

MMC FACT SHEET 902

CANCER-FIGHTING DIET (alkaline)

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Double Nobel laureate Otto Warburg was the first to suggest that a 'low oxygen' environment stimulates the development of cancer. Cancer cells access energy from inefficient glucose fermentation which produces excessive metabolic waste. Surgery, radiotherapy and chemotherapy add to the toxic load, which makes added demands on the liver's cleansing function. Chemotherapy and radiotherapy destroy the gastrointestinal lining and the protective gut-associated lymphoid tissue which surrounds the bowel. Antibiotics, commonly used in cancer patients, drastically reduce the protective bowel bacteria. These additional burdens strain even further the liver's detoxification processes.

Quality food enhances the liver's function, enables the gastrointestinal tract to function more effectively, and boosts the immune system to improve cancer survival. Many studies show a healthy diet is protective against cancer development, and those followup reports that are available show enhanced nutrition improves cancer survival.

Following the cancer diet should not be torture but can hopefully be enjoyed.

The food should be organic, non-toxic, and rich in magnesium, potassium and other minerals.

The diet is predominantly alkaline, does not promote free radical production and enhances cellular oxygen processes.

It normalizes insulin function and eliminates glucose hypo/hyperglycemic roller coasters.

The diet encourages a healthy gut lining and 'good' bacteria, and increases the effectiveness of the liver's ability to dispose of metabolic waste.

Particular foods may enhance specific cell function to improve cancer survival.

Eliminate processed vegetable oil with trans-fatty acids, and minimize saturated animal fat.

There is little evidence to suggest that a pure vegetarian diet is best.



Transition

Move slowly from your existing diet to the 'cancer diet.'

Eliminate completely processed foods, trans-fatty acids and deep-fried oils.

Avoid foods with easily-available sugar.

Meals should be small and eaten frequently. Never miss breakfast. Eat more raw foods and consume 2-3 glasses of fresh organic vegetable juice each day.

VEGETABLES

All vegetables except potatoes

Most important to include: asparagus, artichoke, broccoli, brussel sprouts, cabbage, Chinese cabbage, red cabbage, cauliflower, kale, green leafy vegetables, garlic, cooked tomatoes, red/yellow/green capsicum, leeks, celery, cucumbers, olives, sprouts - mung beans, alfafa etc.

especially mushrooms shiitake, reishi, and maitake.

plus any other yellow orange or green vegetables.

Smaller amounts of beetroot, carrot, onions, choko, baked potato in skin.

AVOID processed (sodium-rich) vegetables.

FRUITS

Avocado, apples, blueberries, cherries, blackberries, pears, lady finger bananas, lemons, limes, loquat, pink grapefruit, pawpaw (papaya), raspberries, red dates. Less of kiwifruit, grapefruit, banana, prune, watermelon.

AVOID fruits high in sugar content - orange, coconut, strawberries, pineapple, mangoes, grapes, honey, dried fruit - raisins, dates etc.

GRAINS

Brown rice, wild rice, rolled oats, quinoa, millet,

Second choice - rye, buckwheat, barley, yam, wholegrain wheat & corn

AVOID white rice, white bread, sugar, processed grains

LEGUMES

Azuki beans, chickpeas, lentils, lima beans, kidney beans, soy bean - tofu.

Most legumes (beans and peas)

AVOID peanuts

NUTS & SEEDS

Almonds (raw or soaked), hazel nuts, macadamia nuts, sesame seed, sunflower seed.

AVOID peanuts

HERBS & SPICES

Ginger, garlic, turmeric, mint, cumin, chives, dill, celery seeds, fennel.

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ANIMAL PROTEIN **Most alkaline:** caught fish, especially sardines, salmon, cod, snapper, tarakihi
More acidic: eggs, duck, quail
Less of chicken, turkey, lamb.
AVOID *beef, veal, pork, deli meats, processed foods, tuna & swordfish (contain [mercury](#))*

DAIRY & MILK PRODUCTS

Rice milk, Soy milk, plain yogurt –preferably of goat origin
There is debate whether cow's milk should be consumed. I advise those with BREAST and PROSTATE cancer to avoid milk completely. Animal experiments demonstrate that milk casein amplifies carcinogen toxicity with increased cancer growth.

FATS & OILS

Cold pressed; Olive oil, pumpkin seed oil, ghee (clarified butter), sesame oil, flaxseed oil, avocado oil.
AVOID *corn oil, cottonseed, margarine, vegetable shortening, animal fats, and cholesterol-free fatty foods. Processed fats have high amounts of deleterious trans-fatty acids.*

BEVERAGES

Green tea (senchi & genmai) & Rosemary tea (most highly recommended)
Ginger tea
Spring water, filtered or boiled tap water to get rid of chlorine.
Organic/ low salt vegetable juices – carrot, celery, beetroot, cabbage, parsley etc - make your own,
Total intake water 2- 3 litres/day
Snack on small sips of warmed water frequently.

MENU SUGGESTIONS

Breakfast

Eat a good breakfast every day.
Suggestion: Vegetable juice (see beverages), lecithin powder with protein from nuts, seeds, cooked beans which can be liquefied in a food processor, or an organic protein powder or using soy/rice/goats milk with probiotic bacteria. A little fruit may improve taste.
or plain yogurt, ground flaxseed and with a little fruit
or soft poached egg **OR** poached fish.

Snacks

Water, green tea, herbal teas. Protein drink with added lecithin, ground flaxseed and organic vegetables.

Other meals

Initially lots of raw foods for 1-2 months, later combining with other foods.
Avoid gluten-containing grains if any possibility of sensitivity or toxicity exists.

Combine the cancer diet with specific nutritional supplementation that enhances gut function, liver health and immune function.

USEFUL RESOURCES for additional advice and recipe ideas.

Book: [Beating Cancer with Nutrition](#) by Patrick & Noreen Quillin. An excellent book discussing importance of specific food and nutrition in treating cancer. Available at Millhouse Medical Centre.

Websites: http://www.cancerrd.com/menu_recipes.htm Diana Dyers, dietitian and cancer sufferer shares her knowledge and recipes.

<http://www.health-science-spirit.com/cancer3-diet.html> (Naturopath Walter Last's advice)