

effects of chemo and radiation, thus making the cancer cells more vulnerable to the medicine. Proper nutrition can make chemo and radiation more of a selective toxin against the cancer and less damaging to the patient.

DAY 7: TURBO CHARGE YOUR IMMUNE SYSTEM

Your immune system consists of 20 trillion cells that compose your police force and garbage collectors. The immune system is responsible for killing the bad guys, any cells that are not participating in the processes of your body, including cancer, yeast, bacteria, virus, and dead cells. "Kill the bad guys and take out the trash."

That is what your immune system is supposed to do. But since you have cancer, something is wrong with your immune system: usually either stress, toxic burden, or malnutrition.

Eat well and take professionally designed nutritional supplements. Lower your stress levels. Use guided imagery to imagine your immune cells like sharks gobbling up the cancer cells. This technique really works! Detoxify your body. The average Western body has 1,000 times more heavy toxic metals than our primitive ancestors before the dawning of the industrial age. Toxins shut down the ability of the immune system to mount a good battle against the cancer cells.

As your cells divide billions of times daily, mistake cells are the inevitable consequence. These mistake cells sometimes grow into cancer cells, which your immune system recognises as being defective and then gobbles them up like Pac Man.

The average adult gets 6 bouts of cancer in a lifetime, yet only 42% of us will end up in a cancer hospital. The other 58% had a respectable immune system, which protected the person against defective cells rising up to become palpable life-threatening cancer.

Get your immune system working and the end of your cancer is in sight. Nutrition products that have demonstrated an ability to bolster immune functions include: colostrum extracts (lactoferrin, transfer factor), whey extracts, aloe extracts, mushroom extracts (Maitake D-fraction), yeast cell wall extracts (1,3 beta glucan), IP-6 (phytic acid), MGM-3 (mushroom extract plus IP-6), ImmKine (Aidan 480-446-8181) and Essiac tea.

DAY 8: THE HEALING POWER OF WHOLE FOODS

It is amazing how simple the answer to cancer can be. Our brilliant researchers have spent 30 years and billions of your tax dollars wrestling with the complex issue of curing cancer. Yet Nature has been solving the dilemma for thousands of years. All of us get cancer all of the time, yet magical ingredients in a whole food diet are there to help the body beat cancer. Ellagic

acid from berries induces "suicide" in the cancer cells. Lycopenes from tomatoes help to suppress cancer growth. Genistein in soy, glutathione in green leafy vegetables, S-allyl cysteine in garlic, and much more are the new scientifically validated cancer fighters of the 21st century.

You don't have to wait for 7 years while a drug company goes through clinical trials, nor for FDA approval, nor for a doctor's prescription for some drug that has many toxic side effects and costs thousands of dollars each month. These miracle anti-cancer agents are waiting patiently at your nearby grocery store and health food store.

- Eat foods in as close to their natural state as is possible.
- Eat as much colourful vegetables as your colon can tolerate.
- If a food will not rot or sprout, then throw it out.
- Avoid chemicals. Eat organic.
- Shop the perimeter (outside aisles) of the grocery store.

DAY 9: NUTRITIOUS AND DELICIOUS RECIPES

Now that you understand the importance of eating wholesome foods to beat your cancer, you will need some tips on making this food palatable. See the chapter on "Nutritious & Delicious" in my book *Beating Cancer with Nutrition* for many great tasting recipes. I have hosted many classes with hundreds of cancer patients where we would share what foods might help them to beat their cancer. Women, in general, seem more receptive to these new cooking ideas. Men, in general, seem less interested in changing 50 years of eating habits.

You are trying to take simple food straight from Nature and use healthy seasonings to make a quick and tasty meal. Crock pot, pressure cooker, steamer and grilling are all wonderful means of cooking nourishing foods. Some produce is most nutritious when eaten raw, such as many vegetables and all fruit. A high speed blender can take any leftovers or foods that are not appealing and blend them in to a smoothie or a nice soup.

Try a bowl of oatmeal and a half cup of rockmelon for breakfast or a berry, banana and coconut water smoothie. Move on to a lunch with grilled organic chicken breast with spinach and onions, wild rice, a bowl of deep-coloured fresh vegetables and a half cup of raspberries for dessert. A sample dinner might be grilled halibut with lemon, baked sweet potatoes, fresh tomato slices with onions and a dessert of a half cup of fresh papaya.

This is all nourishing food that you can grow to savour, easy to prepare, and easy to find at your local grocery store. And it will help you to beat your cancer.

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