

## **Dietary Guidelines to Improve Wellness and Fight Cancer**

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These nutritional support dietary guidelines are based on providing a high level of nutrition to your body's healthy cells, enhance your natural anti-cancer immune function and to improve your overall wellbeing.

The immune system cells (white blood cells) such as natural killer cells and lymphocytes assist in cancer cell destruction and removal, and it relies on good nutrition to provide it with the necessary nutrients to function well. The other nutritional aim is to "starve out" the cancer cells, because they survive on anaerobic respiration (without oxygen, living off glucose for fuel), unlike healthy cells, which live on aerobic respiration (with oxygen). Therefore refined, sugary and yeasty foods need to be avoided completely and replaced with fresh antioxidant-rich foods that increase the body's alkalinity (pH levels) and create a healthy environment to fight cancer.

We aim for a urinary pH of 7.0 – 7.4 – which can be achieved by eating a diet high in vegetables/salads, some fruit, small amounts of more alkaline grains and proteins. This type of diet which boosts immune system is the core of Naturopathic support to fight cancer, and helps form a long-term anti-cancer lifestyle. Complementary medicines, including nutritional and herbal therapy, will help to increase your immune system function, improve your well-being and support your current medical treatment.

In this handout is a list of "foods to avoid", followed by a dietary guideline that has been formulated especially for you. Adhere to these recommendations as closely as possible to support your body and its immune responses during this time.

To help make healthful food choices, remember what Hippocrates said:

***"Let food be thy medicine and medicine be thy food"***

## Please avoid the following foods in your daily diet:

- **Sugary, Refined and processed foods:** (to support immune function and starve out cancer cells)
    - Sweets (e.g. chocolate, lollies) (occasional organic dark chocolate is very low in sugar and is high in antioxidants!)
    - Cakes and Biscuits (that contain sugar or refined flour)
    - Sugars (includes glucose, fructose, malt, dextrose, corn syrup, sucralose, cane juice....sugar's many guises!)
    - Jams
    - Honey (this is a form of glucose so limit, but small amounts of natural unprocessed honey is fine occasionally)
    - Ice creams (occasional treats of Soy ice cream or "Vitari" etc are ok; or blend frozen fruit to make fruit gelati).
    - White Flour products e.g. white bread, pasta
    - Cordials and Soft drinks
    - Dried and canned fruits and commercial fruit juices: all are high in fruit sugars (fructose=sugar): fruit is best eaten fresh or *freshly* juiced and diluted with water 50:50.
  - **Hydrogenated Oils, Fats and Fried Foods:** (to prevent free radical damage to healthy cells)
    - Margarine ("Melrose" – OmegaGold)
    - Take-away foods and fried food snacks (e.g. chips, roasted nuts)
    - Pastries/cakes made with lard, margarine or hydrogenated oils
    - Avoid Canola oil and Sunflower Oil (and products that also contain them)
  - **Alcohol, Fermented foods and drinks** (alcohol and fermented foods convert to sugars in the body)
    - Beer, Wines, Spirits, champagnes
    - Ginger beer
    - Soy sauce (use Tamari instead)
    - Worcestershire and HP sauce
    - Vinegar (white, wine) (organic apple cider vinegar or lemon juice can be used for salad dressings)
  - **Processed/Smoked/Deli meats** (these meats contain nitrites which negatively affect immune function)
    - Bacon
    - Ham, Silverside, Salamis etc
    - Sausages
  - **Pickled Foods**
    - Gherkins and pickled onions etc
    - Pickled spreads and relishes
    - Pickled fish
  - **Table salt** – use small amounts of unprocessed sea salt instead
  - **Cows milk** – high in natural milk sugar called lactose (small amounts of low fat yogurt & white chesses are ok)
  - **Caffeine** – in coffee and tea (an occasional cup of Madura or Natures Cuppa tea is ok)
  - **Spicy foods and chili** – irritating to the digestive tract – especially during chemo or radiotherapy.
  - **All additives, colourings, flavourings, preservatives etc** – basically all processed and packaged foods. Try to eat foods in as natural and fresh state as possible. Remember to read ingredient listings. Do not trust labels!
  - **Avoid ready made commercial sauces such as "Chicken Tonight", stir fry sauces, pasta sauces etc** – as these contain sugars and additives.
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## Include the following in your *daily* diet:

### 1. Fresh Organic Vegetables/Salads:

Ensure you eat a *minimum* of 8 different vegetable/salad servings daily (1 serving = ½ cup).

Vegetables supply the majority of your essential daily vitamins, minerals and antioxidants - not to mention fibre and help make your body alkaline! They should be your major food source (ideally 60-70% of total dietary intake).

Daily, you require: \_\_\_\_\_

- **4-5 servings of green vegetables** (dark salad greens such as rocket/watercress/spinach leaves etc, broccoli, zucchini, cabbage, snow peas, beans, spinach, cauliflower, asparagus, bok choy, brocolini etc)

- **4-5 servings of orange/red vegetables** (carrots, sweet potato, red capsicum, tomato, beetroot etc)

- All brightly-coloured vegetables are high in carotenoids and beta-carotene = anti-cancer nutrients.
- Tomatoes (especially if cooked) are high in lycopenes, which are potent anti-cancer antioxidants.
- Sulphur-containing veggies such as broccoli, cauliflower, cabbage, brussel sprouts, leeks, onions and garlic are anti-carcinogenic, so should be eaten daily.
- Sprouts such as broccoli sprouts have significant anti-cancer properties.

Eat 50% of your vegetables RAW as salads. The remainder should be only lightly cooked (steamed or stir-fried in a little olive oil) to ensure maximum nutrition. Raw foods are also very high in enzymes which are essential for good health. Avoid microwaving food for cooking, reheating or defrosting as microwaving destroys many nutrients and denatures proteins.

**Buy fresh ORGANIC fruit and vegetables** if possible to minimise pesticide and herbicide intake (which are carcinogenic and increases load on the liver). Organic produce is much higher in nutrients – up to 80% more nutrients than conventionally grown produce.

Suppliers of organic produce: [HYPERLINK "http://www.thegreenline.com.au"](http://www.thegreenline.com.au)  
[www.thegreenline.com.au](http://www.thegreenline.com.au) ; “Ripe” and “Organic Elements” at Prahran Markets; South Melbourne Markets; Queen Victoria Markets; Macro Wholefoods; SunnyBrook Health Store (553A North Rd, Ormond; Ph: 03 9578 6400) have a great range of organic and health food items

When it is not possible to buy organic produce, scrub fruit and vegetables in a solution of white vinegar (4-5 tbsp. to sink of fresh water) and then rinse in fresh cold water before packing away in fridge.

**Vegetable juicing is an essential part of treatment.** It is recommended that you drink 400-800ml (i.e. 2-4 glasses) of *fresh* vegetable juice daily (diluted with water 50:50). Always add ginger to assist digestion and carrot (high in beta-carotene: antioxidant and anti-tumour).

Good combinations include: - celery/apple/carrot/  
- carrot/celery/ginger/ beetroot/spinach (great to build healthy blood)

Fresh juices can also be added to smoothies (see recipe).

Be careful of the commercial juice bars that do not use fresh vegetables and fruit or add other ingredients!

Note: use a good quality juicer that uses a cold-press action that preserves the enzymes and nutrients. Most commercial juicers ‘grind’ the vegetables and fruit which lose nutrients and enzymes. If you do not have a juicer, Salus can order a range of juicers for you, at lower than market costs.

## 2. Fresh organic fruit:

Eat 2-3 pieces of **organic** fresh or juiced (dilute 50:50), seasonal fruits daily. Try not to eat fruit alone on an empty stomach, as it can disturb blood sugar balance. Do not exceed this fruit intake, as fruit still contains fructose = sugar.

Combine a piece of fruit with a few almonds or natural yoghurt as a snack, or add to breakfasts or have as a dessert.

Try to ensure that you eat at least **1 serve of dark berries** daily such as blueberries, dark grapes, strawberries, boysenberries (frozen berries are good to use when they are out of season and are great to add to porridge and smoothies as well as desserts).

Try to eat fresh pomegranate as much as possible, as they have the highest antioxidant content and have been shown to have anti-cancer activity in scientific studies. Add pomegranate to salads (it goes very well in rocket salads with avocado, capsicum etc) and it also goes very well with fish and chicken.

Avoid commercial fruit juices, as they contain high amounts of sugar (added or natural).

## 3. Organic Whole Grains (Complex Carbohydrates):

It is essential that you ensure good bowel function by eating adequate amounts of wholegrains daily for fibre. Wholegrains also supply vitamins, minerals and amino acids, which are essential for health.

All breads, rice, cereals, and pastas should be **brown/wholegrain (complex carbohydrates = low Glycaemic Index)**, not white, for maximum *nutrition* (beware: most “brown” breads are not wholegrain, read ingredient labels!). Use **organic/biodynamic grains** when possible to reduce chemical residue intake.

Wheat is too acid-forming, so limit wheat intake. Select from a wide range of alkaline-forming grains instead. Vary and rotate unprocessed grains such as: oats, rye, corn, millet, rice, barley, buckwheat.

**Organ™ wheat-free pastas** are a good alternative to the common pasta varieties. These are available from supermarket in ‘health food’ section or from organic grocers. Wholemeal Spelt pastas are also a good option.

**Rye Sourdough breads** are a better choice than yeast-based wheat breads (be careful – a lot of “rye breads” such as Helgas, Burgen, Bakers Delight etc still have a lot of wheat flour/bakers flour; read ingredient listings carefully to ensure 100% rye and no yeast!). A recommended bread brand is: **“Healthy Bake”** Spelt, Kamut, Ancient Grains breads (from organic grocers and health stores).

Use organic rye, spelt and gluten-free flours. Freshly ground flours are best to preserve nutrients, enzymes and prevent oxidation. Salus can order flour mills at reduced cost for patients if you would like to grind your own flour/grains.

- *Include 3 serves of wholegrains daily in your diet.*

(1 serve =  $\frac{1}{3}$  cup cooked brown rice,  $\frac{1}{2}$  cup muesli or porridge oats;  $\frac{3}{4}$  cup cooked wholegrain or gluten-free pasta, 1 slice bread).

#### 4. Beans, legumes and soy products:

Soy milk is better for you than cow's milk due to the lactose (milk sugar) content in milk, plus soy has an added benefit for improving immune function against cancer. Buy organic or "non-genetically modified" soy products. (Good soymilks include: **Vitasoy (Green)**<sup>TM</sup>, **Bonsoy**<sup>TM</sup>, Aussie Soy<sup>TM</sup>, Australia's Own<sup>TM</sup>: ensure soymilk is made from "whole soy bean" {not extract}, and careful of "malt" {=sugar} content).

Include *legumes* such as: chickpeas, lentils, red kidney beans, mung beans, lima beans, borlotti and soy beans and products *daily* into your diet. *Soy products* include tofu, tempeh, soy grits, soy flour and soymilk.

Try to eat at least **2 serves of legumes/soy products daily**. You can add tinned legumes to your salads or make into bean patties etc (1 serve = 1 cup soymilk, 1 cup soy yoghurt, 50g soy cheese, 100g tofu/tempeh, 1 cup cooked beans/legumes, 80g hummus dip).

#### 5. Essential Fatty Acids (Efa's): Olive Oil, Fish, Seeds And Nuts

Essential fatty acids are *extremely important* to ensure healthy cell function is preserved (omega 3 essential fatty acids are involved in every cell membrane). Whilst you need to avoid all fried foods, margarines, and animal fats – you can eat cold-pressed olive oil or raw fats from whole seeds, nuts, and olives, as well as fish (especially deep-sea), which are all integral for your health generally and the health of your immune cells.

Include linseeds, sesame seeds, sunflower seeds, pumpkin seeds, almonds, brazil nuts, pecans, and walnuts (all *fresh/raw*: not toasted and salted) in your *daily* diet as snacks or include in your meals (see breakfast "Seed Mix" recipe). As they become rancid easily (due to heat and oxygen), nuts and seeds should be bought fresh, organic where possible and refrigerate until they are eaten.

In addition, add **1 tbsp cold-pressed flaxseed (linseed) oil** to food daily. Do not heat and cook with this oil. Add to breakfast cereal, smoothies, salad dressings etc.

**Eat fish at least 4-6 times a week** (eg 3 dinners, 3 lunches). Choose ocean and deep-sea fish for their Omega 3 EFA's, such as salmon, tinned tuna, sardines, mackerel, blue grenadier, snapper etc. Fresh fish is best, but tinned fish in spring water is a good alternative (eg tuna, salmon, sardines) - especially for lunch. Avoid large fish such as shark (flake), swordfish, and marlin due to their higher heavy metal content.

Use organic **cold-pressed 'extra virgin' olive oil** only (Omega 6 EFA's) for cooking (this oil is most stable to heat, thus producing decreased amounts of 'free radicals'. Be careful not to "burn" or overheat the oil).

**Alternative spreads to margarine:** Avocado, Banana, Soy Mayonnaise (available from health section of supermarket; avoid 'normal' mayonnaise), hommus, olive oil (brushed onto bread or dipped), tsatiki dip, nut butters ("Melrose" Omega Gold spread; "Melrose" almond, ABC spread – available from health section supermarket and health food stores. Avoid peanut butter because of the aflatoxin content).

#### 6. Yoghurt and dairy foods:

Eat 100-200g natural organic sheep/goats yoghurt daily. The natural live cultures assist digestion, promote gastrointestinal health, support immunity and help prevent thrush. Yoghurt is also a good source of protein and calcium. Ensure the yoghurt you purchase is organic, natural and includes the live cultures "acidophilus, bifidus, bulgaricus, and casei" (avoid commercial brands such as

“Ski/Yoplait/Nestle” etc). Reduced fat versions are recommended to ease the load on the digestive system and organic is recommended to avoid any of the hormones in “regular” dairy produce.

It is preferable to eat sheep, goat or buffalo yogurts because they are easier to digest than cow’s milk yogurt. These will be available from a health store or organic grocers.

Primarily avoid dairy foods, but a small amount of white cheese is acceptable (1-2 times a week). This includes low-fat cottage cheese, ricotta, and fetta.

Use organic dairy products to reduce exposure to hormones.

## **7. Protein:**

*Small amounts of protein should be eaten with every meal.* However, it is important to minimise your intake of red meat due to the extra stress this places on digestion and your bowel, and it is acid-forming. Include fish, organic chicken, organic eggs, low-fat organic dairy products and properly combined vegetable proteins (see below).

Red meat should only be eaten in small quantities (i.e. once every couple of weeks). All animal protein including chicken, red meat, and eggs should be ORGANIC (to reduce exposure to animal hormones and chemicals residues) and selected as lean cuts and trimmed of all excess fat. (N.B. Free range produce does not preclude the feeding of antibiotics and other drugs. Belmore Meats and Rendinas in Balwyn; Macro; Hagans at Prahran markets and other organic grocers have organic chicken and red meats)

Avoid using additional oils when cooking chicken and meat, except brushing a little olive oil onto the fish/chicken/meat before cooking.

*Directions: Eat fish 4-6 times; 2-6 organic eggs, 1 organic chicken and 2-3 properly combined vegetarian meals a week (see below). Limit red meat to every couple of weeks, maximum.*

**Vegetarian meals** containing no animal protein should be combined in the following manner to produce a “complete protein” with the necessary amino acids required by the body:

- *Beans/legumes with Grains:* eg. tofu & rice, lentils & rice, tortilla (corn) and beans, buckwheat & tempeh,
  - *Beans with Seeds:* eg. tahini & beans; tofu & sesame
  - *Grains with Nuts:* e.g. nut butters on bread; rice and cashews/almonds; rice with satay.
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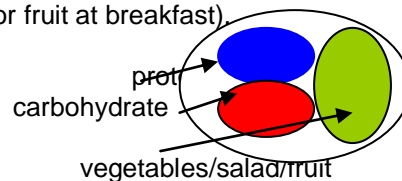
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## Daily Meal Suggestions

Always include protein and complex carbohydrates consisting primarily of vegetables (or fruit at breakfast) in every meal or snack.

An easy way to ensure correct proportions, is to serve equal quantities of **protein** to **complex carbohydrates (wholegrains)** *visually by size* on your plate, accompanied by lots of vegetables (or fruit at breakfast).

The following suggestions outline correctly balanced, nutritious meals.



### On Waking, commence each day with:

- a) the fresh juice of 1/4 lemon in a cup of warm water (to cleanse the bowels and stimulate the liver)  
**plus**
- b) fresh vegetable juice, such as carrot/beetroot/celery/ginger or apple/celery/carrot/ginger.

### Breakfast:

**Seed Mix Recipe:** (add this to your breakfast daily) Mix ¼ cup each of: freshly ground linseeds (flaxseeds), sunflower seeds, almonds, pumpkin seeds (pepitas), and psyllium husks (or rice/oat bran). Grind seeds and nuts individually in a coffee grinder or food processor; then mix together with the bran and store in an airtight container in the fridge. Do not keep longer than 2-3 weeks, as it will oxidize. Add 2-3 tbsp to breakfast daily! (N.B. do not purchase the pre-prepared “LSA” or seed mix from the supermarket or health store which will have been exposed to light and heat = rancid!)

- a) 1 piece of fresh seasonal **fruit** (grated or chopped) topped with 1 cup **natural organic yoghurt** and 2-3 heaped tbsp of **‘Seed Mix’ PLUS** 1 piece rye bread toast spread with nut butter, avocado, banana or a poached egg.
- b) **Porridge:** Cook  $\frac{1}{3}$  –  $\frac{1}{2}$  cup oats or rice cereal with water as directed until soft. Add 2-3 tbsp ‘seed mix’, 2-3 tbsp yoghurt, fresh fruit and  $\frac{1}{2}$  cup soymilk.
- c) **Energy Smoothie:** Blend together 1 cup soy milk, 2 tbsp low fat natural yoghurt, 1-2 tbsp seed mix, 1 tbsp flaxseed oil, 1 scoop protein (whey or soy – see your practitioner) powder and 1 piece of chopped fresh fruit (1/2 cup frozen). Fresh vegetable juice can be added for an extra nutritional boost, as can any of your powdered or liquid medicines. Blend until smooth. Delicious!
- d) **Homemade or Natural muesli:** To make large quantity, mix: 4 cups raw oatmeal; 2 cups rice flakes, puffed millet or puffed brown rice;  $\frac{3}{4}$  cup each of sunflower seeds, linseeds, pumpkin seeds and chopped almonds;  $\frac{1}{4}$  cup organic sultanas/dried paw paw/coconut. Store in airtight container. Serving:  $\frac{1}{2}$  cup muesli with  $\frac{1}{2}$  cup soy milk, 2 tbsp yoghurt and chopped fruit. (N.B. If you are buying natural muesli ensure that it does not contain sugar).
- e) **2 slices wholegrain or rye sourdough bread**, toasted and topped with 2 poached or boiled eggs or a small tin of sardines (no butter). Serve with grilled tomatoes and/or mushrooms. Avoid sweet spreads on toast (e.g. honey & jam). Nut butters (almond butter, cashew butter etc) can make a great spread for toast.
- f) **For a treat: Natural Buckwheat Pancakes (“Orgran”)** topped with freshly stewed apples or mashed banana and plain natural yoghurt.

## Snacks:

It is important to have food every 3 to 4 hours to keep your blood sugar levels stable (avoiding sugar/carbohydrate cravings), and it keeps your energy levels high. Snacks should be small, and contain some protein and complex carbohydrate:

- a) Fresh vegetable juice plus a handful of fresh nuts for protein.
- b) 1-2 Ryvita or Rice Cakes (brown rice) topped with nut butter
- c) Handful of raw/unsalted mixed nuts & seeds: almonds, sunflower seeds, brazil nuts, pumpkin seeds etc.
- d) Energy Smoothie (see breakfast)
- e) Small pot of natural yoghurt with 1 piece chopped fresh fruit.
- f) 1 slice wholegrain/rye sourdough bread, toasted (no butter/margarine) and spread with hommus, or avocado and salmon to help kick those sugar cravings (this combo really works!).
- g) 2 Ryvita™ ('Soy and Linseed' or 'Multigrain') crispbread topped with hommus or tzatziki dip (low fat).

## Lunch:

- a) **Homemade vegetable soup** with added beans (such as lima, soy, kidney beans) and grains (rice or millet) for complete proteins. Serve with a 1-2tbsp natural yoghurt and a slice of wholegrain rye toast.
- b) **Large mixed salad:** 'salad mix' (combination salad greens), tomato, avocado, grated carrot, cucumber, grated beetroot, tabouli, olives, sundried tomatoes, lightly steamed beans/broccoli/asparagus (cold) etc. Add some protein, such as a small tin of tuna/salmon, ¼ cup low-fat cottage cheese, fetta, or ricotta, soy cheese, chopped boiled egg or correctly combined vegetable protein. Sprinkle over some pepitas, almonds, pine nuts and drizzle with dressing. Add some drained and rinsed tinned beans.  
Dressing: To make 1 cup of dressing: ½ cup flaxseed oil or olive oil (cold pressed) mixed with ½ cup cider vinegar, 1-2 tsp seeded mustard, 1-2 cloves crushed garlic and cracked pepper to taste. Keep in fridge or dark cupboard and use daily.
- c) **Wholegrain/rye sourdough bread sandwich** spread with Tahini (sesame paste), hommus dip, soy mayonnaise or avocado (instead of butter/margarine), topped with a large mixture of salad, tomato, grated carrot and beetroot, cucumber etc. Add protein such as tuna, salmon, egg, low fat cheese, soy, or skinless chicken breast.
- d) **Frittata/Omelette** (2 eggs, onion, tomato, garlic & fresh herbs), and a large salad.
- e) **Lentil and veggie patties** with salad.
- f) **Any of the dinner options.**

**NOTE:** Breakfast and lunch are key meals because they nourish you during the day whilst your body is actively engaged. Ensure that these meals are larger than your evening meal, which should be smaller in quantity due to lowered metabolism during sleep.

## Snack:

See earlier snack options.



## Dinner:

- a) **Grilled fish fillet** with steamed veggies or a large mixed salad.
  - b) **Wholegrain pasta with tuna and vegetable sauce** (tomato based sauce, with tinned tuna, onions, garlic, mushrooms, carrots, broccoli, capsicum and zucchini).
  - c) **Stir-fry vegetables with tofu (or lean chicken):** in a little olive oil, stir fry onions, carrots, bok choy, capsicum, beans, snow peas, mushrooms, bean shoots, coriander etc. Add cooked tofu and serve with brown rice. (Tofu: marinate in soy sauce/tamari, garlic, chili, ginger, sesame oil for 2 to 8hrs, then fry in a little olive oil until browned. You can also grill whole tofu slices as main meal).
  - d) **Lamb/Chicken Kebabs**, grilled and served with couscous and grilled vegetable salad (small chunks of vegetables such as carrots, capsicum, sweet potato, pumpkin, mushrooms, whole cloves of garlic - rubbed with a little olive oil, sprinkled with mixed herbs and grilled or roasted).
  - e) **Mushroom and Spinach Frittata**, served with steamed vegetables or salad.
  - f) **Lentil and veggie patties** (cooked brown rice, egg, cooked lentils, chopped onions, grated veggies such as carrot, sweet potato, plus herbs of choice – mix together, form into patties and cook in olive oil) served with veggies or a large salad.
- Use garlic, onions, ginger, fresh herbs and tamari (a good alternative to soy sauce) to flavour cooking.

## Drinks:

- a) **Avoid caffeinated beverages**, especially coffee. 1 cup of organic “naturally low in caffeine” (not decaf) such as “Natures Cuppa” or “Madura” tea is permitted. Green tea is very high in antioxidants and is recommended. Try herbal teas such as peppermint, chamomile, ginger, rosehips etc which can be consumed in unlimited quantities. The Salus “Digestive Tea” and “Antioxidant Tea” are both highly recommended for their therapeutic qualities.
- b) Drink *at least* 2.5 - 3 litres of **filtered water** daily (reverse osmosis filtration or Wellness Water filters are the best on the market). Avoid tap water as it is high in chlorine and other chemicals. An easy way to drink water is hot or cold with a squeeze of fresh lemon, or slices of lemon. Avoid drinking water with sugary flavourings such as cordials and soft drinks. You can drink carbonated mineral water – which is often a lot easier to drink (especially with a twist of lemon!).
- c) Try not to drink fluids (water, teas) with your meals, as they dilute your digestive acids and enzymes, thus decreasing digestion. You want to achieve maximum digestion and absorption from these nutritious foods. Drink fluids 20 minutes either side of meals.
- d) Vegetable Juice – as previously stated, drink 400 – 800ml of freshly prepared vegetable juice daily (diluted)

## Treats:

- **Cocoa/Dark Chocolate:** Dark chocolate (Lindt 85% cocoa or Green and Black's Organic Dark Chocolate or Organic Cocoa) is a great treat to enjoy as it is high in antioxidants. Be careful not to eat too much or eat it late at night due to the caffeine content! 1-2 large squares of dark chocolate every day or so is fine or a cup of hot chocolate made with cocoa powder, a little honey and some soy milk – delicious!
- The 90/10 rule: stick to the guidelines 90% of the time....then 10% can be for fun (eating out, occasional treats...)
- When eating out, order something delicious from the menu that generally fits within your nutritional parameters.

**Other:**

- a) Avoid exposure to chemicals such as cleaning agents such as bleach, spray and wipe, domestos, oven cleaners, Teflon coated cooking pots/pans, paints etc (carcinogenic). Use natural based products only.
- b) Avoid exposure to gardening chemicals and any other household or work-based chemicals.
- c) Go for a gentle walk once daily for at least 20 minutes in some gentle sunshine or by some water. This encourages circulation and lymphatic flow, as well as increasing serotonin levels.
- d) Have at least 1 or 2 “power naps” daily for at least 30 minutes to recharge your batteries and ensure that you get 8-10 hours of sleep daily to ensure good immune system function.

**The Power of the Mind and Your Mental Outlook....**

- a) Write a “journal” about how you are feeling...daily. Use it as a dialogue about how you are feeling, your worries, frustrations, problems and hopes for the future. It helps to get it out from the mind and releases it into the physical.
- b) Consider joining a weekly yoga class – wonderfully gentle exercise for the mind and body. See your practitioner who will be able to refer you to someone who is right for you.
- c) Consider learning meditation to assist not only with relaxation of the mind but to also assist in the regulation of your neurotransmitters and immune function. See your practitioner who will be able to refer you to someone who is right for you.
- d) The mental/emotional connection with cancer is well known and has been thoroughly researched. If you are currently feeling stressed or have unresolved issues from the past it is advisable that you see a counselor who will be able to help you to address any past or present issues to assist with your overall recovery and wellbeing. See your practitioner who will be able to refer you to someone who is right for you.

***Above all else, a positive mental attitude, wholesome optimism, coupled with good nutritional foods and a deep re-appraisal of purpose and quality of life, looking at your goals in life, your reason for living. This in essence, is the multi-dimensional approach to the treatment of cancer, that acknowledges and works with the physical, emotional, mental, and spiritual aspects in an integrated and effective way.***

# Shopping List

## Organic Vegetables: (in order of importance)

- **Carrots** – for juicing and eating fresh or lightly steamed
- **Beetroot** – use in juices, grated raw in salads, baked whole in oven
- **Broccoli** – lightly steamed, stir fried or raw with dips
- **Spinach** – juiced and in salads
- **Salad Mix** – the darker the leaves the higher the nutrients
- **Cabbage**
- **Tomatoes** – fresh and tinned
- **Capsicum** – red especially
- **Cauliflower** – lightly steamed and for dips
- **Avocado**
- **Celery** – for juicing, salads and for dips
- **Asparagus** – lightly steamed
- **Beans** – lightly steamed
- **Snow peas** – raw or steamed
- **Onion** – raw in salad (red) and for cooking tomato-based sauces
- **Garlic** – eat daily in salad dressings or added to dishes
- **Sweet potato** – steamed or baked
- **Mushrooms** – raw in salads or added to stir fries
- **Fresh Sweet corn** – steamed
- Any others of choice!

## Organic Fruit (in order of importance)

- **Berries:** strawberries, blueberries, raspberries (frozen is ok)
- **Papaya** (high in natural enzymes) – delicious diced with lemon or lime juice drizzled over the top
- **Pineapple** (high in natural enzymes)
- **Kiwi Fruit** (high in Vitamin C)
- **Oranges**
- **Lemons**
- **Mandarins / Tangelo's**
- **Apples**
- **Pears**
- **Cantelope (rock melon)**
- **Watermelon**
- **Grapes (ensure only organic)**
- **Bananas**

## Fish

- **Salmon**
- **Ling**
- **Blue Grenadier**
- **Tinned tuna**
- **Tinned salmon**
- **Snapper**
- **Butterfish**

Avoid marlin, swordfish, shark (flake) and fresh tuna due to heavy metal content.

## Organic Chicken and Meat

- **Organic chicken**
- **Organic lamb**

## From the Supermarket / Organic Market

- **Organic tinned tomatoes**
- **"Organic Rye" sourdough bread**
- **Ryvitas**

- **Corn thins**
- **Jalna Biodynamic Yogurt**
- **Yumi's Dairy-free dips (e.g olive, spinach, beetroot)**
- **Hommus dip**
- **Tzatziki dip**
- **Organic tofu**
- **Olive oil: cold pressed, extra virgin**
- **Grain mustard**
- **Vitasoy CalciPlus – high fibre/low fat soy milk**
- **Raw nuts and seeds:** pumpkin seeds, sunflower seeds, almonds, cashews, brazil nuts, linseeds, sesame seeds, brazil nuts etc
- **Tofu**
- **Tempeh**
- **Tinned beans: chickpeas, barlotti, lima,**
- **Flaxseed oil**
- **Soy Mayonnaise (from health section)**
- **Nut Butter (e.g almond butter)**
- **Tahini**

**From the Health Food Store**

- Natural Cleaning Products
- Water filter

