

## CANCER PREVENTION SUGGESTIONS

- Take plant based oils
  - They must be organic and cold pressed. Ideally 4:1 Omega 6 to Omega 3 ratio
  - They must not be heated or used for cooking
- Optimise Vitamin D levels
  - From exposure to sunshine
  - Good quality absorbable Vitamin D oil based supplement
- Optimise Vitamin A levels
  - Good quality oil based absorbable supplement
  - Best food sources – organic turkey liver, organic chicken liver organic egg yolks, raw butter
- Drink organic green vegetable juice especially kale, spinach, broccoli, cabbage, cauliflower
- Take curcumin – active ingredient in turmeric
  - Take turmeric as a hot drink using turmeric tincture and use turmeric in your cooking
- Maintain iodine levels
  - Use a natural source of iodine called kelp or sea vegetable flavouring in cooking or in a hot drink
- Follow a more alkaline diet by including more vegetables. The following in particular have been researched as beneficial:
  - Red onions, scallions, garlic, chives, leeks
  - Tomatoes
  - Beetroot – whole not juiced
  - Broccoli
  - Grapes – to include the skins and seeds. The purple ones in particular
- Suggested soup by Gerson:
  - Hippocrates Special Cancer Soup
    - 3 to 4 stalks celery
    - 1 ½ lbs tomatoes
    - 2 small leeks
    - 1 lb potatoes
    - Parsley
    - 2 onions
    - few cloves garlic

- Garlic – raw or as a powder
  - Use as a powder in cooking. Try Garlic, onion and ginger powder
  - Not garlic supplements
- Take a colon cleansing product
- Liver cleanse – ALWAYS CLEANSE COLON BEFORE STARTING LIVER CLEANSE
  - Lemon and Extra Virgin Olive oil
    - 1 organic lemon whole, including rind and seeds
    - 1 tablespoon of organic extra virgin olive oil
    - 1 and half glasses of spring water
    - Blend together
    - Start with quarter of a cup and gradually build up
- Take Apple Cider Vinegar
  - Suggested dose 3 teaspoons once a day
  - Can increase to 3 teaspoons three times a day

### **AVOID THE FOLLOWING**

- Avoid fish oil and krill oil as they contain mercury
- Avoid or have any mercury amalgams removed
- Avoid artificial sweeteners, sugar and refined grains
- Avoid charring meats – charcoal or flame broiled (bbq)
- Avoid unfermented soy products
- Avoid dairy products from the cow – goat and sheep acceptable
- Avoid processed foods with food additives and preservatives
- Avoid chlorinated water
- Avoid hot drinks in styrene containers
- Never use clingfilm against food you are going to consume
- Avoid xenoestrogens in toiletries - use a reputable brand of chemical free toiletries – muscle test all toiletries if possible
- Avoid electromagnetic fields as much as possible
- Avoid synthetic hormone replacement therapy (HRT)
- Avoid Genetically Modified (GM) foods