

Healing From Cancer Support Program

Eating Advice

To assist with Recovery during and after Cancer Treatments



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About this Booklet

The orthodox treatments by the medical system (operations, chemotherapy, radiotherapy and biological therapies) are brutal assaults on the body. Those people who are unfortunate enough to require these treatments, have to keep themselves as fit and healthy as they can to survive these assaults. While stress, sleep quality, exercise, and environmental influences contribute to cause variations in health during these times, how much, and what a person eats prior to, then during, and then following the treatments will have a significant impact on their quality of survival.

This booklet on eating advice is based on the assistance program we have conducted for thousands of people with all types of cancers over more than 25 years through our medical ecology clinics. This advice is for the person who has committed to undertaking orthodox cancer treatments which cause side effects to their health. The advice is also for family members and friends, who want to know how they can help. The booklet has advice about the commonly found eating challenges that patients can expect, along with various ways that will help buffer any negative effects of the treatments.

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Introduction

Until your medical treatment starts, you will not know what the side effects will be—everyone experiences different symptoms. Many side effects can be managed with drugs and some with medicinal herbs, acupuncture, osteopathy and exercise. You should also prepare for your treatment by changing to a diet that boosts your reserves and strength, in order to have the endurance to cope with the invasive treatments, as well as being able to maintain enough strength to resist infections while you are recovering.

When you have finished with your treatments, you will need to eat in a specific way for quite some time (several months to years) in order to keep your immune system unloaded, strong and focused—so that it can firstly mop up any remnants of the original cancer mass, as well as be efficient enough to keep other cancer cells in check.

If you are already on a special diet, it is important to understand why you may have to alter your diet leading up to, and during your treatments. Then following your treatments you should consider conforming for some years, to an ‘Anti-cancer Diet’ which is high in fats, moderate in proteins, low in carbohydrates. You should also undertake a ‘Signature Diet Trial’ to determine which foods may be creating problems for your immune system—and then remove them from your diet indefinitely. You would be advised to take supplements (vitamins-minerals-trace elements), and include medicinal herbs to boost the functioning of your organs and immune system (directed by a herbalist or naturopath).

You will have good days and bad days during your treatment, and this equates to being able to tolerate foods some days and not others. Most people feel sick, don’t want to eat fats and proteins, and desire ‘comfort-foods’—which will be carbohydrate-based (sugars), and mostly fast-foods (chocolates, bars, cakes, biscuits, soft drinks, etc). **DISCIPLINE YOURSELF NOT TO EAT COMFORT-SUGAR FOODS.** During and after the treatments, you will be fighting for your life—rise to the occasion.

When you do feel okay, eat proteins and fats with small amounts of fruits to accumulate calories. Proteins and fats will do more to maintain your long-term strength when you feel down, than will carbohydrate foods such as bakery products, potatoes, carrots, salads, which will oscillate blood sugar and will need to be eaten more often. Proteins also help to build those tissues that will be harmed by the cancer treatments, carbohydrate foods like vegetables, do not do this (although they can provide supplements).

Eat when you have the biggest appetite, and for many people this will be late morning. Later in the day, it may be more convenient and easier to have liquid protein-fat-fruit drinks. On some days you will not feel like eating at all, and this is where a liquid meal is easier to take, is fast to swallow, and is over and done with quickly. You can then spend more time finding other ways to feel better—such as resting, having massage, gently exercising, etc. When the urge to eat returns, then have solid meals. On those days when you don’t even feel like even having a liquid protein-fat-fruit drink, take several glasses of filtered water with ‘Hydrolyte’ (from the chemist) throughout the day. Another way is to keep a water bottle with you, and take small sips regularly.

Take Extra Special Care of Food Storage and Preparation

In order to unload your immune system, as well as prevent unwanted infections that could drain immune system resources, you should be extra careful with your food storage and preparation:

- Keep hot foods hot, and cold foods cold.
- Enclose leftovers in plastic-wrap, and store them in the refrigerator as soon as you are finished eating.
- Wash and scrub any vegetables before you cook them.
- If you have to eat fruits (such as raspberries) or nuts (such as walnuts), wash them in 3% hydrogen peroxide.
- Scrub and wash the skins of any vegetables and fruits such as melons, before you cut them open.
- Wash your counter tops, knives and other utensils, as well as your hands, before and after you prepare food, with soapy water—this is most important when preparing animal-based foods (meats, fish, crustaceans, etc).
- Use one cutting board for animal products, and another for plant-based foods.
- To thaw out frozen animal products, do it within the refrigerator, or defrost them in the microwave.
- Cook all meat products to ‘well-done’—meats should not have any pink colour when you cut them open.
- Eggs should be cooked until they are hard, and not runny (this reduces the possibility of *Salmonella* infection).
- Cook all seafoods really well, and **DO NOT** eat sushi, oysters, shellfish or other crustaceans, raw.
- Do not drink fruit juices, or commercial sweet drinks—except for simple carbonated water such as soda water.
- Make sure any milk and honey have been pasteurised.
- Do not eat foods or drinks past their use-by dates.
- Do not eat any cheeses that have mold on them.

Once Diagnosed with Cancer—you Need a Preparation-for-Treatment Diet

When people are diagnosed with cancer, and are moving towards having conventional cancer treatments, they should immediately adopt a different diet from what they normally eat, in order to prepare their body for assault—much like a boxer prepares himself for a fight. With most people this will take from two to six weeks, so don't hurry into starting any treatment (unless the cancer is super aggressive) without preparing your body as best you can, and organising the help you will require from your family/friends.

- Throw out all sugary foods, commercial drinks and fast foods and stop eating them.
- Stop drinking alcohol (beer, wine) and have 12 mls of brandy in water before sleep.
- Eat three to five large meals a day of vegetables, meats, fruits, nuts, seeds, salads, dairy products (of course eliminate any foods that you know cause allergies or intolerances).
- Stop eating any grain-based foods made from wheat, rye, oats, barley, rice, corn, millet, etc—substitute grain-free bakery products (see www.deeks.com.au).
- Adopt a 'Paleo-styled' diet.
- Consume low-sugar snacks (nuts-seed-dried fruit health bars)—have a small to moderate piece of fruit as a snack.
- Stock up on appropriate nuts, seeds, avocado and 'home-made low-sugar' snacks that don't raise blood glucose.
- See your naturopath or herbalist for herbal medicines that will strengthen your body.
- Visit your acupuncturist and/or osteopath for strengthening treatments.
- Increase your vitamin-mineral-trace element intake (one tablet per day) as 'insurance'.
- Prepare foods and freeze them in meal-size proportions.
- Ask family members or friends to assist with shopping and cooking during the times of treatment.
- Set up a schedule of jobs that you normally would do and ask family and friends to help you do them while you are undergoing treatment.
- Increase your exercise during the weeks before treatment (yoga, dancing, swimming, surfing, hiking, cycling, gym).
- Increase your hours of sleep.
- Increase your quiet moments for meditation, prayer and/or attending church.

A Better Survival Diet During Treatment

When you start your cancer treatments, you should change your diet again, because these treatments can cause you to experience uncomfortable and unusual symptoms around foods and drinks—the cancer treatments will probably upset your appetite, cause difficulties chewing/swallowing of normal foods, induce allergies, cause constipation or diarrhoea and other symptoms.

Usually operations don't cause difficulties eating, unless they are directly related to the gastrointestinal tract. Moving onward from an operation to the next phase of treatment (chemotherapy, biological therapy or radiotherapy), is when most people really begin to have difficulties with eating, so there are a variety of ways you can use to keep your body strong enough to survive these additional therapy assaults. You will find helpful suggestions throughout this booklet.

Most cancer treatments will also damage and weaken your immune system, and this has the effect of increasing the chances of allowing any remnant populations of cancer cells to survive. Your immune system has been keeping cancer cell populations at minimum levels throughout your life until recently. So when you start your treatments you should reduce the work-load of your immune system by changing your diet this way:—

- Permanently stop eating all foods made from grains (rice, corn, wheat, oats, millet, rye, etc) junk foods, and fast-foods.
- Permanently stop eating any foods that you know will give you uncomfortable immune-related symptoms such as allergies.
- Reduce your carbohydrate foods to a minimum, maximise your fat intake and have moderate animal protein.
- Strongly cook or cook twice, all your vegetables, to denature the natural defence chemicals in these plant foods.
- Buy organic vegetables, nuts, seeds, avocados and salads.
- Select organic animal products where possible (meats, eggs, dairy products).
- Cook animal products well, in order to kill any bacteria, parasites, moulds and other microorganisms that will use-up valuable immune system resources to defend your body against them.

The Effects of Cancer Treatments on Eating and Drinking

Most cancer treatments focus on eliminating cancer cells, through removing them with operations, poisoning them with chemotherapy, and burning them with radiotherapy. There will always be unintended injury to healthy cells, and some of the side effects can lead to eating difficulties such as the following:

• Constipation

Constipation is not about how regularly you go to the toilet, rather it relates to the consistency of the stool. A normal stool is well formed but soft and extrudes like a large cigar. When the stool is overly hard, dry, pebbly, and difficult to pass, then you will be constipated. Understand, that if you don't eat any food, your bowel movements reduce to a normal stool once a week, because you cannot form a stool when you don't eat foods. And if you only ate cooked eggs for a month (heaven forbid!), you would reduce your bowel movements to once or twice a week—because your body uptakes and utilises more than 95% of the egg contents, and for several days you simply cannot pass enough unused egg products to form a stool.

On the other hand, if you eat just animal products (flesh, offal, fat), you will probably have about two to three bowel movements a week with a normally formed stool (Note that it takes about a month for the bowel flora to adapt from a high carbohydrate diet to a diet high in fats, moderate in proteins with a reduced vegetables/salads—so most people who do this experience variability in bowel movements during this period). Consider also that if you eat vegetables, salads and fruits, you will normally experience one to two bowel movements a day, in order to remove the large amounts of indigestible fibre that compose these foods.

Chemotherapy and the associated drugs prescribed for pain (and other symptoms), will often be the cause of constipation. Tumours of the colon, anal and rectal areas can also cause constipation, while radiation of these areas can also cause constipation. When restricted to a bed and are not able to exercise, most people will experience constipation.

Management of Constipation

- A good way to reduce constipation is to use organic psyllium (a mostly neutral plant fibre) with each meal (see later).
- Bowel massage for 10 to 15 minutes will help some people.
- Drinking at least 12 cups of filtered water a day, with some apple cider vinegar and 'Hydrolyte', helps some people.
- Drinking hot liquids (herbal teas) helps reduce organ spasm, and this helps some people.
- Removing all dairy products (except butter) also reduces constipation in mature people.
- Anti-constipation medicinal herbs, can assist with bowel movements (this very much depends on the type of cancer).
- Having regular enemas of warm saline water also assists many bed-ridden people.
- Eating stewed prunes will induce bowel movements in some people.
- Having regular acupuncture treatments is very successful for some people.
- Strong exercise (walking, yoga, swimming, dancing) is a fine way to induce bowel movements.
- Every couple of days having a 'Saline-Flush' will help (see later).

Diarrhoea

Diarrhoea occurs when the bowel movement is loose, watery and not well formed. During and after treatment for some months, many people experience constant or intermittent diarrhoea. One of the functions of the colon is to remove unwanted fluid from the food products transited from the small intestine (which has copious fluid). Often with cancer treatments, the colon flora, along with the colon itself, and/or the immune system regulating the colon flora, will become disrupted and the colon will lose the ability to regulate fluid. In addition, certain plant foods which normally would have been tolerated when reasonably the person was healthy, become poisonous to a weakened body as it undergoes treatment (eg. thus prunes and many fruits will cause diarrhoea during these times).

Broad-focus radiotherapy often damages healthy surrounding tissue, and if this occurs in the small or large intestine regions, then diarrhoea is likely to occur. Colon infections following therapy, along with certain drugs and antibiotics, will also cause diarrhoea. Consider that spices, peppers, hot sauces, chili, salsa, and some herbs that are added to foods can cause diarrhoea following cancer treatments. Even having beer, wine caffeine, chocolate, tea, coffee, sorbitol, etc, will cause diarrhoea in many people undergoing treatment.

Management of Diarrhoea

- Herbal medicines and acupuncture can be very helpful regulating diarrhoea—contact your practitioner.
- You could trial drinking flat carbonated drinks with added electrolytes such as ‘Hydrolyte’ (from the chemist), which will reduce dehydration which is often a side effect of diarrhoea.
- You could trial reducing fibre intake (vegetables/salads) and increase your saturated fat intake, and see what happens.
- You could trial eating your foods at room temperature.
- You are advised to stop eating all milk products with lactose (butter or lard should be okay).

Nausea and Vomiting

Following any biotherapy or chemotherapy directed to the abdomen, small intestine, colon or brain, many people feel really sick. When people feel sick they often vomit when in contact with food odours, hospital smells, travelling in cars (yacht), being forced to move quickly, when feeling hot (from being in a hot room) and when they feel bloated with gas. When there is no food in the stomach, some people experience dry heaves. Not everyone gets nausea and those who do, may experience it immediately after treatment or any time over the next week.

Management of Nausea and Vomiting

- Regularly take ginger in cooked pieces or add ginger to the meals.
- Attempt to have some small amounts of food in your stomach, since an empty stomach often makes nausea worse.
- Don’t eat your favourite foods when you feel sick, because you may start to link them with a sick experience.
- Trial eating, **grain-free** crackers to reduce the nausea.
- Sit up rather than lie down when you feel sick.
- Do self-acupuncture on Stomach 36 (both legs) or visit your acupuncturist for a treatment.
- Between vomiting episodes, take cautious sips of water with added ‘Hydrolyte’ (from the chemist).
- Eat small liquid meals (some do well on small amounts of mashed-twice-cooked-browned potato or pumpkin) every few hours until you are feeling more settled, then reintroduce proteins and fats with caution.
- Wear loose fitting clothes.
- Face into moving air by sitting in front of a fan or opening a window to a breeze.

Painful Mouth, Throat with Trouble Swallowing following Radiotherapy

Radiotherapy to the face, neck and oesophageal regions can easily inflame the organ tissues, making them sore for weeks. This reduces the ability to swallow normal foods. Radiation can also cause mouth ulcers and painful gums. Sometimes after radiotherapy, there occurs a sensation of swelling in the throat, and sometimes it is accompanied with a burning feeling. The intensity of the symptoms is linked to the intensity of radiation focused on the area.

Management of a Painful Mouth and Throat with Trouble Swallowing

- Super-cook all foods so that they are soft and tender (forget about loss of nutrition for the moment, or substitute multi-vitamins/minerals/trace elements, or a combination of nutrition herbs—9 herbs, contact the clinic—0262826800).
- Choose foods that are easier to swallow (scrambled eggs, protein shakes, butter, fats).
- Puree foods with a blender and make into soups.
- Drink plenty of water with the meals and add extra butter to each meal.
- Eat high protein, high fat foods so that you only need to eat once or twice a day and still have all the energy you require and also reduce the likelihood of losing weight.
- Sip your soups and drinks through a large-diameter straw.
- Stop eating spicy, hot, acidic foods (like tomatoes) and eat more neutral foods such as avocado or butter.
- Stop drinking hot teas/coffee and stop taking all alcohol (except for 12 ml of brandy before sleep).
- Stop smoking tobacco products (cigarettes, pipes, cigars or chewing tobacco).

You can rinse your mouth four or five times over 24 hours using a mixture of 1/4 teaspoon of bicarb soda and 1/8 teaspoon of salt in a glass of warm water, and follow this by rinsing with filtered plain water. A couple of times a week you can place a capful of three percent hydrogen peroxide (from your supermarket—where the toothpaste section is located) in a glass of water and wash out your mouth.

Changes to Weight (loss and gain)

Most people lose weight with cancer treatments, however some do increase body weight due to the doctor's prescription of steroids and hormone therapy which causes the body to retain fluid. On other occasions the cancer treatments can reduce the ability and desire to exercise and then the person could accumulate fat. The treatments can also make some people feel hungry and these people simply over-eat in order to feel better—comfort eating.

Weight loss can occur because a person simply cannot eat foods, due to their treatment. At other times they just don't feel well enough to eat. Also when a cancer mass increases in size and scavengers all the available sugar in the body, including that stored as fat. This is called cachexia (google this). Loss of weight can also occur as a side effect of cancer treatments. Emotional stress can also cause weight loss

Management of Changes to Weight Following Therapies

The best way to maintain optimal weight is to eat a high fat, moderate protein and low carbohydrate diet—and have several small meals a day. If you eat fast-foods or bakery products such as pasta, cakes or breads, you may be able to put on some weight (if underweight), but the spiking in blood sugar with each meal will simply help remnant populations of cancer cells to survive (eating meals high in carbohydrate foods causes blood sugar spikes which result in subsequent insulin spikes, which then cause any carbohydrates, along with any accompanying fats in the food, to be converted to storage fat). It is a dilemma which is only overcome through discipline and determination.

If you are underweight, the safest way to put on weight is to eat fatty meats with small amounts of fruit to slightly raise the blood sugar. This works when several small meals of this type are eaten a day. If you don't react to cheese (by becoming constipated), then regularly eat cheeses to assist with weight gain.

- Exercise is always a good way to burn off excess calories—particularly dancing, swimming, skipping, running.
- Obtain the herb 'Saffron' (phone the clinic) and take as instructed to reduce cravings for fast-foods.
- Drink the 'Anti-cancer Fitness Drink' three times a day instead of having solid meals. This natural drink maintains normal weight (reduces putting-on weight to a minimum and stops the loss of weight) increases fitness and starves cancer cells. (see the section on this drink).

For those who need to put on weight and don't feel like eating, you could try doing some exercise (walking, swimming, skipping) about half an hour before major meals. This may stimulate appetite.

Changes to Taste or Smell

Following the introduction of chemotherapy, some foods probably will not taste nor smell the same. Some foods may taste more bitter (such as meats) and some foods will simply smell or taste off. Most people regain their senses of smell and taste very quickly when the treatment finishes, but there are some people who may not get their taste and smell back for several months, and this depends on the type of treatment. In those cases where a therapy is located along the gastrointestinal tract, from the mouth to the anus, types of eating problems will continue for life.

Management of Changes to Taste or Smell

- If certain animal products lose their appeal, then change the type of animal products you normally eat, and replace them with similar products made from chicken, or fish.
- Marinate foods in the refrigerator to give them more taste.
- Try tasting lemons—to at least stimulate your subdued taste buds.
- Add herbs and spices to your meals.
- The smell of some foods can put people off eating, so keep foods covered or wrapped and serve them at room temperature.
- Use kitchen exhaust fans while cooking, or cook the foods that create smells, outdoors.
- Drink through a straw to eliminate some smells.
- Eat with plastic or wooden utensils if you have a metallic taste in your mouth.

Sometimes the mouth bacteria colonies change, and this contributes to poor taste and smell. You can assist the return of a normal ability to smell and taste foods, by regularly flossing and by three times weekly rinsing your mouth with three percent

hydrogen peroxide (called Peroxide on the bottle), which is obtained from the toothpaste section of your local supermarket.

The procedure is to floss, and after each flossing smell the floss. If it smells awful, take note of which area of the mouth this is in, because this is where bacterial colonies are occurring. Take two cap-fulls of Peroxide into your mouth (wipe your lips of residue). Within 30 seconds the Peroxide will quickly dilute as your mouth exudes water. Swill the Peroxide between your teeth. Peroxide converts to water and oxygen as it kills unwanted bacteria and fungi—which will cause froth to occur in your mouth. Also use your toothbrush to wash the solution throughout your mouth. When finished, do not swallow any fluid—spit it out and rinse your mouth with fresh water. Then follow this with toothpaste to freshen your mouth.

Dairy Intolerances

Cow's milk is a wonderfully nutritious food, and it is suited for growing calves and young children. Cow's milk is composed of fats, proteins (casein), sugar (lactose) and a minute amount of mucous from the cow. As we age, all people eventually develop two health problems with cow's milk—intolerance to lactose (due to a reduction in lactase production necessary to cleave lactose) which causes diarrhoea (https://en.wikipedia.org/wiki/Lactose_intolerance), and a sensitivity response to the casein. Casein is a protein found in most dairy products. Baby cows come with a special enzyme in their stomachs called rennet, which is necessary to break down casein. Humans do not have rennet, so casein is more difficult for us to digest and we experience constipation and other gut disruptions. Cheeses and high-protein yogurts thus cause constipation in some people and diarrhoea in others. However there are different types of casein and when people develop a casein sensitivity to cow's milk, they can change over to goat's or sheep's milk products which may not cause the same problems. When both casein sensitivity and lactose intolerance, a person experiences gut bloating and upset bowel movements, which oscillate from constipation to diarrhoea.

Most people will be able to tolerate butter without any gut reactions throughout the whole of their lives. In old age, butter becomes a superfood for the brain and it does not support cancer cells at all. If you require white tea or coffee but cannot tolerate milk, then take a chunk of unsalted butter and blend it in boiling water, as a 'butter-milk' substitute.

Food Allergies

An allergy is when the immune system reacts to a substance (allergen) in the environment which is usually harmless (e.g. food, pollen, animal dander and dust mite) or bites, stings and medications. This results in the production of allergy antibodies which are proteins in the immune system which identify and react with foreign substances. Ongoing allergies disturb normal immune function, so it is better to eliminate the cause of the allergic response rather than 'band-aid' the problem.

The most common food triggers of allergies are egg, cow's milk/yoghurt/cheeses/cream, peanut, tree nuts, seafoods, sesame, soy, fish, corn, oats and wheat. After eating foods, Type-1 allergies start within seconds to up to four hours (There is another type of allergy called a Type-2 allergy, which mostly has delays in experiencing the symptoms from two to several days after eating the food—and to isolate them requires a specific food trial). If you experience any of the following symptoms within minutes or a few hours of eating a meal, eliminate the food from your diet. This will assist your immune system.

The mild to moderate symptoms of food allergy include:

- Swelling of face, lips and/or eyes.
- Hives or welts on the skin.
- Abdominal pain, vomiting.

Signs of a severe allergic reaction (anaphylaxis) to foods include:

- Difficult/noisy breathing.
- Swelling of tongue.
- Swelling/tightness in throat.
- Difficulty talking and/or hoarse voice.
- Wheeze or persistent cough.
- Persistent dizziness and/or collapse.

Taking Supplements (vitamins-minerals-trace elements)

When you have chemotherapy, radiotherapy or a biotherapy, your doctor may not want you to take supplements or medicinal herbs as these may reduce the effectiveness of their therapy. The doctor's therapies are aimed at damaging the cancer cells, and if supplements or medicinal herbs are taken, besides strengthening the immune system cells and normal body cells, they will also strengthen cancer cells—which then may be able to survive the doctor's treatments.

Medical treatments are a 'balance of death'. They take the whole body close to death, in the hope that the 'sick' cancer cells will die before the normal immune system stem cells die. Thus during the treatment and for several days following treatment, it may be advisable to stop supplements.

On the other hand, some chemotherapies depend on cancer cells accelerating their replication, so that they take-up larger volumes of the toxic chemotherapy. In these cases, it is recommended that you eat greater volumes of sugars and other carbohydrates for a few days before chemotherapy—to strongly feed the cancer cells so that the treatment is more effective (see Appendix 2.).

Fibre in the Diet

Neither carnivores nor humans have digestive systems that break down fibrous cellulose in plant cell walls. Herbivores use a huge volume of bacteria in their caecums to break down fibrous cellulose. Human saliva contains amylase, which allows us to digest small amounts carbohydrates in vegetables, salads and fruits—but not the fibrous cellulose. A common fibrous plant to relieve constipation is psyllium. The fibre is water soluble and gel forming. It is commonly known by the brand name 'Metamucil'.

Psyllium is used as a bulk laxative, and as an agent to increase faecal size and moisture. It has a gentle laxative effect compared to chemical agents such as caffeine, cascara or senna. Psyllium makes stools soft, which are sleek, and easily passed and psyllium is one of the few fibrous vegetables that does not produce excessive flatulence. Use psyllium when you find your stools are becoming hard, and are composed of compressed pebbles which are difficult to pass.

Advice for Caregivers

- Understand that your family member undergoing treatment will change in their food preferences from day to day.
- Prepare low-carbohydrate snack foods, or protein foods, and put them in obvious places on kitchen benches.
- Keep bowls of appropriate fresh nuts and seeds on table tops and benches.
- Be more patient and empathetic—throughout the long term of the treatment.
- Understand that cancer treatment makes most people feel depressed, anxious, fearful, angry, helpless, sad and reclusive. Couple this with the removal of access to junk-food, sweets, fruit juices, bakery products, lollies, chocolates, etc for comfort eating and you have a recipe for emotional upset and misunderstanding.
- Take time to cat-nap and find times to walk, meditate, 'chill-out', talk to your friends, focus spare time on your hobbies/interests—so that you can better cope with unexpected and uncharacteristic behaviours.
- There are many things you can do to help yourself cope better. If you depend on comfort eating yourself, DO NOT eat these foods when the person with cancer can see you doing this—it will simply cause upset.
- It is debatable whether people with cancer should join a 'Cancer-Support-Group'. Many people in these groups die, and the continual loss of people you share your feelings with, has a depressing effect and makes people 'give-up'. A better suggestion is for the person with cancer to join a yoga class with vibrant people—and take the time to talk to these 'up-beat' people after classes. Yoga classes, the yoga teacher and the students usually inspire people.
- Try not to drive yourself to get everything 'just-right'. Search for efficient ways to do all the required tasks to make the person undergoing treatment, feel comfortable, but try not to apply your own ideas of being 'just-right' if there is resistance from the person with cancer.
- Learn breathing techniques to help with stress.

Post Therapy ‘Anti-cancer Diets’ to Assist your Immune System

When all the therapy is finished, most patients will have a weakened immune system. The immune system is essential for smooth functioning of all your body’s organs as well as defending your body from pathogens and denaturing many chemical toxins that come into your body through foods/water and breathing. Your immune system also searches for and destroys, any body cells that become cancer cells.

In order to allow your immune system to recover and strengthen, you need to unload it of any unnecessary work. You also need to boost its strength and efficiency to a level greater than it was before you were diagnosed with cancer. That means you have to permanently change something in your lifestyle that had been weakening your immune system (stress levels, exercise, where you live, relationships, sleep quality, pollution, drugs, smoking, etc), and for a considerable time, probably years, you would be advised to also adopt a higher-purpose lifestyle along with a diet that is both healthy and is ‘anti-cancer’.

Most people consider a healthy diet to include:

- Adequate vegetables, salads, fruits, cereals and bakery products.
- Modest to small amounts of meats and dairy products.
- Small amounts of fat, salt and sugar.
- A glass of wine with meals.
- Almost no junk, fast foods or snacking.
- Eating as much organic produce as practical.
- Eating three meals a day.

While this is a good balanced way of eating for the average healthy person, those who have had cancer have an injured immune system, that has failed to control the growth of cancer cells, and they need to have a special diet that can assist their weakened immune system until it can regain its efficiency—and this often will take years of careful lifestyle. Doctors keep an eye on cancer patients for several years to make sure that their cancer does not return.

There are two things that you should consider as necessary components of a healthy ‘Anti-cancer Diet’. The first consideration is that a healthy ‘Anti-cancer Diet’ is one that reduces the work-load of the immune system following chemotherapy treatments, in order to direct its depleted resources to removing remnant cancer cells and combatting infections. This means eating foods that have no live bacteria, moulds, fungi, viruses, and which are very low in particular chemicals (such as industrial-commercial sprays and natural plant defence chemicals). It means, not breathing-in, touching or ingesting industrial/commercial toxic chemicals.

Secondly, the diet should be one that does not spike blood sugar. Unlike normal body cells, cancer cells can only live by fermenting sugars which they obtain from the blood stream. By maintaining normal blood sugar concentrations, 24 hours a day, it makes it much more difficult for cancer cells to get anywhere enough food to allow them to replicate—they may even die from loss of food. Thus cancer masses will not be able to form and threaten health and life. Also keeping blood sugar concentrations to the normal range, will also allow the immune system more time to eventually identify cancer cells and kill them.

‘An Anti-cancer Diet’ should emphasise protein and fats such as eggs, butter, cheese, meats (with intact fats), and be low in both simple and complex carbohydrate foods (such as vegetables, grain-based foods, etc). (see Appendix 1. for more information).

The Interrupted-eating Model

There is a style of eating each meal that can keep blood sugar normal yet psychologically provide all the vegetables/pasta/breads/sweets. etc, that people desire with their meals. This is called ‘The Interrupted-eating Model’

- On a normal sized plate, place a variety of your favourite vegetables/salads, to cover 50% of the plate. Then cover 20% of the plate with protein-based foods (meats, flesh foods, offal, eggs, lettuces, mushrooms, seeds). Include fats (animal fats, avocado, nuts) to cover the remaining 30%.
- Eat the fats and proteins first—do not eat any of the vegetables/salads.
- While you do this, you must drink a large glass of water, tea or the ‘Anti-cancer Fitness Drink’ to expand your stomach—this will send a signal to the brain to stop urging you to eat.

- Once you have eaten the fats/proteins/drink, wait about 15 minutes before starting to eat the vegetables/salads (Clean the kitchen, go for a walk, or do something to occupy your time before you resume your meal).
- Return to your meal and reheat or microwave the vegetables and replace the salads on the plate.
- Only eat one or two forkfuls of the vegetables, then take a break for another 15 minutes—and have some more tea/water.
- Most people at this stage do not feel like eating the vegetables, so do not force yourself to have them.
- If you are still hungry, come back to the meal and have another two forkfuls of vegetables, then take another break.
- Do this until you feel satiated.
- Any uneaten vegetables you can store in plastic wrap and recook them as ‘bubble and squeak’.

When you have the urge to snack, you can have the ‘Anti-cancer Fitness Drink’ or a very small meal made from low-carbohydrate foods so that the volume eaten does not raise blood sugar concentrations. Eat a bedtime snack to provide extra calories, yet not compromise your breakfast meal (the ‘Anti-cancer Fitness Drink’ is a fine bedtime snack).

The Anti-cancer Fitness Drink

This is a meal replacement in a drink that emulates a ‘butter-milk-shake’. It has no carbohydrates, is mostly saturated fat and has essential proteins your body needs. It is quick to prepare, very reasonable cost, very tasty, and travels well. This was originally set up for people to maintain their weight and health condition, when undergoing hospital cancer treatments. Even when feeling sick, most people can ‘stomach’ this drink and they can drink it down reasonably fast. *(If anyone feels a little sick when they first take this drink, they should find the exact place in the abdomen where they feel sick, and deeply massage the spot for a minute or so. This will release stomach wall tension, release digestive enzymes, and quickly remove any sick feeling).*

Here’s what to do:

1. In a large blender:

- *Place a slab of unsalted butter.*

Organic is preferred, however many clients recommend the ‘Western Star’ brand. The volume of the slab varies from a tenth of a 250g block, to a whole block of 250 grams. Start with the small amount and increase as you wish. (Some people who are very sensitive to the small amount of casein in butter, use ghee instead—because Australian butter has 5% to 8% casein, and 8% to 10% lactose, which gives it a sweetish taste, and the volume of casein is enough to trigger Type-1 allergies and constipation, while the lactose can give lactose intolerance and causes diarrhoea).

- *Place eggs.*

Organic, free range, non-grain-fed are preferred. You can start with half a scrambled egg but take up to four eggs. Salmonella can be a problem with raw eggs, so make sure the eggs are fresh. Be careful of ‘organic’ backyard eggs that may have been left in the sun for a day or more before they were packed and bought to the markets for sale. Reputable egg companies try hard to have salmonella-free eggs. When you crack the eggs, observe the viscosity. An egg that runs like water will probably have salmonella. The eggs should be a little glutenous and hold together. (When you put boiling water in the mixer it will start to cook the eggs).

- *Place some ‘Natural Vanilla Essence’.*

The amount is up to you and is for your taste and to mask the taste of the eggs.
(To help mask the egg taste, some people include cinnamon and/or nutmeg).

- *Fruits.*

Fruits are very high in sugar. If the blood sugar spikes above upper normal blood sugar, this will simply feed cancer cells, so it is your decision to add fruit. Some people tell me they put a small amount of banana in the mix. Others have used avocado—which has very little carbohydrates and is mainly fat. Some people use strawberry flavouring.

2. As a Hot ‘Butter-milk-shake’

- *Coffee taste*: If you wish to have coffee, prepare your normal coffee, free of sugar and milk, and add this into the mixer to also mask the taste of the eggs.
- *Chocolate taste*: Place one square of 85% Lindt chocolate in the mix. The hot water will melt it but you will have to run the mixer longer to dissolve the square of chocolate. Most people use the chocolate/vanilla ‘milkshake’ as an afternoon-evening drink, having coffee as a morning drink.

3. As a Cold ‘Butter-milk-shake’

Place several ice-blocks into the blender rather than boiling water.

4. Blend well

Using a stick blender, bullet or large blender to emulsify the butter and turn it liquid. (Remember to tightly hold the blender cover in place with your hand, or it may fly off when you first pulse the blender).

5. Thermos

This butter-milk-shake can be placed in a large thermos flask when you are travelling—it makes a convenient meal ‘on-the-go’.

Appendix

Appendix 1. Human Diets and Cancer

My perspective on diets and cancer is based on my training as a biologist, not as a nutritionist, nor a doctor. I did my nutrition/diet studies in the mid 1960s, which were based on old-school perspectives of cultural diets our forefathers ate, and although I have studied modern ‘science-based’ nutrition/diets, I still support the old-school ideas.

It is also worth noting when considering diet advice and cancer, that when the adaptive (<https://www.billgiles.com.au/working-with-the-immune-system/>) immune system is scarred in its ability to accurately identify the natural plant toxins (found in all plant foods to varying degrees), and if these are regularly eaten, the toxins can assist the progress of healthy cells into cancer cells.

The advice about what is a healthy diet has been slowly changing away from high carbohydrate, plant-based, fast-food commercial diets, to more balanced diets, primarily based on animal fats and proteins, along with sensibly-cooked vegetables and salads (along with a reduction in eating fruits). This is the old-school dietary advice of pre-Ansel Keys influence –<https://www.billgiles.com.au/blogbook-review-how-weve-been-duped-thinking-fats-are-bad/>

There is also now more and more reports questioning the popular advice about ‘Anti-cancer Diets’. For decades now, healthy diet ideas have been based on vegetarian philosophies with extensions to being ‘balanced’ with some proteins and no saturated fats. These ideas had suggested consuming an extended variation of juiced raw drinks, high carbohydrate vegetable meals and fruits several times a day. These ideas also advocated using vegetable oils instead of saturated animal fats, and a total reduction or even elimination of all red meats.

The beginnings of more common-sense ‘Anti-cancer Diets’ is now starting to show up on the conservative sites on the internet and in more conservative publications. For example, here is a quote from ‘The Physicians Committee for Responsible Medicine’, about what constitutes an ‘Anti cancer Diet: ‘... high in vegetables such as broccoli, spinach, and beans, to help protect against stomach and oesophageal cancer. Eating oranges, berries, peas, bell peppers, dark leafy greens and other foods high in vitamin-C to protect against oesophageal cancer. (<http://www.pcrm.org/media/news/six-dietary-guidelines-for-cancer-prevention>).

However, The Physicians Committee for Responsible Medicine is representative of many conservative systems that are having challenges in changing their advice about animal products. They suggest that: each 50-gram daily serving of processed meat, equivalent to two slices of bacon or one sausage, increases the risk of colorectal cancer by 21 percent. Each 120-gram daily serving of red meat, equivalent to a small steak, increases risk of colorectal cancer by 28 percent.

Conservative approaches to eating animal products are still suggesting (with associated jargon) that a person with cancer should: ‘Avoid grilled, fried, and broiled meats to reduce the risk of cancers of the colon, rectum, breast, prostate, kidney, and pancreas. Four types of heterocyclic amines (HCAs) are associated with cancer of the colon and rectum. HCAs form from creatine and amino acids when cooking meats at high temperatures. When ingested, HCAs can disrupt DNA synthesis. In addition HCAs are also associated, to a weaker extent, with cancers of the breast, prostate, kidney, and pancreas’.

Not only is this advice skewed, but it needs to be put in perspective. The latest research is showing that the carcinogenic chemicals called: heterocyclic amines and polycyclic aromatic hydrocarbons, are formed when the meats are cooked quickly at high temperatures. Polycyclic aromatic hydrocarbons are also found in cigarette smoke and emissions from diesel fuelled-engines. Both of these chemicals have been found to be mutagenic and carcinogenic in rodents, but the biological evidence for a connection with human cancers has not been established, principally because no human cancer-inducing studies have been performed and a human has a vastly different gastrointestinal tract, immune system and liver to a rodent. (<http://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cooked-meats-fact-sheet>).

My advice on eating all meats is to slowly cook your meats as much as possible, invest in a slow cooker or crock pot or slow roast in the oven. However, we all know how delicious a steak is when the fatty parts are caramelised, so create really tasty meats for very special occasions only.

Heme in red meats

What is heme? Heme in red meat is an iron-containing chemical which gives red meat its red colour. While dietary iron is crucial to good health, heme is considered slightly toxic. Although the jury is still out on the effects of heme and its link to human cancers, organisations and people in positions of authority make exaggerated and alarming statements about foods such as heme in red meats and its links to cancer. For example, the organisation mentioned above also indicates: ‘Note, the heme iron, nitrites, heterocyclic amines, and overabundance of essential amino acids in red and processed meats are all believed to contribute to cancerous cell growth in the body’.

Now population-based cohort studies, have found low-grade, but mixed-evidence, between the dietary consumption of heme and an increased incidence in cancer when laboratory rats eat excessive amounts of red meat (rats in nature only consume a minute amount of red meat in their diet, and this is from small reptiles)—but there still has been no concrete link between heme and cancer in human studies (possibly because humans have consumed predominantly meat in our diets for more than four million years).

In 2015, I wrote about the research on red meat and cancer. (<https://www.billgiles.com.au/red-meat-and-cancer-theres-much-more-to-the-story/>). The research shows that red meat may contribute to cancer because ‘carcinogenic by-products occur when red meats are cooked at high temperatures’ and this is exacerbated when commercial additives, in the form of nitrites and nitrates, are added to processed meats, such as bacon, sausages, and hot dogs. We could also add that the effects of red meat contamination is contributing to cancer, due to the growth hormones fed to cattle, and the commercial insecticide sprays used in high-intensity farming.

Because red meats in most countries are now contaminated with hormones, pesticides, heavy metals, petrochemicals and other industrial chemicals, the World Health Organisation’s International Agency for Research on Cancer, has classified ‘red meat—including beef, pork, lamb and goat—as probable carcinogens, and has added them to its group 2A list, which also includes the active ingredients of many weed-killers’.

In my clinical experience with electro-dermal testing of the effects of all types of foods on clients, I believe that good Australian beef, lamb, and pork are not predisposing Australians to gastrointestinal tract cancers. Rather, I believe that the commercial additives, flavourings, preservatives, colourants, sweeteners, herbs and spices added to red meats, along with fast, high temperature cooking methods, have a greater influence on predisposing Australians to cancers.

What to do?

I see no reason to avoid red meats but rather to source the best quality you can afford. Find a local butcher who you can talk to you about where the animals are sourced, and ensure that high quality farming methods are being employed. Even better is to find some organic farmers who will sell and butcher a whole beast for you—this may seem a costly outlay, but it takes time to consume an entire cow-pig-sheep. It also can reduce your visits to the supermarkets, and eventually it will be an economical choice, especially if you split the costs with friends.

Appendix 2. Human Evolution and Foods

Of the hundreds of thousands of types of plants on this planet, our ancestors only ate a few hundred after cooking them to denature their natural defence toxins. Understand that if you attempted to consistently eat grass because herbivores such as horses, cattle, sheep, kangaroos and goats eat it, then in all probability, besides making you forever sick, you would predispose yourself to some form of cancer!

Understand that the foods our hunter-gatherer ancestors in Africa ate during the Paleolithic era, from about 2.6 million years ago to the beginning of the agricultural revolution about 13,000 years ago, are those to which today's humans are mostly adapted. My personal experience, having lived with true hunter-gatherer Australian aborigines in the 1970s, agrees with evolutionary biology that hunter-gatherers ate predominantly red meats (from freshly killed land animals), birds, fish and crustaceans; and in lean times reverted to tubers (yams and corms); water bulbs, select legumes and select seeds-nuts which were ground into flours and baked in ground ovens, like today's bush damper. Occasional valued condiments for entertainment, were seasonal, and these included honey, eggs, some non-toxic fruits and berries, and occasional vegetables such as bush carrots. Medicine foods were taken in very small doses, and were made from hundreds of toxic, leaves, herbs or water weeds—similar to the medicinal herbs we use today for healing.

In our modern world we now eat a few hundred species of plant foods (fruits, salads, vegetables, herbs, spices, nuts, seeds) gathered from all four corners of the earth. Of the 650,000 species of plants on this planet, we still only eat a few hundred types, because just about all plants are too toxic and poisonous for our organs to denature, even with extensive cooking. Note: infants need to have their vegetables super-cooked and Granny in her great age, also cooks the 'bugger' out of her vegetables—because if she eats them raw it could bring on her arthritis!

Healthy young people up to their mid 30s, should be able to eat almost all human foods, even raw, and not get poisoned. And this is because their liver, kidneys and immune system function normally with a perfect ability to denature poisons and toxins. Most of the raw-vegan diets are promoted by super healthy looking young people! However, as people age they will be more likely to develop intolerance to the naturally occurring defence toxins and poisons in plants.

Trans-fatty-acids are made from plants

We now know that to reduce our likelihood of getting cancer, we should not eat trans-fatty-acids. However trans-fatty-acids are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid—to be then used in commercial baked goods and deep-fried foods. This is another reason to put into perspective, the questionable role some plant foods have in our diet. And it is my advice to avoid ANY vegetable oils (and limit virgin olive oil) in your diet. Cook with lard, butter, ghee, tallow, duck-fat.

Pesticides are mostly made from plants

Science has shown that many pesticides are carcinogenic. Thousands of years ago in the Middle East, Rome, and China, the crushed petals of the pyrethrum (a type of chrysanthemum), sulphur, and arsenic were used as pesticides. A pesticide consists of an active ingredient coupled with inert ingredients. The active ingredient kills the pests, while the inert ingredient facilitates spraying and coating the target plant.

Although active ingredients were once distilled from certain plants and other substances, now they are largely synthesised in a laboratory and almost all are hydrocarbons derived from petroleum (a fossil fuel formed from the remains of ancient algae and other plants). Liquid pesticides mostly use kerosene (derived from petroleum) as a carrier, although water has recently begun to replace kerosene. Powdered pesticides typically contain vegetable matter such as ground up nut-shells or corn cobs, clays such as diatomite, or powdered minerals such as talc or calcium carbonate, as a carrier. Limit your eating of salads, vegetables and fruits that have been sprayed with pesticides.

Foods that feed cancer cells.

Ask yourself these questions to gauge your understanding of the foods that fuel cancer cells. Which foods would be more likely to feed cancer cells:

1. Complex carbohydrates such as potatoes, carrots, pumpkin, beetroot—or protein animal foods, eggs, butter?
2. Complex carbohydrates such as grains (wheat, corn, rice, oats)—or complex carbohydrates such as legumes (peas, soya, beans, quinoa, amaranth)?
3. Which commercial bakery foods are more likely to feed cancer cells; normal white breads—or Deek's grain-free breads (www.deeks.com.au)?

Appendix 3. ‘The Warburg Effect’ and Anti-cancer Diets

The Warburg Effect describes the observation that all cancer cells ferment glucose to energise themselves, even when adequate oxygen is present for normal cellular respiration. The ‘Warburg Hypothesis’ indicates that ‘The Warburg Effect’ is the root-cause of cancer. Otto Warburg won the Nobel Prize in Physiology-Medicine in 1931 for this research—which is still well accepted today.

And so, if you have a diet which provides elevated blood glucose, this will allow cancer cells to feed and proliferate. However, while understanding that sugar directly fuels the growth of cancer cells, it can also create confusion and stress in many people as they come to realise that an ‘Anti-cancer Diet’ is one that is low in carbohydrates (both simple and complex) and high in fats, and moderate in proteins. Often this is going against all the messages we are given from a young age, by our parents, teachers, and government endorsed dietary professionals.

While the recommended balanced diet incorporates low fat and protein with a high carbohydrate diet of fruit and vegetables, all carbohydrate foods you eat are broken down to simple sugars in the intestine, where they are absorbed into the blood stream to raise blood glucose levels. Of course the rate of rise of blood glucose is dependent on the amounts of dietary fibre, water, protein and fat in a meal.

Most people normally attempt to eat every piece of food on their plate, and this tends to cause people to overeat. Also satiation varies with the types of foods we eat and the way they are prepared. We can get higher volumes of liquid foods into our stomach more quickly than we can of solid foods. We can eat soft foods more quickly than hard foods, and tender foods more quickly than tough foods.

How quickly we can fill our stomach can have an effect on subsequent blood glucose levels. The ‘Anti-cancer Diets’ attempt to starve cancer cells by not letting blood glucose rise above ‘normal’ levels. Protein and fat foods do not change blood glucose, however all carbohydrate foods do. In order to reduce the possibility of glucose spiking when eating plant-based foods, the volume eaten in time has to be restricted, and yet we still need to feel satiated.

Some foods will more easily contribute to a feeling of fullness (satiety) than others. The quickest satiating responses are experienced by eating meals with water and protein/fat that require extensively chewing (Green SM, Delargy HJ, Joanes D, Blundell JE (1997) A satiety quotient: a formulation to assess the satiating effect of food. *Appetite* 29, 291-304). The amount of chewing, and the force required to chew the protein in these meals, along with the distention effects on the stomach of drinking water with the meal, have the quickest satiation responses for most people—and there will be no rise in blood glucose. This is an adequate, if boring, ‘Anti-cancer Diet’.

Carbohydrate-rich foods (pasta, rice, wholegrain breads and cereals) potatoes and pumpkins, etc also have a high satiating response by simply filling the stomach quickly without forceful chewing, but they will elevate blood glucose well above normal for some hours. Because there is not a great deal of forceful chewing, being satisfied is achieved more by blood sugar elevation, and this will take from several minutes to as much as 40 minutes to occur in most people. Because of this, most people overeat these rich-in-carbohydrate foods and provide good feed for cancer cells.

Then there are the carbohydrate ‘fast’ foods that we can ‘eat-on-the-run’. These give rapid increases in blood glucose levels for a small time—before insulin spiking eliminates the elevated blood glucose and stores the glucose as body fat—and we feel hungry again, forcing us to snack several times a day to feel intermittent satiation. This is a very effective diet to feed cancer cells.

Food entertainment

Plant derived foods and drinks such as vegetables, salads, fruits, nuts, seeds, herbs, spices, alcohol, coffee, tea and sugars are entertaining and for this reason are a necessary part of our modern diets. But how do you still eat these, and yet not increase your blood-glucose levels to feed cancer cells? The ‘Interrupted-eating Model’ can simplify food choices and reduce the stress of having to select between eating a protein-fat-water ‘Anti-cancer Diet’ and an entertaining carbohydrate dominant diet—and it’s related to the style of eating.

The Interrupted-eating Model

- Take a 180 mm plate and prepare your meal with the following ratio’s:
- Fill 50 percent with a variety of vegetables, 30 percent with animal proteins (meat, fish etc) and 15 percent with saturated fats such as avocado, butter, including the fat associated with meats.
- Firstly, without eating any of the carbohydrate vegetables, eat the protein meats and any protein vegetables, such as mushrooms and salads, as well as all the fats. Drink a glass of water. Then eat two fork-fulls of the carbohydrate vegetables and then stop eating—go for a walk or wash

the dishes. Do something that would take 15 minutes or so, to allow your blood glucose levels to rise. This will make you feel less hungry.

- Come back to your meal (heat it up if you like) and take another two fork-fulls of vegetables. Drink a little tea if you wish. Following this, go away again for 15 minutes. With most people, they will feel satiated by this stage, and with minimal discipline, will stop eating any more of the carbohydrate foods, which can be prepared for inclusion in another meal as ‘bubble and squeak’.

Try the Interrupted-eating Model, and you should find that you feel much fuller (and for longer). There will also be a benefit in twice cooking your vegetables, as this will further assist in denaturing their natural defence toxins.

As part of our ‘Healing From Cancer Support Program, we take people through ‘Signature Diet Trials’ which enables them to determine which plants are causing stress to their immune system. They then experiment with the Interrupted-eating Model, during their recovery. Following full recovery they can then experiment with a normal entertaining ‘balanced’ diet.

Creating their individual ‘Signature Diet’ enables them to know and trust which foods ‘work’ for them and their body—there is no more confusion about adhering to ‘join-the-club’ diets or eating foods and then waiting to see what affects they have with no forewarning.

Appendix 4. Blood Glucose Concentrations and Chemotherapy

In Europe, the ‘sugar feeds cancer’ concept is well accepted and oncologists use the Systemic Cancer Multistep Therapy (SCMT) protocol. This was conceived by Dr Manfred von Ardenne in 1975 and entails injecting patients with glucose solutions to increase overall blood-glucose concentrations. This lowers pH values in cancer tissues via lactic acid formation. In turn, this intensifies the thermal sensitivity of the malignant tumours and also induces rapid growth of tumour cells. Patients are then given whole-body hyperthermia (42 degrees centigrade core temperature) to stress the cancer cells into up-taking more glucose. After one to two days this is followed with chemotherapy or radiation. The protocol induces rapid growth of the cancer cells, then the body is treated with toxic therapies which results in a dramatic increase in the destruction of the rapidly replicating tumour cells.

This same approach to enhancing the effectiveness of chemotherapy for slowly replicating tumours can be accomplished through diet. Essentially the person has to take high sugar-releasing foods about three days before chemotherapy and continue eating these foods for about three days after the chemotherapy. This means eating lots of fruit, and juicing vegetables such as carrots, celery and others. It is not a good idea to consume cereal products to get a glucose ‘hit’ since cereals will have a weakening effect on the immune system—due to their lectins.

After the three days have passed following the chemotherapy, change the diet to low sugar release foods. This means eating vegetables without juicing them, reducing fruit intake to one piece a day and taking protein and fatty foods such as flesh foods, eggs and butter. Three days before the chemotherapy is to occur change the diet to the high sugar-release diet and continue with this oscillation while ever chemotherapy is occurring.

(Von Ardenne M. Principles and concept 1993 of the Systemic Cancer Multistep Therapy (SCMT). Extreme whole-body hyperthermia using the infrared-A technique IRATHERM 2000 selective thermosensitisation by hyperglycemia—circulatory back-up by adapted hyperoxemia. Strahlenther Onkol 1994 Oct;170(10):581-9)