

## Cancer Do's and Don'ts

Information from *Beating Cancer with Nutrition* by Patrick Quillin PhD, RD, CNS

- Fix your mentality. Be thankful for what is working in your body, and think about your priorities. Fear of death is not a reason to live. Begin today with a renewed sense of purpose and proper perspective on the truly memorable things in life:
  - Be here now, in this moment
  - Value your mission in life
  - Cherish your friends and family
  - Soak up the beauty, music, laughter and play that is in the world all around you
  - Be at peace with your Creator, however you perceive it
- Get educated about your options. The doctor who diagnosed you with cancer may have certain ideas about your treatment, but it is up to you to find out the best options for your body and type of cancer.
- Remember there is no one “magic bullet” to beat cancer. Lots of factors have to work together in your body to restore health.
- Cancer is a sugar-feeder, using sugar as its fuel. You can slow cancer growth by lowering the amount of fuel available to tumor cells. Stopping the consumption of sugar—including high glycemic fruits—will starve the cancer. Sugar cravings will develop, but you need to push through them. High levels of blood glucose lead to a host of diseases, cancer among them.
- Having fish and colorful vegetables as staples at meals helps fight cancer. As part of a mixed meal, small amounts of fresh fruit will blunt rises in blood glucose. Cinnamon helps stabilize blood glucose levels.
- Avoid malnutrition. Cancer is a wasting disease, and you cannot fight a life-threatening illness with a malnourished body.
- Chemotherapy and radiation kill cancer cells—but they are also toxins against the body. You can protect healthy cells against their toxic effects by feeding your body properly. Protecting the healthy cells means the chemotherapy and radiation will be more of a selective target against the cancer cells—and less damaging to you.
- You need to feed the immune system “army” to fight cancer cells, and the backbone of this army is protein. The motto of the immune system is: “Kill the bad guys, and take out the trash.” The immune system is responsible for killing any cells that are not participating in the processes of your body, including cancer, yeast, bacteria, viruses and dead cells. Reduce the stress, the toxic burden and malnutrition of your immune system. Imagine your immune cells are sharks gobbling up the cancer cells. The immune system protects your body against defective cells—an inevitable consequence of your body’s cells dividing billions of times daily.
- Remember the simple answers to cancer: choose foods as close to their natural state as possible, choose colorful vegetables (as many as your colon can tolerate), throw out food that does not sprout or spoil, and shop the outside aisles at the grocery store.
- Healthy fats: essential fats (such as those found in fish, borage, primrose and flax oils) can feed your body’s pathways for beneficial prostaglandins—which is crucial for beating cancer. Healthy fats line cellular membranes and help lower blood glucose by making insulin

uptake more effective. They also make immune cells more likely to recognize and destroy cancer cells.

- Minerals: modern agriculture makes our food more deficient in essential minerals, as farmers do not use manure and compost like they used to before the industrial age. Minerals are necessary for immune function, and deficiency in essential minerals is a big part of the cancer epidemic in America.
- Vitamins: most Americans are deficient in vitamins. Vitamins are like the factory workers that get things done in the body. Calories fuel energy, and minerals assist vitamins with getting things done.
- Probiotics: Many Americans eat too much bad fat and sugar, not enough fiber and very little probiotic food, take antibiotics that kill all bacteria (good and bad), and subject themselves to stress—all of which affect the balance of power between good and bad microorganisms in the gut. The ultimate effects of this imbalance are overgrowth of yeast and deficiency of the good bacteria that feeds the immune system.
- Water: chronic dehydration first shows up as wrinkled skin, poor concentration, constipation and frequent infections—and it may appear eventually as cancer. Drink plenty of clean water to keep your body tissues healthy and hydrated. Pollution in our water supply is part of the American cancer epidemic.
- Breathing: cancer is anaerobic growth. Healthy cells need oxygen to survive—you can only live a few minutes without it. Proper breathing is belly breathing that draws air deep into the lungs. It fully oxygenates the body, making it less friendly to cancer cells.
- Change the underlying cause of the cancer. An oncologist can suggest therapies that will deal with the cancer physically, removing the tumors and etc., but the cancer will come back if emotionally your stress mode is not dealt with and the driving forces of dis-ease not reversed.
- Beat the cancer symptoms. Many people give up after suffering so much for so long while their pain and discomfort induce more stress, which lowers immune function. Much of your suffering can be reduced.
- Selectively reduce the tumor burden. Your body sometimes needs help removing cancer cells—but do so in a restrained manner. Killing cancer cells does not mean killing you, or bringing you to the brink of death and then trying to salvage what's left. Leave some breathing room for your body's natural host defense mechanisms to take over.
- Treat your cancer as your wake-up call to get your priorities in order.