



## TOP 5 CANCER-DRIVING FOODS TO AVOID IMMEDIATELY!



### 1) Refined White Sugar (Includes High Fructose Corn Syrup)

Cancer cells love sugar. Unfortunately refined white sugar is something they feed uncontrollably on and likely will spread quickly throughout the body.

**You will be amazed when you read ingredients at just how many things have refined white sugar in them!** I encourage you to read ingredients on **EVERYTHING** before you buy it, and I mean EVERYTHING, as even many spicy sauces and dry rubs have refined sugar listed in their ingredients.

#### **BETTER CHOICE: (and use in moderation)**

stevia, stuvia, blackstrap molasses, organic maple syrup, and organic local honey



### 2) GMOs (Genetically-modified organisms)

This one is scary folks! Anything that causes rapid tumor growth has no place in a healthy diet! Especially if you want to prevent or fight cancer! When your body is compromised already and fighting any disease, the last thing you need to do is bombard it with chemicals! GMOs are everywhere. Beware of any conventional corn, soybeans, and canola!

#### **AVOID THEM:**

Stick with “certified organic,” “certified non-GMO verified,” and locally grown foods that are produced naturally. (be sure to ask about how it is grown)



### 3) Processed Meats

Most hot dogs, sausage, bacon, and lunch meats are processed and preserved with these chemicals: sodium nitrite and/or sodium nitrate in order to lengthen their shelf life and to enhance to appearance with color and enhance flavor. The Food and Agriculture Organization (FAO) and the World Health Organization (WHO) stated that levels of nitrates and nitrites

in foods pose a “major concern” and that more research is needed to determine the risk of dietary exposure.

**JUST AVOID THEM PERIOD! THERE ARE NO ALTERNATIVES HERE.**

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#### 4) Refined “white” Flours

Refined flour is a common ingredient in processed foods, but its excess carbohydrate content is a serious cause for concern. A study published in the journal *Cancer Epidemiology, Mile Markers, and Prevention* found that regular consumption of refined carbohydrates was linked to a 220 percent increase in breast cancer among women. High-glycemic foods

in general have also been shown to rapidly raise blood sugar levels in the body, which directly feeds cancer cell growth and spread

([http://www.naturalnews.com/001812\\_cancer\\_prevention.html](http://www.naturalnews.com/001812_cancer_prevention.html)).

#### ALTERNATIVES:

Organic Almond Flour, Organic Coconut Flour, Organic Quinoa Flour, and others but just be sure they are non-GMO and preferably organic.



#### 5) Farmed salmon

Another high-risk cancer food, according to Dr. David Carpenter, Director of the Institute for Health and the Environment at the University of Albany. According to his assessment, farmed salmon not only lacks vitamin D, but it is often contaminated with carcinogenic chemicals, PCBs (polychlorinated biphenyls), flame retardants, pesticides, and antibiotics (<http://www.albany.edu/ihe/salmonstudy/pressrelease.html>).

#### BEST CHOICE IS WILD CAUGHT!

**This is just a start. The full list includes many more foods to avoid.**

**For more information, recipes, mindset help, and to learn how to create and convert your own tasty recipes please go to:**

**<http://eatrightforthefight.com>**



*Sally Cevasco*

**“Dial-a-Cook”**

Resources: [beatcancer.org](http://beatcancer.org), [naturalnews.com](http://naturalnews.com)

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first place. It is based on experience and results during my own personal journey while cooking for someone in the fight for his life against cancer.

## Cancer Fighting Super Foods



### Garlic

Garlic is not only an amazing flavor enhancing herb but it also contains powerful phytochemicals that stop the formation of carcinogens right in their tracks!



### Cabbage

Cabbage is high in antioxidants, has anti-inflammatory properties and has glucosinolates. Consumption of glucosinolates has been shown to reduce cancer risk.



### Kale

Kale is at the top of the Super Food list! It has high antioxidants, powerful glucosinolates, and anti-inflammatory nutrients. It also contains Omega 3 fatty acids which reduce inflammation which has been linked to cancer.



### Broccoli

Cancer inhibiting power anyone? Wow, it contains these cancer inhibiting compounds: sulforaphane, indole-3 carbanole, and glucosinolates.



### Tomatoes

Do you know what Lycopene is? Me either, but it blocks the action of disease causing free radicals! And tomatoes are full of it!



### Turmeric

Turmeric contains the active ingredient curcumin, has been shown to decrease tumor size and fight colon and breast cancer.



### Berries

Phytonutrients fight cancer and berries are full of them! Especially the darker ones. They are also full of vitamin C which is one of the best defenders as it protects the body against cell damage.



### Black Beans

These beauties contain saponins that inhibit the reproduction of cancer cells, as well as protease inhibitors that slow the reproduction of cancer cells.