

7 SCIENTIFICALLY SUPPORTED SECRETS FOR FIGHTING CANCER WITH NUTRITION

BY NATHAN CRANE





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ABOUT THE AUTHOR



NATHAN CRANE

Nathan Crane is an award-winning author, inspirational speaker, plant-based athlete, Amazon #1 bestselling, and 20x award-winning documentary filmmaker.

Nathan is the Director of the Health and Healing Club, Host of the Conquering Cancer Summit, and Director and Producer of the documentary film, *Cancer; The Integrative Perspective*.

In 2005, at only 18 years old, Nathan began his health, healing, and spiritual journey, eventually overcoming a decade of brutal teenage addiction, house arrest, jail, and challenging times of homelessness to become an international author, filmmaker, and speaker dedicated to health, healing and conscious awakening.

Nathan has received numerous awards for his contribution to health, healing, and personal development including the Accolade Film Competition 2020 Outstanding Achievement Humanitarian Award and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field, Nathan has reached millions of people around the world with his inspiring messages of hope, healing, and transformation.

His website is NathanCrane.com



7 SCIENTIFICALLY SUPPORTED SECRETS FOR FIGHTING CANCER WITH NUTRITION

ELIMINATE DAIRY FROM YOUR DIET



Studies indicate that high dairy consumption is associated with an increased risk of prostate cancer. One reason could be the presence of bioactive molecules in milk like;

- Calcium. One study has linked calcium from milk and supplements with an increased risk of prostate cancer.
- Insulin-like Growth Factor 1 (IGF)-1. (IGF)-1 has been linked with an increased risk of cancer. It modulates cell growth and survival and is thought to be important in tumor development
- Estrogen hormones. Researchers worry that the reproductive hormones in animal milk may accelerate cancer growth.

While there have been small studies that say milk and dairy have adverse effects. Most studies indicate that high dairy consumption can increase the risk of cancer, particularly prostate cancer. That is why experts recommend avoiding them altogether.



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ADD CANCER-FIGHTING BERRIES TO YOUR DAILY DIET



PRO TIP:
ADD COCONUT YOGURT
FOR PROBIOTICS

This is because of the rich vitamins and antioxidants that berries carry with them, which has proven to be a benefit for both cancer-preventing and reversing. This includes berries like;

- [Blueberries](#). A nutritional powerhouse, they are high in fiber, vitamin C, and manganese and very rich in [antioxidants](#) that are known to be studied for their cancer-fighting elements. Also, blueberries may help decrease chemo brain, a condition in which some people experience [memory troubles](#) and difficulty concentrating during cancer treatment and recovery.
- [Mulberries](#). Traditionally, they have been used to treat cancer in many forms of medicine, but growing evidence indicates that they may be effective against cancer. Mulberries are also one of the few fruits rich in both vitamin C and iron, which may help [protect against anemia](#) caused by cancer treatments.
- [Strawberries](#). Aside from their fresh, sweet taste, strawberries are also rich in vitamin C, folate, manganese, and potassium, along with antioxidant compounds like pelargonidin. Strawberry provides several cancer-specific health benefits in addition to its impressive nutrient profile; there is one study on animals that showed freeze-dried strawberries reduced tumor growth in hamsters with oral cancer. [In another study](#), the strawberry extract has helped block tumor growth and helped kill breast cancer cells in mice. Also, the texture of how ripe strawberries are perfect as it is soft, making them suitable for those with mild swallowing difficulties.
- [Blackberries](#). This popular fruit is packed with vitamins C, manganese, and vitamin K. Plus it contains an array of antioxidants, including ellagic acid, gallic acid, and chlorogenic acid which are crucial for protecting against DNA damage and neutralizing harmful compounds called free radicals that will slow the growth of cancer cells.



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EAT 2 MUSHROOMS PER DAY.



PRO TIP: SAUTÉ WITH BLACK PEPPER AND TURMERIC FOR ANTI-INFLAMMATORY EFFECTS

Various forms of medicinal mushrooms have been shown to reduce certain side effects from chemotherapy and radiation such as nausea, bone marrow suppression, anemia, and lowered resistance. Various mushrooms have been identified to have a number of bioactive molecules, especially anti-tumor agents. The bioactive compounds of mushrooms include polysaccharides, proteins, fats, ash, glycosides, alkaloids, volatile oils, tocopherols, phenolics, flavonoids, carotenoids, folates, ascorbic acid enzymes, and organic acids. The properties responsible for the most anti-cancer potential are lentinan, krestin, hispolon, lectin, calcaelin, illudin S, psilocybin, Hericium polysaccharide A and B (HPA and HPB), ganoderic acid, schizophyllan, and more which are active components in mushrooms. Many mushrooms have shown good anti-tumor effects while inducing apoptosis.



7 SCIENTIFICALLY SUPPORTED SECRETS FOR FIGHTING CANCER WITH NUTRITION

DRINK FRESH ORGANIC VEGETABLE JUICE DAILY.



PRO TIP: MAKE 64 OUNCES AT A TIME WITH CARROTS, BEETS, CELERY, CUCUMBER, KALE, AND PARSLEY, AND DRINK 12-24 OUNCES PER DAY

Juicing vegetables can help fight cancer because they are great sources of antioxidants. Elaine Gibson used green juice as one of her main protocols to help reverse stage 4 cancer. Adding green vegetable juice increases your intake of essential vitamins and minerals needed for the body to heal (But only juice vegetables, don't juice fruits, as juicing fruits removes the fiber and leads to excessive sugar intake).

- Carrots. The slightly sweet taste of carrots and their impressive nutritional profile make them an excellent choice for juicing. They're low in calories and high in vitamin A, biotin, and potassium. What's more, they're loaded with carotenoids, which are plant pigments that work as powerful antioxidants in your body. These include beta-carotene, lycopene, alpha-carotene, and lutein. Studies show that eating a diet rich in carotenoids may be linked to a lower risk of cancer.
- Beet. They are packed with manganese, potassium, and folate. They're also high in nitrates, a type of natural plant compound with powerful health effects.
- Celery. It contains a good amount of vitamins A, K, and C, as well as antioxidants like kaempferol, caffeic acid, and ferulic acid in addition to its high water content. Animal research and test-tube studies suggest that celery extract may improve heart health by lowering blood pressure, triglycerides, and cholesterol levels. Celery also may protect against chronic diseases due to powerful anti-inflammatory compounds, according to another study.
- Cucumber. They are low in calories yet high in potassium, manganese, and vitamins K and C. Their high water content also makes them a great addition to your next juice. In addition, test-tube research shows that cucumber extract may help reduce inflammation in skin cells. Making it an excellent choice after days spent in the sun for people doing sun therapy..
- Kale. The mild flavor of kale complements well with other vegetables making it one of the best options for juicing. Raw kale is also especially high in antioxidants, including beta-carotene.
- Parsley. Often seen as little more than an herb and garnish for cooking, parsley is a great vegetable to use for juicing. Fresh parsley is especially rich in vitamins A, K, and C, which may all contribute to its many health benefits. In fact, one study concluded that parsley extract significantly decreased blood sugar and improved blood antioxidant levels. Another study found that parsley extract can help with liver damage as it increases antioxidant status and preserves liver function which is very crucial for people who are doing conventional treatment for cancer.



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ELIMINATE MEAT FROM DIET



REPLACE WITH
ORGANIC TOFU,
TEMPEH, AND BEANS

An overwhelming amount of evidence has linked cancer to eating meat. “The data is as strong as it possibly can be that processed meat creates a higher incidence of cancers, particularly the pancreatic, prostate, stomach, and colorectal cancers,” Dr. Brayer says. “IARC also said that fresh cuts of red meat probably cause cancer, too.” Especially meat that has been cooked at a high temperature as it produces carcinogens.

Experts advise substituting it with more healthy options like Tofu, Tempeh, and Beans.

Tofu and Tempeh are excellent sources of protein which we tend to look for meat. That is why it is a better alternative because unlike meat it doesn't increase the risk of cancer. In fact, there is growing evidence that eating traditional soy foods such as tofu, and tempeh may lower the risk of breast cancer, especially among Asian women.

Beans are rich in fiber, phenolics, peptides, and phytochemicals. Certain compounds in beans have shown an amazing ability to help fight cancer. They contain several potent phytochemicals that can protect cells against cancer. One study found that eating beans and lentils significantly reduced the risk of prostate cancer, and one study with rats inhibited colon cancer by 57%. Furthermore, beans are one of the most common foods eaten among some of the healthiest people in Blue Zones around the world including the Costa Rican blue zone in the Nicoya Peninsula.



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EAT ORGANIC FRESH WHOLE FOODS



PRO TIP: BUY LOCALLY GROWN AND SEASONAL

Why organic? Research says that people who eat organic food are less likely to develop cancer than those who eat foods sprayed with chemical pesticides, herbicides, and fertilizers. Organic food avoids the potential dangers that chemical-laden conventional foods pose against the health of the body. One large cohort study showed that participants in the group that ate organic foods most of the time versus those who didn't eat any organic foods were 75% less likely to develop cancer.



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ELIMINATE SODA AND SUGARY DRINKS.



REPLACE WITH SPARKLING WATER AND FRESH LEMONS, AND/OR APPLE CIDER VINEGAR IN WARM WATER WITH HONEY

As most people know, sugar causes cancer to grow and spread quickly. Because of that sugary drinks and soda should be avoided at all costs. Try to replace them with drinks that almost give you the satisfaction that you may be looking for in these drinks like;

- Sparkling Water and Freshly squeezed lemons. To start with, sparkling water is a good alternative for sodas as it has the same bubbly feeling that we are looking for plus it gives true hydration. However, some sparkling waters have added sugar in their content so you have to check the ingredients as well. Add it to freshly squeezed lemons which are jammed-packed with many nutritional attributes and beneficial plant compounds. They are high in vitamin C, fiber, and various beneficial plant compounds which are evidently very important for; supporting heart health, weight loss, preventing kidney stones, protecting against anemia, improving digestive health, and more importantly reducing cancer risk.
- Apple Cider Vinegar in warm water with Honey. Apple cider vinegar and honey are often considered a tasty combination due to the sweetness of honey reducing the puckery taste of vinegar so it is a very delicious alternative. In addition to this, the consumption of this tonic is believed to have numerous health benefits. Apple cider vinegar has been proven to promote; weight loss, improve heart health, reduce cholesterol, eliminate harmful bacterias in our bodies, lower blood sugar levels, and improve symptoms of diabetes.



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ABOUT HEALTH AND HEALING CLUB

Health and Healing club is a membership where you can get access to premium content designed specifically for every health goal, whether it be preventing and reversing chronic diseases like cancer and diabetes, or living healthier and happier, practicing meditation, and taking back control of your health.

Learn from some of the world's leading cancer and autoimmune experts including doctors like Dr. Joel Fuhrman, Dr. Thomas Lodi, Dr. Leigh Erin Connealy, Dr. Sunil Pai, and many others inside the Health and Healing Club and receive group coaching and live Q&As monthly as part of your membership.

WHAT TO EXPECT INSIDE THE HEALTH AND HEALING CLUB?

- 24/7 ACCESS

Whether you want to stream instantly or watch later, the Health and Healing Club is always ready for you to enjoy.

- ASK THE EXPERTS

World-leading experts and doctors answer your questions each month about any health-related issues or challenges you're facing

- 100+ PREMIUM VIDEOS

Whether your interest is preventing or reversing cancer, diabetes, weight loss, meditation, happiness or longevity - there are videos ready for you - and new videos added every month.

- FIND YOUR COMMUNITY

We're greater than the sum of our parts. Connect with like-minded people in the Health and Healing Club.

REDEEM YOUR FREE 14 DAY TRIAL TO THE HEALTH AND HEALING CLUB

Signup for a free 14-day trial to the Health and Healing Club at <https://healthandhealingclub.com/>



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RESOURCES

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