CANCER STEM CELL KILLERS

12 POWERFUL PLANT COMPOUNDS THAT TARGET AND DESTROY CANCER STEM CELLS

SQUARE ONE
cancer coaching program

CHRIS WARK

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How I Healed Stage III Colon Cancer Without Chemo...

Two days before Christmas, December 2003, I was diagnosed with stage III colon cancer. I was 26 years old.

The doctor said, "We've got to get you into surgery right away and get this thing out of you before it spreads and kills you."

So I was rushed into treatment. They took out a third of my large intestine along with a golf ball sized tumor. When I woke up from surgery, they said it was worse than they thought. They thought I was probably stage II, but it turned out I was stage IIIc.

They said the next step was 9-12 months of chemotherapy.

I went home from the hospital and I started thinking about my life and my future and the idea of poisoning my way back to health did not make sense.

I didn't know what to do... So I prayed about it. I asked God, *"If there's another way besides chemo, please show me."*

Two days later, I got a book written by a man who had healed colon cancer with a raw food diet. After a year on the diet, his tumor was gone. I thought that made so much sense. I wondered what would happen if I stopped eating junk food, processed food, fast food, sugary drinks, meat and dairy. And instead, ate a pure diet of organic raw fruits and vegetables from the earth.

After more research and prayer, I made the hardest decision of my life. I chose not to do chemo after surgery.

My goal was to help my body by removing anything that could have contributed to my cancer, and to detoxify, repair and regenerate by overdosing on nutrition. I researched the most potent anticancer fruits and vegetables and juiced and ate massive amounts of them every day.



And it started working! I was literally changing my internal environment from one that was pro-cancerous to one that was not hospitable to cancer.
I was able to heal because of the radical changes I made. I didn't get lucky, I took MASSIVE life-changing action!

In 2010, six years after my diagnosis, I began sharing my story of faith, courage, and determination, and my message of hope that many chronic diseases, including many cancers, can be prevented and reversed with a radical transformation of diet and lifestyle.

In the last decade, I've become one of the most well known cancer survivors on the planet and I reach millions of people per year as a blogger, podcaster, speaker and global health coach through my books, my SQUARE ONE Cancer Coaching Program, social media and my website ChrisBeatCancer.com.

This guide features the specific compounds I intentionally consumed during my healing journey to target and eliminate cancer cells in my body. I've also included recipes that are jam packed with cancer-fighting nutrients that help nourish healthy cells, eliminate cancer cells, detoxify your body, and strengthen your immune system.



The truth is simple, eating whole foods from the earth gives your body vital nutrients that support healing. The food on the end of your fork has the power to promote health or promote disease.

The purpose of this guide is to provide valuable information in cancer prevention and healing as well as delicious whole food plant-based anticancer recipes you can incorporate into your daily diet. Enjoy!

-Chris

Free Access Pass to my SQUARE ONE Cancer Coaching Program

Seven years after beating cancer with a holistic approach, I started coaching cancer patients one-on-one.

And after seven years of coaching, I decided to take everything I learned from my experience, years of research and from interviewing integrative doctors and survivors who healed naturally and distill it down into a simple online coaching program that removes the fear, confusion and overwhelm that cancer patients face, and replaces it with hope, clarity, confidence and an action plan.

It's called SQUARE ONE.

SQUARE ONE will take you step-by-step through the healing process. It will eliminate the fear and confusion and show you exactly where to start, and give you a roadmap to radically transform your life and your health.

This month, I'm giving you FREE ACCESS to the entire program! All 10 modules. If you're a patient, a caregiver, or are serious about prevention, this course is for you. SQUARE ONE is where you start.

Details about the SQUARE ONE free screening have been sent to the email address you used to receive this free anticancer recipe guide, including when the free screening starts and how to watch.

I'll see you there!
Chris Wark

CANCER CELLS AND STEM CELLS

What is a cancer cell?

Cancer cells are not alien invaders. They are your cells with your DNA. The presence of cancerous tumors is the result of a breakdown in the normal functioning of your body. Damaged cells mutate and begin to behave abnormally, and the systems designed to identify and eliminate those mutant cells fail, allowing them to rapidly divide and corrupt surrounding tissue with lesions and tumors.

What is a stem cell?

Cancer stem cells are the cells that initiate cancer, think of them as the seeds of cancer. Everyone has them, and they flow throughout our bodies. Cancer stem cells become problematic when systems designed to identify and eliminate those mutant cells fail, allowing them to find hospitable spots within the body to take root and reproduce.

Normal cells in your body are programmed to die at a certain point. Some cells live for a few days. Some cells live for weeks or months. But they all have a programmed cell death. The cancer cell doesn't have that. When a cell mutates and becomes cancerous, it starts dividing uncontrollably. It loses the auto self-destruct mechanism and keeps living and multiplying. The cells form a tumor, and then cells from that tumor leave and form new tumors in other parts of the body.



This all starts with a cancer stem cell. Those are the real bad boys – the instigators of tumors. A properly functioning immune system is designed to identify and eliminate cancer cells. And if it's not doing that – if you have a tumor, if you have a lump/bump/lesion in your body – then that is an indication that your immune system is either overloaded or suppressed...or maybe both.

But don't let that scare you, knowledge is power! You can do a lot to help your body handle these rogue cells given the proper nutrition and care... While it is true that cancerous cells need to either die or revert back to normal, I no longer view cancer as an enemy to be beaten or defeated, or a battle to be won or lost. Cancer is not something you fight. It is something you heal.

"The body created it. And the body can heal it." It's called spontaneous remission. I just want you to understand and believe that healing is possible. The body can heal it. But you have to change the way you're living and remove all of the cancer-causing factors in your life.

Why should I worry about cancer stem cells, doesn't treatment kill cancer stem cells?

Standard treatments like chemo and radiation typically don't kill cancer stem cells, and that's not all, it's now known that some types of chemo drugs can activate cancer stem cells in some cases. And because conventional testing methods often don't include testing for circulating cancer stem cells, the problem isn't caught until it's much larger. In fact, in order to detect a tumor on a scan it needs to be at least to be at least 1-2 centimeters, that means that over 1-2 BILLION cancer cells have to come together in order to be detected. So it's critical to have a strategy that helps with cancer stem cells. Wouldn't you rather deal with them sooner when they are much more manageable?!



How does medical radiation impact stem cells?

When radiotherapy shrinks a breast cancer tumor by 50%, everyone assumes that's a good thing, but researchers at UCLA discovered that the radiation often kills benign cells. It also can make the surviving breast cancer stem cells resistant to further treatment and up to 30 times more likely to form new tumors than the non-irradiated breast cancer cells.

Another study found that ionizing radiation reprogrammed less-malignant breast cancer cells into breast cancer stem cells, creating treatment-resistant "super cells." Radiotherapy can not only make existing breast cancer stem cells stronger and more aggressive, but it can also create new breast cancer stem cells. Radiotherapy has also been found to increase cancer stem cells in the prostate, resulting in cancer recurrence and worsened prognosis. Another commonly undisclosed side effect of chest radiotherapy, especially when treating breast cancer, is that it can cause significant damage to the heart and arteries, leading to heart disease and even heart failure.

It's all about the terrain!

Think of your body like a giant automobile factory. You've got a huge conveyor belt. You've got all these parts coming down the conveyor belt. You've got workers assembling all the parts one piece at a time, putting them together. And at the end of the line, you've got a finished car.

The beginning of the conveyor belt, the entrance of the factory, is your mouth. And the parts coming into the factory are food. Food is coming into your mouth. It's going down the conveyor belt, which is your digestive tract, from mouth to anus.

And along the way, all of the workers in your body, in your factory, are breaking down the food you eat and carrying the nutrients all around your body, and reassembling them and putting them where they go. They're supplying food to all your cells, your muscles, tissues, and bones. The goal of your body is to stay healthy – in homeostasis. It's to stay alive, and to stay well, and to not have disease.

Now, imagine a factory that's open 24 hours a day. And the assembly line never stops. And the owners of the factory keep putting more stuff on the assembly line, but don't hire any more workers. You can imagine that if you keep adding parts to the assembly line, and you don't add more workers, you're going to create chaos in the factory. This overwhelm creates chaos, garbage piles up, and problems arise. There aren't enough workers to take care of all of the problems.

So, if you have cancer or any type of chronic Western disease, think of your body as being overloaded and overwhelmed. Your body can't keep up with the demands you're putting on it. It's chaos.

Because your body can't keep up. Your immune system is overwhelmed. It's so busy trying to deal with everything that's happening, that it doesn't have enough resources or energy to deal with some little rogue cancer cell here and there that's started multiplying and forming a lesion, lump, bump, tumor, or may be spreading in your blood – like leukemia or lymphoma.

What we want to do is reduce the stress on your body, reduce your toxic load, simplify your life, and create an environment where your body can thrive and heal cancer.

So, it's all about the terrain. Your internal terrain is either hospitable to cancer growth, or it's inhospitable. We want to make it inhospitable. And there are major changes you can make to improve your internal terrain.

You are what you ate!

Your body is made up of trillions of cells, almost all of which are dying and being replaced continually throughout your life. Your intestines are regenerated every two to three days, your taste buds take ten days, your skin and lungs take two to four weeks, your red blood cells take four months, your nails take six to ten months, and your bones take about ten years. About every hundred days, most of your soft tissue has been replaced.

Your body is a perpetual construction site. And your body is built with the food you eat. Everything you put in your mouth becomes the building blocks of your physical body. If you've been eating junk food and fast food for years, well then, your body is basically built out of junk. It's clogged up. And it's overloaded. And it's polluted. But when you replace the man-made processed junk with high quality raw materials straight from the earth, you will dramatically change your internal terrain. And you can build a new body. Now let's find out what to eat!

Many plants contain cancer stem cell killing compounds, that's likely why it's easy to find long term survivors who used plants to heal. Below are some top cancer stem-cell killing plant compounds that have been studied for their ability to target and kill cancer stem cells.

These compounds are known to prevent cancers from forming, inhibit tumor growth, and metastasis and even directly cause cancer cell death.



1. ALLICIN

Allicin is an organosulfur compound found in garlic and other members of the allium family such as onions. The compound is one of garlic's primary active components and gives it its distinct taste and smell.

Garlic and onions are two of the top 10 anticancer vegetables thanks to unique flavonols and organosulfur compounds like allicin, which have repeatedly demonstrated potent anticancer properties in animal and human studies.

Allicin is not present in garlic until it's formed by alliin. Alliin is a compound found in fresh garlic, when the fresh garlic is crushed or chopped, the cell wall breaks and an enzyme is released called alliinase which then converts the alliin to the well known anticancer compound allicin.

Garlic has proven to be one of the most powerful anticancer vegetables. Numerous studies have shown it to lower the risk of developing all types of cancers, especially colon, stomach, intestinal, and prostate cancer. It has strong antibacterial properties as well as the ability to block formation and halt activation of carcinogens. It can also enhance DNA repair, slow down cancer cell reproduction, and induce apoptosis or cancer cell death.

Even the World Health Organization recommends that adults eat one clove of fresh garlic per day. I consumed several cloves per day during my most intensive cancer healing season. I often chopped the cloves up into tiny bits and downed them with a swig of water or juice.

In January 2009, there was a study published in the journal Food Chemistry that compared the anticancer effects of 34 different vegetable extracts on 8 different tumor cell lines. The researchers took 34 different vegetables, juiced them, and then they dripped the juice on different types of cancer cells to see what would happen. And some of the vegetable juices had strong anticancer effects.

The most powerful anticancer vegetable in this study was garlic. It stopped cancer growth completely in all the tumor cell lines that they studied – which included breast, brain, lung, pancreatic, prostate, childhood brain, and stomach cancer. Number two was leeks. No surprise there!

And that's not all, garlic also contains other anticancer compounds such as ajoene, and a plethora of other sulfur compounds such as diallyl sulfide, diallyl trisulfide, S-allylcysteine and more that have been researched for their ability to kill or inhibit cancer cells!

How much garlic should you eat?

I recommend at least three cloves of garlic a day, if you're trying to get well. Just take a whole garlic clove, and crush it in a garlic press, or chop it into little bits and swallow it with a swig of water or juice. Three times a day. Simple. You can also add it to your juices.

NOTE: If a recipe you are following calls for cooked garlic and onions, let them sit for 15 minutes after chopping. This allows the anticancer compounds to form, which will not be destroyed by cooking.

FUN FACT: Black garlic is an aged form of garlic that is sweet and chewy and studies indicate that it has unique anti-cancer compounds that are different from raw garlic.

Contraindications:

When you eat a lot of garlic, you are going to reek. You're going to smell like an Italian restaurant. And you're just going to have to apologize in advance to the people around you and say, "Hey everybody, I'm eating a lot of garlic because it's part of my anticancer diet right now." Consuming garlic with food can help reduce the odor.

NOTE: raw garlic may also cause - belching, gas, nausea, diarrhea, or heartburn.

**For research studies on this plant compound, see footnote.*

2. APIGENIN

Apigenin is a compound heavily studied for its cancer stopping abilities! This compound has been shown to have broad anticancer activities for various types of cancer. It works by directly killing cancer stem cells, inhibiting proliferation, stopping migration and promoting apoptosis or cancer death and more!

It even blocks aromatase!

Aromatase is an enzyme in the body that turns androgens into estrogens. Blocking aromatase can inhibit breast and prostate cancer cells. Apigenin has also been found to make cancer cells more sensitive to chemotherapy by activating a tumor-suppressor gene called p53.

Apigenin has been reported to suppress various human cancers by triggering apoptosis (cell death) and autophagy, inducing cell cycle arrest, suppressing cell migration and invasion, stimulating an immune response, and directly killing cancer stem cells.

“Apigenin shows significant cell cytotoxicity selectively against various types of cancer cells with low or no toxicity to normal cells. These selective anticancer effects are further shown to suppress cancer stem cells (CSCs) in various types of cancers. CSCs are closely associated with drug resistance, metastasis, and the recurrence of cancer.”

In addition, a study from Ohio State University showed that apigenin binds with an estimated 160 proteins in the body allowing it to have a wide array of beneficial effects, as opposed to pharmaceutical drugs, which typically only target one molecule.

A unique characteristic of cancer cells is that two types of mRNA splicing occur as opposed to only one in a normal cell. This abnormal splicing defect is found in roughly 80% of cancer cells and is a mechanism used by cancer cells to stay alive.

The Ohio State researchers observed that apigenin influences a specific protein called hnRNPA2 thereby restoring the single-splice characteristic back to breast cancer cells. Restoring this function allows cancer cells to act like normal cells and die naturally and may also make them more sensitive to chemotherapy drugs.

Apigenin is found in many fruits and vegetables, but the highest concentrations are in celery, chamomile, and parsley.

Foods with the highest levels of apigenin (micrograms/gram)
-Celery 191 µg/g
-Fresh parsley 2154.6 µg/g
-Chamomile 3,000-5,000 µg/g
-Dried parsley 45,035 µg/g

Dried parsley has the highest concentration of apigenin by a significant margin, over twenty times more than fresh parsley!

Parsley might just be one of the most overlooked and underrated anticancer foods. In addition to apigenin and falcarinol, parsley contains several more anticancer compounds including quercetin, luteolin, and kaempferol.

Parsley is a staple in Mediterranean and South American cuisine, but sadly in many Western dishes, it is little more than a garnish.



Three ways to get more parsley into your body:
-Juice it! Throw it into the mix with other veggie juice blends.

-Eat it. Use it as a leafy green base with kale or spinach in a salad. Make tabbouleh. Make chimichurri. It's like a spicy pesto made with parsley instead of basil.

-Sprinkle it. Put dried parsley flakes on your salads, and on cooked veggies, and add to soups and even smoothies.

Two tablespoons of dried parsley flakes are roughly equivalent in nutrient content to one cup of fresh parsley.

Parsley is easy to find in most grocery stores. It's also easy to grow in your garden. If you are inclined to mega-dose, I suggest getting organic parsley flakes in bulk on Amazon.

**For research studies on this plant compound, see footnote.*



3. CURCUMIN

Curcumin is one of the active anticancer compounds in turmeric.



It has been shown to inhibit the growth of bone, breast, brain, colon, liver, pancreatic, stomach, bladder, kidney, prostate, and ovarian cancer, leukemia, melanoma, and more. Curcumin is an awesome anticancer compound. It has the ability to block every stage of cancer development from cell mutation – which is the beginning of cancer - to tumor growth, to metastasis. It directly kills many different types of cancer cells, and it does not hurt your healthy cells.

The turmeric plant is a relative of ginger and has been used for thousands of years in Indian ayurvedic medicine as an antiseptic and antibacterial agent to heal wounds and treat infection, inflammation, digestive issues, and more. Indians eat a mostly plant-based diet with some of highest spice consumption in the world, and have significantly lower cancer rates than Western countries. Indians have roughly 9 times less melanoma, endometrial cancer, and kidney cancer, 5 times less breast cancer, 10 times less colorectal cancer, 7 times less lung cancer, and 23 times less prostate cancer.

Turmeric is one of the most powerful cancer-fighting spices known because it contains the anti-inflammatory antioxidant polyphenol curcumin, which has been shown to inhibit growth of many types of cancer cells.

Curry powder, a spice mix commonly found in Indian, Middle Eastern, Thai, and Malaysian cuisine, typically includes turmeric, coriander, cumin, chili peppers, and fenugreek and may also include clove, cinnamon, cardamom, fennel, and ginger.

I love turmeric, and I put it on nearly everything I eat! I even put a teaspoon of turmeric in oatmeal and a tablespoon in fruit smoothies.

Most cancer drugs target only one cancer pathway. For example, 5-FU targets DNA and methotrexate targets folic acid reductase. However, curcumin targets at least 80 cancer-linked cell-signaling pathways like p53, tumor necrosis factor, interleukin-6, NF-kB, and mTOR. Curcumin has the ability to block every stage of cancer development, from cancer formation to tumor growth to metastasis. It can also kill many different types of cancer cells by triggering apoptosis (programmed cell death) without harming normal cells.

Multiple clinical studies have found that doses of 8 grams per day of curcumin had no toxic effects in humans. One study on Curcumin C3 Complex reported no toxic effects in humans taking 12 grams per day. To date, a maximum daily dose has not been identified. Curcumin reaches peak blood concentrations in one to two hours. Taking it three times per day keeps therapeutic levels fairly consistent. A number of studies have shown that high-dose curcumin supplementation (8 grams per day) can enhance the effectiveness of chemotherapy drugs. Dr. Bharat Aggarwal, curcumin researcher and author of more than 600 scientific papers, recommends dosing gradually starting with 1 gram per day for the first week and doubling the daily dose each week. By week 4 you will be taking 8 grams per day.

In 2017, the *British Medical Journal* published the first ever case report of a woman who reversed her late-stage myeloma by taking 8 grams of Curcumin C3 Complex with BioPerine per day. BioPerine is a patented formulation of piperine, an extract of black pepper or long pepper, which has been found to increase the absorption of curcumin by 2000%. So add a little bit of black pepper to turmeric when you’re putting it on something you’re eating.

Contraindications:
Curcumin can inhibit iron absorption, not recommended if you are anemic. In some cases, high-dose curcumin could cause adverse effects, depending on which drugs it is combined with. *Exercise extreme caution if you are taking pharmaceuticals.*

**For research studies on this plant compound, see footnote.*



4. EGCG

Epigallocatechin gallate, often called EGCG, is a potent antioxidant found in many fruits, nuts and teas.

EGCG has been studied for cancer since 1983, and its anticancer effects are so numerous, it's hard to find anything it can't do! EGCG can kill cancer stem cells, and inhibit various cancer types. It has also been proven to delay the onset of cancer for years and found to inhibit metastasis.

The highest levels of EGCG have been found in green tea. The practice of drinking green tea dates back over 1,000 years to the Tang dynasty in China. Green tea contains about 13 times more antioxidants than blueberries and pomegranates. Regular consumption of green tea has been associated with a lower risk of death from cardiovascular disease and death from all causes. It has also been shown to reduce the risk of certain cancers including breast cancer, prostate cancer, and colon cancer.

FUN FACT: Glen Sabin is a long term cancer survivor who used green tea to overcome CLL (leukemia) his case of remission has been documented by Harvard.

Contraindications:
EGCG can inhibit iron absorption, not recommended if you are anemic.

**For research studies on this plant compound, see footnote.*



5. ELLAGIC ACID

Ellagic acid is a polyphenol found in many plants, particularly berries.

Berries are the most potent anticancer fruits, partly due to their ability to protect and repair damage from oxidative stress and inflammation. Blueberries not only contain the immune-boosting anticancer compound ellagic acid, but also anthocyanins, and caffeic acid. One study reported that athletes who ate about two cups of blueberries per day for six weeks nearly doubled the amount of cancer-destroying natural killer cells in their blood from about 2 billion to 4 billion cells. When eaten immediately before exercise, blueberries were also found to reduce oxidative stress and inflammation.

Raspberries, strawberries, and blackberries also contain ellagic acid and other compounds with anti-mutagenic effects that can protect your cells from free radicals and DNA damage, as well as slow down or stop cancer cell growth for many types of cancer. One laboratory study of berries versus cancer cells found that raspberry extract blocked cervical cancer cell growth by 50%. Strawberries blocked it by 75%. Another study found organic strawberry extracts to be more potent and effective against colon and breast cancer cells than conventional strawberries. In a 2011 randomized phase II clinical trial, researchers gave patients with precancerous esophageal lesions 60 grams of powdered freeze-dried strawberries every day for six months. At the end of six months, half the patients were disease free. The precancerous lesions were gone, and their tumor markers dropped dramatically, with just strawberries. Another study found that black raspberries could stop the growth of precancerous oral lesions and even reverse cancer completely when patients applied black raspberries topically, simply spreading a black raspberry paste on the cancerous lesions in their mouth for six weeks. Fruit is great. Don't be afraid of the sugar in fruit. You didn't get cancer from eating too much fruit!

**For research studies on this plant compound, see footnote.*

6. FALCARINOL

Falcarinol is an anticancer compound found in carrots, celery, parsley, parsnips, cilantro, coriander, Devil's claw, and ginseng.

Falcarinol has antibacterial, antifungal properties. In fact, it actually protects the carrot from fungus and other diseases.

That's not all, it's immune-boosting, and has numerous anticancer properties, against many cancer types. This amazing compound suppresses cancer pathways such as Notch, which regulates cells and is disrupted in Leukemia, breast, colon and cervical cancer. For colon cancer, falcarinol shows potent antiproliferative activity by selectively killing colorectal cancer cells and repressing tumor growth without affecting normal colon epithelial cells!

For years I was under the impression that carrots had the highest levels of falcarinol, but recently discovered that parsnips have twice the falcarinol as carrots, and parsley contains four times more falcarinol than parsnips and approximately seven times more than carrots. (Carrots 82.23 mg/kg, Parsnips 164.74, mg/kg, Parsley 629.36 mg/kg)

FUN FACT: Boiling leaches falcarinol from vegetables and freezing also reduces levels, not good!

**For research studies on this plant compound, see footnote.*







7. FISETIN

Fisetin is a flavonoid found in strawberries, apples, mangoes, persimmons, kiwis, grapes, tomatoes, cucumbers, onions and more.

Today it seems like we live in toxic soup so it's good to know plant compounds like fisetin have been shown to protect against chemically induced cancers such as lung cancer! In one study, researchers found a carcinogenic compound in exhaust emissions, grilled meat and cigarette smoke to induce lung cancer and found when fisetin was added it reduced cancerous lesions!

It's also a POTENT inhibitor of prostate cancer cell growth because it affects the androgen receptor signaling pathway leading to growth inhibition and lowered PSA.

Fisetin can also help conventional treatment work. When cancer cells become resistant in some cancer types like pancreatic and sarcoma its found to enhance uptake of doxorubicin into the cells for treatment.

Melanoma friends: Fisetin overrides MITF, a regulator of invasiveness and aggression of melanoma. Described in The Journal of Investigative Dermatology as a blow to melanoma.



Just look at all the anticancer mechanisms fisetin has below:
-Affects cell division and mitotic spindles
-Down regulates WNT B-Catenin pathway
-Activates p53 (tumor suppressor gene)
-Down regulates mTOR
-Increases glutathione and protects from glutamate
-Anti-angiogenic (stops blood vessel supply to tumor)
-Activates PTEN (tumor suppressor gene)
-Inhibits COX2 (inflammatory)
-Inhibits NF-kB (inflammatory)
-Inhibits Topoisimerase II (essential for DNA reproduction)
-Potent inhibitor of MMP (causes cancer progression)
-Targets Aurura B kinase a novel direct target of fisetin (progression)
-And more!

It's neuroprotective, enhances long term memory and reduces behavioral deficits after stroke!

What food contains the most fisetin? Strawberries!

Strawberries have 160 µg/g, and to reach therapeutic levels, the dosage is about 37 strawberries per day. Strawberry smoothie anyone?

Apples had the next highest amount at 26.9 µg/g.

**For research studies on this plant compound, see footnote.*

8. GENISTEIN

Genistein is an isoflavone found in soy and red clover that is a potent antioxidant, antifungal, antiviral, and antiparasitic compound.

Before we dig into the benefits of genistein, let's go over the misinformation about soy. Soy is an incredibly beneficial anticancer plant food that blocks the absorption of excess estrogen, in fact, the phytoestrogens in soy block the absorption of excess or harmful estrogen and toxic chemical derived xenoestrogens.

Soy doesn't increase bad estrogen, cause breast cancer, or give men boobs.

Make sure to buy organic soy. If it's not organic, it's more than likely genetically modified.

More benefits!

Genistein's potent anti-inflammatory and anticancer actions come from it's ability to affect intracellular paths such as Akt, mTOR, PI3K, PPARγ, NF-κB, Nrf2 and AMPK.

Genistein can modify the cancer cell cycle, apoptosis, and angiogenesis, as well as limiting metastasis. It also exhibits a synergy with anticancer medicines including adriamycin, tamoxifen and docetaxel.

The best products to consume are organic edamame, miso, tofu, tempeh, and natto. Natto is my least favorite soy food, I call it nasto! :)

**For research studies on this plant compound, see footnote.*

9. LYCOPENE

Lycopene is a carotenoid compound found in tomatoes, melons, papayas, grapes, apricots, peaches, watermelons and cranberries. It's a potent antioxidant and it's also been found to help protect cells from DNA damage.

The highest levels of lycopene are found in cooked tomatoes. High intake of tomatoes has been associated with a lower risk of multiple types of cancer including prostate, lung, stomach, colorectal, breast, but lycopene is particularly effective at inhibiting prostate cancer.

Important! Lycopene supplements don't work! Researchers at Ohio State University studying lycopene's inhibitory effects on prostate cancer cells found that it had to be the whole cooked tomato, the supplements were not effective in reducing prostate cancer cells.

FUN FACT: Lycopene is responsible for the red color of tomatoes.

**For research studies on this plant compound, see footnote.*



10. QUERCETIN

Quercetin is a type of flavonoid found in plant foods like apples, red onions, parsley, citrus fruit, cherries, black tea, grapes, berries, and more!

Quercetin helps fight against free radicals and inflammation and is a powerful immune booster.

It is considered one of the most powerful antioxidants. It protects your cells from DNA damage. It's anti-inflammatory. And it's a natural histamine blocker for those of you who suffer from allergies.

Another benefit of quercetin is that it binds to excess iron in your body and prevents its absorption. Iron can be a key ingredient in cancer cell growth, depending on the type of cancer. And quercetin has the ability to steal the iron from cancer cells, which can stop their growth and cause them to die.

If you're anemic you should be careful about taking quercetin, and possibly not take it at all.

The diet I ate while healing cancer was high in quercetin. But if you want to supplement with it, some reliable brands you could rotate between are MegaFood, Thorne Research, Jarrow Formulas, and Source Naturals. Dr. Russell Blaylock recommends quercetin phytosome 250 to 500 mg, 3 times a day, with food.

FUN FACT: Organic produce has been found to have higher levels of quercetin than non-organic.

**For research studies on this plant compound, see footnote.*



11. RESVERATROL

Resveratrol, a natural polyphenolic compound found in various plant foods such as grapes, blueberries, raspberries, and mulberries and is known for its anti-inflammatory and anticancer properties.

Resveratrol targets multiple signaling pathways in tumors that suppress cell proliferation; it can inhibit cell growth, cause apoptosis, and inhibit tumor cell proliferation, lower inflammation, redox signaling, and inhibit angiogenesis, or the blood supply to the tumor.

Resveratrol has also been shown to activate p53, which is a tumor suppressor gene. When it's activated, it stops mutated or damaged cells from dividing by causing apoptosis (cell death) preventing the formation of tumors.

Resveratrol has been found to sensitize or reverse resistant colorectal cancer cells to chemo.

There's even a famous protocol for cancer known as The Grape Cure discovered by Joanna Brandt.

FUN FACT: Resveratrol and exercise increase vitamin D absorption.



Should you drink more wine?

No. Alcohol is a known cancer causer, which outweighs the benefits of the small amount of resveratrol in wine.

**For research studies on this plant compound, see footnote.*

12. SULFORAPHANE

Sulforaphane can be found in cruciferous vegetables which belong to the Brassicaceae family of plants. These plants get their name from the New Latin word “Cruciferae,” which means cross-bearing, due to the cross-like shape of their flowers.

Cruciferous vegetables include vegetables like broccoli, cauliflower, cabbage, and Brussel sprouts. Broccoli sprouts have the highest concentration of sulforaphane – more than any other cruciferous vegetable, or any other food on earth.

High intake of cruciferous vegetables has been associated with reduced risk of several cancers such as breast cancer and aggressive prostate cancer. Here are a few clues as to why. Your immune system begins in your intestines, and your body’s first line of defense against pathogens, bacteria, viruses, parasites, and cancer-causing toxins are immune cells called intraepithelial lymphocytes. These cells are covered in aryl hydrocarbon receptors. Broccoli and other cruciferous veggies also contain an anticancer compound called indole-3-carbinol, which activates the aryl hydrocarbon receptors on your intraepithelial lymphocytes, supercharging your intestinal immune cells.

Sulforaphane is created by a chemical reaction that happens when you chop or chew cruciferous vegetables. It is the most potent phase 2 liver detoxification enzyme known. If you plan to cook cruciferous veggies, chop them 30 to 40 minutes before cooking to allow the sulforaphane reaction to take place.

Broccoli sprouts contain roughly 25 times more sulforaphane and 100 times more indole-3-carbinol than mature broccoli, and they can be found in the refrigerated produce section of most grocery stores right next to the alfalfa sprouts. You can also purchase broccoli seeds and sprout them in three to four days at home, which makes them the cheapest and most powerful immune-boosting and detoxifying medicinal food on earth.

Broccoli sprouts should be eaten raw and are great on salads. I should note that it is possible to get too much of a good thing. Too much sulforaphane could make you feel sick, so it's recommended that you do not eat more than four cups of broccoli sprouts per day.

FUN FACT: Recently a new drug has emerged for breast cancer called SFX-01, it's named after, you guessed it, sulforaphane!!

Scientists from the University of Manchester found a new drug that shows promise in reversing or even preventing resistance to hormone therapy.
That's hopeful because up to 80% of breast cancers are known to be fueled by estrogen and although hormone therapy is an option, many become resistant, and their breast cancer returns.

Another amazing power of broccoli is its ability to increase elimination of carcinogens.

Dr. Thomas Kensler from Fred Hutchinson Cancer research center found broccoli could increase the elimination of carcinogens from test subjects bodies by 67% with freeze dried broccoli sprouts!

**For research studies on this plant compound, see footnote.*



IMMUNE BOOSTING SMOOTHIE

Smoothies are an easy way to jam-pack all the wonderful cancer stem cell killers and blend your way to wellness! It is one of my favorite grab and go meals loaded with antioxidants, phytonutrients, enzymes and fiber.

FUN FACT: Blueberries boost the production of natural killer cells, which are a type of immune cell that fights viral infections and cancer cells. So by adding blueberries to your smoothies, you are boosting your immune system by increasing the number of natural killer cells in your body! So drink up and enjoy!

Ingredients

1½ -2 cups frozen mixed berries (ellagic acid, fisetin)
½ cup red grapes (resveratrol)
1 banana
2 handful of organic leafy cruciferous greens (sulforaphane)
¼ cup broccoli sprouts (sulforaphane)
½ cup soy milk (genistein)
Handful of almonds or walnuts (ellagic acid)
½ cup cooled herbal tea (like Jason Winters Tea)
½ cup cooled green tea or black tea (EGCG)
½ tablespoon turmeric powder (curcumin)
½ teaspoon dried parsley (apigenin)
½ teaspoon moringa powder (quercetin)
½ teaspoon amla powder (quercetin)
½ tablespoon cinnamon
Add water after blending to get the consistency right

Directions
Put everything into the blender and blend until smooth. Pour into a glass jar and enjoy!

NOTE: I buy my organic berries prepackaged in the frozen section of my local grocery store. They usually contain blueberries, raspberries, blackberries, and strawberries; and a package should have about three servings. Costco also sells big bags of organic berries.

Enjoy this delicious, super healthy, high-antioxidant, cancer-killing smoothie!









GROW YOUR OWN BROCCOLI SPROUTS!

Sprouting legumes, seeds, nuts, and grains brings them to life and increases their nutritional potency.

Here's how to grow broccoli sprouts (the process is essentially the same for all sprouts)

Yield: 2 tbsp of seeds yields 4 cups of sprouts

What you will need
-32 oz mason jar with a screen lid
-Organic broccoli sprouts
-Filtered water

I love the sprouting jars and seeds sold by The Sprouting Company.

Directions

1. Soak 2 tablespoons of broccoli seeds overnight in filtered water in a Mason jar with a screen lid.
2. On day 2, drain the water, rinse the seeds with filtered water, and drain again.
3. Rinse the seeds twice per day for 4 to 5 days. When the tail on the sprout is about an inch long, they're ready to eat.
4. Store in the fridge for up to 7 to 10 days

PRO TIPS:

- To keep a fresh supply of sprouts, start a new batch a day or 2 after your first batch is ready to eat.
- Sprouting jars and sprouting trays make this process even easier. You can find them at health food stores and online.
- Freezing broccoli sprouts increases their sulforaphane content by 1 ½ to 2 times. I suggest blending frozen broccoli sprouts into a smoothie.
- Dried chickpeas, green lentils, and mung beans also make great sprouts.

Troubleshooting

Rotting? It's too wet, be sure to keep it tilted so it can drain.

Smells rotten? Oh that's a bad one, it can happen in the summer when it's really hot … small flies can get in there. Avoid by keeping a fan on the lid to deter flies.

Mold? Not likely, it's probably just the fuzzy root fibers.

Didn't produce enough? Maybe it wasn't rinsed 2x a day and so sprouting was reduced.



IMMUNE BOOSTING SALAD

Every bite you take, you are building a new body. This is the approach I took while healing. I ate foods that would build a healthy immune system and fuel my body with cancer killing nutrients.

This salad does just that! Each ingredient is selected to give you the most stem cell killing bang for your fork.

It is important that you use organic produce, which is free of toxic chemical fertilizers and pesticides.

Ingredients

-Leafy greens like kale or arugula (sulforaphane)
-1/4 cup of broccoli or broccoli sprouts (sulforaphane)
-1 handful of chopped purple cabbage leaves (sulforaphane)
-1 tomato (lycopene, fisetin)
-1 garlic clove (allicin)
-½ cup edamame (genistein)
-1 to 2 slices of onion (allicin, quercetin)
-½ apple of choice (quercetin)
-1 to 3 tablespoon walnuts or pecans (ellagic acid)
-1 handful of fresh berries (ellagic acid, fisetin)
-1 handful of grapes (resveratrol)
-1 teaspoon dried parsley (apigenin, falcarinol, quercetin)
-1/4 cup shredded carrots (falcarinol)
-Sprinkle turmeric and black pepper (curcumin)
-Drizzle with olive or flax oil
-½ lemon squeezed

Serve with a chilled glass of green tea for a dose of cancer killing EGCG.

HIPPOCRATES SOUP

This soup formula originated with Hippocrates – the father of medicine – and is given to patients every day on the Gerson protocol.

Ingredients

-1 medium celery knob OR 3 - 4 stalks of celery (apigenin)
-1 medium parsley root, if available (apigenin, falcarinol)
-As much garlic as you can stand (allicin)
-2 small leeks (allicin, quercetin)
-1½ pounds of tomatoes -or more (lycopene)
-2 medium onions (allicin, quercetin)
-1 pound of potatoes
-2 tbsp dried parsley (apigenin, falcarinol)

Directions

1. Wash and scrub veggies (don't peel).
2. Cut into cubes.
3. Simmer for 2 hours.
4. Put the cooked veggies through a food mill (this removes the vegetable bulk from the soup, making it easier to digest).
5. Vary the amount of water used for cooking, according to taste and desired consistency.
6. Keep covered in the fridge no longer than 2 days.

A less strict version of this soup would be to leave the veggies in it and add whatever other spices you like. Gerson forbids salt, but I think a little bit of sea salt or Himalayan salt is okay.

QUINOA TABBOULEH

You need more parsley in your life, and tabbouleh, which is the most delicious parsley dish on the planet, is the way to do it. Our version of this Mediterranean staple uses the super seed quinoa instead of couscous. This quick and refreshing recipe is perfect as a light lunch or tasty side.

Yield: 4 cups

Ingredients

-3 cups quinoa, cooked and cooled
-2 tablespoons extra-virgin olive oil (optional)
-1 teaspoon maple syrup
-4 medium Roma tomatoes, diced (lycopene)
-1 medium shallot, minced (allicin, quercetin)
-1 medium garlic clove, minced (allicin)
-Zest and juice of 1 large lemon
-½ teaspoon sea salt (optional)
-2 tablespoon dried parsley (apigenin, falcarinol)
-1 bunch parsley, chopped (apigenin, falcarinol)
-¼ cup chopped mint

Directions

1. Combine all the ingredients in a large mixing bowl.
2. Refrigerate until ready to serve.

FUN FACT: Rinse the finely diced shallot under cold water in a mesh strainer to reduce the astringent taste that raw onion can develop as the onion juice oxidizes.

Parsley contains the anticancer compound apigenin. Apigenin blocks aromatase, an enzyme in the body that helps promote the cancer-promoting hormone estrogen and inhibits breast and prostate cancer cells. Apigenin has also been found to make cancer cells more sensitive to chemotherapy by activating a tumor-suppressor gene called p53.

CURRIED CAULIFLOWER SOUP

We adore Indian and Thai cuisines, especially curries, and this cauliflower soup with creamy coconut milk, spicy jalapeños, and sweet golden raisins is just perfect.

Yield: 10 cups| Serves 6

Ingredients
-1 tablespoon extra-virgin olive oil (optional)
-1 tablespoon curry powder (curcumin)
-1 teaspoon ground coriander
-1 tablespoon chopped fresh ginger
-8 medium garlic cloves, minced (allicin)
-1 medium white onion, chopped (allicin, quercetin)
-1 medium Roma tomato, chopped (lycopene)
-1 medium jalapeño, chopped
-1 large cauliflower, about 6 cups, florets and stems separated, roughly chopped (sulforaphane)
-Zest and juice of 1 lime
-One 13.5oz can coconut milk
-2 cups vegetable broth
-Pistachios or cashews and golden raisins, to garnish
-Salt, to taste (optional)



Directions

1. Add the oil, curry powder, and coriander to a large pot and heat at medium-high.
2. Once the oil starts to bubble and the curry becomes fragrant, add the ginger, garlic, onion, tomato, and jalapeño and cook for 8 minutes, or until the onion is translucent, stirring frequently.
3. Add the cauliflower stems, lime zest and juice, coconut milk, and broth.
4. Cover and simmer for 20 minutes, or until the cauliflower is tender.
5. Blend the soup with a hand mixer or in a blender until smooth, then return it to the pot.
6. Add the cauliflower florets and cook for 10 minutes, or until just tender.
7. Ladle the soup into bowls and garnish with nuts, golden raisins, and a pinch of salt to taste.



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