

# THE CANCER REVOLUTION

## Additional Material for Chapter 6

Jason Vale

### **DON'Ts**

**DON'T EAT REFINED SUGAR** – Refined sugar feeds cancer – don't cut down – stop completely. Other than stopping smoking it's number 1!

**DON'T EAT REFINED FATS** – they are foreign invaders in your body.

**DON'T DRINK ALCOHOL** - alcohol is more toxic than heroin and is extremely acidic and inflammatory.

**DO NOT EAT DAIRY FOODS** – Dairy once again is extremely inflammatory and therefore if you are treating cancer should be totally avoided.

**DON'T SMOKE** – clearly! If you find it hard to stop, download the Stop Smoking In 2hrs App or read Allen Carr's 'Easy Way To Stop Smoking'.

**DON'T WATCH CNN 'Constant Negative News'** - what you feed your mind is just as important as what you feed your body. If you are nervous you turn red, so please don't underestimate the physical effects the mind has over the body.

**DON'T SKIP MEALS** – disease is a combination of toxicity (crap coming into the body) and deficiency (a lack of essential vitamins, minerals, fats, proteins, carbohydrates, enzymes and water). Some people feel that if they simply avoid the bad stuff and eat small amounts of the good stuff all will be well. When it comes to cancer you need to flood your body with nutrients. Chemo is unnatural and so too is drinking 8 litres of fresh green juice a day; sometimes you need to blast the body to help it to heal.

### **DOs**

**DO EAT A LOW H.I. DIET** – Rather than a full menu plan follow this simple rule. Whatever you eat make it Low H.I, that's low Human Intervention. The less a human has interfered with your food, the better it will be for you. Organic where possible and as much broccoli and green veg as you can handle. If you are going to eat meat at all, make it low H.I, as in make sure it's free range and organic. Ideally skip the meat, as it is inflammatory and acidic and if you feel the need for any animal product, stick to fish as its anti inflammatory.

**DO JUICE DAILY** - I cannot emphasise this enough as freshly extruded juice is the most bio-available form of 'live' nutrients you can get. Please DO juice, every day.

**DO EXERCISE** – this doesn't necessarily mean run a marathon! It's more about making sure you oxygenate your bloodstream with some form of deep breathing exercise, which could be yoga. The best form of all round exercise is swimming, but any exercise gets much needed oxygen into your bloodstream.

**DO THINK WELL** – please do not underestimate the power of thinking yourself well. I know this is 'out there' and I wouldn't use this as the only tool at your disposal. However, a great deal of research has shown time and time again the very clear role positive thoughts have on our general well being and in the ability to help the body to heal.