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A diet high in whole foods like fruits, vegetables, whole grains, healthy fats and lean protein may prevent cancer. Conversely, processed meats, refined carbs, salt and alcohol may increase your...

~~Cancer and Diet 101: How What You Eat Can Influence Cancer~~

Asparagus — Asparagus is an alkaline vegetable and has been shown over and over to be an excellent cancer treatment. To use asparagus as a cancer treatment do the following: 1) Cook the asparagus, 2) Puree the asparagus, 3) Take four tablespoons, twice a day. Note that the patient will take eight tablespoons during the entire day.

~~The Cancer Diet: What to Eat When You Have Cancer | Cancer ...~~

dairy and alternatives. meat, fish, eggs, beans and other sources of protein. oils and spreads. If you have cancer, it's common not to get enough energy (calories) and protein in your diet. Protein is important for healing and for your immune system (the system that protects your body and fights off harmful invaders).

~~Eating well during and after cancer | Health Information ...~~

The ketogenic diet is a high fat, low carbohydrate, and low or unlimited protein diet. When the body uses fat and protein as energy, ketones become the energy to cells in the body. This is instead of glucose (from carbohydrates). Early (preclinical) studies show that some cancer cells can't use ketones as energy.

~~Alternative cancer diets | Coping with cancer | Cancer ...~~

The Mediterranean diet offers foods that fight cancer, focusing mostly on plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts. People who follow the Mediterranean diet...

~~The Anti-Cancer Diet: Foods to Fight Cancer | Everyday Health~~

A ketogenic (keto) diet is a very high-fat, low- carbohydrate way of eating. It can help you lose weight by forcing your body to burn fat instead of carbs as its main source of energy. In recent...

~~Ketogenic Diet and Cancer—WebMD~~

Cruciferous vegetables Cruciferous vegetables, such as broccoli, cauliflower, and kale, contain beneficial nutrients, including vitamin C, vitamin K, and manganese. Cruciferous vegetables also...

~~The 7 best cancer-fighting foods to add to your diet~~

The ketogenic diet is a very low-carb, high-fat diet. For cancer treatment, fat intake may be as high as 90% of total calorie intake. The Role of Blood Sugar in Cancer.

~~Can a Ketogenic Diet Help Fight Cancer?~~

Research tells us that certain foods like oily fish, nuts, tomatoes, carrots, ginger, beetroot and pulses contain bioactive ingredients that may reduce inflammation, reduce oestrogen, strengthen the immune system, improve blood oxygenation and help fight all manner of chronic illness including cancer.

~~12 foods to fight cancer | CANCERactive~~

You should eat masses of vegetables and fruit (with more emphasis on vegetables) - not only are they full of vitamins, minerals and antioxidants, but many contain chemicals which have...

~~A change of diet cured my cancer | Daily Mail Online~~

Try to eat at least 2 1/2 cups of fruits and vegetables a day. Include dark green and deep yellow veggies, and citrus fruits like oranges and grapefruits. Colorful foods like these have many...

~~Cancer Diet: Eating Right When You Have Cancer~~

The Gerson Therapy™ diet is plant-based and entirely organic. The diet is naturally high in vitamins, minerals, enzymes, micro-nutrients, and extremely low in sodium, fats, and proteins. The following is a typical daily diet for a Gerson™ patient on the full therapy regimen:

~~The Gerson Therapy | Gerson Institute : Gerson Institute~~

Antioxidants, such as vitamins A, C and E, coenzyme Q10 and selenium are some of the most commonly taken dietary supplements. Always tell your

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cancer doctor if you are thinking of taking antioxidants. Antioxidants can help to prevent cell damage.

~~Diet and food supplements—Maemillan Cancer Support~~

The therapy consists of high potassium, low sodium diet, with no fats or oils, and minimal animal proteins. Juices of raw fruits and vegetables and of raw liver provide active oxidizing enzymes which facilitate rehabilitation of the liver. Iodine and niacin supplementation is used.

~~The cure of advanced cancer by diet therapy: a summary of ...~~

The heart of the vegan diet is abstinence from eating animal products, such as meat, fish, eggs, dairy and honey. It encourages so-called “cancer-fighting” foods, including berries, greens, whole grains, nuts and seeds. But not everyone chooses those foods and there are many highly processed and sugar-filled vegan and vegetarian foods.

~~The Best Diets for Cancer Patients and Cancer Survivors~~

I've learned that the anticancer diet is the exact opposite of the typical American meal: mostly colorful vegetables and legumes, plus unsaturated fats (olive, canola, or flaxseed oils), garlic,...

~~A Doctor's Quest To Heal His Own Cancer With Food~~

These are foods that are believed to prevent the growth of harmful blood vessels that feed cancer and allow it to spread. They cover a range of fruits and vegetables, as well as plenty of herbs,...

~~Can Your Diet 'Cure' Cancer?—Treehugger~~

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