

Dietary Clinical Protocols:

1. Dietary changes

- a. True vegetarian diet: **NO** meat, dairy, poultry, fish
- b. High fiber intake: vegetables and if required, additional fiber supplementation
- c. Elimination of sugars and non-complex carbohydrates: **NO** sugar, honey, raw sugars, fructose, **fruits and fruit juices, high sugar vegetable juices such as carrot juice**
 1. Cancer needs sugar to survive. Why feed the enemy? Cancer is aggressive enough without any additional incentives.
- d. elimination of all dairy products except organic butter or colostrum extracts
 1. dairy is the number one allergen in the US and cause immune system dysfunction or suppression
 2. dairy requires a high demand on the body's enzyme reserves to digest and depletes enzymes required to dissolve the fibrin coating protecting cancer cells
 3. butter is a pure fat and minimally affects enzymes except bile and contains a small amount of lactose and galactose allergenic sugars per average portion
 4. butter contains minimal allergenic proteins such as whey and casein
- e. eliminate, if possible, all immune suppressing medications such as: Tylenol, steroidal and non-steroidal anti-inflammatories such as Prednisone, Feldene, Decadron, and Methytrexate
- f. elimination if possible diarrhetic and "water pills" medications. Sometimes will be necessary with extreme ascites.

When diagnosed with cancer, dietary changes are crucial. Since cancer is not curable, lifetime remission is the goal of any treatment protocol.

- Dietary changes should be lifelong.
- pH - have to keep the body alkaline. T-bone and Johnny Walker is acidic and cancer cells do well in acidic environ and immune system is suppressed in an acidic environment.
- Diet 40% protein (nuts/seeds/whey protein/etc.) 30% carbs, 30% oils (good oils like extra virgin olive oil, omega 3, flax seed, etc.) Blood type diet is good but other things trump the blood type diet.
- Low calorie intake – apple vs Snickers. Cancer cells eat carbs. Candle that burns twice as bright burns twice as fast.
- Diet also helps prevent cancer and recurrences
- Cruciferous vegetables, high fiber, onions, garlic, nuts

Cancer and Sugar

- Cancer cells can feed on simple sugars.
- Cancer cells cannot utilize fats or proteins for energy easily
- A diet low in simple sugars is very important.
- No refined sugars, fructose, foods high in sugar content or fruits
- Artificial sweeteners such as Aspartame, Saccharine and chlorinated sweeteners are not a substitute! These flavoring agents may be carcinogenic.
- Safe alternatives are stevia or stevione (preferred), Isomalt

Meats

- Meat and animal by-products (such as dairy products) may contain growth hormones which, if ingested, can potentially accelerate the growth of cancers.
- Requires digestive and pancreatic enzymes to digest, depleting enzymes necessary for the immune system to dissolve the fibrin coating protecting cancer cells
- Ingest in small amounts, and organic, grass fed or free-range products only (Preferred: true vegetarian)
- May need to implement, if substantial weight loss is present (last resort); use hydrazine sulfate first: 60 mg 45 minutes before each meal

High Fiber Diet

- A high fiber diet is important to prevent constipation, and cleanse the gastrointestinal tract of toxins.
- Good sources are low-sugar cereals, brown rice and organic, whole grain pasta
- Plenty of fluids are also important to wash out toxins produced from growing and/or dying cancer cells.
- Avoid fatty, greasy or deep-fried foods, all of which have been associated with accelerated growth of some cancers and are difficult to digest.

Salt

- Cancer cells flourish in the presence of salt (sodium)
- Eliminate salt used in cooking
- Potassium salt (potassium chloride, KCl) is suggested: use “No Salt” brand in grocery stores
- Do not add salt to foods
- Cut down on snacks and processed foods high in salt content.

Anorexic Patient

- Some patients with cancer may have a poor appetite.
- These persons should eat frequent, small meals
- Prepare foods to smell and look as attractive as possible
- Eat healthy snacks throughout the day; limit fats, which are difficult to digest
- Eat meals slowly, chew well and relax after each meal

- Consider appetite stimulant (Hydrazine sulfate (60 mg 3-times daily ½ hour before meals or Megace)
- Consider E-Crystal, E-Tag and E-Tower Technology for energizing drinking water & food
- Consider Kangen SD401 machine for energizing water
- Enema implants for small amount of time (wheat grass)

Most Beneficial Foods

- Nuts (no peanuts)
- Whole grains
- Vegetables (low on corn and carrots)
- Emphasize low glycemic index
- Brown rice
- Almond milk, Rice milk and goat's milk (Useful for cachexia: lean body mass wasting)
- Water and organic vegetable juices (low glycemic)
- Fiber
- Avocados
- Organic olive oil
- Wheat grass

The Four Grade Levels of Health Claims:

- “A” SILVER BULLETS: Vit C, Vit E, EFA, CoQ10, Se
- “B” Mother Load : Pomegranite juice, Noni juice, Spinach, Kale, etc. should be part of diet but not because of claims. Juices are good for immune system but in MODERATION.
- “C” A Wash: Green grapes, etc – natural, fruit, bioflavonoid, but high in sugar so a wash.
- “D” Ridiculous claims: “Krispy Kreme doughnuts are good for cancer”