



MY

## ANTI-CANCER SOLUTIONS

### HEALING

Cancer thrives in an acidic environment, a low oxygen environment, and an environment of stagnation. These 3 environments are the perfect cesspool for cancer cell proliferation - and they cause cell fermentation, DNA damage, aerobic glycolysis through increased glucose uptake. Basically, what that means is that with a very acidic diet with low levels of oxygen and a lifestyle of stagnation, you are creating the perfect environment for cancer.

On the right side of our T-Chart, we have health and healing. And to create health and healing in the body, we need to create an alkaline, oxygen rich, invigorated environment

### CANCER

Acidic  
Anaerobic  
Stagnation  
**~~These lead to~~**  
Cell fermentation  
respiration to ATP  
DNA Damage  
replication  
Aerobic glycolysis / Increased glucose

### HEALTH & HEALING

Alkaline  
Aerobic  
Invigoration  
**~~These lead to~~**  
Healthy cellular  
Normal DNA  
Nutrient assimilation

The basic understanding is this; you want your body to be in an alkaline state as often as possible to help reduce and prevent cancer cell growth.

But here's what's interesting, it's very difficult and rare to actually change your blood pH. You can change your urine or saliva pH easily, and that's because your body is constantly optimizing itself through various functions to maintain a normal blood pH, which can cause your urine or

and lifestyle. This lifestyle leads to ultimate health and healing, and is inhospitable to cancer due to healthy cellular respiration and ATP production, Normal DNA replication, and nutrient assimilation.

## COOKBOOK

Order Dr. Joel Fuhrman's book right now titled the Eat to Live Cookbook for healthy recipes

## ANTI-CANCER DIET

EAT G-BOMBS + FRUIT, NUTS AND HERBS

DON'T eat meat, dairy or eggs

## IMMUNE-BOOSTING

High-dose Vitamin C, high-dose Vitamin D, magnesium, zinc, curcumin, frankincense, black pepper, echinacea, vitamin b-12, and probiotics.

saliva to become more acidic - so these are not totally accurate ways to test your pH, though they can give you some insight.

Our lungs and kidneys are largely responsible for controlling the pH of our blood, and it is imperative that it remain between 7.3 and 7.4 for our survival. Based on the types of foods we eat, our body (and the kidneys in particular) needs to do more or less compensating for optimizing our pH levels. However, the actual pH in food doesn't determine a net effect on the body, that's why the Alkaline diet isn't necessarily the cure-all if you will. Rather, the effect food has on the kidneys, called the "potential renal acid load" or PRAL determines where that food fits in the context of the acid-alkaline diet. For example, citrus fruits are acidic but are considered high alkaline foods because they have a low renal acid load.

So here's the important takeaway, we're not necessarily trying to change the pH of your blood, your body does all kinds of functions to create a normal pH in the blood, and if your blood starts showing acidity, major health complications and death would be a near immediate result.

What we want to do is enhance the alkalinity of your cellular environment so that your body has to do less work in balancing its pH, ultimately leading to higher levels of health and healing. Does that make sense? Since cancer cells thrive in an acidic environment, we want to help make the environment of the cells as balanced and naturally alkaline as possible - and, we want to take the toxic load off the body as much as possible so it has less work to do, and less cellular toxicity, so it can focus on cellular regeneration following a normal cellular replicative process.

## EAT AND JUICE THESE KINDS OF FOODS

So, that's greens, beans, onions, mushrooms, seeds, fruit, nuts, and herbs. You know how many options for meals and variety that allows you in your diet? Infinite! Literally, infinite options. To date, according to the World Economic Forum, there are at least 200,000 edible plant species on the planet so far. Unfortunately, only about 20 of them make up most people's diets today. If you believe in God, why would God make at least 200,000 species of plants filled with medicinal qualities available to humanity in every corner of the planet, unless we were meant to eat them?! Right?!

Now, one of the best ways you can get the anti-cancer nutrients quickly into your bloodstream, is by juicing.

## **WATER**

Drink filtered water, not tap water. Add alkaline water and / or hydrogen infused

## **AIR**

Purify your air. Get an air purifier + add 1 plant per 100 sqft in your home to remove VOCs and off-gassing chemicals from your house.

## **EXERCISE**

Covered in-depth in the next module. Generally speaking, 6 days per week for 1 hour per day is an absolute must following the 4 forms of Medicinal Movement.

The best way to do that is through fresh green vegetable juice. The most proven anti-cancer vegetables include cruciferous vegetables like Arugula, Bok choy, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Collard greens, Daikon, Horseradish, Kale, Kohlrabi, Mustard, Radish Rutabaga, Turnips and Watercress.

All of these can be juiced, added to salads, soups and all kinds of delicious and healthy plant-based meals.

So, if I were to break it down, the ideal anti-cancer diet should include at least one, though ideally two large salads every day with a minimum of 5 of these varieties of greens in the salad, on top of adding some nuts and seeds, some dried berries, mushrooms and onions - followed by a low fat, organic vegan dressing made of lemon juice or apple cider vinegar, a tiny bit of olive oil and some sea salt - or any other simple and delicious dressing, low in fat, low in sugar, all organic and vegan.

Then on top of your salads each day, you should be having a large bowl of vegetable and bean soup, with multiple varieties of vegetables, beans, onions, mushrooms and garlic. The legume family, including black beans, pinto beans, lima beans, lentils, soy beans (yes, organic soybeans are incredibly healthy for you and scientifically proven to reduce cancer cell proliferation, and not having harmful estrogens we were once lied to about, despite the misinformation campaign that happened for a couple of decades - the estrogens in soy are phyto, not xeno, and phytoestrogens are actually incredibly healthy) and other kinds of beans are filled with minerals and fiber that help build immunity, strengthen the microflora, and destroy cancer cells. Add in vegetables, onions, mushrooms, garlic and some sea salt, and you have a vital and healthy soup that will make cancer run away screaming!

In addition to the salads and soups, which are important for the fiber and vital nutrients, juicing these cruciferous vegetables every single day is ideal. And drinking as much juice as possible each day will truly benefit your healing. Like Elaine Gibson told me, "once I drank green juice for the first time I couldn't stop drinking it. I became a juiceaholic." And I can totally relate to Elaine.

### **Disclaimer:**

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