PATIENT INFORMATION BOOKLET

HEALTHY EATING FOR CANCER PATIENTS

Including:

Antioxidants—an unusual view

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The Dove Clinic Guide to Healthy Eating for Cancer Patients

Cancer is a complex disease process influenced by many factors such as family history, genetic predisposition, poor immune function, exposure to toxins and other environmental factors, and chronic stress to name just a few.

There is a huge amount of information available about diet and cancer, which foods to avoid and which to eat in abundance. Not all the information is consistent, and sometimes it can be confusing for people hoping to find out how best to support themselves or their family member with a cancer diagnosis. There is no magic bullet when it comes to diet and cancer, either in terms of prevention or treatment. However, there is an increasing body of evidence supporting the inclusion of certain foods in the diet to best support the body's own natural defences against the development or progression of cancer.

At the Dove Clinic we aim to provide our patients with the best information available in order to best equip them to fight cancer. Both people with cancer and their family members can sometimes feel powerless against this disease. Part of taking control of the illness can be found in understanding what nutritional changes to make, in order to make informed choices at a time when it can be felt that your health and medical treatment is outside of your control. If you are planning to make any major changes to your diet we advise you discuss this with your GP/healthcare team.

In 2007 a landmark study was published by the World Cancer Research Fund (WCRF***): Food, Nutrition, Physical Activity and Cancer: A Global Perspective.*** This report was the result of six years of research by a panel of leading international scientists who examined the available literature relating to food, nutrition, physical activity and cancer. As part of the final report, the WCRF came up with ten recommendations relating to diet and cancer. These recommendations have been incorporated into this guide for patients of the Dove Clinic.

General Rules

- Eat a diet based on plant foods.
- Eat foods in their most natural state possible, i.e. unprocessed and unrefined.
- Eat a wide variety of plant foods, mostly vegetables with some fruit. Aim to eat foods of all colours, remembering the purple and dark blue fruits and vegetables too.
- Eat a variety of whole grains such as brown bread, brown pasta and brown rice, as well as the more unusual ones such as quinoa, buckwheat, amaranth, millet and rye.
- Eat pulses (or legumes) regularly. These include lentils, beans and peas. Experiment with new ones and try sprouting your own, it's very easy and extremely nutritious. See resources section at the end of this booklet.
- Reduce sugar consumption as much as possible. Avoid **all refined carbohydrates** (white bread, white rice, white pasta, couscous, sweets, cakes, most breakfast cereals, sugary drinks, milk chocolate)
- Include protein at every meal. Do not rely heavily on animal protein but focus on vegetable proteins as well – pulses, nuts, seeds, tofu and quinoa. Include white meat such as chicken, turkey and fish regularly.
- Avoid processed meats such as bacon, sausages and salamis. Processed meats are those that have been preserved by smoking, curing or salting, or by the addition of preservatives.
- Eat healthy fats every day. Omega 3 fats are a natural anti-inflammatory and have many health benefits. Good sources are oily fish like salmon, mackerel, sardines and herring, but they are also found in walnuts and flaxseeds. Use olive oil and other nut and seed oils but do not heat these to high temperatures. For cooking at high temperatures use coconut oil or butter.
- Use herbs and spices liberally in your cooking. Good choices include rosemary, turmeric[1-3], pepper, garlic, ginger, chilli, thyme, and parsley. Use these instead of adding large amounts of salt.
- Drink plenty of water (between 1.5-2 litres per day) and drink herbal teas, including Green Tea and Roibosh (or Redbush) liberally. Caffeinated drinks are ok in small amounts (1-2 cups per day).
- Keep alcohol to a minimum. Research has shown alcohol consumption to increase the risk of certain cancers. However, a small amount of red wine alongside meals rich in the phytochemicals found in fruit and vegetables may in fact be cancer-

protective.

Food	Active ingredient
Garlic	Dialyl sulphide
Ginger	Gingerol
Turmeric	Curcumin
Rosemary	Carnosol
Cabbage	Indole 3 Carbinol
Broccoli	Sulphorophane
Raspberries and Blackberries*	Ellagic acid
Grapes	Resveratrol
Soy beans (in tofu, miso, tempeh and natto)	Genistein
Tomatoes	Lycopene
Green Tea	Catechin EGCG
Oyster and Shiitake Mushrooms	Lentinan
Olives and olive oil	Molecules that inhibit initial development of cancer

Specific foods with cancer-protective properties:

These are foods that have been found to contain molecules that in one way or another can be called cancer-protective. These foods should be consumed regularly and liberally as part of any cancer prevention or treatment programme. However, please note that these foods will not, either in isolation or together, either cure or prevent cancer. They are simply a useful addition to any anti-cancer regime.

COMMON QUESTIONS AND ANSWERS

Dairy products – to be avoided or not?

Historically there has been a great deal of debate about the possible link between dairy products and certain cancers, particularly hormone-related cancers such as breast and prostate. Based on a systematic review of the epidemiological literature, the WCRF landmark study in 2007 concluded that there is a probable association between milk intake and lower risk of colorectal cancer, a probable association between diets high in calcium and increased risk of prostate cancer, and limited evidence of an association between milk intake and lower risk of bladder cancer. For other cancers the evidence was mixed or lacking.

Since the 2007 report, several additional, large-scale cohort studies have been published, including two that show an inverse association (i.e. protective role) between intake of cultured dairy products (such as kefir, yogurt and buttermilk) and bladder cancer[4]. A study published in 2002 showed intake of dairy products, particularly low fat dairy foods, to be inversely associated with breast cancer in premenopausal women[5]. However the 2007 WCRF report did not find any link (positive or negative) between dairy products and premenopausal breast cancer. It did conclude, however, that there is limited evidence suggesting high total fat intake is a risk factor for post-menopausal breast cancer. Full fat dairy products are of course a source of fat in the diet.

If you are eating dairy our advice is to choose organic produce as much as possible and include fermented varieties. This is in order to avoid the added hormones, antibiotics and other additives used in non-organic dairy farming, and to benefit from the live microbes in fermented products. Some people find dairy hard to digest and this can be a common problem following chemotherapy. Alternatives to dairy include organic soya milk, oat milk, and milks made from rice or nuts. See section on soya below.

Organic food – is it really necessary?

The debate surrounding the supposed health benefits of organic food has been ongoing for many years in the UK. There are strong opinions on both sides and it is sometimes hard to know, as a consumer, who to believe. However, there is evidence to support the claim that organic fruit and vegetables have higher vitamin and mineral content than their non-organic

counterparts. They also have higher levels of a class of a substance known as isoflavins. Isoflavins are cancer-protective. They are produced by plants in order to resist attack by pests or fungi. One class of isoflavins are the salvestrols, and organic produce contains far higher levels than non-organic produce. The reason for this difference is that due to the use of pesticides and fungicides in conventional farming, non-organic produce does not need to produce salvestrols to protect itself from attack.
There has been a lot of interest in salvestrols as potent anti-cancer compounds in recent years[6]. The first salvestrol to be identified was resveratrol, found in grapes and notably present in red wine. Grapes are one food that should only be consumed as organic. Recent research has shown non-organic grapes typically contain residues of between 11-25 different pesticides7.

For more information about salvestrols see:

www.salvestrolscience.com

Red meat and cancer

In March 2012 another large-scale study into the relationship between diet and cancer hit the headlines in the UK. This time the research was focused on consumption of red meat in particular and the associated risk factors for bowel (colon) cancer. The research was carried out in the US, at the Harvard School of Public Health. The study involved 120,000 men and women and was conducted over a period of 28 years. Despite many news headlines claiming the research showed a significant increase in cancer risk amongst people eating red meat, the findings are not as clear-cut as the headlines claimed.

Based on sound scientific research The World Cancer Research Fund (WCRF) recommends a maximum limit of 500g of red meat per week. If you are eating red meat every day, or even every other day, you may be exceeding this recommendation. Therefore it is advisable to choose red meat occasionally rather than regularly, and to vary the diet by introducing more proteins by way of vegetable proteins, as well as choosing eggs, white meat and fish as alternative protein foods. In the UK, the Department of Health also recommends no more than 70g red meat per day per adult, making its recommendation compatible with that of the WCRF.

Organically grown chicken or turkey is preferable to red meat as it has a lower saturated fat content and lower levels of the growth-promoting hormones

and additives given to the accelerate growth of the animals. Turkey in particular is a good choice as it is the only meat containing the amino acid tryptophan, important for T cell activity. T cells are fundamental to the normal functioning of cell-mediated immunity. Cell-mediated immunity is our first line of defence against cancer through the mechanism of immune surveillance. Small amounts of organically-reared red meat are ok occasionally but stick within recommended amounts.

Griddled or barbequed meats

There is evidence to indicate that a diet containing large amounts of barbequed or griddled foods may increase the risk of stomach cancer. This is because the burning of meat creates carcinogens which are cancer-promoting. In general it is recommended that when cooking foods, especially meats, you keep the food away from direct contact with the flame. Risk factors associated with eating barbequed or griddled foods are far less if these foods are only eaten occasionally.

Oily fish

Oily fish such as salmon, trout, tuna, herring, mackerel, sardines and pilchards contain high levels of the anti-inflammatory omega 3 fatty acids, EPA and DHA. There are several studies in the peer reviewed literature showing the disease-modifying effects of high levels of omega 3 in the diet, especially EPA. Non-oily fish such as haddock and cod are excellent sources of lean protein but contain far less by way of omega 3 fatty acids.

Because of the toxins such as mercury and PCBs (polychlorinated biphenyls) that are found in oily fish it is a good idea to keep consumption to a maximum of 2 portions a week and to keep tuna to a minimum. This is because tuna is a very large fish and therefore at the end of its food chain. Consequently it contains more by way of toxins such as mercury and PCBs than the other smaller fish. Also, although tinned tuna is an easy option for a quick sandwich or salad, it does not have the omega 3 benefits of fresh tuna as these are destroyed by the canning process.

Other foods that contain good levels of omega 3 fatty acids are flaxseeds and walnuts. To obtain the benefit from flaxseeds they need to be ground rather than eaten whole. Eaten whole they will have a laxative effect.

A recent small-scale study in the US has shown the benefits of taking Omega 3

supplements alongside a low-fat diet for prostate cancer[8]. The trial showed a reduction in the proliferation of prostate cancer cells in the men following the low-fat diet with fish oils programme.

Soya products

There is a lot of confusion around the supposed health benefits of soya products. Sometimes people who give up dairy products or become vegetarian/ vegan start eating (and drinking) a large amount of soya products in the belief they are being more healthy. However, it is not as simple as that and there are considerations to take into account when eating soya produce.

In Asian cultures soya is eaten in its fermented forms – tofu, miso, tempeh and natto. Most of the soya being consumed in the West is in the form of milk, yogurts and that found in vegetarian/vegan products. These are made from unfermented soya beans and are not thought to have the same health benefits as the fermented bean. In addition, almost all soya consumed in the West is non -organic and has been produced using GM farming techniques.

Secondly, soya contains high levels of anti-nutrient molecules called phytates which are known to block absorption of important minerals such as calcium, zinc, iron and magnesium. All grains and legumes contain phytates but soya contains higher levels than most. Fermented soya products contain lower levels of phytates than unfermented.

If you are using soya our advice is to stick to organic and fermented sources where possible.

The problem with sugar

Cancer cells are much more glycolitic than normal cells[9]. This means they metabolise sugar (glucose) anaerobically (without oxygen) in order to produce energy to grow or spread. Reducing sugar intake will significantly affect cell metabolism and change the internal environment of the body so that it becomes less conducive to tumour growth, effectively helping to “starve” the tumour.

The role that insulin plays in cancer is also worth exploring here. Insulin is the hormone produced by the pancreas when we eat foods containing glucose. This includes all carbohydrate foods such as potatoes, rice, pasta, bread, and even fruit and vegetables. These foods all contain carbohydrates which are broken down into glucose molecules by the body. When the glucose molecules enter

the bloodstream, the pancreas starts to produce insulin, as this allows the glucose to be stored in the muscles and the liver as glycogen for future energy needs. This is all just as it should be. However, research into the link between sugar, insulin and cancer growth is showing that many human cancers depend on insulin to provide the fuel and materials they need to grow and multiply[10]. In fact there are twice as many insulin-receptors in cancer cells than in non-cancerous cells.

Therefore eating a diet low on the Glycaemic Index is very important. The Glycaemic Index is a system used to measure how much glucose a food contains. Foods with a high sugar content such as white bread, white pasta and white rice, sweets, cakes, biscuits, most breakfast cereals, and sugary drinks are high on the Glycaemic Index. This means they will cause a large amount of insulin to be produced in order to pack all the glucose away into the cells. Therefore insulin will be circulating in the bloodstream readily available to any cancer cells that may use it to multiply.

Furthermore, over time if we eat a diet high in refined carbohydrates and other high GI foods, the body can become insulin-resistant, a precursor for type 2 diabetes. If someone is insulin-resistant they will have high levels of circulating insulin as well as high blood sugar levels, and usually will also have significant abdominal fat – a sign that insulin cannot do its job anymore (store sugar as glycogen in muscle cells) and the sugar is being turned to fat around the middle instead.

The key message here is to avoid **all refined carbohydrates** (white bread, white rice, white pasta, couscous, sweets, cakes, most breakfast cereals, sugary drinks). Focus your diet on whole grains (brown bread, brown rice, brown pasta, quinoa, millet, rye and oats), and combine carbohydrate foods with proteins and fats as this slows down the absorption of sugar into the bloodstream. Fruit contains natural sugars and these are not as harmful as the sugars in refined foods. However, limit fruit consumption to 2-3 per day and combine it with nuts or seeds to limit the impact on blood sugar and insulin production. Some fruits are much higher on the Glycaemic Index than others, good choices are berries, apples and pears. Less good choices are the exotic fruits such as banana, mango, pineapple and watermelon.

If you are using juices as part of your anti-cancer regime you should concentrate on vegetable-based rather than fruit-based juices. There are several books on juicing available with good recipes to follow.

The difference between Glycaemic Index (GI) and Glycaemic Load (GL)

You may have heard these two terms used to describe the effect different foods have on blood sugar levels. GL has more or less replaced GI now as it is considered to be a more useful scale to determine which foods are good for blood sugar balance and which are not. The reason for using GL is that the GI scale does not take into account how much sugar a particular food contains, it is only a reflection of how quickly the sugar is absorbed.

For example, the sugar in carrots is readily absorbed into the bloodstream and they are therefore ranked as high GI. This has given carrots some undeserved bad press, as they are of course a healthy food. The GL on the other hand takes into account not only how quickly a certain food is converted into sugar in the body but also how much sugar a particular food contains. So although the sugar in carrots is converted into sugar quickly in the body, they do not contain a lot of sugar in the first place, so they do not have a high GL.

The glycaemic load categories are:

- Low (10 or less)
- Medium (11 to 19)
- High (20)

Acid/Alkali balance

This is very important. Pathogenic changes of all sorts including cancer will take place much more easily in an internal environment which has become more acidic. Sugars, animal protein, dairy products and grains are all acid-forming foods. Fruits, vegetables, beans, pulses, herbs and spices are all alkaline-forming. This is why it is important to have a plant-based diet. At least half your plate should be made up of vegetables and salad, with the other half made up of protein, starchy carbohydrates and fats and oils (including nuts and seeds). Remember it is important to focus on plant sources of protein such as tofu, quinoa, lentils, beans, and legumes rather than animal proteins (meat, fish, eggs and dairy).

Measuring urinary pH is a good indicator of acid/alkaline balance in the body. A normal reading is between 6-7, readings below 6 are a good indicator that the body is too acidic and dietary adjustments are needed. Your doctor may recommend a product called Basica Direkt™ to assist in acid/alkali balance.

Exercise and relaxation techniques

Physical activity is important for everyone and people with cancer are no different. Scientific evidence has shown that maintaining a healthy weight can support the health of those living with cancer. Following the dietary tips in this guide will help you to maintain a healthy weight.

The WCRF recommends 30 minutes physical activity per day for cancer survivors. This is a good guide but not everyone will be able to manage this amount. You may feel energetic at times and completely exhausted at other times, due to treatment schedules etc. However, a little bit of gentle activity every day is a great aim – walking, gardening, and gentle yoga are all good choices.

Relaxation is also important. Everyone likes to relax differently, although with increased stresses and anxiety in our lives it can be hard to relax fully. Mindfulness meditation is a relaxation technique whereby we learn to focus on the present moment. There are many published studies supporting the benefit of Mindfulness Meditation for people with chronic fatigue syndrome, cancer, chronic pain and mental health illness.

Fasting mimicking diet around Chemotherapy

There is good evidence that fasting for three days before Chemotherapy and two days following Chemotherapy means Cancer Cells are much more vulnerable to the chemotherapeutic agent, side effects are lower and this protects healthy cells. This is the so-called 'Fasting Mimicking Diet' and should consist of 500 calories, from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkin, mushrooms). 500 calories from healthy fats, nuts, seeds and olive oil. This should include 25 g of plant-based protein, mainly from nuts but beans would be fine as well. Unsweetened tea, particularly up to 3-4 cups per day, green tea is recommended. Unlimited water.This cycle should be repeated before and after each Chemotherapy treatment.

Ketogenic diets as an adjuvant cancer therapy

Cancer cells as opposed to normal cells have significant alterations in the way they produce energy. In very simple terms they consume glucose, that means sugar, and this includes fructose especially as found in soft fruits.

Forcing cancer cells to use mitochondrial oxidative metabolism (the mitochondria are the 'engines' of the cell) by feeding ketogenic diets, which are high in fats and low in glucose and other carbohydrates would selectively cause stress to cancer cells.

The difference in cell cultures of cancer cells with high levels of glucose as compared with low levels of glucose is impressive.

The classic ketogenic diet contains 4:1 ratio of fat to combined protein and carbohydrate. This is achieved by excluding high carbohydrate foods such as starchy fruits and vegetables, pasta, grains and sugar while increasing consumption of foods high in fat, such as nuts, cream and butter.

Searching in Google for menu choices in ketogenic diets will give you detailed information as to what diets you can follow.

If you are following an effective ketogenic diet, then you should be able to measure ketones in the urine, because if there is very little carbohydrate in the diet the liver converts fat into fatty acids from ketone bodies. The ketone bodies and replace glucose as an energy source.

There have been several animal models of cancer with the animals fed ketogenic diets, and they have yielded encouraging results. I have also been impressed, from an anecdotal point of view, on the effects of ketogenic diets in cancer patients.

Antioxidants - An Unusual View

Antioxidants, principally Vitamins A, C and E also including a whole range of other supplements, claiming to have high levels of antioxidant activity, are commonly consumed on a worldwide basis as part of a health lifestyle. Indeed, the rise of interest in nutritional medications, has recently provoked serious interest from Big Pharma especially as many of their current drugs are running out of patent, and the flow of new drugs onto the market has been significantly slow of late.

Claims that antioxidants enable us to live longer and healthier lives do not in fact stand up to scrutiny. No significant clinical trial shows any particular improvement in cancer incidence or indeed cardiovascular disease, which are the most likely candidates to kill us. Indeed, a recent large scale trial to see whether the antioxidant Vitamin E prevents cancer was halted as there was an increase in the number of prostate cancer cases in the treatment group.

It is easy to see how antioxidants have become so attractive. When oxidants are produced at too high a level, they cause DNA damage and also damage many proteins in the cell. What we do know in cancer is that cancer is caused by damage to DNA, so therefore the assumption is or rather has been, that taking antioxidants will reduce the damaging effects of oxidants and therefore reduce DNA damage and therefore in turn reduce the incidence of cancer.

This is much oversimplified. For example, vegetables such as those in the Brassica family, Broccoli in particular, have been connected with anticancer benefits, but they manage to achieve this through pro-oxidative cellular processes rather than antioxidant mechanisms.

Life at its absolute simplest consists of a cell membrane across which there exists a voltage, that is essentially a spark, so you could call this ‘the spark of life’. That spark in the cell is in fact due to a collection of oxidation processes which are called Reactive Oxygen Species (ROS) such as Superoxide, the Hydrogen radical, Singlet Oxygen and Hydrogen Peroxide. Indeed, with the use of high dose Intravenous Vitamin C in Cancer, which has to be given intravenously, we cannot achieve anything like the serum levels required by giving it orally, acts entirely as a pro-oxidant by releasing Hydrogen Peroxide, which kills tumour cells. All chemotherapy works on the pro-oxidant basis. Essentially these Reactive Oxygen Species are the ‘spark of life’. As an analogy think of your lawnmower lying in the garage, unused over the winter, and then you try to start it up again in the Spring. You pull the starter cord and it simply won’t fire because there is no spark, without the spark there is no life, so much the same for the body. Cells need to be ‘fired’ by ROS in order to activate the process of programmed cell death (apoptosis), this is a normal process and is downregulated in cancer, chemotherapy works by causing apoptosis.

Appendices:

A. **Acid Alkali Food Chart**

The following table has been compiled from a number of different sources. There are often discrepancies between different sources of acid :alkali data about foods. This table is a guideline and aims to help support your decisions about which foods to eat more of and which you may want to eat less of.

The best foods for alkalising the body are:

Parsley, black pepper and basil
Spinach
Kale
Wheat grass
Barley grass
Broccoli
Celery
Garlic
Radishes
Beetroot

Many of these ingredients can be found in supplement form in what are known as “green foods”, usually a powder you can mix into a juice or smoothie.
e.g. Vital Greens from www.vitalhealtheurope.com

	Food	Highly Acidic	Moderately Acidic	Mildly Acidic	Moderate-ly Alkaline	Highly Alkaline
Herbs and Spices	Basil					X
	Black Pepper					X
	Cayenne Pepper				X	
	Coriander				X	
	Curry pow-der					x
	Chives				X	
	Parsley					x
Legumes and Nuts	Lentils			X		
	Butter beans				X	
	Haricot beans				X	
	Soybeans				X	
	Tofu			X		
	Soy sauce		X			
	Miso			X		
	Walnuts			X		
	Peanuts			X		
	Hazlenuts				X	
	Almonds			X		
	Brazil nuts			X		
	Cashews			X		
	Pistachios		X			
	Hummus			x		
Grains	White rice			X		
	White bread			X		
	Rye bread			X		
	Brown bread			X		
	Cereals		X			
	Spaghetti		X			
	Oats		X			
	Brown rice		x			
	Egg noodles			x		

	Food	Highly Acidic	Moder-ately Acidic	Acidic	Moder-ately Alkaline	Highly Alkaline
	Buck-wheat			X		
	Couscous		X			
	Spelt			X		
	Quinoa				X	
	Wheat		X			
	Millet				x	
Meat	Beef	X				
	Chicken		X			
	Duck		X			
	Fish		X			
	Liver			X		
	Organ meats			X		
	Pork	X				
	Sardines	X				
	Tuna	X				
	Veal	X				
	Wild salmon		X			
	Steak		X			
	Turkey		X			
	Salami	X				
	Corned beef	X				
Fish and Eggs	Egg whites		X			
	Egg yolks	X				

	Food	Highly Acidic	Moder-ately Acidic	Acidic	Moder-ately Alkaline	Highly Alkaline
	Whole egg			X		
	Haddock			X		
	Herring			X		
	Cod			X		
	Trout		X			
Dairy	Butter-milk				X	
	Butter		X			
	Cheese (soft)		X			
	Cheese (hard)	x				
	Cottage cheese			X		
	Cream			X		
	Milk		X			
	Yoghurt		x			
Drinks	Beer		X			
	Coffee		x			
	Coffee substi-tutes			X		
	Fruit juices			X		
	Sweet-ened juices	x				
	Wine		x			

	Food	Highly Acidic	Moder-ately Acidic	Acidic	Moder-ately Alkaline	Highly Alkaline
	Fizzy drinks	X				
	Tea	X				
	Herbal tea				X	
Fats and Oils	Coconut oil				X	
	Corn oil			X		
	Flaxseed oil				x	
	Fish oils				X	
	Olive oil				x	
	Sesame oil				X	
	Sunflow-er oil			X		
Condi-ments	Ketchup		X			
	Mayon-naise		X			
	Mustard		X			
	Soy Sauce		X			

Sources:
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http://www.acidalkalinediet.com/Alkaline-Foods-Chart.htm

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12. The Longevity Diet—Volter Longo—Penguin Books 2018

Further resources

Anti-cancer: A New Way of Life (2011) by Dr David Servan-Schreiber Published by Penguin Books, UK. ISBN 978 0 718 15684 8

Antony Worrall Thompson's GI Diet: With Dr Mabel Blades and Jane Suthering (2010) by Antony Worrall Thompson

Cancer Concerns: A Practical 10-step Programme Described and Explained by Xandria Williams, published by Xtra Health Publications

Food Rules by Michael Pollan (2009) Published by Penguin Books, UK. ISBN 978 0 14 311638 7

Health Defence 2nd Ed. by Dr Paul Clayton (2004) Published by Accelerated Learning Systems, Aylesbury, Bucks. ISBN 0 905553 66 7 (Chapter 13 – Fighting Cancer with Food)

http://www.nhs.uk/Livewell/Goodfood/Pages/red-meat.aspx
Information and equipment for sprouting seeds at home:
https://www.livingfood.co.uk/Sprouting_and_Superfoods/Sprouting_Equipment
Superjuice: Juicing for Health and Healing by Michael van Straten

The 'Low-GL' Diet Cookbook: Easy, recipes for weight loss, health and energy (2010) by Patrick Holford and Fiona McDonald Joyce

The Rainbow Diet and how it can help you beat cancer (2010) 2nd Edition by Chris Woollams ISBN 978-0-9565391-2-0

The Raw Food Diet: The Healthy Way to Get the Shape You Want by Christine Bailey

World Cancer Research Fund website: www.wcrf.org.uk This website has lots of useful information on diet and cancer, as well as many recipes incorporating the WCRF's healthy eating recommendations.

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Please note: The Dove Clinic does not make any claim that we will be able to cure you and we do not guarantee that you will derive benefit from the treatments

www.doveclinic.com

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Antioxidants—An unusual view:
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N:/clinical booklets/Nutrition/healthy eating for cancer patients
July 2012; Updated May 2013 -Millie Barrett
Reviewed May 2016 by Jacqui Mayes
Reviewed Aug 2017 –vh
Reviewed September 2017 JNK