

Cancer Inhibiting Foods

Food	Neutralizes Type	Nutrient Factors	Benefits
Fruits Papaya, Pineapple, Pear, Dark Grapes, Mango, Apricot, Plum, Nectarine, Peach, Persimmon	Kidney, Skin, Ovarian, Testicles, Spleen, Skin, Liver, Brain, Colon, Breast, Lymph, Thyroid	Fiber, carbohydrates (stable energy), resveratrol, carotenoids, anti-oxidant, vitamin and enzyme rich	Boosts organs and DNA, provides GI microbes to digest nutrients, breaks up blood clots, protects blood flow, builds immunity
Citrus Lemon, Tangerine, Lime, Fig, Kiwi, Pomegranate, Mandarin	Liver, Lung, Lymph, Gastrointestinal, Colon, Brain	Vit. C, E, bioflavonoids, anti-oxidants, inositol, anti-inflammatory,	Alkalizing in gastro-intestinal tract, organ boosting, cell protecting
Berries Raspberry, Black berry, Loganberry, Cranberry, Strawberry, Gooseberry	Liver, Skin, Bladder, Lymph, Blood, Gastrointestinal, Breast, Kidney, Lung	Anti-oxidants, vit. C, A, flavonoids, fiber, ellagic acid, decongestant,	Highest anti-oxidants, rebuilds Stem-cells, improves all immunity, strengthens white blood cells, assists liver
Melons Cantaloupe, Honeydew	Most types	Vit, C, A, B2, 6, 12, 17, bioflavonoids, Inositol	Breaks up abnormal fat deposits, stimulates growth of bone marrow
Vegetables-Green/Leafy Broccoli, Spinach, Arugala, Asparagus, Kale, Chard, Butter Lettuce, Alfalfa sprouts	Colon, Uterine, Lung, Liver, Mouth, Stomach, Breast, Eye, Skin, Throat, Larynx	Fiber, folate, carotenoids, saponins, flavonoids, B1, chlorophyll, silica, vit. A, C, E, K, zinc, iron, calcium	Helps produce red blood cells, repairs cell damage, metabolizes fats, utilizes oxygen, protects liver, maintains thymus gland (T-cells)
Vegetables- Fibrous/Starchy Red Potato, Corn, Yam, Elephant Garlic, Cauliflower, Roma Tomato, Red Beets	Colon, Liver, Kidney, Skin, Prostate, Uterine, Breast, Liver	Fiber, vit. K, potassium, magnesium, lycopene, anti-oxidants, B5,	Stops tumor growth, alkalizes GI tract, allows more oxygen delivery to cells, cleans colon walls, protects prostate & uterus
Beans Red kidney, Anasazi, Red Lentils, Lima, & Soy (unless HRT)	Pancreas, Colon, Liver, Breast, Uterine, Stomach, Intestinal, Esophageal	Isoflavones, saponins, fiber, phenolic acid, phytic acid, protein kinase inhibitors	Boosts immune system, regulates nucleic acid synthesis, protects spine and nerves, distributes fats
Grains Barley, Brown Rice, Whole Wheat, Kamut, Amaranth, Millet	Most types, including; Colon, Stomach, Bone, Pancreas, Liver, Uterine, Prostate, Breast, Skin, Thyroid, Kidney, Lymph	Fiber, anti-oxidants, lignans, phenols, phyto-estrogens, saponins, vit. B complex, vit. E, potassium, magnesium, selenium, zinc	Intense nutrients in whole grains, bran and germ protect cells from damage and maintain cell growth, contain rich usable minerals, protect toxins from damaging liver
Nuts Almonds, Cashews, Pine nuts	Liver, Colon, Skin, Brain, Breast, Blood, Stomach	Proteins, EFA's, lignans, thiamine, niacin, anti-oxidant	Provides enzyme action to brain and nerves, and metabolic energy to cells
Seeds Flax, Sunflower, Borage, Mustard, Buckwheat	Colon, Kidney, Breast, Skin, Lungs, Brain	Lignans, potassium, niacin, B5, 6, fiber, magnesium,	Produces bacterial, viral, and fungal protection, helps adrenals survive, builds immune response
Teas Thyme, Chamomile, Alfalfa Sarsaparilla, Mint, Horsetail,	Pancreas, Liver, Kidney, Colon, Brain, Stomach, Skin, Bone	Calcium, silica, iron, Vit. C, A, E, magnesium, alkaloids, testosterone, alkaloids	Flushes: toxins, allergens, acids mutagens, carcinogens, and builds immunity
Dairy Goat milk & Cheese, duck eggs, sheep cheese	Bone, Colon, Lymph, Liver, Pancreas, Skin, Stomach, Mouth	Calcium, Vit. A, D, E, protein, B2, 6, anti-oxidant, biotin	Maintains cell walls, protects thymus (T-cells), forms hormones and insulin, protects DNA, RNA
Fats Avocado, extra virgin Olive Oil	Liver, Colon, Prostate, Uterine, Breast, Skin, Blood, Brain, Bone	Contains EFA's the human body cannot make: i.e. Omega, Linoleic, Lipoic, etc., selenium, vit. D	All fats are what allow minerals to be used, without fats minerals are wasted and cells mutate or die.
Animal Proteins Bison/Buffalo, Salmon, Trout, Orange roughy, Jumbo Shrimp	Colon, Gastrointestinal, Skin, Eye, Liver,	PABA, choline, biotin, niacin, B6, fiber, amino acids	Regenerates tissue cells, cleans out putrid/mutant cells, stimulates good intestinal bacteria
Vitamins B-Complex, C, A, D, E, K supplements from food sources	Colon, Liver, Pancreas, Bone, Blood, Lymph	All stress relieving, anti-oxidant, proper cell repair and replicate elements	Vitamins, missing in most processed and refined foods, are necessary for every body process
Minerals Brewers yeast, Potassium, Selenium, Silica, Real Salt™	Colon, Pancreas, Skin, Uterine, Prostate, Brain, Breast, Liver, Lung, Bone, Thyroid, Kidney	Maintains, and protects every gland, organ, structure, and system function	Minerals, missing in processed and refined foods, are needed for every organ & system function
Miscellaneous Bee Pollen, Royal Jelly, Propylus, Papua New Guinea Coffee, Raw Honey	Colon, Stomach, Lung, Liver, Skin	Pantothenic acid, B-complex vitamins, collagen, anti-oxidant	Eliminates histamines and free radicals, flushes toxins, supports adrenals, protects from anti-body invasion, builds healthy cells