

EVERYTHING YOU NEED TO KNOW POCKET GUIDE



anti cancer

a new way of life

'I have reproduced in this e-leaflet some of the most relevant tables and graphs from my book which summarize the steps and measures you can take every day to help prevent cancer, particularly when making food choices.'

Dr David Servan-Schreiber

Small changes that make a big difference

Protecting yourself

Avoid products containing industrial chemicals whenever possible:

- Air out dry-cleaned clothing
- Avoid pesticides and insecticides
- Avoid chemical cleaning products
- Avoid skin contact with aluminium
- Avoid parabens and phthalates in cosmetic products

Food and drink

Eat grass-fed organic animal products:

Meat, milk, cheese, yoghurt, Columbus eggs (organic is preferable but less important when choosing vegetables, fruit and grains)

Balance your diet:

- Reduce your intake of sugar, white flour, products containing omega-6 (sunflower oil, corn oil, soybean oil, safflower oil, margarines, hydrogenated fats, non-organic animal fats such as meat, eggs and dairy products)
- Increase your omega-3 intake (found in fish, and grass- or linseed-fed animal products)
- Increase your intake of anticancer products (turmeric, green tea, soy, fruits, vegetables)

Filter tap water:

Use a carbon filter or an inverse osmosis filter or drink mineral or spring water

Activity

Practice 20 or 30 minutes of physical activity per day

Expose yourself to sunlight for at least 20 minutes per day (to create vitamin D)

Free yourself of feelings of powerlessness

Resolve past traumas

Accept and control your emotions

Learn to accept fear, anger, sadness and despair, and then let go of these emotions so they no longer have a hold on you

Find someone to share your feelings with

Meditation

Practise a method of relaxation and self-centering (e.g. yoga, qigong, tai chi, etc.)

What inhibits and what activates immune cell production

Inhibits

Traditional Western diet (pro-inflammatory)

Stress, anger, depression

Social isolation

Denial of your true identity (for example, your sexuality)

Sedentary lifestyle

Activates

Mediterranean diet, Indian cuisine, Asian cuisine (anti-inflammatory)

Serenity, joy

Support from family and friends

Acceptance of yourself, your values and past history

Regular physical activity

Various studies prove that white cells react to food intake, the environment, physical activity and emotional state (see chapters 4 and 9).

Principal influencing factors on inflammation

Aggravates

Traditional Western diet

Unmanaged stress, anger and depression

Less than twenty minutes of physical activity per day

Cigarette smoke, atmospheric pollution, domestic pollutants

Inhibits

Mediterranean diet, Indian cuisine, Asian cuisine

Laughter, light-heartedness, serenity

A 30-minute walk six times per week

Clean environment

Inflammation plays a key role in the development of cancer. We can reduce inflammation using natural methods available to all (see chapters 4 and 6).

The anticancer plate

Cereals:

Multigrain bread, wholegrain rice, quinoa, bulghur...

Fats:

Olive oil, organic butter

Herbs and spices:

Turmeric, curry, thyme, rosemary, garlic...



Animal proteins (optional):

Fish, organic meat, omega-3 eggs

Vegetables, fruits and vegetable proteins:

lentils, peas, beans, tofu

The anticancer diet consists mainly of vegetables and pulses, olive oil, garlic, herbs and spices. In contrast to the typical Western diet, meat and eggs are optional, used simply and sparingly to add flavour.

Choosing foods based on their glycemic index

High GI (avoid)

Sugar: white or brown, honey, syrups: maple, fructose, dextrose



White/bleached flours: white bread, white rice, overcooked white pasta, muffins, bagels, croissants, rice cakes



Potatoes (except for the Nicola variety), especially mashed potatoes



Cornflakes, Rice Krispies and most of the other bleached or sweetened breakfast cereals



Jams and jellies, fruit cooked in sugar, fruit in syrup



Sweetened drinks: mass-produced fruit juices, sodas



Alcohol (except during meals)



Low GI (use liberally)

Natural sugar extracts: Agave nectar, stevia (a Pacific plant), Xylitol, wisteria, dark chocolate (>70%)



Mixed wholegrain cereals: multi-grain bread (not just wheat), or leavened (sourdough) bread. Rice: wholegrain or Basmati or Thai. Pasta and noodles cooked al dente (preferably multigrain). Grains: quinoa, oats, millet, buckwheat



Lentils, peas, beans, sweet potatoes, yams



(Oatmeal (porridge), muesli, All Bran, Special K



Fruit in its natural state: particularly blueberries, cherries, raspberries, which help to regulate blood sugar levels (if necessary use Agave nectar for sweetening)



Water flavoured with lemon, thyme or sage. Green tea (without sugar, or use Agave nectar), which combats cancer directly



Many studies have shown that an overconsumption of refined sugar increases the insulin levels in our system and thereby contributes to cancer cell growth. It is therefore important to avoid foods with a high glycemic index, and choose those with a low glycemic index (see chapter 6).

The most and least contaminated fruits and vegetables

Most contaminated fruits and vegetables (prefer organic)

fruits

apples
pears
peaches
nectarines
strawberries
cherries
raspberries
grapes



vegetables

peppers
celery
green beans
potatoes
spinach
lettuce
cucumbers
squash
pumpkin



Less contaminated fruits and vegetables (growing methods less important)

fruits

bananas
oranges
tangerines
pineapple
grapefruit
melons
watermelons
plums
kiwi
blueberries
mangoes
papaya



vegetables

broccoli
cauliflower
cabbage
mushrooms
asparagus
tomatoes
onions
aubergine
peas
radishes
avocadoes



This table shows the fruits and vegetables which are most and least likely to be contaminated. Please note, it is more important to eat fruit and vegetables – even though they could contain traces of pesticides – than not to eat them at all. Their phytochemical anticancer properties are much more beneficial than the pesticides are dangerous (see chapters 6 and 8).

Everyday household products to avoid

Avoid as much as possible

Perchloroethylene/Tetrachloroethylene in dry cleaning

Deodorants and antiperspirants containing aluminium (especially for women who shave their armpits, which facilitates penetration of aluminium)

Cosmetics, shampoo, lotions, gels, hair dye, nail polish, sunscreen containing estrogens or placental products (common in hair products for afro hairstyles), or with parabens or phthalates. Phthalates to avoid include: DBP and DEHP. Parabens to avoid include: methylparaben, polyparaben, isoparaben, butylparaben

Perfumes containing phthalates (nearly all of them do)

Chemical household pesticides and insecticides

Heating foods or liquids (coffee, tea, baby formula) in plastic containers made with PVCs (liberated into the food when heated), or polystyrene or styrofoam

Preparing food in scratched Teflon pans

Common cleaning products such as liquid detergents, disinfectants, toilet-bowl sanitizer with alkylphenols (nonoxynol, octoxynol, nonylphenol, octylphenol, etc.)

Replace with

Air out dry-cleaned garments in fresh air for several hours before wearing. Or prefer wet cleaning, liquid CO₂ or silicon

Natural deodorants without aluminium

Natural and organic products free of parabens, phthalates and estrogens. Many 'organic' cosmetics are free of parabens and phthalates. Some companies like Body Shop or Aveda make products without phthalates

No perfume, or only wear eau de toilette (which contains less phthalates)

Use pesticides made from essential oils or boric acid, or diatomaceous earth. See complete list of alternative remedies to most suspect pesticides and insecticides on www.panna.org

Use glass or ceramic recipients, particularly when using a microwave oven

Flawless Teflon, or else non-Teflon pans such as stainless steel

Green or 'Ecolabel' products. Or replace with white vinegar (for counters and floors), baking soda, or white soap

Everyday products that are either proven or suspected of contributing to the development of cancer (see chapter 6).

Omega-3 content in fish and seafood

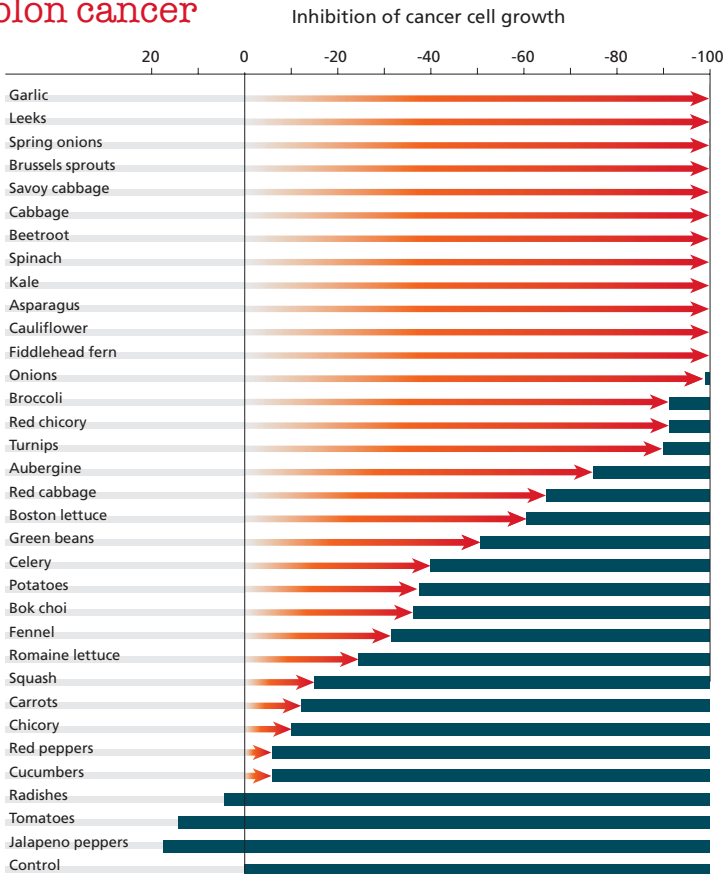
Type of Fish	EPA + DHA content (g per 3oz serving, or g per g of capsule)	Amount required to provide the recommended daily 1 g of EPA + DHA (per oz of fish or per g of capsule)
Tuna		
Light, in water, drained	0.26	12
White, in water, drained	0.73	4
Fresh Tuna	0.24–1.28	2.5–12
Sardines	0.98–1.70	2–3
Salmon		
Chum	0.68	4.5
Sockeye	0.68	4.5
Pink	1.09	2.5
Chincok	1.48	2
Atlantic, farmed	1.09–1.83	1.5–2.5
Atlantic, wild	0.90–1.56	2–3.5
Mackerel	0.34–1.57	2–8.5
Herring		
Pacific	1.81	1.5
Atlantic	1.71	2
Trout, Rainbow		
Farmed	0.98	3
Wild	0.84	3.5
Halibut	.040–1.00	3–7.5
Cod		
Pacific	0.13	23
Atlantic	0.24	12.5
Haddock	0.20	15
Catfish		
Farmed	0.15	20
Wild	0.20	15
Flounder/Sole	0.42	7
Oyster		
Pacific	1.17	2.5
Eastern	0.47	6.5
Farmed	0.37	8
Lobster	0.07–0.41	7.5–42.5
Crab, Alaskan King	.035	8.5
Shrimp, mixed species	0.27	11
Clam	0.24	12.5
Scallop	0.17	17.5
Capsules		
Cod liver oil	0.19	5
Standard fish body oil	0.30	3
Omega-3 fatty acid concentrate	0.50–0.95	1–2

Fish and seafood represent a principal source of long-chain omega-3 (EPA and DHA). The levels vary depending on the type, the source, how they were raised and the season in which they are fished.

Classification of the effects of certain foods on specific cancers

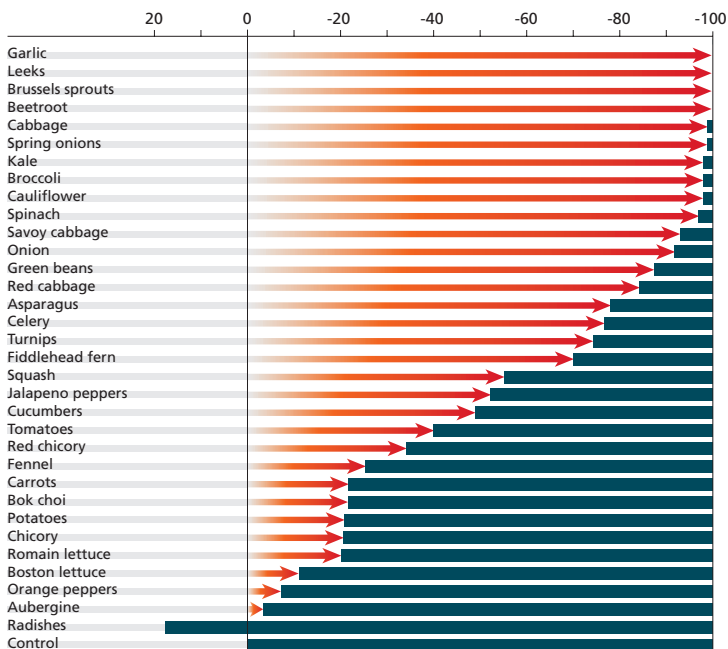
Some foods specifically inhibit cell growth in certain cancers. Dr Beliveau's laboratory was able to test crude extracts from different foods especially recommended in a diet targeting a particular cancer. Note that garlic, onions and leeks (of the alliaceous family) rank high among the most effective foods for all the cancers listed below. The last line of each graph is the control line which shows cancer cell growth without the exposure to any particular vegetable, thereby showing the effectiveness of the other products. Thanks to Dr Beliveau and his team for permitting me to include their findings (see chapter 8).

Colon cancer



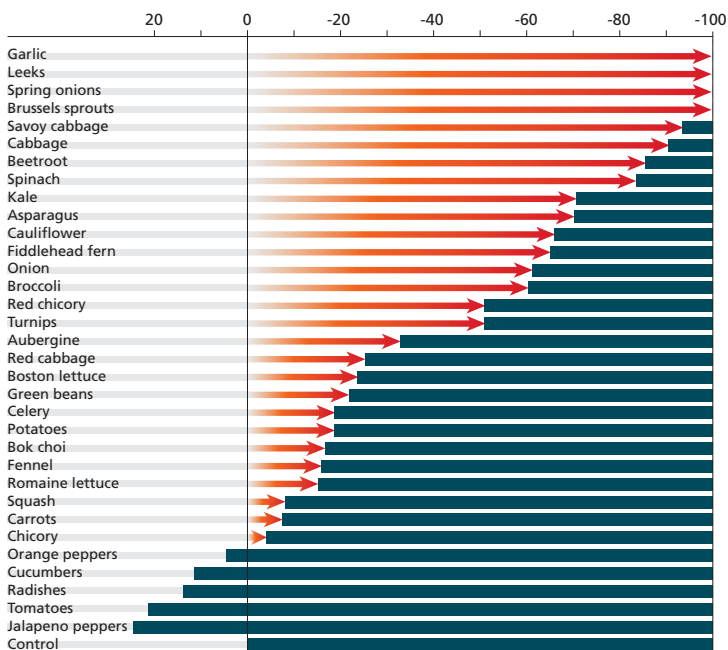
Brain cancer

Inhibition of cancer cell growth



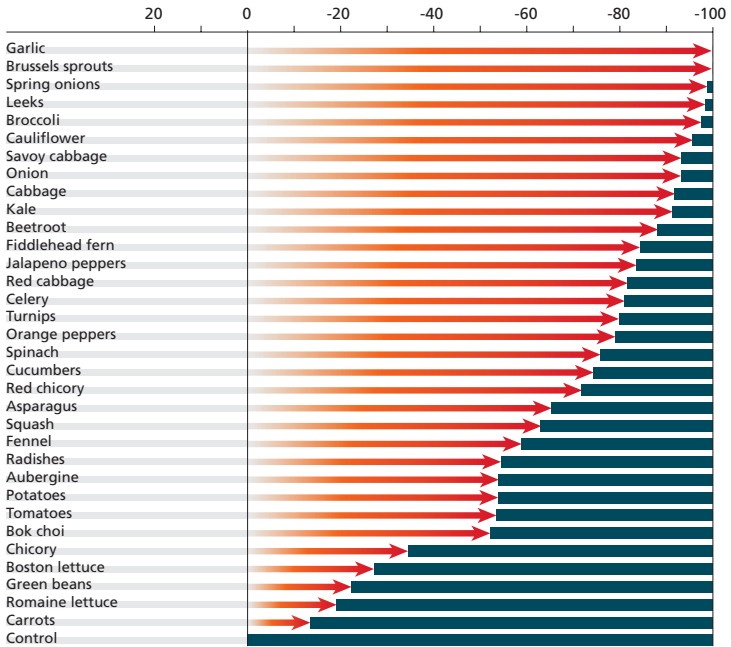
Lung cancer

Inhibition of cancer cell growth



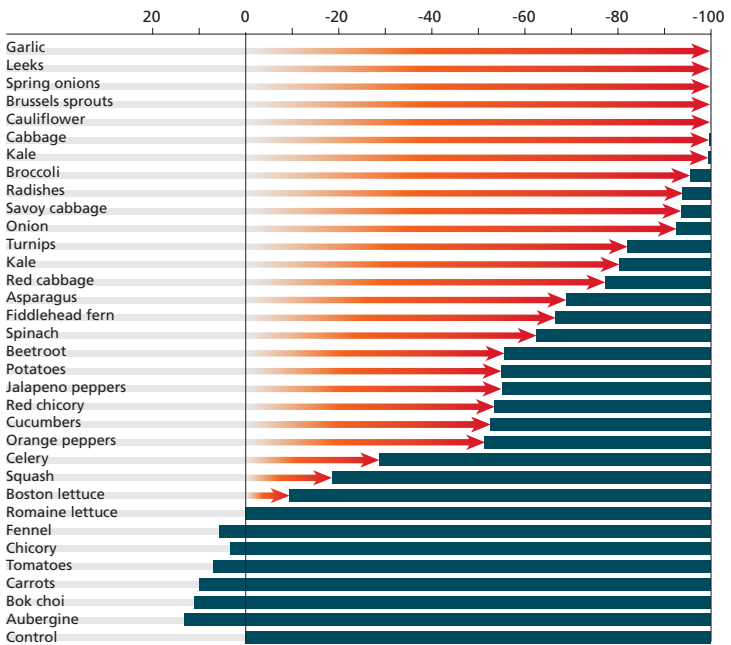
Prostate cancer

Inhibition of cancer cell growth



Breast cancer

Inhibition of cancer cell growth



The competition of omega-3 and omega-6 fatty acids in our diets

**Vegetable oils
(corn, sunflower, etc.)
Hydrogenized oils
Non-organic meat, dairy
products and eggs**

**Green vegetables
Linseed oil
Walnut oil
Fish
Organic meat, dairy
products and eggs**



Omega-6 fatty acids
Inflammation
Coagulation
Stimulation of cell growth

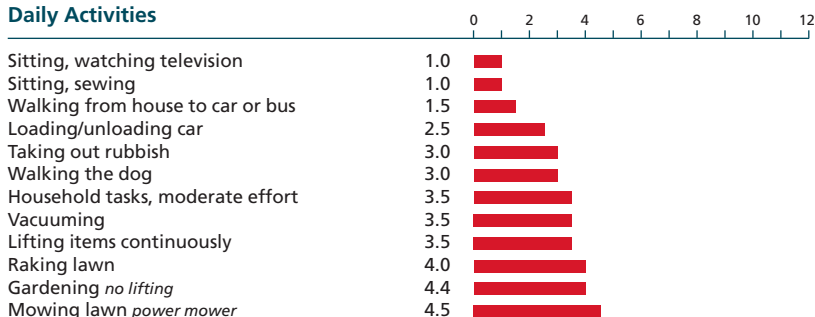


Omega-3 fatty acids
Regulation of inflammation
Fluidization of blood
Regulation of cell growth

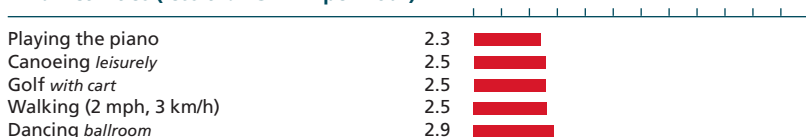
The imbalance between omega-6 and omega-3 fatty acids in our diets increases inflammation, coagulation and the growth of adipose and cancer cells (see chapter 6).

Energy spent in different activities (measured in MET)

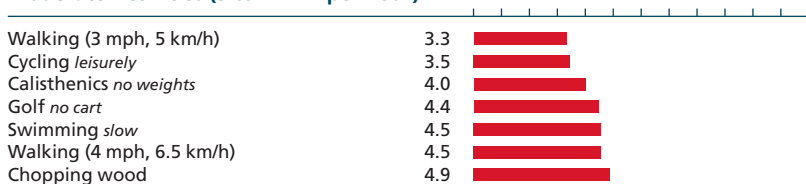
Daily Activities



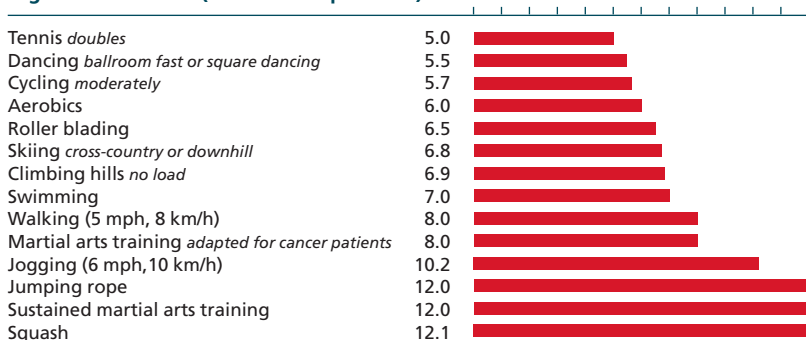
Mild Activities (less than 3 MET per hour)



Moderate Activities (3 to 7 MET per hour)



Vigorous Activities (5 to 12 MET per hour)



Studies show that physical exercise helps the body fight cancer. But the required dose is not the same for all cancers. Doses are calculated in 'MET' units. For breast cancer, there seems to be a measurable effect after three to five hours a week of walking at normal speed (9 MET per week). For cancer of the colon or rectum, twice as much (18 MET per week) is needed to have a comparable effect. This means either walking twice as long or twice as fast, or finding activities requiring more effort to replace walking – for example, bicycling at a speed that requires effort adds up to twice as many MET as walking (see chapter 11).

Anticancer shopping list

Anticancer foods

✓ Proteins

- Fish and shellfish, especially salmon, mackerel, whole anchovies and sardines (even canned sardines, but only those conserved in olive oil not sunflower oil), eel, cod liver and occasionally white albacore tuna canned in water or olive oil (not sunflower oil)
- Organic meat and poultry (in moderation)
- Organic or omega-3 eggs (in moderation)
- Vegetable proteins (lentils, peas, beans, chickpeas, mung beans)
- Organic soy: tofu, tempeh, miso, soy steak, soy sprouts, soy beans, soy milk, soy yoghurt

✓ Grains and carbohydrates

- Multigrain or sourdough bread
- Wholegrain rice (including Basmati or Thai)
- Quinoa
- Bulgur
- Porridge, muesli, All Bran, Special K, or a combination of oats, bran, flaxseed, rye, barley and spelt
- Nicola potatoes
- Sweet potatoes, yams
- Vegetable proteins (see above)

✓ Fats

- Olive oil
- Flaxseed oil
- Organic butter
- Cod liver oil
- Omega-3 margarines

✓ Vegetables

- Cabbages: Brussels sprouts, bok choy, Chinese cabbage, broccoli, cauliflower, etc.
- Beta-carotene rich vegetables e.g. carrots
- Sweet potatoes, yams, squash (including potimarron or Hokkaido squash), pumpkins, tomatoes, beetroot etc.
- Spinach, kale

✓ Mushrooms

- Shiitake
- Maitake
- Enoki
- Crimini
- Portobello
- Oyster and thistle oyster

✓ Herbs and Spices

- Turmeric, mixed with black pepper and olive oil
- Curry
- Mint, thyme, oregano, marjoram, basil and rosemary
- Parsley and celery
- Alliums: onions, leek, garlic, spring onions, chives
- Cinnamon
- Ginger

✓ Probiotics

- Organic yoghurt and kefir, soy yoghurts enriched with *L. acidophilus* and *b. bifidum*
- Sauerkraut, kimchee

✓ Prebiotics

- Garlic, onions, tomatoes, asparagus, bananas, wheat

✓ Seaweed

- Nori, kombu, wakame, arame and dulse

✓ Fresh fruits

- Berries: strawberries, raspberries, blueberries, blackberries and cranberries
- Cherries
- Citrus: oranges, tangerines (even with the peel if they are organic), lemons, and grapefruits
- Persimmons and apricots
- Pomegranate juice

✓ Nuts

- Walnuts and hazelnuts
- Pecans
- Almonds

✓ Desserts

- Dark chocolate (more than 70% cocoa solids)
- Fruits
- Sweeteners: Agave nectar, stevia (a Pacific plant), Xylitol, wisteria

✓ Drinks

- Red wine in moderation (one glass per day)
- Filtered water, mineral water, spring water (as long as the plastic bottles haven't been sitting out in the sun and do not smell like plastic, as this is an indicator of the presence of PVC)
- Flavoured water: lemon, thyme, sage, or tangerine or orange rind
- Green tea, all varieties but particularly Japanese green tea (sencha, gyokuro, matcha, etc.)
- Ginger root infusion

Anticancer products

- Natural deodorants without aluminium
- Natural and organic cosmetics free of parabens and phthalates
- Pesticides made from essential oils or boric acid
- White vinegar or natural cleaning products (without pesticides) or Ecolabel products
- Use glass or ceramic dishes in the microwave
- Use flawless Teflon when cooking, or non-Teflon pans such as stainless steel

Summary of the detoxified diet

Reduce

Foods with a high glycemic index (sugar, white flour, etc.)



Hydrogenated or partially-hydrogenated oils, sunflower, soy and corn oil



Conventional dairy products (too rich in omega-6)

Fried food, chips, fried appetizers

Non-organic red meat, poultry skin



Skins of non-organic fruits and vegetables (pesticides cling to their skin)



Tap water in areas of intensive farming because of the presence of nitrates and pesticides. (A report on water content in nitrates, pesticides and other contaminants can be obtained from local, which authorities)



Replace with

Fruit, flour and starches with a low glycemic index



Olive oil, flaxseed oil



Organic grass-fed dairy products (balanced in omega-6/omega-3, free of rGBH), or soy milk, soy yoghurts

Humus, olives, cherry tomatoes



Vegetables, legumes (peas, beans, lentils), tofu. Organic poultry and eggs. Organic grass-fed red meat (maximum 200 g (7 ounces) a week. Fish (mackerel, sardines, salmon, even farmed)



Fruits and vegetables peeled or washed, or else labeled "organic"



Filtered tap water (through carbon filter or reverse osmosis). Mineral or spring water in plastic bottles, provided the bottles haven't warmed up in the sun and the water doesn't smell of plastic would reveal the presence of PVCs



This is a summary of the key steps to improving your daily diet. For more information, see chapters 6 and 8.