EATING TO AVOID OR REVERSE THE "BIG C" CANCER.

Four nutrients are very strongly correlated with cancer-free persons - **Vitamin A, Vitamin C, Vitamin E and Carotene**. **Selenium and Chromium** are also "friendly nutrients" in relation to cancer prevention/treatment. Carcinomas respond well to nutritional factors. Sarcomas, leukemias, lymphomas are less influenced by dietary factors.

What are the best foods to use as weapons against disease?

- Fruits
- Vegetables
- Grains (oats/ rye/ barley/ millet)

Supplements of Vitamin C
Vitamin E/ Beta-carotene
Selenium/ Chromium

Fiber intake to total 25-35 gms. daily (grains/vegetables)
Lower fat calorie intake to 30% of total calories (less foods from animal sources.)

Eat more "cruciferous" vegetables

- Brussel sprouts
- Cabbage
- Broccoli

Cauliflower
Rutabagas
Turnips

Eat more yellow foods

- All kinds of squash
- Sweet potatoes
- Pumpkin

Carrots (Know about Just Carrots? ask us.)
Apricots
Canteloupe

Eat more deep-green leafy vegetables

- Kale
- Mustard greens
- Spinach

Endive
Turnip greens
Beet tops

Since I doubt if you will eat more greens, my solution is **1-2 tsps. of BarleyLife daily**. If I had cancer I would consume from 6-10 tsps. of BarleyLife daily - 2 tsps. every few hours - always on an empty stomach. See my book GREEN LEAVES OF BARLEY to understand the reason why.

- If possible, avoid all alcohol, caffeine, and sugar in all forms.
- Avoid fried foods/ bar-b-qued meats/ soft drinks.
- Drink 8 glasses of distilled water per day.

The bottom line: **Sick cells can be changed into healthy cells through good nutrition**. If I had a degenerative disease (cancer, heart disease, diabetes, arthritis, chronic fatigue syndrome or a host of others), I would take even more drastic steps than the **Genesis 1:29 diet.** I would eat only **"live foods" - raw fruits and raw vegetables, mostly juiced.**