer growth and spread. Diet is the foundation of health. Remember you are what you eat. If you want a clean and healthy body, eat clean and healthy foods.