

Essential # 1 - Let Food Be Your Medicine

Hippocrates, the "founder of modern medicine" was a Greek physician who lived more than 1500 years ago. He recognized the healing power of food when he made the statement, "Let food be your medicine".

Food is the foundation of our health. Food fuels our cells and organs. If we ingest toxic, dead food, then guess what happens to our bodies? Yes, they become toxic, diseased and die prematurely.



I invite you to begin to look at your food choices in a whole new light. Look at food as a prescription for your health. ***You either feed your body or feed the cancer...it's pretty simple.***

Essential # 1 is about making conscious choices with food that will turn on healthy genes and turn off cancer promoting genes. Cancer thrives in an acidic environment so focus on alkalizing your diet with more greens, smoothies, vegetable and bone broths, lemon juice and sprouted seeds or nuts.



One of the most efficient ways to increase your raw vegetables in your diet is by "eating" Green Smoothies.

With the use of a super blender like a Vita Mix, your greens and veggies can be pulverized. This breaks down the cellulose and tough fibers that cannot be broken down simply by chewing. This releases the nutrients and makes them more absorbable.

Purchase organic greens such as kale, mustard greens, dandelion leaves, romaine lettuce, spinach, and celery. A typical Green Smoothie would include 2 large handfuls of greens, 2 celery sticks, a green apple, or a few berries, 2 TBS of flax seeds, 2 TBS hemp seeds, and 1-2 cups of purified or spring water or organic nut milk. Blend at least 30 seconds and enjoy.

While you are adding alkalizing foods, eliminate specific foods.

- 1.) Sugar - it feeds the cancer
- 2.) GMO foods
- 3.) Processed and charred meats
- 4.) Commercial Dairy products
- 5.) Tap and bottled water
- 6.) Hydrogenated and processed oils
- 7.) Processed and packaged foods



If you would like more ideas about creating delicious and healthy meals, visit my [Delectable Dishes](#) on my web site. You will find hundreds of recipes to support your healing journey.

The screenshot shows the website for Breast Cancer Conqueror. The top navigation bar includes icons for social media (Twitter, Facebook, Instagram, Pinterest, YouTube) and menu items: START HERE, ABOUT, STORIES, COACHING, SHOP, LIBRARY, BLOG, RECIPES, RESOURCES, and CONTACT. The 'RECIPES' menu item is highlighted with a red box. Below the navigation is a purple banner with the text 'Delectable Dishes from Dr.V's Kitchen'. The main content area features two recipe cards. The first card is for 'Dairy Free Tomato Soup' (Portfolio | Jan, 30 2017) with a photo of a bowl of soup and a 'SHARE' button. The second card is for 'Low Carb Buttery Broccoli Noodles' (Grain Free | Jan, 02 2017) with a photo of the dish and a 'SHARE' button. On the right side, there is a search bar, a photo of Dr. Véronique Desaulniers (FOUNDER AND AUTHOR), and a 'FILTER BY CATEGORY' section with a list of categories: Beverages, Desserts, Grain Free, Main Courses, Salads, Snacks, Soups & Sauces, and Vegetables.

I hope you enjoyed your first lesson.

Tomorrow you will learn about **Essential #2 - Reduce Your Toxic Exposure**. See you then!