

Research indicates the best way to fight cancer is through a **plant-based diet** with little to no meat. Meat is not the only difference, people diagnosed with cancer also tend to have a higher body mass index (weight), were less active and were more likely to smoke. Plant based foods such as fruits, vegetables, legumes, whole-grains and nuts are rich in vitamins, minerals and phytochemicals (plant chemicals that protect the cells).

12 Cancer Fighting Foods (Dr. Axe):

- 1) Leafy Green Vegetables (use abundantly)
 - a. Corner stone of a good diet-rich in vitamins, minerals, antioxidants and enzymes; low in calories, fats, sodium and other toxins.
 - b. Examples: **spinach, kale, collard greens, romaine lettuce, arugula salad, watercress**, etc.
- 2) Cruciferous Vegetables (use abundantly)
 - a. Rich in vitamin C and antioxidants
 - b. **Broccoli, cabbage, cauliflower, Brussels sprouts**
 - c. Other good cancer fighting vegetables include **onions, zucchini, asparagus, peppers, carrots and beets**.
- 3) Berries (use abundantly)
 - a. Rich in antioxidants
 - b. **Blueberries, raspberries, cherries, strawberries, goji berries, camu camu, blackberries**
 - c. Use a variety, grab a handful each morning as part of a healthy breakfast.
- 4) Brightly Orange-Colored Fruits and Vegetables (use abundantly)
 - a. Carotenoid antioxidants
 - b. **Citrus fruits, sweet potatoes, berries, pumpkin, squash, carrots, beets**
- 5) Fresh Herbs and Spices
 - a. **Turmeric, black pepper, ginger, raw garlic, thyme, cayenne pepper, oregano basil, parsley**
 - b. Curcumin, the active ingredient in turmeric, shown to decrease tumor size and fight colon and breast cancer
- 6) Organic Meats (use in moderation)
 - a. Beef, chicken liver
 - b. Nutrient dense and rich in vitamin B12
- 7) Cultured Dairy Products (use in moderation)
 - a. Rich source of “good bacteria” probiotics and calcium
 - b. Raw milk and cultured products such as probiotic yogurt, cottage cheese, goat milk kefir or amasai.
 - c. Non-dairy probiotic sources include cultured vegetables like kimchi, sauerkraut, coconut kefir, kombucha or natto.
- 8) Nuts and Seeds (2 tablespoons daily)
 - a. Provide fiber, omega-3 fatty acids and important minerals
 - b. **Chia seeds, flaxseeds, hemp seeds, sesame seeds, pumpkin seeds, sunflower seeds, walnuts, brazil nuts, almonds**
- 9) Healthy Unrefined Oils
 - a. Provide omega-3 fatty acids
 - b. Coconut, flax, cod liver, extra virgin olive oil
- 10) Mushrooms
 - a. Improve immune function, fight tumor growth and help with cell regeneration.
 - b. Reishi, cordyceps, maitake
- 11) Traditional Teas
 - a. Antioxidant EGCG
 - b. **Green tea** (matcha green tea), black tea, oolong tea
- 12) Wild-Caught Fish
 - a. Anti-inflammatory omega-3 fatty acids
 - b. **Salmon**, mackerel, sardines