

# ANTI-CANCER FOODS CHECKLIST

## Foods to Add:

- Organic Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Organic Berries (blueberries, strawberries, raspberries)
- Organic Leafy greens (spinach, kale, Swiss chard)
- Organic Garlic and onions
- Turmeric and ginger
- Green tea
- Organic Tomatoes
- Organic Citrus fruits (lemons, oranges, grapefruits)
- Organic sprouted walnuts and almonds
- Flaxseeds and Chia seeds
- Wild-Caught Cold-water fatty fish (salmon, mackerel, sardines)

## Foods to Omit:

- Processed meats (sausages, cured deli meat, hot dogs, bacon)
- Sugary beverages and desserts
- Refined grains (white bread, white rice, pasta)
- Trans fats (partially hydrogenated oils) Check peanut butter, bread, and packaged foods. if you opt for organic this will help avoid this.
- Excessive red meat consumption
- Artificial sweeteners (Avoid Sugar-free foods unless they are sweetened with pure stevia or pure monk fruit only.
- High-sodium foods (processed snacks, canned soups)
- Alcohol in excess
- Cigarettes and Tobacco Products

## Supplements to Include:

(Check to make sure there are no interactions with medications):

- Essiac tea
- Soursop (Graviola)
- Wheatgrass
- Barley grass
- Resveratrol
- Black seed oil 1 tsp twice a day
- Selenium
- Vitamin B6
- Milk thistle
- Turmeric
- Green Tea

Remember, this checklist is based on holistic nutrition principles and incredible facts about cancer prevention. Visit [mindfullyhealthyliving.com/anti-cancer-diet/](http://mindfullyhealthyliving.com/anti-cancer-diet/) for more in-depth information and resources.

## Therapies to Consider:

- Regular physical exercise
- Stress management techniques (meditation, yoga, reiki, craniosacral therapy, deep breathing, Emotional Freedom Techniques (EFT))
- Adequate sleep
- Ozone Therapy
- High Dose Vitamin C IV Therapy
- Biofeedback Therapy
- Acupuncture
- Juicing and smoothies
- Limit exposure to environmental toxins and EMF radiation.
- Stop using the microwave. Heat food in the oven or on the stove.
- Regular health screenings and check-ups
- Consult with a healthcare professional or nutritionist for personalized advice