



The Masterpiece Coach
Diane Burton

"Cancer cells only grow in suitable soil and that soil is provided by the prolonged action of toxins in the tissues."

- Sir William A Lane

"Every day, at every meal, we can choose food that will defend our bodies against the invasion of cancer."

- source unknown

**Wondering what foods live cancer cells don't like?
Are you wanting to eat healthier, but don't know where to start?
Check out this list of anti-cancer super foods.**

ANTI-CANCER SUPER FOODS

When you flood your body with real food, your body knows what to do with those foods. Plus, your body knows how to use those foods to heal and repair the damage that has already happened. These anti-cancer foods can help your body become alkaline, increasing the pH and immune functions of the body and providing an environment that cancer cells cannot survive in.

1. Total Servings per day of fruits and vegetables 13-15

- a. Eat more vegetables than fruit – preferably 3:1

2. Eat 50 or more grams of fiber per day

- a. Apples are best source of fiber – be sure to eat the skin!
- b. Best if organic
- c. Contain triterpenoids
 - i. Found to inhibit liver, colon & breast cancer cells

3. Carrots

- a. Contain carotene
 - i. Beta-carotene is a carotenoid. Carotenoids are naturally occurring pigments found in plants, and are largely responsible for the vibrant colors of some fruits and vegetables. Beta-carotene, for example, is responsible for giving carrots their orange color. Once ingested, beta-carotene is either converted into vitamin A (retinol), which the body can use in a variety of ways, or it acts as an antioxidant to help protect cells from the damaging effects of harmful free radicals. As much as 50 percent of vitamin A in a typical diet is provided by beta-carotene and other carotenoids.
 - ii. Give Immune support
 - iii. Antioxidants
 - iv. Inhibit cancer

4. Lycopene

- a. Lycopene is a powerful antioxidant, which means that, among nutrients, it has a greater-than-average ability to "quench" free radicals that cause damage to cells. Excessive free radical

damage has been implicated in the development of heart disease, Alzheimer's disease and many cancers, as well as accelerated aging. Lycopene is a carotenoid, responsible for giving many fruits and vegetables – especially tomatoes – their red color. It is also abundant in red carrots, watermelons, papayas and pink grapefruit

- b. Tomatoes, beets, watermelon, papayas, pink grapefruit, and other red vegetables & fruits
- c. Found to inhibit prostate, breast, mouth (oral), pharynx (throat) esophagus, stomach & colon cancer

5. Ellagic Acid – Berries & Walnuts

- a. Black raspberries
 - i. Mouth, esophagus & colon cancer
- b. Blueberries
 - i. Said to want cause cancer cells to commit apoptosis (death of the cell)

6. Cruciferous

- a. Broccoli, cauliflower, kale, collard greens, Brussel sprouts, cabbage
 - i. Pig out on these vegetables – flood your body with them
 - ii. Found to inhibit breast, prostate, bladder & lung cancer

7. Flax Seeds

- a. 2 Tablespoons per day
 - i. Grind it fresh for each use
- b. 5 ways it helps fight cancer
 - i. Help with hormone rebalancing – neutralize dangerous hormones
 - ii. Have omega 3 fatty acids that boost immunity
 - iii. Have fibers known as lignans (hormones, estrogen, etc)
 - iv. Can read about lignans here:
<http://articles.mercola.com/sites/articles/archive/2015/11/02/lignans-save-lives.aspx>
 - v. Slippery and help with bowel function
 - vi. Alter prostaglandin chemistry – prevent cancer from spreading

8. Garlic

- a. Most valuable
 - i. has the ability to activate natural killer cells
 - 1. 2-3 cloves per day – might not have friends
 - a. use aged garlic extract
 - ii. has the ability to inhibit breast, prostate & stomach cancer

9. Mushrooms improve immune function

- a. Shiitake
 - i. Also protect against cardiovascular disease
 - ii. Great source of iron
 - iii. Rich in B vitamins—they are an excellent of pantothenic acid, a very good source of vitamin B2, and a good source of vitamin B6, niacin, choline, and folate. Additionally, they are concentrated in minerals, being an excellent source of selenium and copper, a very good source of zinc, and a good source of manganese. They are also a good source

of vitamin D (in the D2 form) and dietary fiber. They also provide a wide variety of unique phytonutrients.

iv. Best to not overcook them – up to 7 minutes sautéed

10. Best way to prevent or reverse cancer

- a. Change the biological terrain
- b. Provide an inhospitable environment for cancer to grow
- c. Normal cells and cancer cells can't thrive in the same environment
- d. Cancer cells prefer a high acidic, low oxygen, high sugar environment
- e. Healthy cells prefer a high oxygen, high alkaline, low sugar environment

Are you wanting extra guidance and support on your journey? Contact Diane for a complimentary session and to find out how she can coach you on your journey to a healthier lifestyle – www.themastersmasterpiece.com.