

Chet Day Presents:

An Anti-Cancer Diet

By Dr. Ben Kim

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In response to an article on ways to prevent cancer that I 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 anti-cancer 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.

Note: if you don't already have a juicer, we use and recommend **The Champion Juicer**. Learn more about it at <http://drbenkim.com/juicer.htm>

About the Author

Dr. Ben Kim teaches about natural health on his website at <http://drbenkim.com> where you can also learn how to improve your health and well-being by signing up for this free newsletter. A list of Dr. Kim's recommended natural health products can be found at <http://drbenkim.com/recommendedproducts.html>

A Note from Chet Day

I'm really happy to share Dr. Kim's **Anti-Cancer Diet** with you.

If you'd like to learn more about natural approaches to health, I invite you to take a look at <http://chetday.com> - where I make available everything I've learned since 1993 on taking responsibility for your own health.

Yours for a Healthy and Loving World,

Chet Day

P.S. Please print and share this document with as many people as possible. After doing that, visit <http://chetday.com> and <http://drbenkim.com> for literally thousands of free natural health solutions as well as free newsletters devoted to natural health tips, healthy recipes, and a whole lot more.