

# THE ANTI-CANCER

## DIET

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### IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.**

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In response to an article on ways to prevent cancer that I (Dr Ben Kim) wrote a few weeks ago, several subscribers sent in letters asking for a specific anti-cancer diet, one that can be followed after receiving chemotherapy.

I recommend the following guidelines to people who visit our clinic looking to get stronger and healthier after a bout with chemotherapy:

- Set up a support system among family and friends that ensures that you have access to freshly pressed vegetable juices every day
- All juices should contain at least 50 percent green vegetables by volume, the best choices being dark green, leafy vegetables like romaine lettuce, kale, Swiss chard, and collard greens
- If your life circumstances are such that you cannot arrange to have daily access to fresh vegetable juices, take 3 heaping tablespoons of a high quality green food product every day, mixed with water
- Until you crave animal products, stick to eating fresh vegetables, their juices, and fruits only
- Eat fruits and vegetables that are naturally rich in antioxidants
- Take 1 teaspoon of a high quality cod liver oil per 40-50 pounds of body weight on a daily basis
- Eat only when you are hungry and chew well when you do

**A typical day would look something like the following:**

**Breakfast**

Blueberries, mango, apple, avocado, celery sticks, and romaine lettuce

**Mid-morning snack**

Glass of freshly pressed vegetable juice - 8 leaves of romaine lettuce, handful of parsley, 2 ribs of celery, 2 carrots

**Lunch**

Large vegetable salad made with romaine lettuce, tomatoes, celery, bell peppers, carrots, avocado, and raw walnuts

Dressing, if desired: freshly pressed juice of 1/2 an orange

**Mid-afternoon snack**

Glass of freshly pressed vegetable juice - 4 large leaves of Swiss chard, 4 leaves of romaine lettuce, small piece of raw red beet, 3 ribs of celery

**Dinner**

Large plate of steamed vegetables - Chinese cabbage, broccoli, green beans, sweet potatoes  
1 whole avocado on the side

**Evening snack**

Any ripe fruit in season or a handful of raw walnuts and organic raisins

I have found that this type of diet satisfies most chemotherapy recipients for at least a month, sometimes for as long as a year.

When cravings for animal foods surface, I recommend eating small amounts of organic eggs, wild fish such as wild salmon or anchovies, and any flesh meats that are raised with organic feed and in a free-range environment. Small amounts of raw dairy products that are obtained from organic and hygienic sources are also fine for people who can tolerate dairy. When eating animal foods, I recommend striving to make them no more than 30 percent of each meal. Vegetables should always be the biggest portion of every meal.

Beyond dietary guidelines to fight cancer, here are a few critical lifestyle recommendations:

- Be in the presence of fresh air as much as possible
- Without getting burned, let your skin see sunshine for at least 15 minutes every day
- Spend your emotional energy on things that make you feel loved, loving, and peaceful
- Get as much physical rest as you possibly can - if you've been abusing your body for years, then taking a year off from work and other major responsibilities may be just what you need to restore your health

Most importantly, an anticancer regimen must include constant reminders about why you want to be healthy again. Think about your reasons for wanting to be at your best. Take as much time as is necessary to become crystal clear on your reasons. Then, write your reasons down on paper and review them every day.

Remember: no one in this world can accurately tell you what your prognosis is. Your life is not a statistic. Your thoughts and daily choices are the most significant determinants of your health today and in the future.

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