



Diet in Life Threatening Illness

This is a brief summary of the main points in an anti Life Threatening Illness diet.

An anti- Life Threatening Illness diet is one that is as close to nature as possible, without additives and undue processing. Eat 5 portions of fresh fruit and vegetables daily, unless you have advanced cancer; in which case, veer towards 5 portions of vegetables and low fruit. (The fruit sugar can feed the Life Threatening Illness). Do not fry food. Grill or steam. Avoid red meat, and meat in general if possible, unless game or organic. Eat fish, oily in particular, such as mackerel, herring, wild salmon, tuna and sardines. Avoid smoked foods. Eat dairy foods in moderation. Do not exceed 40 grams of protein a day. More than this will severely tax the liver's detoxification systems and promote conditions favourable to cancer. However, if you are suffering from a hormonal Life Threatening Illness, such as Breast or Prostate Life Threatening Illness, you would be very strongly advised to give up all dairy produce altogether, including beef, with the possible exception of organic eggs. A very compelling case for a direct causal link between milk and its products, and breast and prostate Life Threatening Illness, has been made, after a scientific review of all the evidence to date, by Professor Jane Plant, herself a remarkable survivor of 5 recurrences of advanced breast Life Threatening Illness. Keep the total percentage of fat in the diet below 25%, if possible, (do not exceed 30%). Understand that there are good fats and bad fats. The only oils you should use in cooking are cold-pressed olive oil, canola oil and a little butter, and for salads, olive oil, sesame, flax, pumpkin, walnut and hazelnut oils. Discard all other oils, and margarines. Avoid hydro-genated fats in biscuits, cakes, crisps etc. These fats actually block the keys which enable your body to utilise essential fatty acids, or good fats. (95% of the population are deficient in essential fatty acids). You can improve your good fat intake by supplementing with 3000mg or more – up to 5000mg daily of fish oil, or 2/3 tablespoons of flaxoil. These contain Omega-3 fatty acids which have been demonstrated to retard the progress of Life Threatening Illness quite significantly and help prevent cachexia, the wasting associated with Life Threatening Illness.

Add soy products to your diet, on a daily basis. These include soy sauce, miso soup/paste, tofu, tempeh, soya milk, and yoghurt; the latter two, and tofu, are excellent dairy substitutes. However, it is strongly advisable to avoid soy in over-processed forms, such as TVP, 'mince', burgers, sausages etc. The processing involved actually adds high levels of carcinogens – nitrosamines – and toxic metals to such soy products. Apart from lowering

cholesterol and being an excellent source of protein, soy contains isoflavones. Isoflavones are anti-angiogenic, that is they can interfere with the process by which tumours establish a life-line and grow. Drink Miso broth, or make miso soup daily, particularly if you are undergoing radiotherapy. (See attached for recipe). According to Japanese research, miso contains a chelating agent which can remove heavy metals and radioactive matter from the body. Miso is said to have protected doctors working at Ground Zero in Nagasaki from radiation sickness. For further protection from the side effects of radiation, post-therapy, make frequent use of seaweed in soups, salads, casseroles, dips etc. Good seaweeds to try are Icelandic Kelp, Nori, Arame, Hiziki, Dulse, Wakame. Juicing, if you can do it, (see Max Gerson, A Cancer Therapy and Leslie Kenton, Juice High), is a wonderful way of really concentrating good nutrition in an easy format. But if you are losing weight rapidly, puree instead. Wherever possible, eat organic produce. Do not add sugar or salt to food. Avoid coffee. Drink plenty of water, mineral, or filtered, green tea without milk, (to avoid inactivating the therapeutic ingredients) – a November 1999 letter to Nature Medicine suggests that drinking about 4/5 cups of green tea daily may slow metastatic tumour growth by up to 50% -; herb teas, such as Pau D'Arco, Essiac, Cats Claw, Dandelion etc., and diluted fresh fruit juices, or better still concentrated fresh vegetable juices.

MISO SOUP

A Japanese power food, made from fermented soy beans, the enzymes are good for your stomach and digestion, quite apart from the anti-cancer and chelating benefits.

5 minutes preparation 1 portion

Ingredients:

- 1 teaspoon miso paste – many varieties but darkest is the best flavour – ‘Mugi’ Miso
- 2 inch cube of plain or marinated Tofu – (tofu ‘age’ is good – R.R. tofu, Units 1 & 2, Sheepfoot Mill, Malton, North Yorks). (Marinate a sliced-up block at the start of the week. Whole blocks can be frozen).
- 1 teaspoon Marigold Swiss, (low salt variety) vegetables bouillon
- 2/3 inches finely sliced spring onions
- 2 radishes, sliced wafer thin
- Nori seaweed, torn into flakes, small amount
- If available, Shiitake or Maitake mushrooms (can be bought dried at health food shops), otherwise 1 or 2 button mushrooms, sliced.
- Squeeze of lemon juice
- Half inch cube of ginger root, finely sliced – (adds bite and very good for the stomach!).
- 1 clove or garlic, crushed or finely chopped.

Method:

Put teaspoon of Marigold broth and a bowl of boiled water in a small pan with

the garlic and spring onions and bubble for a minute or two, whilst chopping ingredients. Add radishes and mushrooms.

Then put a teaspoon of Miso paste in a soup bowl and blend with a small amount of boiled water (just off boil) to a smooth paste.

Take the pan of broth off boil and add to soup bowl, together with remaining ingredients. Add lemon juice.

It is important not to boil the Miso itself, as this destroys valuable enzymes.

Leave out any item you don't like, or improvise. But the above is a real health cocktail for daily lunch routine. Follow with salad and fruit, or a more substantial meal, if desired.

LOW-DAIRY MUESLI

Many commercial muesli mixes contain undesirable added salt or sugar, and wheat, to which some people are allergic. So try make your own, to suit your special tastes. The original Bircher muesli incidentally was primarily a fruit dish, and in effect you will find it more delicious and less stodgy if you keep the cereal ratio low.

5 minutes preparation 1 portion

Ingredients:

- ½ tablespoon of organic mixed large and ordinary oats
- 2 teaspoons of oatgerm, or soyabran, or oatmeal
- 1 teaspoon of Omega Nutrition Hi-lignans, (ground flaxseed powder)
- Toasted Almonds

And/or to taste:

- Ground Hazelnuts Ground Coconut
- Chopped Walnuts Crumbled Pistachio Nuts
- Sprinkle of Sesame Seeds Sunflower Seeds
- Dried Berries, such as Blueberries, Raspberries, Chopped Prune etc.

Put in a bowl or large goblet. Pour in, so that you get a quarter of an inch of fluid above the cereal, any of the following:

Rice milk Oat milk

Soya milk A dash of pure vanilla, if liked

Fruit Juice Water

Leave in fridge to soak overnight. Excess fluid will be absorbed. The cereal will swell, and the carbohydrates will be partly digested.

To serve, add a whole or half a graded (organic) apple, an optional squeeze of lemon juice and any other fruit to taste:

eg:

pear,

chopped banana,

pineapple,

red grapes,

strawberries, etc.,

together with enough plain live yoghurt to make the mixture really creamy, not stodgy, and a dash of cinnamon.

NB: If you have advanced cancer, either omit the fruit or use very tart fruit, such as slithers of lime, unsweetened blackcurrants, redcurrants, passionfruit, and a green apple for a low (fruit) sugar version.

The above makes a breakfast which has very high nutritional value, but is good at any time of the day.

IF YOU ARE WASTING AWAY

Studies have shown that a weight loss greater than 6% of normal weight at the time of cancer diagnosis significantly affects survival for the worse. For many common cancers it has been established that this adverse effect of weight loss outweighs the possible good impact of conventional treatment such as chemotherapy. So it would make sense not to panic and rush into treatment. Instead, sort out your nutritional status and weight problems first and then proceed. You will not only weather the treatment better: your odds for survival will go up. Here is a battle plan:-

1. Take High Dose Vitamin C
2. Use Dr Quillin's 'Dragon-Slayer' shake recipe daily, (see attached), with medium chain triglycerides added, to counter wasting. Coconut butter is a good source of MCTs. (P. Quillin, Beating Cancer with Nutrition. Nutrition Times Press, Tulsa, O.K p93).
3. Take 5000mg daily of fish oil: Higher Nature Omega-3 Fish Oil 1000, or 4/5 tablespoons of Omega Nutrition Flax Seed Oil in shakes. Keep in fridge, to prevent rancidity. (Omega-3 fatty acids have been shown to significantly counter wasting, in part because their anti-inflammatory actions block Tumour Necrosis Factor, and Interleukin 6, hormones of the immune system over-expressed in cancer, which promote metabolic breakdown).
4. Eat as often as you can. A small, regular intake is preferable to nothing. If you have zero appetite, distract yourself while you eat: listen to music, read, watch a video. You may have to consider eating as an exercise in willpower for a time. Puree rather than juice. If at all possible, try and eat slightly more than you are normally used to. This is to compensate for the fact that in advanced cancer your resting metabolic rate (ie: rate at which you burn calories and consume energy), is actually elevated significantly above average. Hence the rapid wasting. If eating alone is not enough to maintain your weight stable, then you may need pharmacological help.
5. You can use Slippery Elm – glucose free – as a drink to settle your stomach and Silymarin to improve liver function.
6. Snack on high protein things, such as nuts, spirulina bars, oat cakes, brown rice crackers.
7. Advanced cancer causes a profound systemic derangement in all aspects of the body's metabolism. This means that even intensive nutritional therapy may not be enough to halt wasting and promote healing at this state. Prospects are best when such therapies are combined with approaches that put a major spoke in the metabolic derangement wheel the cancer spins. If possible, lower tumour burden by surgery, or other means that do not destroy the immune system. If your cachexia (wasting) is aggressively active, consider a course of Hydrazine Sulphate. This drug, which has been the subject of a number of studies since the 1970's, including trials by the US National Cancer Institute, has been demonstrated to improve appetite, and weight gain, and both halt wasting, and some times tumour growth, by interfering with the availability of 'new glucose' in the liver, which tumours ferment as their source of energy. The dose used in most studies is 3 x 60 milligram tablets daily for a month. Thereafter after a break of 2 to 6 weeks further courses can be taken. Side effects are minimal and hydrazine sulphate does not appear to cause bone marrow depression, unlike most chemotherapeutic agents. However, please note, hydrazine sulphate should not be administered to patients taking alcohol, barbiturates, anti-depressants and antipsychotics. The combination can cause dangerous falls in blood pressure. If you need any of the above drugs and hydrazine sulphate, discuss appropriate substitutes with your doctor.
8. If you are depressed and receiving pharmacological treatment for this, you should be aware that the following drugs reduce appetite and weight and may thus be working against you: Amphetamines, and their analogues including phentermine,

phenylpropanolamine; norepinephrine uptake inhibitors; fenfluramine and dexfenfluramine; several serotonin uptake inhibitors, including fluoxetine (Prozac) and sertraline (Zoloft); sibutramine (Meridia). On the other hand, there are drugs for depression, known as monoamine oxidase inhibitors eg: amytryptiline (Elavil) and lithium, which can make some individuals increase in appetite and weight. These may be an option, if you are truly dependent. But, in general, we do not recommend any of these drugs.

DR PATRICK QUILLIN'S DRAGON-SLAYER SHAKE

Ingredients:

4-8 ounces of rice milk or dilute fruit juice, including apple, cranberry, orange, fresh squeezed, juice extracted, etc. Or add twice the specified water to a can of frozen unsweetened concentrated apple juice.

10-15 grams of powdered protein from (listed in order of preference): ImmunoPower, whey, rice, soy, alfalfa, egg white, non-fat yoghurt solids, spirulina, Solgar 'Greens and More'. Do not use powdered proteins that are based upon non-fat milk solids. Too many people are allergic to this product. Your health food store should have a dozen different products to select from. ProMed is a name brand pure whey protein product.

A combination of Nature's Best's Colon Care, Acidophilus and Eliminease (or equivalent) is vital to maintain regularity and encourage proper detoxification. It should include fibre, a herbal laxative, proper bacteria for colonising the intestines and botanicals for detoxification.

One sliced ripe banana or less, depending on how thick you like your shakes. Banana adds texture via pectin to make this shake have true milkshake viscosity.

2-4 grams of buffered high dose vitamin C that won't upset even the most delicate stomach.

1 tablespoon of Omega Nutrition flaxseed oil or Essential Balance oil from your health food store or mail order.

For those who need to slow down weight loss or gain weight, add 2 tablespoons of MCT (medium chain triglyceride) oil from Twin Labs, 001 888 546 5631 (or try UK subsidiary Changes International UK Ltd, the Standish Centre, Cross Street, Standish, Wigan WN6 0HQ. Tel: 01257 401200. Fax: 01257 401201), or coconut butter, if this is not available.

Directions

Use a large blender or a small hand held blender, like the ones originally developed to mix diet drinks. First add the oils to coat the bottom of the container for easy mixing and cleaning. Add the powdered ingredients and cut up fruit next. Blend until smooth, or about 15 seconds.

HEALTHY EATING CAN BE A GOURMET EXPERIENCE

The following is a small selection of delicious and inspiring cookery books which follow the rules of good health:

Anne Bell, Evergreen (Classic Vegetarian Cookery), (Macmillan Reference

Books 1996), ISBN 0333 660684
Anton Mosimann, Cooking with Mosimann

Raymond Blanc, Blanc Vite, (Headline (Papermac 1994), ISBN 0333
511875 Book Publishing 1998) ISBN 07472 17084
Patrick Quillin, Beating Cancer with Nutrition

Raymond Blanc, Blanc Mange, (BBC (Nutrition Times Press
1998), ISBN 0 9638372 4 9 Books 1996, ISBN 0 563 387246 - *also contains a good section
on model healthy eating, with menus and recipes.*

Josceline Dimbleby the Almost Vegetarian
Cookbook, (Websters International Ruth Rogers, River Café Cook Book Green, Publishers
1994) ISBN 1 870604 13 X (Ebury Press) ISBN
0091865433

Rose Elliot, Vegetarian Cooking,
Mitchell Beazley 1994), ISBN 1857324900 Dr Barry Sears, The
Soy Zone. (Regan Books 2000) ISBN 0060393106

Sophie Grigson, Eat Your Greens (BBC
Publishing), ISBN 0 563 367385 Nigel Slater, The 30-Minute
Cook, (Penguin Books 1996), ISBN 0 14 0231358

Patrick Holford & Judy Ridgway.
The Optimum Nutrition Cookbook William Shurtleff & Akiko Aoyagi, The Book (Piatkus), ISBN
0 749 919 85 X of Miso (Ballantine Books) ISBN 0 345 291077

Louis Lanza, Totally Dairy Free Cooking William Shurtleff & Akiko
Aoyagi, The Book (William Morrow & Co) ISBN 0 688 169090 of Tofu, (Autumn Press Inc
1979) ISBN 0 345 351819

Mike Milken, Favorite Recipes for Fighting Cancer, (Cap Cure 1998) ISBN – 0966080564;
and More Favorite Recipes for Fighting Cancer and Heart Disease, (Cap Cure 1999) ISBN
0967365503

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