

A microscopic view of various cells, including some with prominent nuclei and others with more complex, textured surfaces. The background is a mix of blue, green, and red tones, suggesting a biological or medical context.

# 9 Everyday Things in Your HOUSE that Cause Cancer (Plus 10 Foods that Fight Cancer)

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Cancer. It's one word that strikes fear into the hearts of most people. It can cause you to totally re-think your whole life. Empowering yourself with a plan of action will go a long way towards your health, wellness and mindset. If you haven't yet, NOW is the time to make some drastic changes.

Cancer can have a variety of causes and can be multifaceted. If you wish to make serious changes in your diet, environment and lifestyle, it is wise to take a look at some of the ways you are being exposed to cancer-causing elements every day. Cancer-causing agents are everywhere!

A poor diet low in cancer-fighting compounds but high in toxic additives and sugar weakens our body and introduces toxins that can alter our DNA and encourage the growth of cancer. A poor diet will also contribute to nutritional deficiencies, so that our bodies are in a weakened condition to fight and kill cancer cells.

Our modern-day life is full of toxic chemicals in the air we breathe, the water we drink and the food we eat. In addition, toxic additives are also in our personal care products like soap, shampoo, toothpaste and deodorant as well.

It is important to remove those things that encourage and allow the growth of cancer, and then make healthy changes to include a diet high in powerful antioxidants and phytonutrients that will fight and kill cancer cells.

Fitness and activity also help to strengthen the body and build up the immune system to help it overcome cancer as well.

And finally, a positive, healthy, loving mindset actually changes the whole body, making it stronger, healthier to bring back balance and alignment. These four steps are key changes one needs to make to live a long, healthy life.

Let's take a look at cancer-causing elements in our everyday lives...

# 1. Toxic Additives in Foods—GMO's, Dye and Chemicals

Foods that are not organic can contain a range of toxic residues, including pesticides and herbicides like glyphosate (Round-up) which has been sprayed on virtually all non-organic grain crops in the United States—just prior to harvest.

Check out the Environmental Working Group's list of the "Dirty Dozen" which will give you an idea of the foods that are sprayed with the most chemicals and are the most toxic to eat.

Many non-organic foods are also genetically modified and have been shown to cause tumors in animals, and a possible cancer link in humans. The top GMO foods are:

- ✦ Corn
- ✦ Soybeans
- ✦ Cotton
- ✦ Alfalfa
- ✦ Sugar Beets
- ✦ Canola
- ✦ Squash/Zucchini
- ✦ Papaya
- ✦ Potato
- ✦ Apple



Additionally, many processed foods contain harmful dyes and other additives that have been shown to have a link to certain cancers. Three of the most widely used dyes, Red 40, Yellow 5, and Yellow 6, contain known carcinogens, according to the Center for Science in the Public Interest.

Another dye, Red 3, has been acknowledged by the FDA to be a carcinogen, yet it remains in our food. In spite of studies showing a link between cancer and dyes, manufacturers still use about 15 million pounds of synthetic dyes in our food, mostly targeted to children like brightly colored breakfast cereals, fruit drinks, candies and even medicines.

Other cancer-causing ingredients include polysorbate-80 and carboxymethylcellulose which increase cancer tumor development and low-grade inflammation in the colon.

These additives disrupt the gut microbiome, promote inflammation and gene mutations. Foods that contain these ingredients often include ice cream products, as well as creamy beauty products, toothpaste, mouthwash, laxatives, diet pills, water-based paints, and detergents.

## 2. Acrylamides in Fried, Baked and Browned Foods

Acrylamides are cancer-causing chemicals that are created when foods are grilled, fried, baked or roasted at high temperatures. It is thought that an amino acid changes its form when heated to become acrylamide. High-temperature cooking methods, such as frying, baking, or broiling, have been found to produce the most acrylamides, while boiling and steaming produce far less.

Acrylamides are the worst in the foods you should be avoiding anyway, including: French fries, potato chips, corn chips and cereals. Most any food, however, that is browned, baked, crispy and golden brown contain acrylamides, and that includes dark beers, dark roasted coffees, bacon, and cookies.

The World Health Organization, (WHO) and the Food and Agriculture Organization (FAO) states that levels of acrylamides in certain foods pose a “major concern” and more research is needed to determine the dangers.

In one study, it was found that women who consumed only a small serving of potato chips a day had twice the risk of endometrial and ovarian cancer risk.

But the good news is that certain foods in your diet can protect you from the harmful effects of acrylamides.

Researchers found that three dietary elements--tea polyphenols, resveratrol, and a substance found in fresh garlic slow down the damage that acrylamides can do to our bodies.

- ◆ **Polyphenols** are found in all types of teas--black tea, green tea, red tea, etc., but it is green tea and white tea that contain the highest levels of healthy polyphenols.
- ◆ **Resveratrol** is the antioxidant found in grape skins, red wine, and purple grape juice in large amounts. It is also found in peanuts that have red skins, like Spanish peanuts.

Resveratrol has also been shown to be highly beneficial to your health in many ways, and here is one more reason to include it in your diet.

- ✦ **Diallyl trisulfide** is a compound found in fresh garlic that has been roasted, smashed or minced. Besides fighting off the bad effects of acrylamides, it is also a potent immune system booster.

### 3. Conventional and Processed Meats

**High quality protein in the form of wild caught fish, grass fed meat, and pastured chicken are important to include in a cancer-fighting diet.** However eating conventionally-raised CAFO (concentrated animal feeding operation) meat and chicken contributes and encourages the growth of cancer.

Conventionally raised cattle are crowded together in filthy pens and fed a very unnatural diet. These animal factories want to shave their costs, so the animals are fed things to fatten them up quickly, regardless of the quality of the 'feed'. As a result, most of the ingredients used in animal feed is not the kind of food the cattle are designed by nature to eat.



Here's an example of some of the things cattle raised in a CAFO are fed:

- ✦ Same Species Meat
- ✦ Other Diseased Animals
- ✦ Feathers, Hair, Skin, Hooves, and Blood
- ✦ Manure
- ✦ Leftover Stale Candy
- ✦ Drugs and Chemicals
- ✦ Unhealthy Amounts of Grains

Obviously feeding cattle this type of substandard, unnatural diet should raise human health concerns. Cattle factories are a system that has lost sight of the appropriate way to raise healthy animals—but instead raise animals purely for profit.

While grain may sound like a healthful food for cattle, it is not. Cattle are natural grass eaters. Their digestive systems are not designed to handle the large amounts of corn they are forced to eat at the feedlots. As a result, feedlot cattle can suffer significant health problems, including indigestion and extremely acidic digestive systems along with liver abscesses. Their acidic systems foster the growth of deadly E.coli bacteria and the cattle become very sickly.

Grain-induced health problems, in turn, ramp up the need for drugs. Antibiotics are routinely given to cattle to help them gain weight quickly and to fight off deadly bacteria—however, the massive amount of antibiotics have created a new round of very deadly, antibiotic resistant bacteria that affects humans as well, unfortunately.

In addition, the hormones given to conventional cattle, especially rGBH, a common type of growth hormone, is being investigated for possible links to cancer in humans. This hormone has been considered as contributing to the growth of cancerous tumors.

**CAFO cattle are also given up to six anabolic steroids to help them grow fast.** These include:

- ◆ Natural hormones--estradiol, testosterone, and progesterone
- ◆ Synthetic hormones-- estrogen compound zeranol, an androgen called trenbolone acetate, and synthetic progestin.

Measurable levels of all the above growth-promoting hormones are found in the muscle, fat, liver of these cattle. We now know that these hormones, especially the synthetic hormones are **potent endocrine disrupters and can accelerate cancers in humans, especially sex-related cancers such as breast cancer, ovarian cancer, and prostate cancer.**

Processed meats are those that have been treated or preserved with chemicals such as nitrites and nitrates and other additives such as sodium, artificial flavors, red dye and sugar. Processed meats include deli meat, hot dogs, ham, bacon, and sausage.

The International Agency for Research on Cancer (IARC) has classified processed meat as a carcinogen. And it has classified [conventional] red meat as a probable carcinogen. A recent meta-analysis of 800 studies found evidence that eating 50 grams of [conventional] processed red meat every day (equal to about 4 strips of bacon or one hot dog) increases the risk of colorectal cancer by almost 20 percent.

Your safest best is to eat 100% grass-fed, organic meat, wild caught fish and pastured chicken.

## 4. Added Sugar in Foods

Added sugar in foods, especially high fructose corn syrup, various forms of sugars and artificial sweeteners not only contribute to obesity (a risk factor for cancer) but raise blood sugar which is also thought to fuel and encourage the growth of certain cancers.

While this is still somewhat controversial, there is evidence that high sugar consumption is associated with increased cancer risk. Eating high fructose corn syrup may increase risk of esophageal, cancer of the small intestine, colon cancer, liver, pancreas and breast cancer.

A number of studies have also found that sugar not only contributes to problems like obesity and diabetes—which increase your risk of cancer and heart disease—but also increase the chances of growth of tumors and metastasis (spreading of cancer throughout the body). Studies show that people who get 17 to 21 percent of calories from added sugar face almost 40% higher risk of dying from cardiovascular disease compared to those who got just 8 percent of their calories from sugar.

Eating real whole foods with one ingredient will help avoid much of the added sugar in foods.

## 5. Processed Grains and Toxins

When you eat foods containing grains, especially processed grains, they break down into glucose in the body fairly quickly. Eating grains quickly raises blood sugar. **Any type of grain product that is packaged and processed into flour, including bread, pastas, cookies, crackers and even thickeners added to soups and gravies, actually is just like eating spoonfuls of sugar.** In addition to the refined grains added to many processed

foods, these foods often have added sugars. The more processed and altered that a food is, the more unnatural and harmful it becomes.

Wheat, soy and corn products are highly subsidized by the US government, making them very cheap and widely available for production of highly processed and refined products. These foods are often genetically modified foods but also regularly sprayed with Monsanto's glyphosate right before harvest to speed up harvest time. Glyphosate is a known carcinogen, and foods sprayed right before harvest contain high amounts of this cancer-causing product.

Arsenic is a toxic poison and also highly carcinogenic. Arsenic is found naturally in the ground and water supply. Rice is one of the grains that absorbs the highest concentrations of this poison.



Arsenic is a carcinogen known to cause cancer through respiratory exposure and gastrointestinal exposure. In the

1980s, arsenic was officially recognized as a carcinogenic substance and registered with the International Agency for Research on Cancer (IARC).

There are two types of arsenic: organic and inorganic. Inorganic arsenic is abundant in nature and is considered much more toxic to the human body.

Arsenic has been associated with bladder cancer, skin cancer, lung cancer, liver cancer, prostate cancer, leukemia, as well as neurological effects, diabetes, cardiovascular disorders and reproductive problems.

Arsenic in rice is a serious health issue because rice plants absorb 10 times more arsenic than other grain plants. It is also in apples, apple juice, gluten free foods, and even red wine.

Consumer Reports testing found that basmati rice grown in California contained the lowest levels of arsenic. But—brown rice, often considered healthier than white rice--contains about 80 percent more inorganic arsenic compared to white rice.



Grains are not recommended on a low-glycemic, anti-cancer diet, but if you do eat grains, be sure to eat organic grains. Alternative healthier grains include quinoa, buckwheat, teff, and oats. Avoid conventional, processed grain products and avoid rice as much as possible.

It's not all bad, though, and we're not telling you that you can't enjoy bread. In fact, my friend, who also happens to be an amazing chef and baking expert, wants to show you how to bake the **HEALTHIEST** bread simply and easily. [Click here to discover the secret to the world's healthiest bread](#)... a secret that took my good friend Kelley Herring 10 years to master!

It's also **perfect for diabetics** because it has almost zero impact on blood sugar

## 6. Electromagnetic Frequencies

Our cell phones, televisions, computer screens, WiFi signals, power-lines, microwaves, and even our electric blankets are all blasting out electromagnetic frequencies (EMF's) that can disturb the natural bioelectrical function in our bodies.

EMF's have been shown to have connections to cancer. One of the biggest correlations to cancer has been studied in cell phones. Cell phone use has been linked to a host of cancer-promoting processes, especially concerning brain tumors.

## 7. Personal Care Products

Do you really know what's in your bath and body care products? What you don't know could hurt you. The Environmental Working Group (EWG) found the carcinogen 1,4-dioxane in 30% of all personal care products.

Most recently, evidence suggests that using talc and baby powder in the genital area can increase the chances of developing ovarian cancer. Based on numerous research studies involving thousands of women, women who have used talcum powder are about 30% more likely to be diagnosed with ovarian cancer than women who do not use talcum powder.

Many of the approximately 82,000 chemicals used in personal care products are industrial chemicals that include carcinogens, pesticides, reproductive toxins, and hormone

disruptors. Many of these personal care products also include plasticizers. Industrial degreasers and chemical surfactants. When applied to bare skin, especially just out of a warm shower, your blood vessels and skin immediately soak up these chemicals into your system.

The following is the “Dirty Dozen” of health and beauty products:



- ◆ BHA and BHT
- ◆ Coal tar dyes: p-phenylenediamine and colors listed as “CI” followed by a five digit number
- ◆ DEA-related ingredients
- ◆ Dibutyl phthalate
- ◆ Formaldehyde-releasing preservatives
- ◆ Parabens
- ◆ Fragrance
- ◆ PEG compounds
- ◆ Petrolatum
- ◆ Siloxanes
- ◆ Sodium laureth sulfate
- ◆ Triclosan

## 8. Household Cleaners

Household cleaners often contain highly toxic industrial solvents, degreasers and sudsing agents. Did you know that there is no federal regulation of chemicals in household products? In terms of safety, there are no standards or testing data for the chemicals in household cleaning products. Many of the chemicals used in cleaning products have not been tested for safety, particularly in combination with other chemicals.

In fact, United States Consumer Product Safety Commission, the regulating body for laundry products, air fresheners, and cleaning supplies in America, does not require manufacturers to disclose any of the ingredients on the product label.

The average home harbors about 62 toxic chemicals, mostly from cleaning chemicals. And people are exposed to them routinely – from the phthalates in synthetic fragrances to the noxious fumes in oven cleaners. Ingredients in common household products have been linked to cancer, asthma, reproductive disorders, hormone disruption and neurotoxicity.

Research has found that breast-cancer risk is twice as high among women who use commercial cleaning products and air fresheners regularly. Mold and mildew cleaners and air fresheners have shown the greatest correlation with breast cancer. Chemicals with the potential to cause the greatest health harm include:

- ◆ **Phthalates:** Found in air fresheners, dish soap, toilet paper and other products with fragrances.
- ◆ **Perchloroethylene or PERC:** Found in cleaning solution, spot removers, carpet and upholstery cleaners.
- ◆ **Triclosan:** Found in many hand soaps and dishwashing detergent as an antibacterial agent.
- ◆ **Quarternary Ammonium Compounds** or QUATS-found in fabric softeners and sheets and many cleaners that are labeled antibacterial.
- ◆ **2-Butoxyethanol:** Found in window, kitchen and multipurpose cleaners.
- ◆ **Chlorine:** Found in scouring powders, dishwasher detergents, toilet bowl cleaners, laundry bleach and more.
- ◆ **1,4 dioxane:** A by-product of sodium lauryl sulfate linked to many serious health problems.

In addition, there are many more ingredients in household cleaning products that are highly toxic and carcinogenic. It is best to use totally natural products like regular soap and water, essential oil, and vinegar to clean and deodorize your home.

## 9. Tap Water

Regular tap water in the United States is supposed to be clean, but often can contain many unregulated and dangerous toxins including heavy metals like lead and mercury, pesticides, hormones, traces of pharmaceuticals, and other pollutants.

Many of us mistakenly think our tap water is safe. However, tap water that comes from a public supply, and wells that supply water are often contaminated with dangerous, cancer-causing toxic substances.

In fact, in 2009, a three-year study conducted by the Environmental Working Group found 316 chemicals in tap water around the U.S. 202 chemicals out of the 316 found were not regulated.

Many of the water utility companies that serve small towns often do not conduct annual testing for harmful chemicals, meaning water goes for another 365 days – at least – without anyone knowing whether the tap water is toxic or not.

Bigger cities aren't better. Our nation's infrastructure and pipes are contaminated with things like bacteria, copper and lead and in need of replacement. Many more situations with toxic tap water supplies similar to Flint, Michigan may be occurring in the near future.

Tap water contains substances like Atrazine which is a commonly used herbicide. Atrazine ends up in our water supply due to runoff from ground and surface water. Atrazine is a known endocrine disrupter and causes developmental, neurological, reproductive and immune issues. It also raises estrogen levels in women, increasing the risk of breast and ovarian cancer.

Arsenic is another toxin in our tap water. In 2001, the EPA finally lowered the drinking water standard from 50 ppb to 10 ppb, even though the agency pushed to have the maximum limit at only 5 ppb. Arsenic has been linked to cancers of the prostate, liver, kidneys, lungs, skin and nasal passages, among others.

Fluoride is added to most municipal water supplies and sold as being effective for prevention of cavities. Fluoride though, has been found to be toxic for humans and is connected to many health problems. These include central nervous system disruption, diabetes risk, and risk of some cancers.

Bottled water is not better. Bottled water companies are not required to disclose the level of contaminants in their water, and in many cases, it's just bottled tap water anyway. The National Resources Defense Council estimates that at least 25 percent of bottled water is tap water, and 22 percent of the brands they tested contained contaminant levels above state health limits.

Your best bet may be to buy a high-quality filter that can be used at home to remove chlorine, fluoride and other pollutants from the water you drink and cook with.

## The Top 10 Foods that Fight Cancer

Foods have the power to strengthen our immune system to fight cancer, increase antioxidants in our body to protect our cells' DNA and prevent cancer—all the while adding to our overall health. Our bodies have a natural tendency to want to heal, but we must help our bodies return to a point where they are able to fight off disease. We can do this by eliminating cancer-causing foods and toxins, and creating a diet of healthful, cancer-fighting, immune-strengthening foods.

Whether you choose to undergo conventional cancer treatments or decide to follow a more natural route, these tips on cancer fighting foods will help you fight cancer and get back on the road to health.

While conventional medicine downplays the importance of diet and lifestyle changes, it is necessary for you to realize that both your diet and lifestyle are of utmost importance!

The best way to start is by removing and detoxifying the body of all those toxins that are feeding and encouraging cancer, oxidation, and a weakened immune system. Then begin rebuilding the body's cells—from the ground up—so to speak with super healthy foods that fight cancer.

## Starve the Cancer Cells

Adopt a ketogenic diet. Ketogenic diets have been scientifically proven to improve cancer recovery and to have a proven 'anti-tumor' effect on cancer cells. A ketogenic diet is a very low carb, lower protein and higher fat diet. Keto diets help to turn the body's 'fat burning' mechanism on, while keeping blood sugar and insulin very low. When the body is able to efficiently break down fat, or ketones as they are called, in the body to use as fuel, the body

is 'fat-adapted'. Cancer cells primarily use glucose as their fuel, and cannot utilize ketone bodies, so they essentially starve and die on this type of diet.

Besides the keto diet's ability to lower blood sugar and insulin and to burn fat for fuel, this diet is also known in health circles as having some very health-protective benefits. For one, it starves cancer cells, and as we know, this is super important, so it is well worth it to make some major dietary changes. This diet also helps reduce inflammation, another health issue tied to cancer. ([Here's a great 14-day rapid Keto program to help you lose weight FAST and control blood sugars...](#))

The best way to prepare the body for a keto diet is to adopt an intermittent fasting routine. This allows the body to fast for periods of 12-16 hours or more and helps to begin the fat adaption process. **Intermittent fasting has many benefits, but it's not without its warnings.** [Click here to see those warnings as well as the easiest way to ease yourself into IF](#)

Contrary to what many of us believe, our bodies do not just fight cancer when we actually have a cancer diagnosis. Cancer takes years to grow in our bodies, and we are actually fighting and killing off cancer cells on a daily basis! So, eating foods that fight cancer is extremely important on a daily basis as well—whether you have been diagnosed with cancer or not.

Says Ty Bollinger, from TheTruthAboutCancer.com website,

*"New studies focused on the benefits of using food as medicine have made fascinating discoveries in the last decade. The results from prestigious labs all over the world show us that not only can you improve your general health to prevent disease... you can actively fight disease... with food."*

Yes, in fact, there are foods that specifically target cancer cells, all the while benefitting and strengthening the healthy cells in your body. There are foods available right at your local health food store or farmer's market that will help you fight and destroy these invading cells.

This section will help you uncover those foods that will help you to:

- ◆ Detoxify your body

- ◆ Strengthen the immune system and repair cells' DNA
- ◆ Kill cancer cells and stop its spread

## Top Cancer Fighting Foods

**1. Garlic:** The #1 most powerful anti-cancer food is garlic. Garlic, especially raw garlic, along with its other close relatives in the allium family including onions, leeks and shallots are some of the most powerful cancer-fighting foods. Garlic and the rest of the allium family contain very powerful antioxidants like allicin that remove free radicals from the body. Garlic is also valuable as an immune booster, is anti-inflammatory, lowers blood pressure, LDL cholesterol, and detoxifies.

There are several studies that show an increased intake of garlic with a reduced risk of certain cancers, especially cancers of the stomach, colon, esophagus, pancreas, and breast. Other cancers that garlic and onions fight include oral, ovarian, endometrial, kidney, and laryngeal cancers.

The cancer-fighting effects of garlic may be related to its antibacterial properties, or its ability to fight cancer-causing substances, help repair DNA, reduce cell reproduction or induce cell death.

**2. Broccoli, Broccoli Sprouts and other Cruciferous Vegetables:** Broccoli is related to the whole cruciferous cancer-fighting vegetable family that includes cabbage, cauliflower, arugula, kale, collard greens, and brussels sprouts. Broccoli and its cruciferous cousins have proven effective against many cancers, especially breast, cervical, gastric, prostate and liver cancers.



Broccoli is also super high in powerful phytochemicals and the antioxidants glucoraphanin and indole-3-carbinol, which are proven cancer-fighting weapons, which have selective toxicity against cancerous cells, while strengthening the body's healthy cells.

Cruciferous vegetables are known to be powerful cancer killers and many are rich in glutathione, known as the "master antioxidant" because of its powerful free-radical-

scavenging abilities. Most all of the cruciferous vegetables are nutrient-dense sources of a family of phytochemicals called isothiocyanates that are linked to cancer prevention.

Broccoli sprouts actually contain some of the highest levels of cancer fighting compounds. Numerous studies have shown the highest cancer protective properties tend to be concentrated in the sprouts about 3 days after sprouted. Broccoli is also naturally anti-inflammatory, good for the bones and the heart, and nutrient dense, so it benefits overall health as well.

**3. Green Tea:** Green tea contains some uniquely powerful antioxidants called 'catechins' that are strong free-radical fighters and have been shown in lab studies to actually kill or inhibit the growth of existing cancers and shrink tumors. Green tea's two main anticancer compounds, EGCG and quercetin are powerful weapons in a fight against many types of cancers.

Additionally, green tea helps to promote the production of the antioxidants glutathione and superoxide dismutase (SOD) which drastically lower inflammation in the body. As an added benefit, green tea also reduces the risk of heart disease, lowers LDL (bad) cholesterol while raising HDL (good) cholesterol, and lowers blood pressure.

**4. Leafy Green Veggies:** Leafy greens are one of the most important parts of any healthy diet since they are loaded with vitamins, minerals, antioxidants, and other necessary phytochemicals. Leafy greens, especially bitter greens, like arugula, watercress, kale, collards, mustard greens, and more, are badass fighters in the war against cancer.

Many of these greens—mustard, collards, kale, arugula and more are actually part of the cruciferous veggie family, so they contain the same cancer-fighting compounds as their cousins. And leafy greens are high in vitamin C, methylfolate (an absorbable type of folic acid), and betacarotene—all powerful antioxidants.

Leafy greens are also sources of glucosinolates, which gives them effective antibacterial and antiviral properties, detox the body of carcinogenic substances, reprogram cancer cells to die, and prevent tumor formation and metastasis. These natural chemicals are activated during chewing and digestion into biologically active cancer-killing compounds such as indoles, thiocyanates and isothiocyanates.



**5. Ginger:** Ginger is one of the most powerful anti-inflammatory cancer-fighting foods you can find! Ginger is known to actually shrink tumors and destroy cancer stem cells, as effectively as some chemotherapy medications. However, ginger has the ability to protect healthy cells while killing cancer stem cells.

Ginger contains a powerful compound, 6-shogaol, that is highly effective in killing cancer stem cells in breast cancer, according to a study done in 2015. Shogaol was compared to the chemotherapy drug, Taxol, and curcumin from turmeric. The compound found in ginger was found to be the most effective, especially against cancer stem cells. Taxol could not match the activity of the shogaol in ginger even at a 10,000X increase!

Ginger extracts have been shown in scientific studies to have antioxidant, anti-inflammatory, and anti-tumor effects on human cells and cancer cells. Because ginger has such a powerful anti-inflammatory effect on cells, reducing key inflammatory indicators also reduced chances of cancer development, in addition to ginger's tumor-shrinking capabilities.

Ginger's anti-nausea action is also very valuable to prevent nausea and vomiting as a result of chemotherapy from standard cancer treatments.

**6. Turmeric:** The superfood turmeric has been valued as far back as 3,000 BC and is one of the most important anti-cancer nutrients studied today. Curcumin is the yellow pigment that comes from turmeric and is one of three known active ingredients in turmeric. Curcumin has demonstrated incredible anti-cancer benefits. In countries where people eat turmeric daily as a part of their diet, research shows lower rates of many types of cancers.

Over 2,000 researched studies have been published that show curcumin combats cancers of the breast, prostate, liver, colon, lung, pancreas and more. Many of these studies have shown curcumin actually stops cancer cells from multiplying and brings about cancer cell death. Curcumin's ability to fight cancer is superior to many chemotherapy drugs because it selectively kills cancer stem cells, leaving healthy cells intact.

Curcumin is currently being tested in several clinical trials to treat cancer, including prostate, breast, colon and osteosarcoma. Curcumin can kill a wide variety of tumor cell types through several totally different mechanisms. Because of the varied way curcumin can cause cancer cell death, cancer cells are not likely to develop resistance to curcumin, unlike many chemotherapy drugs.

**7. Mushrooms:** Medicinal mushrooms have been used for centuries all over the world to fight cancer and enhance or modulate immune response. These mushrooms include shiitake, reishi, maitake, mannentake, and cordyceps. Research has indicated these varieties of mushrooms have unique anti-cancer, antiviral, anti-inflammatory and liver protective activities.

Reishi mushrooms have been used in Chinese medicine for cancer treatments for many years. Reishi is also said to improve wellbeing, strength and enhance health. Reishi mushrooms stimulate the immune system, diminish the unpleasant side effects of chemotherapy, and protect the cells' DNA.

Turkey Tail is another well-known medicinal mushroom in alternative medicine. Studies show it improves survival rates, modulates (balances out) the immune system and has anti-tumor properties. It also enhances the beneficial effects of chemotherapy and reduces side effects.

Cordyceps acts as an immune stimulator by increasing cancer-fighting T cells and 'Natural Killer' cells, while prolonging the life and power of white blood cells. This increases the body's ability to fight pathogens, infections and cancer. It has demonstrated anti-tumor properties and also protects the kidneys from chemotherapy.

Maitake mushroom works on the immune system. Studies have shown that it can enhance two different immune system pathways, helping it fight infection and protecting the body from invaders like cancer. Maitake also protects cells with its antioxidant properties and decreases the inflammatory factor COX2 enzyme so common in cancer physiology. Maitake also fights metastases and prevents the proliferation and spread of cancer.

**8. Pomegranate:** Pomegranates have been used for many, many years for a variety of diseases and illnesses like cancer. Pomegranates contain strong antioxidants, and are a rich source of anthocyanins, ellagitannins, and hydrolysable tannins.

Studies show that the pomegranate has a multi-targeted attack against various types of cancers, which is one of the reasons pomegranates are so effective. It does this by protecting against DNA damage, stopping the spread of cancer in the body, decreasing inflammation, protecting healthy cells and causing cancer cell apoptosis (cell death). Pomegranate is effective against a wide variety of cancers.

**9. Berries:** Berries, including strawberries, raspberries, blueberries, cranberries, blackberries, black raspberries, cherries, elderberries, and bilberries are all loaded with a cancer-fighting substance called anthocyanins.

Blackberries, black raspberries and blueberries, in particular, have some of the highest levels of this health-promoting phytochemical. Anthocyanins slow the growth of pre-malignant (cancer) cells and prevent new blood vessels from forming which would feed a cancerous tumor.



**10. Orange Colored Vegetables:** The bright color in vegetables means that they are loaded with phytochemicals, especially antioxidants called carotenoids which fight cancer. Other carotenoids include alphacarotene, betacarotene, lycopene, lutein, and cryptoxanthin, which are all related to plant-based vitamin A.

Including citrus fruits, sweet potatoes, pumpkin, squash, red peppers, tomatoes and other bright red, orange or yellow vegetables will help to get plenty of these powerful carotenoids in your diet. Betacarotene has been well-studied and is known to be essential for a strong immune system, detoxing the body, and fighting cancers of the skin, eyes and organs. 'Eating the rainbow' helps to give your body a full spectrum of these powerful cancer-fighting tools.

***This list is by no means complete...***there are literally hundreds of foods, herbs and spices that fight cancer, and by eating a variety of fresh, organic, naturally raised foods—along with limiting the toxins in your diet and environment, you can begin the healing process.

In addition to the above cancer-fighting foods, overall nutrition is extremely important. Every bite you put into your mouth should be a nutritious superfood. Strengthening your body, powering up your immune system and optimizing your health as much as possible is key to your health and longevity.

Be sure to include plenty of healthy proteins in your diet. ***While this is a plant-heavy diet, it by no means is a vegan diet.*** Protein is required to keep your body and immune system strong. Supplement your meals with small amounts of **naturally-raised, grassfed and**

**grass finished meats, organic, pastured raised poultry and eggs, and wild caught fish.**

Meat, poultry and fish raised in a natural environment without added hormones, antibiotics or grain will nourish and protect your body while it fights cancer.

Add in bone broth to soothe and heal the digestive system while strengthening and fortifying it. Bone broth is valuable to help soothe and remove inflammation in the gut. Often gut issues are a basis for overall inflammation in the body--one of the starting points for cancer growth.

Healthy fats are also key to good nutrition and good health to fight cancer. Avoid toxic, processed vegetable oils and instead consume plenty of natural healthy fats like grassfed butter, organic, unrefined coconut oil, and high antioxidant extra virgin olive oil. And be sure to add in the cancer fighting healthy fats of unprocessed nuts, avocados, and grassfed organic dairy products, especially cultured dairy products like organic (unsweetened) yogurt and unprocessed cheeses.

Above all, keep a healthy mindset, meditate, de-stress, and love your body and yourself. Your body needs your attention now to recover and regain health. Give gratitude and appreciation for those supportive people in your life and appreciate living. Every day is a new day. Take care and have faith!

***Before you go...***

## **Is there a connection between SEX and cancer in people aged 60 and over?**

A top Ivy League doctor has exposed a shocking link between sex and CANCER in people over 60.

If you make love at least once a month, please watch his urgent warning below...

>> [See link between sex and cancer here](#)

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