

Support a Healthy Immune System

The Cruciferous Vegetables: cabbage, broccoli, cauliflower and brussel sprouts. These vegetables have anti-cancer effects, are full of phytochemical compounds that reduce the risk of developing disease, contain fibre and help balance blood sugar levels due to their fibre content.

The Allium family: onions, leeks, shallots and chives. These have anti-cancer effects, are anti-fungal, balance the blood sugar levels and are anti-inflammatory.

Organic Soy: Miso, soy sauce, soybeans, tofu and tempeh. These have anti-cancer effects, help to balance hormones, as well as blood sugar levels. They also contain powerful phytochemicals known as isoflavones, and are a complete protein source - therefore a wonderful alternative to meat.

Garlic: garlic is anti-fungal, and is known to induce death in cancer cells in laboratory testing.

Turmeric (curcumin) extract - AKA tumeric: this is a powerful anti-inflammatory and since inflammation is now being acknowledged as the beginning of all disease, it should be added to meals on a regular basis. It has been used as early as 669 B.C as a medicinal plant.

It stimulates bile production in the liver, improves the ability of liver enzymes to detoxify, relieves intestinal gas, is cleansing to the blood and skin and may be helpful in treating epilepsy and arthritis.

The main ingredient in turmeric, curcumin, reduces the growth of both hormone-dependent and hormone-independent breast cancer cells, as well as cells that were resistant to chemotherapy.

It is helpful in protecting cells from the effects of cancer and disease-inducing pesticides. There is a synergistic estrogenic effect arising from the use of a combination of pesticides, sometimes causing them to be a thousand times more toxic than if used individually.

Curcumin and genestein (derived from soy), when used together, were able to completely inhibit cell growth caused by the mixture of pesticides (*Sat Dharam Kaur, N.D. 2007*).

Rosemary: contains the essential oil eucalyptol, which helps to kill candida albicans (yeast), bacteria and worms.

Rosemary stimulates digestion, promotes bile flow, and cleanses the liver and kidneys. It contains a phytochemical called quinone that acts to neutralize carcinogens.

An extract of rosemary leaves increased the good estrogen (2-hydroxylation of estradiol and estrone) by 150% in mice to form more of the “good” C-2 estrogen and decreased the formation of the “bad” C-16 estrogen by 50%.

Low Sodium/High Potassium Foods: sodium is present in the extracellular fluid while potassium is found inside each of our cells. When one is low, the other will be high. If sodium levels are high, the body’s cells swell and trap toxins. Limiting salt ensures that there are fewer toxins in the body, and less fluid retention.

Potassium preserves alkalinity of the body fluids and encourages the kidneys to eliminate toxic waste products. Excess use of salt will deplete potassium.

Foods with the best low sodium/high potassium ratios are: navy beans, dark cherries, dried apricots, lentils, walnuts, oranges, almonds, apple, avocado, peaches, banana, grapefruit, pineapple, soybeans, squash, tomatoes, sage, mint, and apple cider vinegar. Aim for 3000 mg of potassium daily - which can be accomplished with several glasses of fruit and vegetable juice daily, some adzuki beans, and vegetables (*Sat Dharam Kaur, N.D. 2007*).

Shitake & Maitake Mushrooms: have traditionally been used to treat cancer, rheumatoid arthritis, poor circulation, parasites, lack of stamina, and cerebral hemorrhage.

Michio Kushi (Macrobiotic Diet) recommends shitake mushrooms as a regular part of a macrobiotic diet and undoubtedly they account for part of the success that some have had in reversing cancer. Lentinan, made from shitake mushrooms, increases numbers of the immune cell macrophages, T-Killer cells and T-helper cells and prolongs the lives of some cancer patients.

An extract of shitake has demonstrated ability to inhibit cancer. When mice with breast cancer were given shitake extracts that composed 20% of their feed, there was a 78.6% tumour inhibition rate.

Consume 3-4 mushrooms a day for a month at a time, taking a break for a week or two in between, and then include them in your diet again (*Sat Dharam Kaur, N.D. 2007*).

The Fabulous Five Phytoestrogens: Flaxseeds, organic tofu and soy products, pumpkin seeds, red clover sprouts (tea, tincture) & mung bean sprouts.

Green Tea: a powerful antioxidant that prevents free radicals from leading to cellular damage. It contains polyphenols known as flavanols that possess anti-fungal and anti-bacterial properties.

Berries: strawberries, blueberries, cranberries, blackberries, cherries and raspberries are some of the best sources of antioxidants available. Enjoy them liberally.

Essential Fatty Acids: Omega-3 fatty acids are crucial to health and wellbeing. They are anti-inflammatory and are necessary in all areas of the body - especially the brain, which is more than 60% fat. The best sources are:

- Chia seeds - great in salads, cereals, and smoothies.
- Flax seeds - great in salads, cereals and smoothies.
- Pumpkin seeds.
- Sunflower seeds.
- Sardines - smaller fish contain fewer toxins.
- Mackerel.
- Soy - edemame, tempeh, miso soup and tofu.
- Nuts - almonds, walnuts, pecans, brazil nuts, etc.

Fish: fish act as a reservoir of toxic environmental chemicals that circulate on global air currents and fall into our rivers and oceans as rain. It is a much healthier option to supplement daily with toxin-free, high quality fish oils.

Organochlorines such as PCBs, DDT, and dioxins accumulate in the oil of fish from polluted ocean waters.

Dioxins, which are extremely carcinogenic, have been found in the bodies of fish at concentrations 159,000 times higher than the water in which they swim.

A 10,000 times greater concentration of PCBs is found in fish tissues than in surrounding waters.

Children whose mothers consumed Lake Ontario fish only twice monthly while pregnant displayed learning disabilities and lower IQ levels than children whose mothers had not.

Eat fish no more than once a week and only if you crave it. Avoid farmed salmon.

Be cautious of eating fish if you hope to one day conceive.

If you have breast cancer, do not eat fish (*Sat Dharam Kaur, N.D. 2007*)

Supplement With Omega 3 Fatty Acids: the Omega-3 fatty acids and linolenic acid are anti-inflammatory, and have been successfully used in the treatment of those with chronic inflammation, as well as a preventative measure against the development of any inflammatory process in the body. It should be reported that inflammation is widely believed to be the cause and start of all disease. Supplement daily with Omega-3 fatty acids for optimum health. (Fish oil and flax seed oil).

Tomatoes: the prostate's best friend, an anti-cancer food that is loaded in lycopene, a carotenoid phytochemical that is responsible for the yellow, orange and red colours of

many fruits and vegetables. Lycopene is also found in higher doses in the following foods: guava fruit, watermelon, papaya, and pink grapefruit.

Citrus Fruits: oranges, grapefruits, lemons, and mandarins. We are all aware that citrus fruits are abundant in vitamin C; however, it is less commonly known that they contain several phytochemicals that have anti-cancer properties. An orange, for example, contains over 60 polyphenols that protect the immune system and prevent free radical damage.

Red Wine: “A little wine is an antidote to death; in large amounts it is the poison of life” (Persian proverb). Red wine contains a great variety of phytochemical compounds that offer significant health benefits.

Freshly Squeezed Fruit and Vegetable Juices: these contain rich enzymes, vitamins and minerals, and require zero digestion by the body. They are readily absorbed through the small intestine, and utilized by the body. These juices must be consumed within 30-45 minutes from the time they have been squeezed. Juice that has been sitting on the grocery store shelf for weeks or longer has little more than sugar, water, and a few “enriched” (additive) vitamins to offer!

Sulphur-Bearing Protein In Combination With Flaxseed Oil: sulphur-bearing amino acids include cysteine and methionine. Dr. Joanna Budwig, who pioneered studies on fats and oils in the early 1950’s, found that the combination of flaxseed oil with sulphur-containing protein prevented or helped to heal cancer.

Sulphur-bearing protein includes coconut milk, almonds, pistachios, pumpkin seeds, organic soy nuts, sunflower seeds, cooked broccoli, brussel sprouts, cooked cabbage, oatmeal, adzuki beans, black beans, chick peas, hummus, kidney beans, mung beans, navy beans, and pinto beans, miso and tempeh.

When sulphur-containing protein and Omega 3 oils (flaxseed, fish oil) are taken together, there is an increased oxygen uptake in the tissues.

When quality oils are added to the diet, better food utilization and energy production take place, and there is less weight gain. There is a synergistic effect between sulphur-containing protein and flaxseed oil that causes increased oxygen uptake (*Sat Dharam Kaur, N.D. 2007*).

Quinoa: A whole grain that is high in protein (16-20%) and rich in fibre, minerals (iron, calcium, phosphorous) and essential amino acids.

Amaranth: another whole grain that is high in protein (15-18%) with a lot of fibre, vitamin C, iron and calcium. It is a good source of lysine and methionine. It makes a hearty cooked breakfast cereal.

Oatmeal: a very nutritious whole grain that is high in protein, B vitamins, and minerals. It has been shown to reduce blood cholesterol in studies.

Brown Rice: a popular whole grain that is high in minerals and vitamins. It is also alkaline in the body. This is especially helpful in the treatment and prevention of disease and cancer.

Kamut/Kamut Pasta: an ancient relative of the modern wheat form, it is a high-energy whole grain that contains 40% more protein than traditional wheat, and is much easier to digest. Kamut pasta is quite tasty and nutritious.

Foods To Avoid to Support a Healthy Immune System

Smoked foods: these foods have been linked to the development of stomach cancer.

Nitrate containing cold cuts and prepared meats: these have been shown to cause cancer in laboratory mice, consistently.

Fried and processed: we know their link to all degenerative disease states, including heart attack, stroke and cancer.

Red meat in excess: high in saturated fat content, presence of pesticides, antibiotics, and hormones in the meat. It also has a slow transit time, which allows for more fermentation and putrefaction in the digestive tract. A diet high in red meat promotes the growth of specific intestinal bacteria that causes more reabsorption of estrogen through the intestinal wall (*Sat Dharam Kaur, N.D. 2007*).

Alcohol in excess: alcohol is good for the heart (in moderation) but increases susceptibility to certain cancers. In one study, the risk was 250% for women who drank two or more drinks daily. Women who have even one drink a day have an 11% higher risk of breast cancer. It is thought that alcohol may interfere with the liver's ability to detoxify both chemicals and excess estrogen in the body (*Sat Dharam Kaur, N.D. 2007*).

Genetically modified foods: see "Healthy Habits" document for details.

Dairy in excess: dairy products are difficult for many people to digest, and they stress many people's immune systems. The body can react to dairy products by producing excess mucus which accumulates in particular areas and is linked to certain conditions: in the Eustachian tubes it leads to chronic ear infections; in the sinuses, sinusitis; in the lungs it can result in asthma; in the nervous system it can lead to difficulty concentrating, learning disabilities, hyperactivity and more; in the breasts, uterus or ovaries, it may cause tumour formation.

Two Harvard studies showed a link between the consumption of milk from hormone treated cows to increased risk of cancer. Another study found that dairy products as a class increased the risk of certain cancers. A large case-control study in France in 1986 found that women who ate cheese regularly had 50% more risk than those who didn't. Those who drank milk had an 80% higher risk of developing cancer.

Salt: some theories suggest that chronic disease begins, at least in part, with a loss of potassium from cells followed by a flow of sodium and water into the cells.

Reduce or eliminate excess and/or refined sugar: sugar cane is an inexpensive form of sugar, but it is sugar nonetheless. Cancer cells derive their energy from sugar, and insulin and IGF-1 strongly stimulate cancer growth. When we consume sweets, a type of white blood cell called the phagocyte decreases its numbers within 30 minutes, and this decline lasts for over 5 hours, with a 50% reduction in phagocytes approximately 2 hours after ingestion. This leads to a poorly functioning immune system if done on a regular basis. Also, sweets promote an overgrowth of unwanted organisms in the intestinal tract, such as yeast and parasites.

Avoid imitation foods like margarine: altered hydrogen bonds/man-made products or artificial sweeteners at all costs - as they inevitably have long-term health implications.

Irradiated food: foods heated or cooked in a microwave are irradiated, which means the mineral/vitamin content is severely depleted, and the free radicals caused by the cellular damage can circulate freely in the body.