

Essential # 1: Let Food be Your Medicine



Essential #1 Agenda

- ✓ Foods to Avoid
- ✓ Foods to Enjoy
- ✓ Various Diet Types
- ✓ Pantry Swap



Key Take-aways

1. Food is Medicine
2. Small Changes = BIG Results
3. Practical tips on how to convert your kitchen



“If man made it, don’t eat it.”
– Jack LaLanne



You either feed your body
or you feed the cancer



Top 7 Foods To Avoid



1. Sugar
2. GMO
3. Commercial & Charred Meat
4. Commercial Dairy
5. Tap & Bottled Water
6. Toxic Oils
7. Processed & Fast Foods

#1 - SUGAR



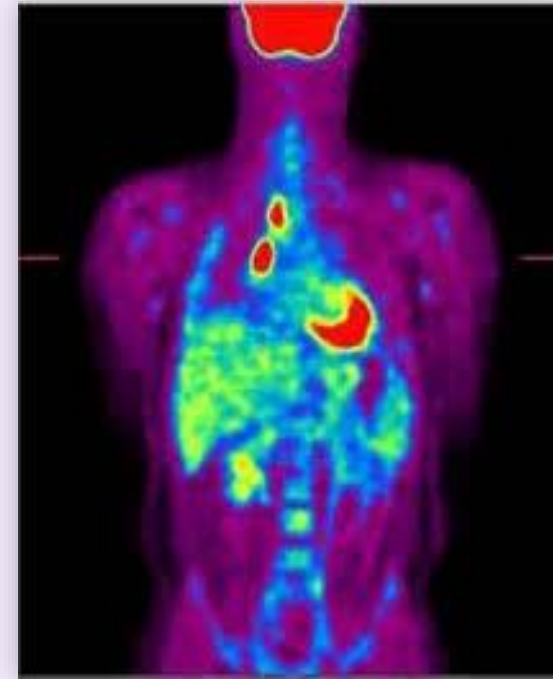
Dr. Otto Warburg -
“**Prime cause of cancer** is
replacement of respiration of
Oxygen in healthy cells by a
fermentation of sugar.”



Cancer cells have twice the number of insulin receptors compared to a healthy cell.



PET Scan



Cancer Cells Eat First

“Fructose, in table sugar and high-fructose corn syrup, increases breast tumor growth and metastasis.”

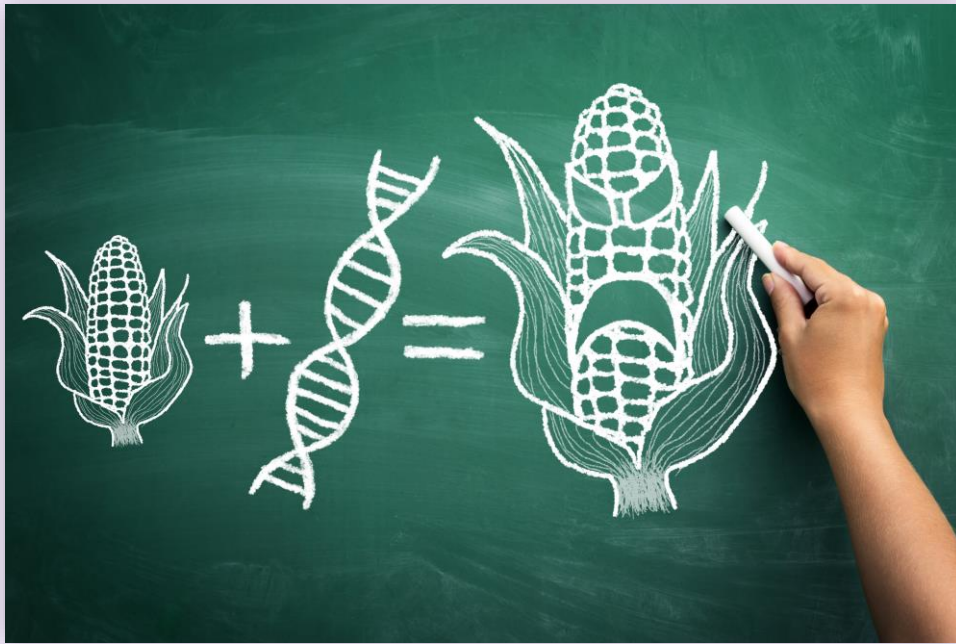
Journal of Cancer Research – January 2016



- Insulin and IGF-1 are powerful messengers that promote cellular growth
- Depresses your immune system
- High carb diet increases risk of developing Breast Cancer



#2 – GMO's



GMOs are organisms in which the genetic material (DNA) has been altered in such a way that does not occur naturally.

Study commissioned by the French Government –

- Increased mammary tumors
- Females died 2-3X's more rapidly
- The pituitary gland was disabled
- The sex hormone balance was modified



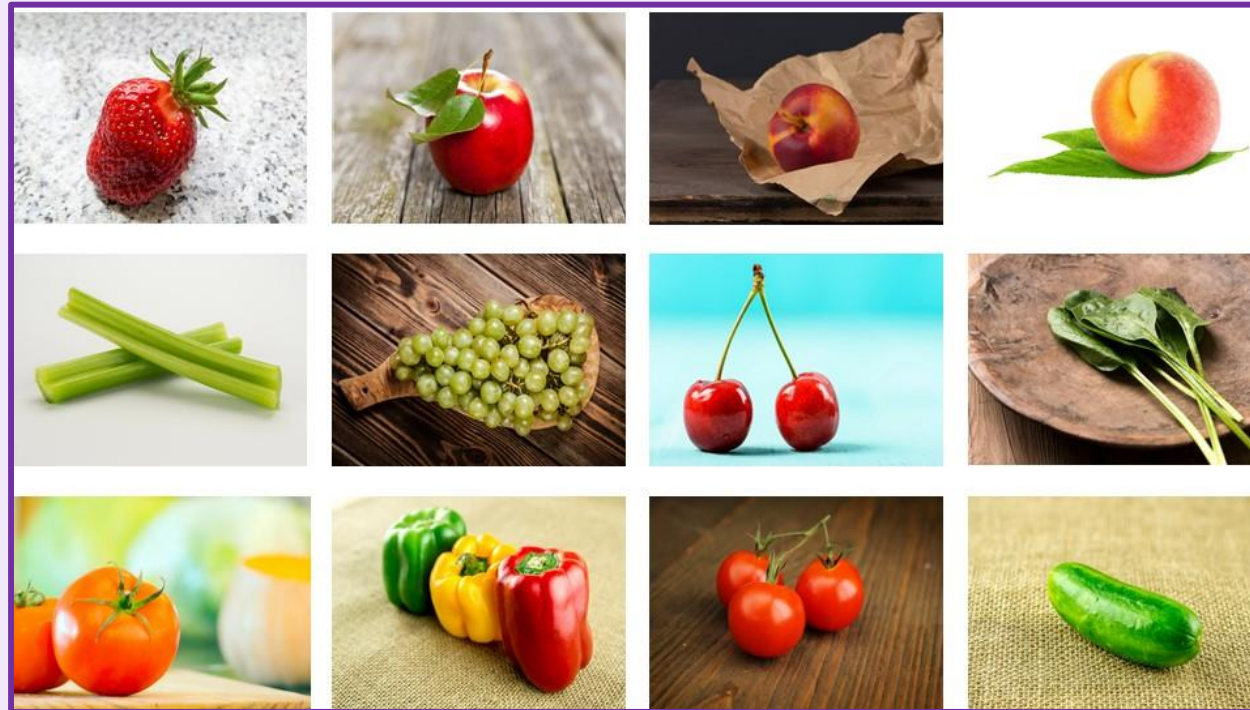
The Institute for Responsible Technology



- Documented over 65 health risks of GMO Foods
- Avoid at-risk ingredients such as corn, soybean, canola, cottonseed, beet sugar, and aspartame.
- Use the Non GMO Shopping guide when you shop

Environmental Working Group

www.ewg.org



EWG's 2016 Dirty Dozen



#3 - Commercial and Charred Meat



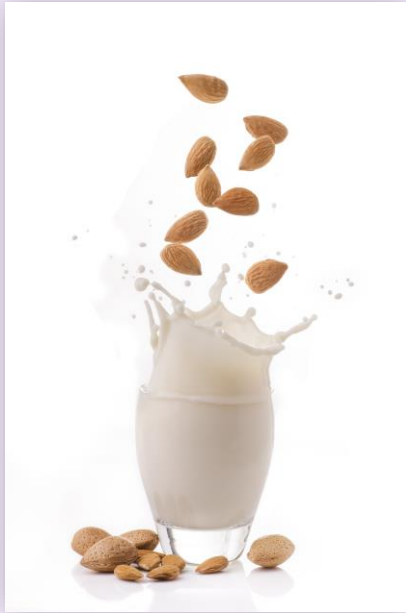
- By-products of charred meat triggered cancer in lab animals
- Heterocyclic amines – HCA's
- High levels of growth hormones and antibiotics

#4 - Commercial Dairy

- Increase risk of cancer (J. Clinical Oncology)
- Bovine Growth Hormones
- 93% of samples contain pesticides
- Loaded with Antibiotics



Unsweetened Dairy Alternatives



- Fermented kefir
- Almond milk
- Coconut milk

#5 – Tap & Bottled Water

- Tap water is contaminated with hundreds of carcinogens
- Bottled water - 38 avg. pollutants per EWG
- Plastic bottles release BPA, which is estrogenic



What Water System Do I Choose?

Products that I use are:



- * Berkey Water Filter
 - Portable Water Purification
 - Particulate and Fluoride filters
- * Echo® 9 Hydrogen Machine
 - Hydrogen in Ionized Water (Alkaline/Acidic)
- * GIA I-Water System
 - Super Hydration with single file alignment
- Aquasana
 - Shower Filters



Full Disclosure - please note that I am affiliated with the companies, which have an asterisk (*) and get a commission if you buy through my store or if you use the link provided in the resources download

#6 - Toxic Oils

- GMO oils: canola, soybean, corn oil.
- Found in processed and packaged foods.
- Deplete vitamins, interfere with enzyme function



7 - Dark Roasted Commercial Coffees



- Overcooked and loses all its beneficial antioxidants.
- Full of harmful molds, bacteria and toxins
- Replace with Matcha green tea
- Light roasted, organic coffees—
Life Extension

Foods To Enjoy



Alkaline Foods



- Nut milk
- Vegetables
- Herbal teas
- Sprouted seeds
- Raw soaked nuts
- Water with lemon
- Bone and vegetable broths
- Coconut, olive, avocado oils
- Certain fruits and only in season

Top 7 Foods To Enjoy

1. Cruciferous Vegetables
2. Leafy Greens
3. Green Apples & Lemons
4. Nuts & Seeds
5. Healthy Oils
6. Healthy Meats
7. Fermented Foods



#1 Cruciferous Vegetables



- Kale
- Arugula
- Bok choy
- Parsnips
- Broccoli
- Turnips
- Radishes
- Wasabi
- Cabbage

- Collards
- Spinach
- Parsley
- Chard
- Mustard greens
- Watercress
- Cauliflower
- Brussel sprouts



Are Cruciferous Goitrogenic?

- Compounds that may affect production of thyroid hormones
- No human studies
- Iodine deficiency may exacerbate Goitrogens
- More benefits form eating cruciferous than not



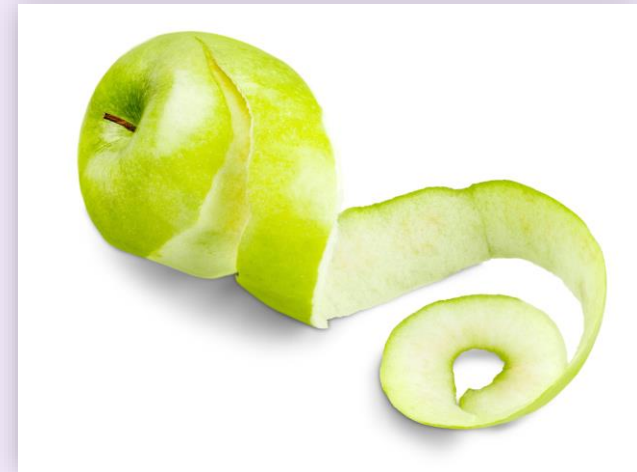
#2 – Leafy Green Vegetables



- Very nutrient dense
- High in magnesium and minerals
- High fiber binds bile acids

#3 - Green Apples and Lemons

- An apple a day keeps the oncologist away!
- Apple peels kill Breast Cancer
- Inhibit cancer cell growth
- Seeds contain B 17
- Lemons, limes and grapefruits contain flavonoids that prevent and kill cancer cells.



#4 - Nuts and Seeds



- Vitamins E, B2
- Folate, fiber
- Magnesium
- Selenium
- Omega 3's
- Phosphorus
- Essential Fatty Acids
- Always soak your nuts

#5 - Healthy Plant Oils



- Plant-based oils cause imbalance between Omega 3 and 6
- Omega 3 inhibits Breast Cancer cell growth

- Avocado
- Coconut
- Flax
- Grapeseed
- Olive
- Chia

Healthy Oils – Omega 3

- Wild Caught Salmon
- Sardines
- Flax Seeds
- Walnuts
- Grass Fed Beef
- Free Range Eggs
- Algae



Fish Oils

- High in Omega 3
- Anti-inflammatory
- Anti Cancer

<https://safecatch.com/>

¼ cup of ground Flax Seeds has 3 X's amount of Omega 3's than 4 oz. of salmon



#6 - Healthy Meat

- Hormone free, antibiotic free
- 100% grass fed & humanely treated
- Play in the sunshine
- 1 serving = 3 ounces or about 2/3 of a deck of cards



#7 - Fermented Foods



- Replenish gut with healthy bacteria
- Chelates heavy metals and chemicals
- Kefir, yogurt, sauerkraut, miso, kombucha
- Eat at least 1 serving a day

What is the PERFECT Anti-Cancer Diet?



No “One Size Fits All”

- Blood Type
- Metabolic Type
- Previous Health History
- Type of Cancer
- Health of GI tract
- Blood Sugar Trends



Diets I Have Experienced

Raw	Vegan
Paleo	Atkins
Low Carb	Ketogenic
Nutritarian	Vegetarian
Blood Type	Macrobiotic
The Zone Diet	Mediterranean



Raw

Pros	Cons
Very clean	Very limiting
High in enzymes	Raw in all seasons is difficult
Improved digestion	Not all nutrients are Bio-available



- Raw zucchini “Pad Thai”
- Breast Cancer Conqueror Delectable Dish

Vegan

Pros	Cons
No Animal Products at all	Nutritional Deficiencies - B 12, Iron and Omega 3
Thinner	Too many Carbs and Grains
Lower Risk of Heart Disease	Increased Bone Fractures
Lots of Dietary Fiber	Very limiting



- Eggless Egg Salad
- Breast Cancer Conqueror Delectable Dish

Vegetarian

Pros	Cons
Animal and Environmentally Friendly	Too many Grains and Carbs
Biologically designed to be Vegetarian?	Risk of Nutritional Deficiencies
Fewer kidney and gallstones	Increased blood sugar
Decreased risk of Diabetes and Heart Disease	



- Vegetarian Quinoa Chili
- Breast Cancer Conqueror Delectable Dish

Macrobiotic

Pros	Cons
Focuses on clean organic food	Mostly vegetarian
Varies from one person to the next	Limits animal fats
Philosophy of calm and peaceful life	Lots of grains



- Crunchy Roasted Vegetables
- Breast Cancer Conqueror Delectable Dish

Blood Type

Pros	Cons
Structured way of eating	Based on evolutionary theory
Recommends clean unprocessed foods	Not much hard science to back it up
Stresses exercise for each type	Can restrict beneficial foods



- Bison Chili with a French Twist
- Breast Cancer Conqueror Delectable Dish

Mediterranean

Pros	Cons
Healthy Fats - Fish and Olive Oil	Moderate Amounts of Dairy
High Anti-Oxidant Foods - Veggies and Fruits	Daily Consumption of Wine
No Processed Foods	Grains and Beans



- Mediterranean Cod
- Breast Cancer Conqueror Delectable Dish

Atkins

Pros	Cons
Weight Loss and Improved Blood Lipids	Unhealthy Choices - Artificial Sweeteners
If you Love Meat - this is for You	Too Much Protein - Kidney Issues
Restricts Carbs - Lower Insulin	Low in Fiber



- Grass Fed Beef Stew
- Breast Cancer Conqueror Delectable Dish

Ketogenic

Pros	Cons
Weight Loss	Very Restrictive – must weigh your food
Anti-Inflammatory	GI Disturbances
Anti Cancer Properties	Junk Keto Products
Great Therapeutic Effects	Totally New Way of Eating
Balanced Hormones	Risk of Increased Kidney Stones
Improved Blood Lipids	Loss of Minerals and Muscle Cramps
Improved Immune Function	Measure Glucose and Ketones Twice per Day
Beneficial for Reaching Low Insulin Levels	Nutrient Deficiencies - Supplementation Needed



Ketogenic Diet: Starve The Cancer & Feed Your Body



Low Carb Buttery
Broccoli Noodles



Grass Fed
Beef Stew



Low Carb
Bread Rolls



Almond Chocolate
"Bons Bons"

Delectable Dishes From My Kitchen



Balanced Low Carb

- Moderate fat – moderate protein and low carb
- Ratio of 1.5:1 up to 2:1 will still create ketones



Sardine Salad



Dairy Free
Tomato Soup

One Week Sample Meal Plan



Monday



Breakfast
Mexi Green Drink

Lunch
Raw Zucchini Kale Salad

Dinner
Baked Chicken Thighs
Steamed Broccoli w Ghee

Snacks
Soaked Nuts (1/4 – ½ cup)

Liquids
Clean Water
Matcha Green Tea
Sparkling Lemon Fizz

Tuesday



Breakfast
Egg w 2 cups Spinach & ½ Avocado

Lunch
Green Shake

Dinner
Buttery Broccoli w Miracle Noodles
Baked Cod w Olives

Snacks
Raw Almond Crackers

Liquids
Matcha Green Tea
Hot Chocolate
Lemon Water

Wednesday



Breakfast
Grain Free Granola

Lunch
Detox Salad

Dinner
Wild Salmon
Caesar Salad

Snacks
Celery Sticks w Almond Butter

Liquids
Matcha Green Tea
Bullet Proof Coffee
Sparkling Lemon Fizz

Thursday



Breakfast
Apple Ginger Smoothie

Lunch
Eggless Egg Salad

Dinner
Turkey Meatballs
Spinach Salad

Snacks
Chocolate Chia Pudding

Liquids
Matcha Green Tea
Herbal Detox Tea
Lemon Water

Friday



Breakfast
Egg & Turkey Bacon

Lunch
Green Shake

Dinner
Savory Chicken
Arugula Salad

Snacks
Raw Pickles & Sardines

Liquids
Matcha Green Tea
Hot Chocolate
Sparkling Lemon Fizz

Saturday



Breakfast
Gluten Free Bran Muffin

Lunch
Raw Vegetable Soup

Dinner
Grassfed Beef Stew
Broccoli Cabbage Slaw

Snacks
Soaked Nuts (1/4 – ½ cup)

Liquids
Matcha Green Tea
Herbal Detox Tea
Lemon Water

Sunday



Breakfast
Green Juice

Lunch
Hard Boiled Egg/Spinach

Dinner
Baked Chicken
Roasted Vegetables

Snacks
Olive Tapenade w Flax Crackers

Liquids
Matcha Green Tea
Bulletproof Coffee
Sparkling Lemon Fizz

Please Note

This is a sample meal plan to help inspire your planning for a healthier diet. Please visit www.BreastCancerConqueror.com/Library/Recipes for more recipe ideas. There are 8 categories of food and drink to choose from. I try to keep my recipes Dairy, Wheat and Sugar Free and of course All-Organic

Track Your Progress



www.MyFitnessPal.com

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Blending and Juicing

- Juicing allows quick absorption
- Helpful during chemo and radiation
- Blending provides more bulk and fiber
- Use the **WHOLE** vegetable or fruit, including the seeds



Pantry Swap



First Steps



- Replace all sugar
- Replace GMO foods
- Replace milk and dairy
- Replace tap water and bottled water

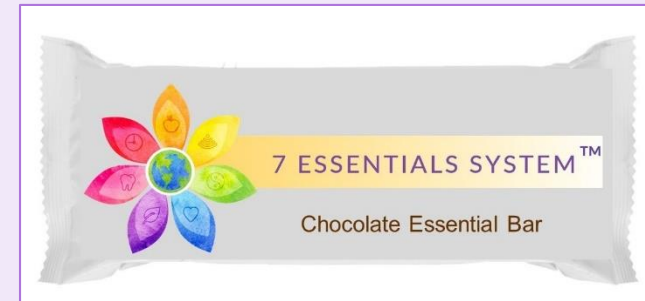
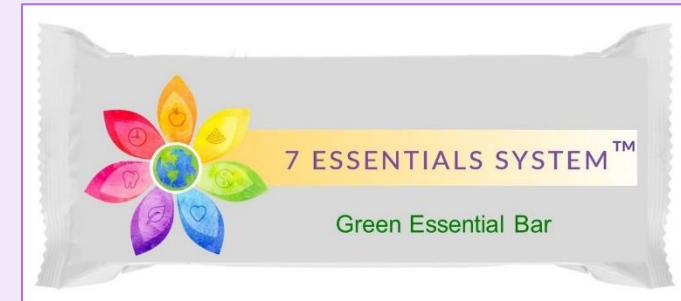
Dr. V's Shopping Tips

Many products can be bought on-line at lower cost than at your local grocery store and you get exactly what you want

- Fish
- Herbal Tea
- Condiments
- Bottled Drinks
- House Cleaning Products
- Personal Body Care Products
- Snacks – crackers, seaweed, nuts, etc



Greens Powders, Protein Shakes, Bars



Sample Anti Cancer Menu

- Juice 1 lemon in a glass of water.
- Breakfast: avocado with poached egg
- Lunch: Big salad with lots of olive oil
- Dinner: baked organic chicken with sautéed broccoli and lots of butter
- Snacks: raw almonds, celery stick with coconut oil and almond flour



Everybody Loves Dessert!



Almond Chocolate
"Bons Bons"

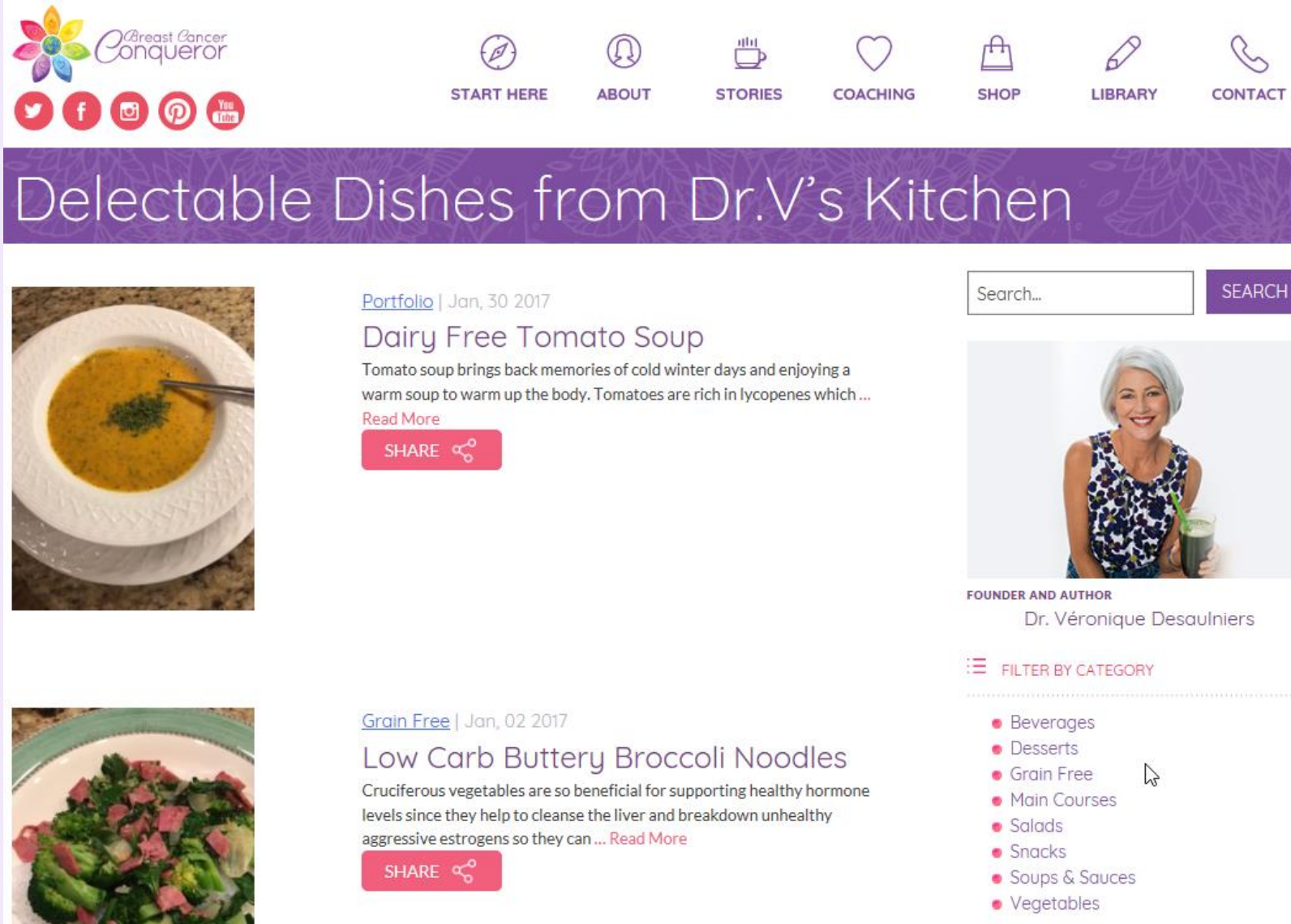


Lemon Squares



Chocolate Chip
Cookies

For More Recipe Ideas



The screenshot shows the website's navigation bar with icons for 'START HERE', 'ABOUT', 'STORIES', 'COACHING', 'SHOP', 'LIBRARY', and 'CONTACT'. 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' (Jan, 30 2017), featuring a bowl of soup and a 'SHARE' button. The second card is for 'Low Carb Buttery Broccoli Noodles' (Jan, 02 2017), featuring a plate of noodles and a 'SHARE' button. On the right side, there is a search bar, a photo of Dr. Véronique Desaulniers, and a 'FILTER BY CATEGORY' menu with options: Beverages, Desserts, Grain Free, Main Courses, Salads, Snacks, Soups & Sauces, and Vegetables.

Breast Cancer Conqueror

START HERE ABOUT STORIES COACHING SHOP LIBRARY CONTACT

Delectable Dishes from Dr.V's Kitchen

Search... SEARCH

Portfolio | Jan, 30 2017

Dairy Free Tomato Soup

Tomato soup brings back memories of cold winter days and enjoying a warm soup to warm up the body. Tomatoes are rich in lycopenes which ...

[Read More](#)

SHARE

FOUNDER AND AUTHOR
Dr. Véronique Desaulniers

FILTER BY CATEGORY

- Beverages
- Desserts
- Grain Free
- Main Courses
- Salads
- Snacks
- Soups & Sauces
- Vegetables

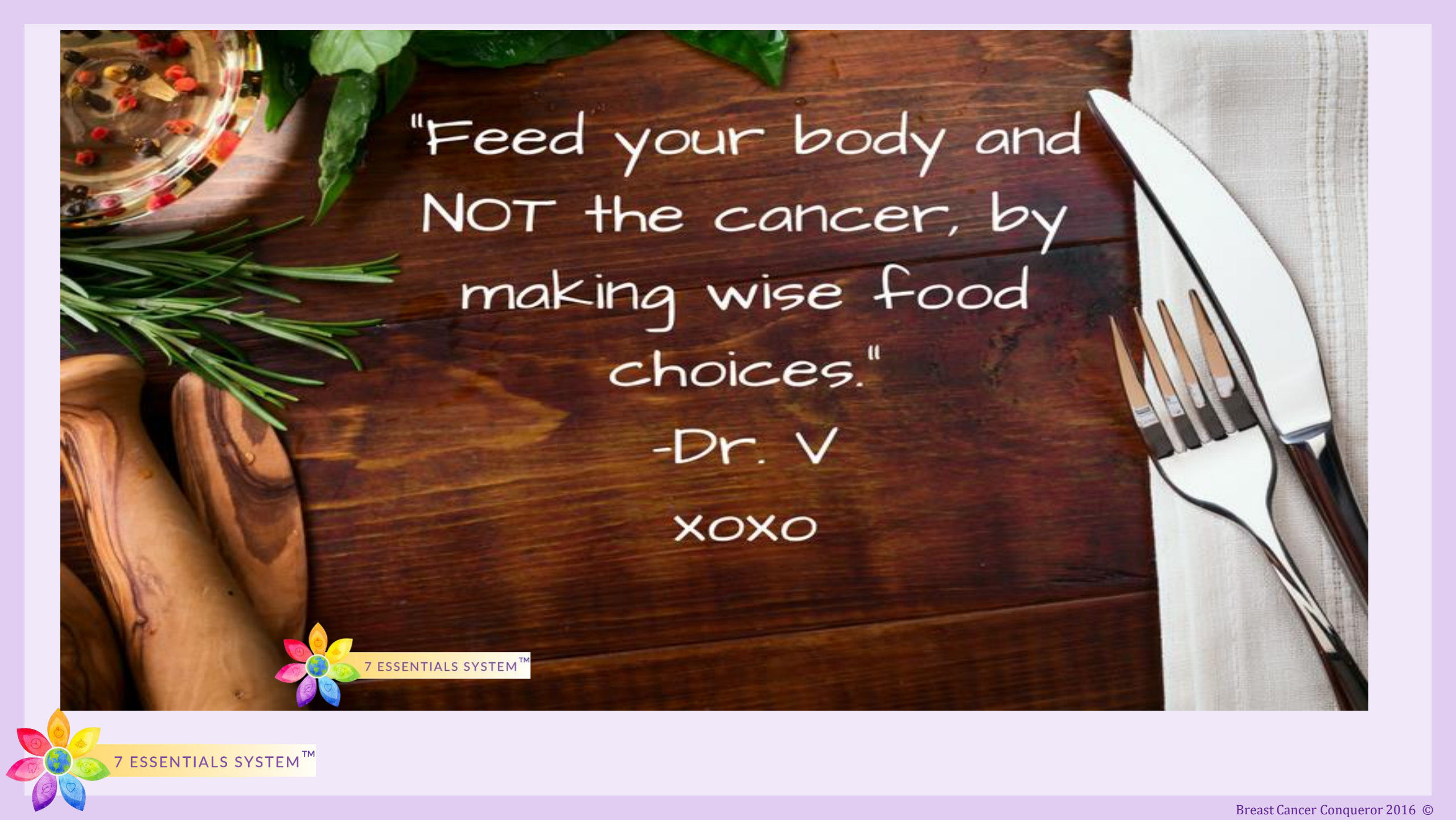
Grain Free | Jan, 02 2017

Low Carb Buttery Broccoli Noodles

Cruciferous vegetables are so beneficial for supporting healthy hormone levels since they help to cleanse the liver and breakdown unhealthy aggressive estrogens so they can ... [Read More](#)

SHARE

7 ESSENTIALS SYSTEM™

A wooden cutting board with fresh herbs, a glass of water with fruit, and silverware. The text is overlaid on the board.

"Feed your body and
NOT the cancer, by
making wise food
choices."

-Dr. V

XOXO



7 ESSENTIALS SYSTEM™



7 ESSENTIALS SYSTEM™