

Dearest friends,

You may be a cancer survivor, patient or caregiver, in all these roles, Your Strength is our Inspiration and this is our first opportunity to tell you How Proud We are of You. The universe has brought to you this challenging journey and it is your choice on how to sail through it. We are a resource available to you to help you make some key choices in your lifestyle. This month, our focus is to encourage you to make the right choices on ***Food & Beverage Intake:***

An easy indicator to healthy food choices is the *COLOR* of the food you choose to eat. The more Colorful raw vegetables & fruits are in your food, the healthier your meal choices and snacks become. The simple act of trying to incorporate the nine recommended servings of fruits and vegetables into our diet can go a long way in helping us prevent and fight cancer.

Grilled, steamed, boiled or raw food is recommended and avoidance of fried and high in fat foods is encouraged. If you are craving fried food however then please ensure you use Canola oil which is the only oil when cooked at high temperatures which does not produce carcinogenic elements.

Foods to Eat during Breast Cancer Treatment

1. Almonds

Almonds are the best therapy snack for breast cancer. They are extremely rich in powerful antioxidants like vitamin E, manganese, selenium, as well as essential phytosterols which prevent tumor growth and improves your overall immunity. Almonds are also beneficial for your heart, mind and bones. They are high in mono and polyunsaturated fatty acids, calcium, magnesium, phosphorous and copper. These nutrients help lower your blood pressure and cholesterol, reduce your anxiety level and prevent the loss of bone mass.

2. Broccoli

Broccoli is the best dark green to eat during cancer treatment. This vegetable provides a rich supply of all basic nutrients and is especially high in vitamin C, folate and pantothenic acid. Increased vitamin C intake during chemo and radiation can help make up for your weakened immunity and prevent skin burns. Folate and pantothenic acid can help suppress after-treatment reactions. Folate also promotes red blood cell regeneration which can speed up your recovery after chemotherapy. In addition to these, broccoli has also two of the most powerful natural anti-cancer agents, diinodolymethane and sulforaphane. Eating raw broccoli can effectively deter tumor growth in even the more aggressive cancer types.

3. Mushrooms

Fungal foods are your super allies for fighting cancer. They are high in fiber and provide nutrients vitamins C and the B complex. They are also a great source of pantothenic acid, selenium, potassium and phosphorous. Exotic Asian mushrooms have long been established to help with detoxification and extend life. The extracts from the mushroom *Phellinus linteus* have proven effectiveness against breast cancer. One study has found that women who eat at least 10 grams of fresh mushrooms every day can reduce their breast cancer risks by 64%. Dried mushrooms also work, but they are less effective at about 50% reduction of cancer occurrence.

4. Green Tea

Green tea is a superfood for cancer treatment. Drinking green tea helps you flush out toxins, increases your metabolic rate, reduces your blood pressure and improves the flexibility of your blood vessels. Green tea contains the unique compound L-theanine which helps you deal with stress and calms your mind. Green tea is also rich in the anti-cancer antioxidant epigallocatechin gallate (EGCG), which is highly effective in inhibiting breast cancer growth. Studies have found that the combined use of green tea and tamoxifen produces better results in cancer treatments than tamoxifen alone.

5. Garlic

Garlic is an herb that is integral to many delicious cuisines throughout the world, especially in Italian food. It gives food a distinctive flavor and also has the benefit of lowering rates of breast cancer. It contains diallyl sulfides or allium compounds, which have been shown to enhance the activity of immune cells that fight cancer

6. Spinach

A study conducted back in 1997 at the National Institute of Environmental Health Sciences found that women who consumed spinach more than twice a week had lower rates of breast cancer than women who ate less spinach, or none at all. Spinach is loaded with vitamins and minerals, and is considered to be a super food worth adding to your daily diet.

7. Beans

Women who consume legumes such as black, red or kidney beans also report lower rates of breast cancer. Beans are an excellent source of energy that is high in protein and dietary fiber.

Beans high in cancer-fighting plant chemicals include:

- small red beans,
- barbanzo beans,
- pinto beans and
- red kidney beans.

Preparation: Please avoid consumption of canned food. Canned food contains carcinogenic elements. Spend a little more time in preparation by soaking raw beans overnight and following that with a thorough boil the next day to include in your salad or meal.

8. Deep Sea Fish

A study conducted by researchers at the University of Southern California concluded that post-menopausal women who ate 1.5 to 3 ounces of fish a day were 26% less likely to develop breast cancer over a 5 year period. Deep sea fish such as Salmon, is high in omega -3 fatty acids.

9. Berry Benefits

While many foods have been referred to as “super foods,” berries get that designation because they have several phytochemicals that appear to specifically block cancer development. They are among the fruits with the highest concentrations of antioxidants. The antioxidants neutralize the “electrified” free radical molecules in the body that damage cells in ways that initiate cancer development and other forms of chronic disease.

Berries high in vitamin C and phytochemicals include:

- strawberries
- acai berries
- blueberries
- raspberries
- blackberries

10. Turmeric

Turmeric is a spicy yellow powder with surprising health benefits, including cancer prevention, improved cell health and resilience, and more.

Long-known as a healing herb to the ancient Indian and Chinese physicians, many Westerners are now turning to turmeric for its health benefits. Recent research supports the ancient concept that turmeric improves both cell health and is a potent anti-cancer herb

The University of Texas M.D. Anderson Cancer Center in Houston, Texas, completed a study on curcumin, the active ingredient in turmeric, and its effects upon skin melanomas. The results indicate that curcumin in turmeric has potent anti-proliferation effects, meaning that in the experiment, it demonstrated the ability to keep cancer cells from multiplying.

Tip: Use turmeric to marinate fish or organic poultry, in green lentil soups, stews or rice dishes

Foods to Avoid during Breast Cancer Treatment

1. Alcohol

Some studies have revealed that wine is a healthy antioxidant. It is important to note however that studies have also found that one glass of white wine a day increases the risk of breast cancer by 13%.

2. Dairy

Milk, cheese and yoghurt increase levels of Insulin-like Growth Factor (IGF-1) in the blood, which can risk the growth of cancer cells. Dairy products depress the levels of magnesium, zinc and vitamin D which are important for the body to fight cancer. Dairy products are a source of saturated animal fat and cancer cells grow on such fat.

3. Tap or recycled water

Try not to drink or cook in recycled tap water as it is likely to contain oestrogen waste from the pill and Hormone Replacement Therapy (HRT).

4. Sodium

Sodium is found in salt and meat preservatives (smoked turkey, smoked salmon, hot dogs, sausages, chips, preserved foods, processed foods and fast foods). An alternative to salt is lemon or sea salt.

5. Oestrogen Containing Foods (If your cancer is hormonally driven)

Oestrogen is found in animal products (red meat, pork, poultry) including dairy, soya milk, soya yoghurt, soya sauce. If your cancer is hormonally driven please avoid these foods

Eat two pieces of fruit per day and five to ten helpings of vegetables. We hope the above information will aid you in making the choices of what goes into your bodies and always remember that we are what we eat