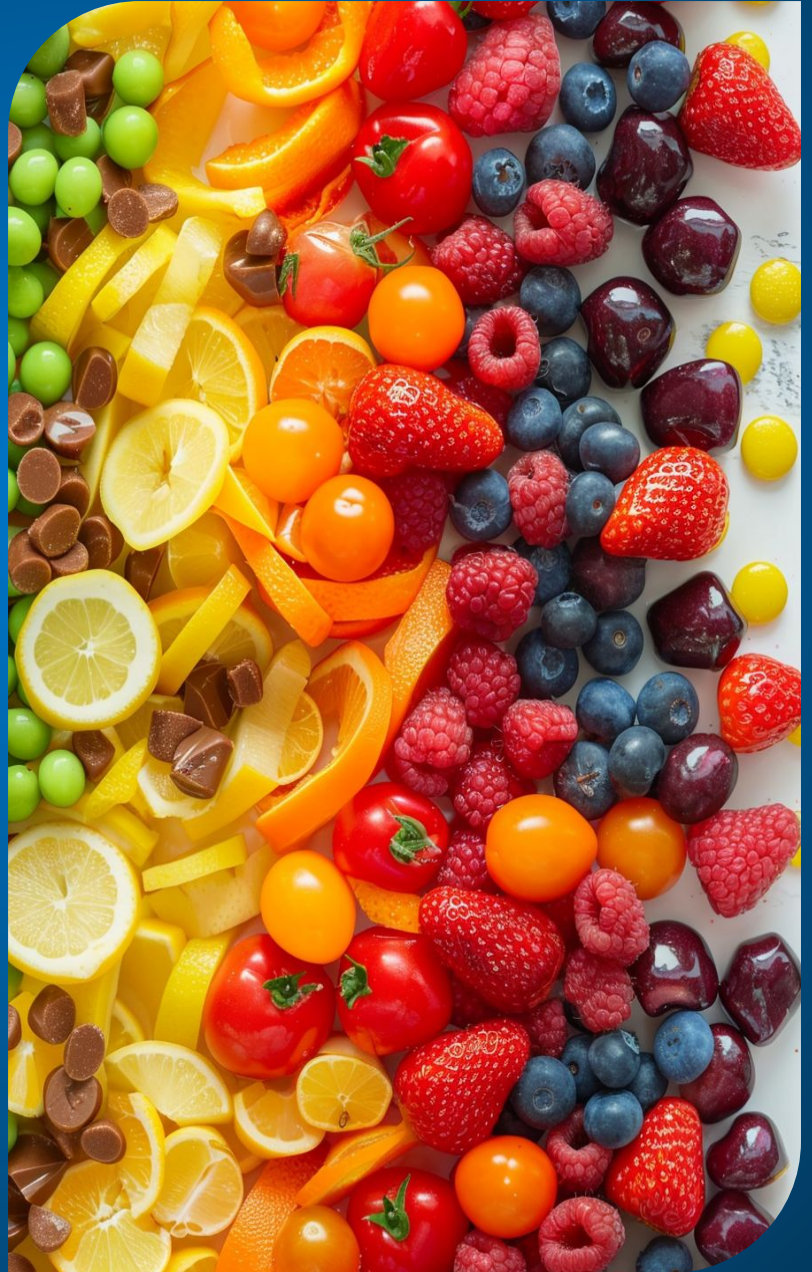


# Eating For Beating Cancer

Foods,  
Strategies,  
&  
Recipes  
To Increase Your  
Probability For  
Long-Term  
Health



By Dr David Lemmon



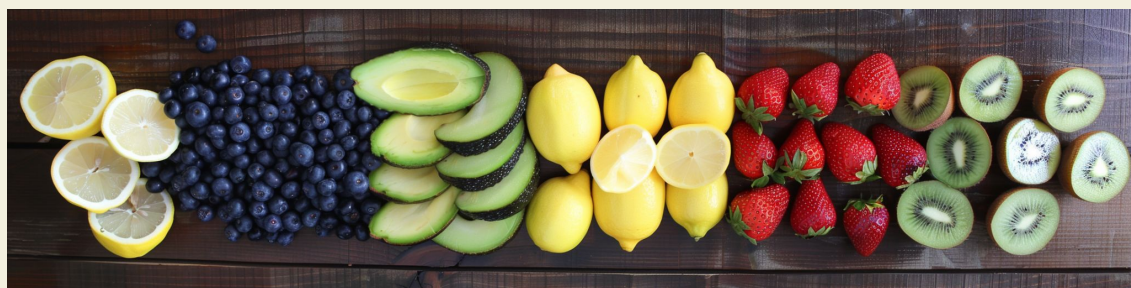
# The Anti-Cancer Grocery Store

## Vegetables



All green leafy vegetables, Parsley, Brussels sprouts, Alfalfa sprouts, Watercress, Arugula, Cabbage, Kale, Chard, Broccoli, Cauliflower, Bell Peppers, Lettuce, Onions, Broccoli, Carrot, Spinach, Dandelion greens, Wheat grass, Green tea, Black radish, White mushrooms, Shitake, and Maitake mushrooms.

## Fruits



Blueberries, Purple or red grape skins and seeds, Acai, Avocados, Kiwi, Strawberries, Lemons, Blackberries, Black raspberries

## Nuts & Seeds



Coconut (oil, milk, pulp), Brazil Nuts, Walnuts, Pecans, & Almonds, Sesame seeds, Sunflower seeds, Pumpkin seeds

## Spices



Turmeric, Ginger, Oregano, Garlic, Thyme



# How I Would Eat If I Had Cancer

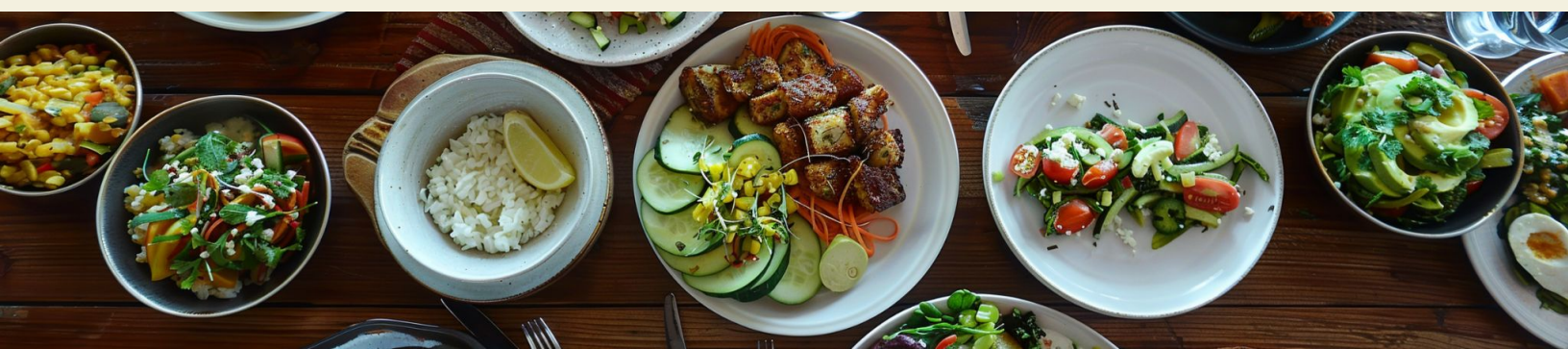
## A Reduced-Calorie Whole-Food Ketogenic Diet

Emphasize rainbow-colored vegetables, fish, and healthy fats. As close to zero sugar and grain consumption as possible. Sugar is the primary fuel for cancer, so converting to a ketogenic diet can help starve the cancer cells while still nourishing the healthy cells with ketones.

I believe an ideal eating plan for cancer alternates between a reduced-calorie whole-food ketogenic diet, and a more balanced whole-food diet that includes whole grains like brown rice, barley, rye, quinoa, and buckwheat, sweet potatoes, and richly-pigmented fruits (blueberries, blackberries, raspberries, strawberries, black grapes, cherries, magosteen, acai, etc) interspersed with short periods of fasting with water and herbal teas only.

The rationale for this back and forth cycling between a ketogenic diet and a more moderate-carbohydrate whole-food diet is that the ketogenic diet helps starve cancer cells of the glucose they desperately need to flourish and grow, but cancer cells are still living and intelligent, so they can adapt to a ketogenic diet eventually. So just like the old P90X workout videos utilize “muscle confusion” so that muscles don't adapt to any specific movement or exercise, the idea is to alternate back and forth between a low-calorie ketogenic diet, and a more moderate-carbohydrate diet that is filled with whole foods that have anti-cancer properties like sweet potatoes, grapes, and berries.

Cancer cells are more fragile and have a harder time shifting gears between these metabolic fuels of glucose and ketones, so they can become even more weakened and struggle to adapt when using this “dietary confusion” method.



# What To Eat For the Ketogenic Phase

**Vegetables-** (avoid high-carb vegetables like: white potatoes, sweet potatoes, beets, and carrots) Focus on the color green (Spinach, Kale, Broccoli, Chard, Mustard Greens, Peppers, Cucumbers, Zucchini, Celery, Parsley, Cilantro, etc, etc.), and sea vegetables (kelp, dulse, wakame, bladderwrack). All other bright naturally-colored vegetables are great too (radish, yellow squash, bell peppers, garlic, onions, cabbage, etc)

**Mushrooms-** White Button Mushrooms, Cremini, Portobello, Shiitake, Maitake, Oyster, Porcini, etc

**Fish-** Albacore Tuna, Wild Salmon, Herring, Anchovies, Sardines, Mackerel, Trout, Pollock.

**Meat-** Small amounts of organic free-range chicken, turkey, deer, or other wild game.

**Healthy Fats-** Avocados, Olives, Nuts, Seeds, Coconut Milk, Coconut Oil, Organic Butter, Avocado Oil, Olive Oil, Cold-pressed Flax Oil

**All Culinary Herbs and Seasonings Including:** Garlic, Onion, Lemon juice, Lime juice, Italian Seasoning, Montreal Steak Seasoning, etc

**Sweeteners-** Small amounts of Stevia, Xylitol, and Monk Fruit extracts

**Bone broth & Vegetable Broth-** For drinks and soup bases.

Build most of your calories around the healthy fats: olives, avocados, coconuts, and nuts as much as possible. These can be served on beds of cooked or raw greens, salads, or veggie stir fries.

**Alcohol-** If you do choose to drink alcohol, it must be limited to one serving per day for women, or 2 servings per day for men (because of the different way the genders metabolize the alcohol) or less. Keep it to the occasional glass of red wine since it has more cancer-fighting polyphenols. More consumption than this has been linked to increased risk for most types of cancers.

# Foods To Avoid During the Keto Phase

Grains, Flours, Sugars, Artificial Sweeteners, Processed Meats, Most Fruit, Dairy, Liquid or Hydrogenated Oils, Any Processed or Packaged Foods.

This phase can be anywhere from 2 to 3 weeks out of each month depending on your mood, or how much you enjoy the super-low-carb eating plan.

## During the Mediterranean Phase

For the other 1-2 weeks of the month you would eat all of the same foods on the keto plan with the addition of whole grains like brown rice, barley, rye, quinoa, and buckwheat, sweet potatoes, and richly-pigmented fruits (blueberries, blackberries, raspberries, strawberries, black grapes, cherries, magosteen, acai, etc)

I would avoid corn, wheat, and soy for this phase because of the problematic GMOs, spraying of chemicals, depleted soils, etc on these 3 mega crops.





# Recipes For Anticancer-Kitchen Medicine

## Breakfast

### Turmeric Scrambled Eggs

#### Ingredients:

2 eggs (organic & free range is best)

1/2 teaspoon turmeric

1/4 teaspoon black pepper

Dashes of salt, onion & garlic powders

Chopped spinach and tomatoes



Instructions: Scramble eggs with turmeric and black pepper, then fold in spinach and tomatoes. Season to taste.

### Kale and Mushroom Omelette

#### Ingredients:

2 eggs (organic & free range is best)

Handful of kale leaves, chopped

Sliced mushrooms

1 tablespoon olive oil

Dashes of salt, pepper, & garlic powder



Instructions: Sauté mushrooms and kale in olive oil, then pour beaten eggs over them to create an omelet. Season to taste and enjoy!

# Recipes For Anticancer-Kitchen Medicine

## Breakfast

### Salmon and Avocado Wraps

#### Ingredients:

Smoked salmon slices

1/2 ripe avocado

Romaine lettuce leaves

Hummus (see recipe in condiment section)

Lemon or lime juice



Instructions: Spread Hummus on a lettuce leaf, add salmon and avocado, drizzle with lemon or lime juice then roll it up.

### Cauliflower Hash Browns

#### Ingredients:

1 cup grated cauliflower

1/4 cup grated zucchini

1 egg

Chopped green onions

Coconut oil for frying



Instructions: Combine grated cauliflower, zucchini, egg, and green onions. Form into patties and fry in coconut oil until golden.

# Recipes For Anticancer-Kitchen Medicine

## Breakfast

### Spinach and Bacon Breakfast Muffins

Ingredients:

4 eggs

Chopped spinach

Cooked bacon bits

Chopped walnuts, cashews, or almonds



Instructions: Mix eggs, spinach, bacon, and nuts, then pour into muffin tins and bake until firm.

### Coconut and Almond Flour Pancakes

Ingredients:

2 eggs

1/4 cup coconut flour

1/4 cup almond flour

Unsweetened almond milk



Instructions: Mix eggs, coconut flour, almond flour, and enough almond milk to reach the desired consistency. Cook as pancakes. Top with organic butter, cinnamon, and stevia extract, or keto syrup.



# Recipes For Anticancer-Kitchen Medicine

## Lunches & Dinners

### Grilled Salmon Salad

Grilled salmon served over mixed greens with avocado, cherry tomatoes, and a lemon-turmeric vinaigrette.



### Zucchini Noodles with Pesto

Spiralized zucchini noodles tossed with homemade basil pesto, cherry tomatoes, and pine nuts.  
(see pesto recipe in the condiment section)



### Mushroom & Spinach Chicken Breast

Roasted chicken breast topped with sautéed mushrooms, spinach, & garlic,



# Recipes For Anticancer-Kitchen Medicine

## Lunches & Dinners

### Cauliflower and Broccoli Soup

Creamy soup made from cauliflower and broccoli, garnished with chopped chives and a dollop of Greek yogurt.



### Greek Salad with Grilled Chicken

Grilled chicken breast served over a Greek salad with feta cheese, Kalamata olives, cucumbers, and red onion.



### Cauliflower Rice Stir-Fry

Stir-fried cauliflower rice with a mix of colorful vegetables, tofu, or chicken, and a soy-ginger sauce.





# Recipes For Anticancer-Kitchen Medicine

## Lunches & Dinners

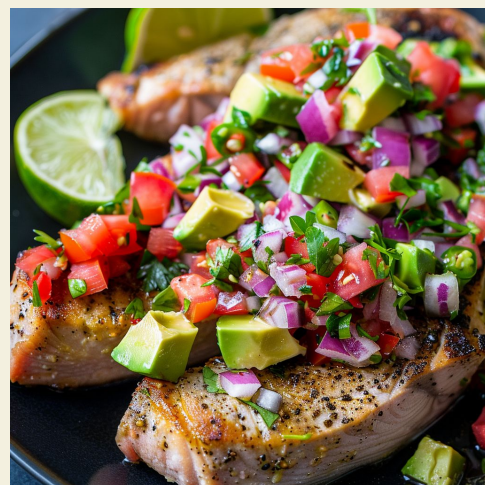
### **Turmeric-Spiced Roasted Vegetables**

A medley of roasted vegetables (carrots, sweet potatoes, and bell peppers) seasoned with turmeric and served with a tahini dressing.



### **Seared Tuna Steaks with Avocado Salsa**

Pan-seared tuna steaks topped with a fresh avocado salsa made with tomatoes, onions, garlic, cilantro, and lime juice.



### **Stuffed Bell Peppers**

Bell peppers filled with a mixture of cooked ground turkey, black beans, diced tomatoes, and salsa, then baked until tender.



# Recipes For Anticancer-Kitchen Medicine

## Lunches & Dinners

### Spaghetti Squash Carbonara

Roasted spaghetti squash tossed in a creamy carbonara sauce with crispy bacon and sautéed mushrooms.



### Grilled Vegetable Skewers with Chimichurri

Skewers of grilled zucchini, bell peppers, and cherry tomatoes served with a zesty chimichurri sauce.



### Salmon with Dill and Lemon

Baked salmon seasoned with fresh dill and lemon juice, served with steamed asparagus.





# Recipes For Anticancer-Kitchen Medicine

## Lunches & Dinners

### Cabbage and Beef Stir-Fry

Ground beef cooked with shredded cabbage, ginger, and garlic in a savory sauce.



### Eggplant Parmesan

Sliced eggplant baked with marinara sauce and mozzarella cheese, served with a side salad.



### Turmeric-Ginger Chicken Thighs

Chicken thighs marinated in a turmeric and ginger spice blend, then pan-seared and served with sautéed spinach.



# Recipes For Anticancer-Kitchen Medicine

## Condiments

**Hummus-** In a blender combine:

1 can garbanzo beans

$\frac{1}{4}$  cup sesame seeds or sesame tahini

1-4 TB lemon juice to taste

1-10 raw cloves of garlic to taste (gradually increase each time you make it)

$\frac{1}{2}$  cup extra virgin olive oil, or flax seed oil

Sea salt and black pepper to taste

(Curry version- add 4 TB turmeric powder & 2 TB Curry Powder, replace oil w/ coconut milk)



**Pesto:** in a blender or food processor combine:

$\frac{3}{4}$  cup parmesan cheese (a dairy free substitute could be canned white beans)

1 cup extra-virgin olive oil

$\frac{1}{2}$  cup dried basil, or 1-2 bunches fresh basil

5 sprigs fresh parsley

1-10 cloves fresh raw garlic (gradually increase each time you make it)

Sea salt to taste.





# Recipes For Anticancer-Kitchen Medicine

## Condiments

### **Pico de Gallo Salsa:**

combine in a food processor or dice by hand:

5-15 tomatoes

1 bunch fresh cilantro

1 onion (your choice of red, white, or yellow)

1-10 cloves fresh raw garlic (gradually increase each time you make it)

1-3 jalapenos or other peppers of your choice (remove seeds for less spiciness)

Add dashes of sea salt, lemon pepper, cumin, lime juice, & chili powder to taste.



### **Asian Stir Fry Sauce:**

¼ Cup Braggs Liquid Aminos

2 TB Fresh grated ginger root

Dash of garlic powder

Dash of liquid stevia extract to taste



# Dr David Lemmon



Dr. David Lemmon is a renowned naturopathic physician, author, and course creator focused on healing cancer and other chronic disease. His unique approach helps cancer patients increase their probability of a long-term remission with minimal side effects like: hair loss, nausea, pain, and fatigue.

Through his 7 Pathways of Cancer-Healing Program, patients can live longer and live better. Dr. Lemmon is the creator of THE CANCER DETOX COURSE and author of NATURAL HOME & HERBAL HEALING offering natural solutions for a longer, healthier life.

Here are all the ways you can interact with Dr Lemmon. He is available by telemedicine across the U.S. and Canada through The 7 Pathways of Healing Cancer Program. Call or email now to learn more.

YouTube- [The Natural Cancer Support Channel](#)

Free 'Natural Cancer Support' Facebook Group- [Click Here To Join](#)

Book- Natural Home & Herbal Healing- on [Amazon](#) and [Audible](#)

The Cancer Detox Course- [Click Here](#)

Website- [RediscoverHealthNaturalMedicine.com](#)

Email- [drdavidlemmon@gmail.com](mailto:drdavidlemmon@gmail.com)

Office- 360-605-0069

“Cancer cells can't survive in a healthy body”