

TRANSITIONING YOUR DIET

Prevention Is The Best Medicine

By Simone Stepancic



It could be your mother, your cousin, your sister...

And it was my sister, diagnosed with breast cancer. We were heart broken and devastated. The first thought that came to my mind was, "How can I help her heal breast cancer naturally?"

There is no one who has absolutely zero risk of developing cancer. 33% of cancers are preventable with simple changes in diet and lifestyle, according to the American Institute for Cancer Research. I encourage you to start making simple adjustments right now.

PLANT BASED, RAW FOOD DIET: ANYTHING BUT BORING!

Nourish your cells with a plant based, raw food diet, to help prevent cancer from occurring. But what is living raw plant food?

Raw food is living food that has not been heated at high temperatures, or processed by any means. Raw food is digested easily; it strengthens the immune system, helps with memory and concentration, and cleanses and detoxifies the body. But that is not all; raw food has more nutrients and fibers than cooked food. It contains

enzymes that are still active, compared to food that has been exposed to heat above 118° F.

Cooking produces free radicals (chemically unstable atoms that try to stabilize themselves by attacking 'good,' stable atoms. Also is thought to speed up the aging process) in food; damages healthy fats and oils, and changes them into trans-fatty acids, which are bad for our health.

Cooking disrupts the structure of in-doles; the anti-cancer compounds found in fresh fruits and vegetables. According to Dr. Kouchakoff, cook-

ing food at, or above, 200° F causes leukocytosis (an increasing number of white blood cells), which means that the body is reacting to something harmful; it recognizes cooked food as an invader that must be neutralized.

Eating organic, fresh living, raw plant food such as colourful fruits and vegetables, nuts and seeds, legumes, sea vegetables, freshly made juices, and sprouted grains is essential for your health.

If you think that healthy foods are boring with no taste, think again!

Healthy foods can be as mouth-watering as crusty pizza, creamy pasta or decadent chocolate cake. You can eat whatever you want, as much as you want, and whenever you want. You can heal your body, shed extra weight, increase energy levels, and look and feel younger.

Ann Wigmore, a founder of the Raw Living Food movement, healed herself of gangrene, and later, colon cancer, through her raw food diet. She taught raw living foods philosophy, and the health benefits of wheat grass and other living foods.

ALKALIZE YOUR BODY

Recent medical research found that cancer moves into remission when the body is alkaline. The raw living foods diet helps maintain alkalinity in the body, and, according to Ann Wigmore, alkalinity that comes from wheat grass juice is an essential part of the diet and program.

A balance of acidity and alkalinity in our body is essential. Eating a proper balance of acid and alkaline foods on a daily basis is the key. Too many acid-forming foods, such as beans, dairy, grains, flesh foods, and white sugar, can create inflammation, puffiness, stiffness and water retention within the body.

We need both acid and alkaline forming food to be healthy. The degrees of acidity or alkalinity can be measured in pH values. The neutral point which is neither acid nor alkaline is pH 7. Anything on the scale below pH 7 is acid and anything above pH 7 is alkaline. The ideal range for saliva and urine is 6 to 6.8. Values below pH 6.3 are considered too acidic and values above pH 6.8 are too alkaline. Maximum acidity is pH 0 and maximum alkalinity is pH 14. You

can purchase an alkaline/acid pH testing kit in a health food store.

FOODS THAT FIGHT CANCER

Vegetables, especially cruciferous vegetables such as cabbage, broccoli, kale, cauliflower, and brussels sprouts are rich in phytochemicals. Phytochemicals are naturally occurring substances that plants create for their own protection. They give plants their colour, flavour, taste and resistance to disease, and are beneficial for humans as they boost immunity, fight disease, reduce carcinogens from being formed, and slow down the aging process.

Indoles block the effectiveness of estrogen, which helps protect against breast cancer and uterine cancer. Broccoli contains sulphoraphane,



which boosts the body's own detoxification system by clearing carcinogen substances more quickly.

Dark bitter greens such as endive, arugula, dandelion greens, watercress, kale, parsley, collard greens, mustard greens and spinach can also fight cancer. These greens are packed with vitamin C, vitamin A, calcium, magnesium, beta carotene and chlorophyll. They are also anti-inflammatory and detoxify the body.

GET JUICY

Juice your organic green vegetables. Juiced vegetables are fresh, easy to absorb, and are available to every cell in the body. Vegetable enzymes aid in digestion, assimilation, and

detoxification. One glass of pure, raw, fresh juice every day will help improve the immune system and increase energy. Buy a good quality juicer that can juice all vegetables and plant food, including stems, peels, seeds and grass.

Wheat grass contains vitamins, minerals and live enzymes; it purifies, detoxifies and builds the blood. Wheat grass contains chlorophyll, which helps to carry oxygen to every cell in the body. Oxygen will help fight off disease, bad bacteria and cancer.

My sister ingests 2 ounces of wheat grass every day, on an empty stomach. Wheat grass must be juiced in order for the body to assimilate all of the nutrients.

Wheat grass is used at health spas and retreats around the world to treat cancer.

Spirulina is a blue-green algae found in warm alkaline and saline lakes and ponds in Central and South America and Africa. A green superfood, rich in chlorophyll, spirulina contains complete protein, minerals, carotenoids, all B-complex including high amount of B12, and essential fatty acids. Spirulina can boost your immune system, increase energy, and is an excellent detoxifier and blood cleanser. Spirulina is available in powder, tablets, liquid and capsules. You can add spirulina to protein powder smoothies, soups, salads or stir a teaspoon into a glass of water.

Green asparagus is loaded with vitamins and minerals such as folic acid, vitamin C, B6 and thiamin. It contains phytochemical glutathione, which has antioxidant and anti-carcinogenic properties. Glutathione also boosts the immune system and

Continued on page 60

Transitioning Your Diet - Prevention Is The Best Medicine - Continued from page 59

detoxifies the body. According to the National Cancer Institute, asparagus tested as the food that contains the highest amounts of glutathione, one of the body's most potent cancer fighters.

Asparagus is best eaten raw, steamed or liquid (*juiced*).

Arugula, also known as roquette or rocket, is a pungent and highly alkaline cruciferous vegetable. It neutralizes acid waste products from the blood and lymphatic system, and has antiviral and antibiotic properties.

Arugula contains dithiolethiones; an anticancer and antioxidant compound recommended by the American Cancer Society. It also contains beta carotene, vitamin A, calcium, iron and sulphur. Sulphur is the mineral that will detoxify your liver, and creates mineralized hair, nails and glowing skin.

Arugula's strong and spicy peppery/mustardy flavour gives a little punch when mixed with milder greens and salads.

Turmeric is an Indian curry spice. It was used for thousands of years in ayurvedic medicine to treat inflammation and gastrointestinal problems. Turmeric is a potent antioxidant, anti-cancer and anti-microbial agent. It contains iron and manganese, and is also a good source of fibre, potassium and vitamin B6.

Curcumin flavonoid in Turmeric is an anti-oxidant responsible for the prevention and treatment of cancer. It enhances the liver's ability to eliminate dangerous carcinogens and purifies the blood, which helps clear the skin of pimples, acne and other impurities.

Turmeric has a peppery and bitter flavour. You can use turmeric in salads, salad dressings, smoothies, juicing and lentil recipes.



Carrots are sweet and alkaline. They contain fiber, beta carotene, vitamin B, C, D, E and K, calcium, phosphorous, potassium, zeaxanthin and lutein. Carrots also contain thousands of phytonutrients.

Carotenoids destroy free radicals before the free radicals have a chance to do any cell damage. Carotenoids also decrease heart disease, prevent cataracts, and support the immune system. According to research, carrots may be the best cancer fighting vegetable of all.

Choosing Organic Foods

I suggest a slow transition to a healthy diet to allow the body to shift automatically into the new pattern. My recommendation is a step-by-step approach, beginning with more organic fresh, live food. Choosing organic food is more than to avoid pesticides. It's how you can obtain the higher levels of vitamins and minerals that organic foods contain. Studies show that pesticides and herbicides deprive foods of vitamins, minerals, enzymes and macronutrients.

The information presented in this article is only for the information and education of people who want to eat healthy and make informed decisions.

Consult your physician if you have been diagnosed with cancer. I do not make any claims that raw food diet will work for you or even save your life.

ALKALINE FOODS

Alkaline Forming Vegetables

Artichokes, Beet tops, Beets, Cabbage, Broccoli, Carrots, Carrot tops, Cauliflower, Celery, Cucumbers, Dandelion, Green asparagus, Endives, Leafy greens, Kale, Leek, Parsley, Watercress, Spinach, Radish, Zucchini, and Bell peppers

Alkaline Forming Fruits

Apples, Apricots, Avocado, Bananas, Berries, Cherries, Dates, Figs, Lemons, Mangoes, Oranges, Peaches, Pears, Pineapples, Raisins, and Tomatoes

Alkaline Forming Breads

Sprouted bread, Quinoa bread, and Spelt bread

Alkaline Forming Grains

Millet, Buckwheat, Spelt

Alkaline Forming Fats

Olive oil and Flaxseed oil

Alkaline Forming Nuts & Seeds

Almonds

Alkaline Forming Dairy

Goat cheese and Goat milk

ACID FOODS

Acid Forming Vegetables

White asparagus, Beans (dried), Lentils, Preserved vegetables, and Pickled vegetables

Acid Forming Fruits

Cranberries, Olives (pickled), Plums, Prunes, Blueberries, Canned fruits, Preserved fruits, and White sugar

Acid Forming Nuts & Seeds

Cashews, Peanuts, Roasted nuts, Walnuts, and Brown rice

Acid Forming Fats

Butter, Canola oil, and Margarine

Acid Forming Dairy Products

Butter, Cheeses, Eggs, and Milk

Acid Forming Bread

Cereals, Corn, Pasta, Rye bread, White bread, and Whole grain bread

Acid Forming Meat

Beef, Chicken, Fish, Turkey, Lamb, and Veal

Acid Forming Beverages

Beer, Wine, Coffee, Soda drinks, and Processed juices