Foods that Kill Cancer

In order to defeat cancer and ensure there is no recurrence, the body must be brought into balance and the immune system rebuilt and fine tuned. So how is this feat accomplished? Detox, detox, detox and achieve a slightly alkaline pH, while filling the body with the best, organic, nutritionally dense food available. Your goal is to rebuild a killer immune system as you bathe every non-cancerous cell in your body with nutrition.

For specific foods known to eliminate cancer, check out the following list:

Omega 3

Oily fish, fish oil, flax seed oil, hemp oil, and healthy oil blend supplements provide omega 3 fatty acids (and other beneficial fatty acids), which fight inflammation and make the body less hospitable to cancer cells. Vitamin D is also known to kill cancer, and you can find many fish oils and some vegan oil blends with vitamin D in them.

Cruciferous Vegetables

Cruciferous vegetables include broccoli, cauliflower, cabbage, Brussel sprouts, watercress, kale, collard greens, cauliflower, bok choy, turnips, rutabagas, radishes, arugula, and more. These vegetables contain sulforaphane and other helpful compounds, which help fight tumors, breast, prostate, brain, and colorectal cancers, as well as leukemia. Broccoli sprouts and mature broccoli in combination really pack nutritional, cancer fighting punch.

Berries

Black raspberries appear to reign supreme, though all berries contain cancer fighting phytonutrients and high amounts of ellagic acid, which inhibit tumor growth.

Maitake and Shiitake Mushrooms

Google maitake mushrooms and cancer and the American Cancer Society pops up at the top of the search list. For one brief moment it seemed they might actually be doing their job, but no. They claim there have been no studies to show that maitake or any other mushroom help fight cancer. Continue your search and study after study reveals they do indeed.

Mushrooms boost immune function and are a great source of antioxidants. They are also rich in vitamins C and B vitamins as well as calcium and other minerals.

Tumeric

Curcumin, found in turmeric, inhibits the spread of cancer (metastases) along with its anti-inflammatory and oxidative effects. Tumeric can be found at farmer’s markets in root form. It can be used liberally to spice your food (great on salads or in salad dressing as well as in cooked dishes) with no side effects.

Tomatoes

The active compounds found in tomatoes, carotenoids and lycopene (especially lycopene), are very helpful, especially in the fight of prostate and pancreatic cancer in men. Seven to ten helpings are week are suggested, both cooked and raw juice. To gain the health benefits of juice, make your own. Store bought tomato juice will be pasteurized. Lycopene is a strong antioxidant.

Folate

Egg yolks, avocadoes, apricots, green leafy vegetables, and pumpkin are among the foods rich in folate. For meat eaters, chicken livers are very high in folate. Studies involving folate or its synthetic form, folic acid, show a significant reduced risk of colorectal cancer. Folate or folic acid ?is essential for the body to correctly replicate DNA.

Garlic

Even the National Cancer Institute admits garlic "…may reduce the risk of developing several types of?cancer, especially cancers of the?gastrointestinal tract".
Garlic reduces inflammation, fights free radicals, and fights cancer. Eat it raw or chop it up and let it sit for 10-15 minutes before cooking with it or its beneficial compound, allicin, will not be released.

Grapes

The compound found in red grapes, resveratrol, is a powerful antioxidant that also saves cells from oxidant-caused death. Grape seeds have huge benefits. We recommend you don't eat grapes without seeds.

Conclusion

An alkaline, balanced diet with plenty of nutrition, and as few toxins as possible, makes the body inhospitable to cancer. Sugar feeds cancer. Processed and refined foods feed cancer. Raw, organic vegetables, especially when grown for maximum nutrient content (as opposed to large scale farming) should be the foundation of any healthy diet. We also recommend that anyone with cancer undergo a full body detox with a supplement regimen specifically designed for your current state of

health. For more information on what to do for cancer, check out the first three sources. For information on detoxifying, check out *Cheap And Easy Detox Diet Plan*.

Further Reading:

- Budwig Cancer Cure
- Cure Cancer Naturally
- Dr. Max Gerson – Persecuted for Curing Cancer Naturally

Resources:

- Gina L. Nick, PhD, ND, *The Role of Whole Foods and Nutraceuticals in the Prevention of Cancer and the Support of Traditional Cancer Treatments, Therapeutic Nutrition, Townsend Letter*, August/September 2006
- *Tufts University's Health and Nutrition Letter, May 2007*
- Michael Uzick, ND, Warburg Revisited: *Maverick Cancer Researcher Questions the Origin of Cancer, An interview with Thomas Seyfried, PhD. Townsend Letter*, January 2014
- Folic Acid Foods
- Common Health
- Institute For Natural Healing
- PreventDisease.com
- Eat Your Cancer-fighting Vitamins
- 6 Cancer-Fighting Superfoods
- Anti-Cancer Diet