DO:

1. Eat natural foods and eat them raw when possible.
2. Eat only foods that will spoil and eat them before they do.
3. See that 30% of your calories are proteins, 20% fats and 50% unrefined carbohydrates.
4. Use naturally raised meat including fish, seafood, poultry, beef and lamb.
5. Eat organically grown fruits and vegetables if at all possible. (Can you grow your own?)
6. Obtain good fresh produce in season and freeze for later use. Eat kernels of fruit. Sprout seeds and use daily.
7. Eat fertile eggs, as they provide more nutrients. Eggs from range hens that have access to green grass are the best.
9. For shortening in baked goods use raw dairy butter or coconut butter.
10. Use extra virgin olive oil, raw dairy butter or coconut butter for sauteing. Use flax oil or olive oil for salads.
11. Eat only fresh, non-rancid foods. Rancidity can be detected by its characteristic odor.
12. Drink certified raw milk and eat natural ice cream, yogurt and cheeses made from raw milk where available. (Can you make your own?)
13. Drink spring water and natural unsweetened juices in place of other beverages. Use a juicer.
14. Drink herb teas and coffee substitutes. Drink no more than 2 cups of organically grown coffee a day. Regular (light roasted) is best.
15. Drink only natural organic red wine made from unsprayed grapes fermented with the skins without the presence of sulfites and fining agents. Drink no more than 1 glass a day.

DON'T:

1. Don't eat highly processed foods such as sugar, white bread, cookies, crackers, TV dinners, etc.
2. Don't eat foods containing chemical preservatives, dyes, artificial colors, etc.
4. Don’t eat commercial meat that has stilbestrol (DES), antibiotics or other chemicals or from animals that have been inhumanely raised.
5. Don’t eat sprayed, fumigated, dyed, waxed or irradiated fruits and vegetables.
6. Don’t eat canned fruits and vegetables. Most fruits are over-sweetened and many vegetables are overcooked.
7. Don’t eat eggs produced by hens that have been inhumanely raised in small cages, force fattened and treated with chemicals and antibiotics.
8. Don’t eat commercial white bread or other bakery products. Don’t eat white rice.
9. Don’t use heat-treated oils with preservatives or hydrogenated shortenings such as margarine.
10. Don’t use deep fat frying as fatty acids break down at high temperatures. Avoid fried foods.
11. Avoid rancid seeds, nuts, grains and foods cooked in rancid fats as they contain carcinogens.
12. Don’t drink processed milk such as pasteurized, homogenized, dried or canned or eat pasteurized milk products which contain artificial flavoring and sweeteners, etc.
13. Don’t drink soft drinks with or without sugar. Avoid stimulating drinks which exhaust the adrenals and pancreas.
14. Don’t drink commercial tea or coffee. Do not drink dark roasted coffee, as it has more carcinogens.
15. Don’t drink distilled liquor or wine as this process separates the alcohol from the minerals, vitamins, antibiotics and other important therapeutic agents.
16. Don’t buy junk foods in a Supermarket.

BASIC INSTRUCTIONS

1. Cook only in stainless steel, corning or enamel-ware or glass. Do not use aluminum.
2. Use drinking water liberally, preferably well or spring water. Use soups often.
3. Use a natural sea salt sparingly and watch labels for hidden salts in foods.
4. Use a variety of herbs and spices in cooking—thyme, rosemary, sage, nutmeg, cinnamon, etc.—for food interest and for stimulating the appetite and the gastric juices.
5. The use of apple cider vinegar aids in maintaining good gastric acidity.

In addition, don’t forget the importance of taking supplements, minimizing stress, having positive thoughts, and getting plenty of sleep, exercise and natural light (full spectrum)!
How Vitamins Can Cut Your Cancer Risk in Half

By REGINALD FITZ and JOHN SOUTH

You can slash your risk of getting cancer by 50 percent by taking three vitamins and one mineral every day, world cancer experts reveal.

“There’s no question that certain vitamins—A, C and E—and the mineral selenium can help prevent cancer,” declares Dr. Raymond J. Shamberger, chairman of the famed Cleveland Clinic, a top research facility.

“You can knock your risk of cancer down by 50 percent if you eat well and take these supplements.”

The world-renowned cancer specialist Dr. Heinrich Wrb, head of the Cancer Research Institute at Austria’s University of Vienna, agrees these supplements along with proper diet “can cut your risk of cancer by 50 percent.”

And Dr. R. Lee Clark, president emeritus of America’s top cancer center, the M.D. Anderson Hospital and Tumor Institute in Houston, declares: “Certain vitamins definitely can help to prevent cancer.

“If you eat well and take moderate supplements of vitamins A, C, E and selenium, you could dramatically reduce your risk of cancer.”

You don’t have to take huge amounts of the four supplements, the experts told The Enquirer. Very moderate daily doses will do the trick.

Drs. Shamberger, Clark and Wrb recommend that every day you take: 1 capsule of vitamin A (5,000-10,000 units); 1 gram of vitamin C; 100 units of vitamin E, and 100 micrograms of selenium.

“Vitamin C destroys nitrate, a cancer-causing agent in food,” notes Dr. John Weisburger, Ph.D., a former official of the National Cancer Institute and now vice president for research at the American Health Foundation in Valhalla, N.Y.

“Vitamin C only stays in your stomach for a little while,” he noted, “so split your daily dose into three or four doses and make sure you get it at every meal.”

The other vitamins and selenium should be taken with your main meal of the day,” he added.

“All sorts of data” from animal tests suggest that vitamins inhibit cancer growth, says Dr. Clarence Ehrlich, chairman of the department of obstetrics and gynecology at Indiana University School of Medicine.

Dr. Shamberger, who has been personally involved in current research on vitamins A, C, E and selenium, said vitamin E and selenium are powerful weapons against cancer.

“In large amounts, vitamin E and selenium both have prevented tumors in animals,” he added. “Vitamin E has prevented mostly skin tumors.”

Tests have “clearly established” that selenium delays the onset of tumors in cancer-prone animals, according to Dr. Daniel Medina, Ph.D. and professor of cell biology at Baylor College of Medicine.

Dr. Alfred Knudson, president of Philadelphia’s Fox Chase Cancer Center, one of the nation’s major cancer research facilities, noted:

“In the northeastern U.S., where there’s a low selenium content in the soil, there’s also an increased incidence of breast cancer and colon cancer. We should make sure that adequate amounts of selenium are included in the diet.”

Besides taking these four supplements, cancer experts agree you can help cut your risk of getting cancer by following three more steps. They include:

1. **Reduce the fat content of your diet—and raise the fiber content.**

Sound data as developed over the past 10 years shows a direct relationship between nutrition and cancer, says Dr. Weisburger. “Forty-four percent of all existing cancer in America may be associated with nutrition.”

Proper diet can help prevent cancer of the pancreas, ovary, uterus, breast, prostate and colon, among others, he noted.

“You can appreciably reduce your chances of getting cancer by reducing fat levels by half and just having a good varied diet. Eat plenty of vegetables. Literally every vegetable is good for you and will help in the nutritional fight against cancer,” he added.

The experts say all meats, including beef and pork, are O.K. as long as you consume them in moderate amounts.

Dr. Wrb agreed. “Do not deny yourself,” he said. “Have a steak, but have a smaller steak. If you are accustomed to a one-pound steak, it’s better to eat only half.”

Be sure to get plenty of fiber in your diet, added Dr. Weisburger. “Simply by having one bowl of any kind of bran cereal for breakfast, and switching from white bread to dark or whole wheat bread, you can cut your risk of getting colon cancer in half.”

Popular bran cereals include 40% Bran Flakes, Raisin Bran, All-Bran and Bran Chex.

2. **Make your own lifestyle healthier.**

“There are a number of simple changes you can make in the way you live that can help reduce your risks of getting cancer,” Dr. Clark told The Enquirer.

“Good personal hygiene plays a role. Repeated skin and venereal herpes infections have been related to cancer.” Also, avoid heavy exposure to the sun, which has been shown to lead to skin cancer, he said.

“Stopping smoking can dramatically reduce the chances of your getting lung cancer or even cancer of the larynx and bladder.”

3. **Take charge of your emotions.**

Although no formal studies have been done on the link between emotional upsets and cancer, the link does exist, says leading French cancer expert Dr. Jean Claude Horiot.

“We often see patients who develop cancer two or three years after major personal problems, such as divorce or the death of spouse,” Dr. Horiot told The Enquirer.

You should try to eliminate any stresses in your life over which you have control, declared Dr. Horiot.

For example, if you have a bad marriage you should try to do something about that marriage or get out of it,” he said. “If you have problems on the job, maybe you should change jobs.

“You might seek psychoanalysis if you feel this would help. Or you could have talks with close friends, a minister or a family physician about what’s troubling you.”

For more information on the nutritional approach to cancer and alternative therapies contact:

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Reprinted from
THE NATIONAL ENQUIRER—June 29, 1982