

Basic Cancer Therapy Diet

- 1.) Avoid processed and canned foods.
- 2.) Increase fresh foods, especially organic vegetables. Raw foods are alive, energizing and healing. The best foods are ones which you could have picked or gathered in nature, as your ancestors did.
- 3.) Protein: 25-30% of calories. Protein is important for many of the functions necessary for recovery. It helps maintain muscle mass, nourishes the lining of the intestine, increases blood counts, heals wounds and tissues, improves mental function, and boosts the immune system. Under going conventional cancer therapy may increase the body's requirement for protein by 50 percent. Smoothies with protein powder are a great way for people with cancer to consume high quality protein and may be easier and more palatable for a cancer patient to consume, than fish, chicken or red meat. The highest quality protein powder comes from whey, because it contains all essential and non-essential amino acids. Whey powder is the best absorbed, retained and used protein. Avoid grain or silage fed red meats; substitute wild game, (organic free range bison and elk are becoming more readily available in local butcher shops) organic meats, fresh wild fish and seafood, organic poultry, whey, eggs, fresh nuts and fermented soy products. Avoid processed meats, such as sausages and sandwich meats. If you have difficulty digesting protein foods, speak to your naturopathic physician about appropriate enzyme supplements. Eat food your ancestors could have hunted, fished or milked.
- 4.) Choose cultured, soured and organic milk products.
- 5.) Reduce sugar intake, and minimize wheat and starchy vegetables.
- 6.) Fats: 20-30% of calories. Cook with extra virgin grade olive oil; flax oil, sesame oil, evening primrose oil or fish oil may be supplemented, but should not be used in cooking. Other acceptable oils for cooking include cold-pressed canola, peanut, coconut or sunflower. Butter is permitted.
- 7.) Increase omega-3 fatty acids EPA and DHA as in fish, cod liver oil or seal oil. Fish oils supplements have been shown to address the underlying features that contribute to cancer cachexia. Fish oil supplementation along with vitamin E has been shown to produce favourable effects on immune status and survival of cancer patients. Reasonable doses of fish oil are 700 – 1000 mg EPA and 400 – 800 mg of DHA. In some cases fish oils can make chemo therapy drugs more effective in other cases antioxidants may be contraindicated while the patient is taking chemo therapy. Prior to starting any supplements discuss them with your doctor. Nuts like almonds and walnuts are a source of very good fats, as are seeds such as sesame, flax seed, pumpkin and sunflower.
- 8.) Reduce omega-6 fats, trans-fatty acids and arachidonic acid as in corn oil, margarine, shortening, and hydrogenated fats. Avoid margarine.
- 9.) Pure water, green tea, and rooibos tea.
- 10.) Starches: 40-55% of calories. Emphasize legumes (peas and beans), soy, broccoli, carrot, celery, onion, garlic, squash, parsley, sprouts, tomato, beets, dark leafy greens, whole grain rice, rye and millet. Fresh juices – carrot, beet, parsley and greens such as wheat grass. Diabetic patients should avoid root vegetables as their sugar content is high. Juices should be consumed in amounts limited to the amount of the whole vegetable you would eat.

