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# **INSTRUCTIONS FOR RESORT TO HEALTH CANCER DIET**

## **INTRODUCTION**

Diets in cancer are often clouded in confusion as to what to have or not have. The staff at Resort To Health have researched the science of diets extensively. The diet we recommend is not based on dogma or any belief system but more on accurate and up to date scientific research.

There is strong evidence in the scientific literature which has been used to construct this diet.

## **MAIN PRINCIPLES**

The diet in cancer should incorporate a number of basic principles:

1. Avoid foods that feed cancer (glucose & methionine)
2. Avoid carcinogenic substances (pesticides, heavy metals)
3. Eat fresh and, if possible, organic (enzymes in food are important)
4. Avoid colourings and preservatives
5. Alkalisating diet is best in most circumstances – this diet will naturally alkalise your body

There is a lot of information now about the foods that feed cancer.

### **1. Cancer's Sweet Tooth**

Cancer's main energy source is glucose, infact cancer cells use up to 20 times more glucose than healthy cells.

Low sugar and low glycemic foods are important. To understand this more we suggest you get a book on low glycemic foods such as 'The New Glucose Revolution' by Prof. Jennie Brand-Miller.

## **DIET LOW IN SUGAR**

- All added sugars out of diet
- Low glycaemic food is described by its Glycaemic Index, ie GI. GI should be less than 50 for most foods
- Fresh is better
- Fruit – up to 3 pieces per day
- Juices but not too much carrot as it has high sugar content
- All fruit and vegetables – avoid too much potato and sweet potato
- Some people need to avoid certain grains. Whole grains are best

## 2. **Protein**

Proteins are made up of amino acids – the basic building blocks.

There are 22 amino acids of which 8 are essential (they have to come from the diet and can't be made by the body).

Research has shown that some of these amino acids are taken up in large quantities in cancer.

The principle offender in most cancers is methionine – an essential sulphur containing amino acid.

There is a lot of medical research available now to support this mechanism.

Cancer cells seem to need methionine to grow and to maintain their mutated DNA structure. Methionine restrictions in some research has reported apoptosis in cells which is programmed cell death.

## **RESTRICT METHIONINE**

**Highest** methionine foods are:

Fish	Eggs	Meat	Sesame Seeds
Spirulina	Brazil Nuts	Pumpkin Seeds	
Seaweed	Certain Dairy Products		

and should be avoided.

**Low** methionine foods are:

All fruit and vegetables

Coconut    Macadamias    Some almonds & cashews

Dairy: butter, yoghurt, cream cheese, ricotta, whey powder

Whey powder can be used up to 40gm/day to prevent muscle loss

and can be consumed in large amounts.

### **OILS YOU CAN USE:**

- Flaxseed oil (only cold pressed) but never use for cooking
- Fish oils – EPA/DHA
- Olive Oil    ) OK for cooking – not too much
- Butter    )

Methionine content of foods can be accessed on [nutritiondata.com](http://nutritiondata.com)

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