



7 Day Anti-Cancer Meal Plan, Recipes & Snacks

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Introduction

Back in 1995, my world flipped upside down, my mom was diagnosed with non-Hodgkin's lymphoma and given just a 10% chance of survival. Watching her go through the standard medical treatments, chemo, radiation, and the endless cycle of tests and surgeries, was heartbreaking. It didn't feel like healing. It felt like managing decline. That experience cracked something open in me. I started asking questions, digging into alternatives, and waking up to the reality that maybe the mainstream medical model doesn't have all the answers, especially when it comes to long-term healing and prevention.

That wake-up call was my entry point into a whole new way of thinking about health, especially cancer. I began to understand that food isn't just fuel; it's information. What we eat literally communicates with our cells, influences our genes, and either nourishes or depletes us. I realized we have so much more control than we're led to believe, over our health, our immunity, and even our genetic expression. That belief is what drove me to dive headfirst into holistic healing and natural prevention strategies.

From 2003 to 2010, I went all in on a 100% raw vegan diet. It was more

than just a health choice, it was a full-body commitment to reclaiming power over what goes into and happens inside my body. During that time, I immersed myself in the world of nutrition science, functional medicine, and plant-based healing. I wasn't looking for quick fixes, I was searching for real, root-cause answers. And what I found, again and again, is that food has the ability to transform the body in profound ways, ways that no pill or invasive treatment ever could.

Ever since then, I've been researching non-stop, reading studies, listening to stories, and helping others explore how they can use food and light as a foundation for healing and prevention. Whether you're facing a diagnosis or just want to stay ahead of the curve, following an anti-cancer diet is one of the most empowering things you can do. Because cancer doesn't show up out of nowhere. It builds silently over time. But the good news? So does resilience. And every meal is a chance to build it.

Day 1

BREAKFAST: Coconut Berry Quinoa Bowl

LUNCH: Kale & Broccoli Power Bowl

DINNER: Roasted Root Veggies with Grass-Fed Lamb Patties



Breakfast - Coconut Berry Quinoa Bowl

Ingredients:

- ½ cup cooked quinoa
- ¼ cup canned full-fat coconut milk
- ½ cup blueberries
- 1 tbsp ground almond meal
- ¼ tsp cinnamon

Instructions:

- Cook ¼ cup dry quinoa with ½ cup water for 15 mins. Let cool.
- In a small pan, heat cooked quinoa with coconut milk over low heat.
- Stir in blueberries, almond meal, and cinnamon.





Lunch: Kale & Broccoli Power Bowl

Ingredients:

- 1 cup chopped kale
- 1 cup steamed broccoli
- ¼ avocado
- 2 tbsp pumpkin seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt

Instructions:

- Steam broccoli for 3–4 mins.
- Massage kale with 1 tsp olive oil and pinch of salt for 2 mins.
- Toss kale, broccoli, sliced avocado, and pumpkin seeds.
- Whisk lemon juice + olive oil and drizzle over.

Dinner: Roasted Root Veggies + Lamb Patties

A close-up photograph of two raw lamb patties resting on a rustic wooden cutting board. Several garlic cloves are scattered around the patties, and a sprig of fresh green herbs is visible in the upper right corner. The background is a dark, textured surface.

Ingredients:

- 1 sweet potato (cubed)
- 1 parsnip (sliced)
- 1 beet (diced)
- 1 tbsp olive oil
- 4 oz ground lamb
- ½ tsp garlic powder
- ¼ tsp black pepper
- ½ tsp thyme

Instructions:

- Preheat oven to 400°F. Toss chopped veggies in olive oil, season, roast for 30 mins.
- Combine lamb with garlic, pepper, and thyme. Form into 2 patties.
- Cook patties on skillet for 4–5 mins per side.
- Serve together.



Day 2

**Breakfast: Walnut Apple Chia
Oatmeal**

**Lunch: Wild Rice & Roasted Veg
Salad**

**Dinner: Mackerel + Lemon Garlic
Greens**



Breakfast: Walnut Apple Chia Oatmeal

Ingredients:

- ½ cup steel-cut oats
- 1 cup water
- ¼ chopped apple
- 1 tbsp chia seeds
- 1 tbsp chopped walnuts
- Cinnamon

Instructions:

- Cook oats in water for 10–15 mins.
- Stir in chopped apple and chia seeds, cook 2 mins more.
- Top with walnuts and cinnamon.

Lunch: Wild Rice & Roasted Veg Salad

Ingredients:

- ½ cup cooked wild rice
- ½ cup roasted cauliflower
- ¼ cup roasted carrots
- 2 tbsp parsley
- 1 tbsp olive oil
- 1 tsp apple cider vinegar

Instructions:

- Roast cauliflower and carrots at 400°F for 25 mins.
- Toss with wild rice and chopped parsley.
- Mix oil + vinegar and drizzle.





Dinner: Mackerel + Lemon Garlic Greens

Ingredients:

- 1 mackerel fillet (4 oz)
- 1 tbsp olive oil
- 1 clove garlic
- 1 cup Swiss chard or spinach
- Juice of ½ lemon

Instructions:

- Bake mackerel at 375°F for 12–15 mins.
- Sauté greens with olive oil and garlic for 3 mins.
- Drizzle lemon juice and serve with fish.

Day 3

Breakfast: **Avocado Banana Smoothie**

Lunch: **Cucumber Dill Salad with Sardines**

Dinner: **Zucchini Fritters + Beet Slaw**

Breakfast: Avocado Banana Smoothie

Ingredients:

- ½ avocado
- 1 banana
- 1 cup coconut milk or water
- 1 tbsp almond meal
- ½ tsp turmeric

Instructions:

- Blend all until smooth. Serve cold.





Lunch: Cucumber Dill Salad with Sardines

Ingredients:

- 1 cucumber, sliced
- ½ cup cherry tomatoes
- 2 tbsp fresh dill
- 1 can sardines in olive oil
- Juice of ½ lemon

Instructions:

- Combine cucumber, tomatoes, and dill.
- Add sardines and drizzle lemon juice. Toss.



Dinner: Zucchini Fritters + Beet Slaw

Ingredients:

- 1 grated zucchini (squeeze dry)
- 1 egg
- 2 tbsp almond flour
- 1 tsp turmeric

Slaw:

- ½ grated beet
- 1 tsp olive oil
- 1 tbsp lemon juice

Instructions:

- Mix fritter ingredients, form patties.
- Cook in olive oil, 3 mins per side.
- Toss beet with oil and lemon for slaw. Serve.

Day 4

Breakfast: **Berry Coconut Chia Pudding**

Lunch: **Purple Potato Salad**

Dinner: **Chicken Thighs + Brussels Sprouts**



Breakfast: Berry Coconut Chia Pudding

Ingredients:

- ¼ cup chia seeds
- 1 cup coconut milk
- ½ cup berries
- ¼ tsp vanilla

Instructions:

- Mix chia with coconut milk and vanilla.
- Refrigerate overnight.
- Top with berries.



Lunch: Purple Potato Salad

Ingredients:

- 1 cup cooked purple potatoes
- ¼ red onion, sliced
- 1 tbsp chopped basil
- 1 tbsp olive oil
- 1 tsp Dijon mustard

Instructions:

- Boil potatoes, cut in halves.
- Mix with onion and basil.
- Stir in olive oil and mustard dressing.



Dinner: Chicken Drumsticks + Brussels Sprouts

Ingredients:

- 3 chicken drumsticks
- 1 tbsp olive oil
- 1 garlic clove
- 1 cup halved Brussels sprouts

Instructions:

- Preheat oven to 400°F. Toss sprouts with olive oil, roast 20 mins.
- Rub chicken with garlic and olive oil, bake 25 mins.
- Serve together.



Day 5

Breakfast: Sweet Potato Coconut Mash

Lunch: Spinach Avocado Salad with Egg

Dinner: Beef Stir Fry (No Soy)

Breakfast: Sweet Potato Coconut Mash

Ingredients:

- ½ steamed sweet potato
- ¼ cup coconut milk
- 1 tbsp almond flour
- Cinnamon

Instructions:

- Mash sweet potato with warm coconut milk.
- Stir in almond flour and cinnamon.





Lunch: Spinach Avocado Salad with Egg

Ingredients:

- 1 cup spinach
- 1 boiled egg
- ¼ avocado
- 1 tbsp olive oil
- 1 tsp balsamic vinegar

Instructions:

- Slice egg and avocado.
- Toss with spinach and dressing.



Dinner: Beef Stir Fry (No Soy)

Ingredients:

- 4 oz grass-fed beef strips
- ¼ cup sliced mushrooms
- ¼ cup onions
- 1 cup bok choy
- 1 tbsp olive oil
- 1 tbsp coconut aminos

Instructions:

- Heat oil, stir-fry onions and mushrooms.
- Add beef and cook 4–5 mins.
- Add bok choy + coconut aminos. Serve.

Day 6

Breakfast: Coconut Almond Granola Bowl

Lunch: Avocado Veggie Lettuce Wraps

Dinner: Roast Chicken + Cauliflower Mash

Breakfast: Coconut Almond Granola Bowl

Ingredients:

- 2 tbsp shredded coconut
- 1 tbsp almonds
- 1 tbsp pumpkin seeds
- ¼ cup coconut yogurt – or L. Reuteri Yogurt
- Cinnamon

Instructions:

- Combine dry ingredients in a bowl.
- Top with yogurt and sprinkle cinnamon.



Lunch: Avocado Veggie Lettuce Wraps

Ingredients:

- ¼ avocado
- ½ cup roasted veggies
- 3 romaine leaves

Instructions:

- Mash avocado.
- Spread in romaine leaves, top with veggies. Roll up.





Dinner: Roast Chicken + Cauliflower Mash

Ingredients:

- 4 oz chicken breast
- 1 tsp rosemary
- 1 tbsp olive oil
- 1 cup steamed cauliflower
- 1 tbsp coconut cream

Instructions:

- Roast chicken with oil and herbs at 375°F for 25 mins.
- Blend cauliflower with coconut cream until smooth.
- Serve together.



Day 7

Breakfast: Golden Turmeric Smoothie

Lunch: Egg Veggie Scramble + Arugula

Dinner: Grilled Trout + Asparagus



Breakfast: Golden Turmeric Smoothie

Ingredients:

- ½ banana
- ¼ cup mango
- 1 tsp turmeric
- 1 tbsp almond flour
- 1 cup coconut milk

Instructions:

- Blend all until smooth.

Lunch: Egg Veggie Scramble + Arugula

Ingredients:

- 2 eggs
- ¼ cup bell pepper
- ¼ cup zucchini
- 1 cup arugula
- 1 tbsp olive oil

Instructions:

- Scramble eggs with veggies in olive oil.
- Serve with fresh arugula.



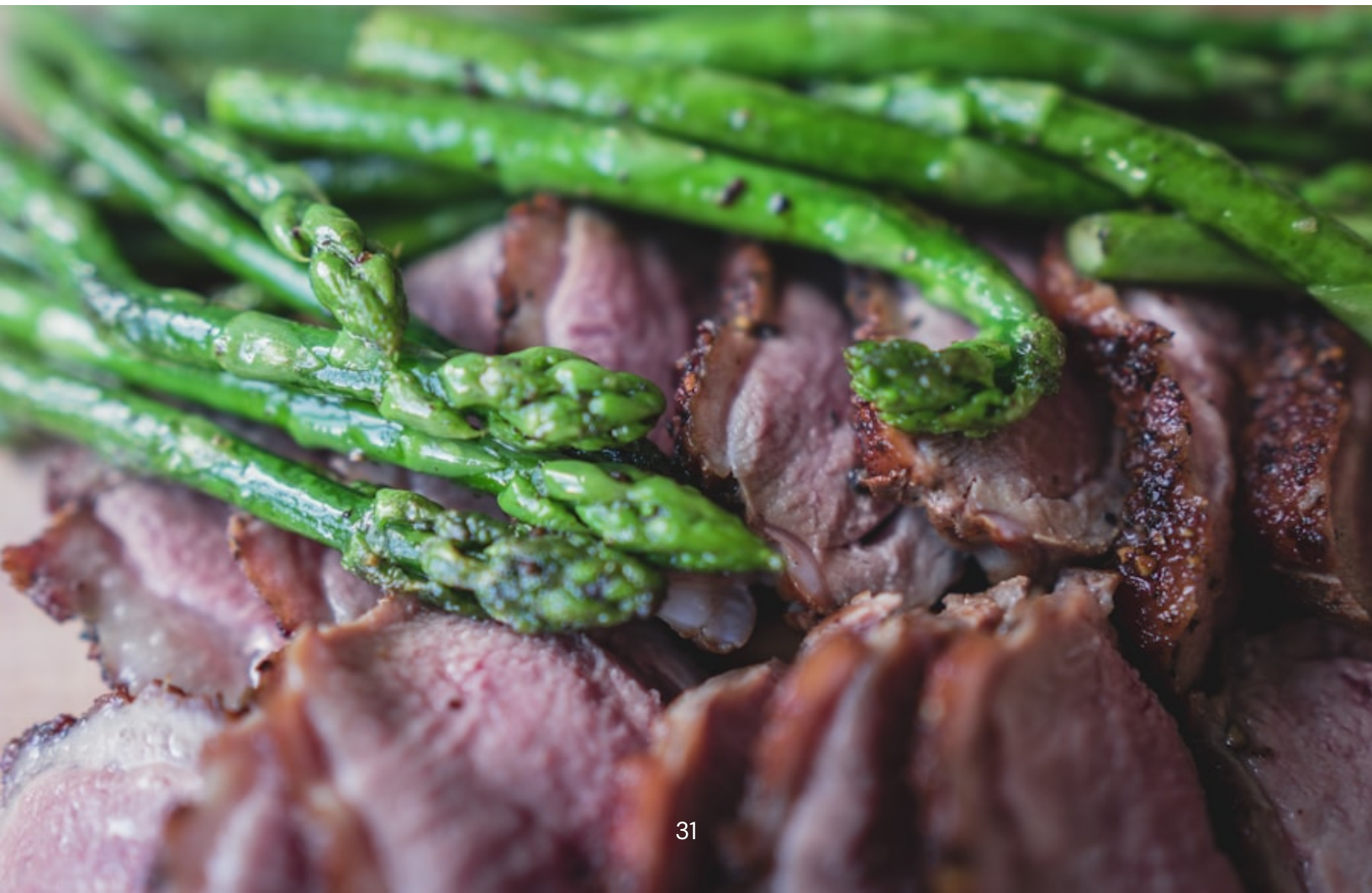
Dinner: Grilled Trout + Asparagus

Ingredients:

- 4 oz trout
- 1 tbsp olive oil
- 1 tsp lemon zest
- 1 cup asparagus

Instructions:

- Grill trout and asparagus for 8–10 mins with olive oil and lemon zest.
- Serve immediately.



4 Anti Cancer Snack Options



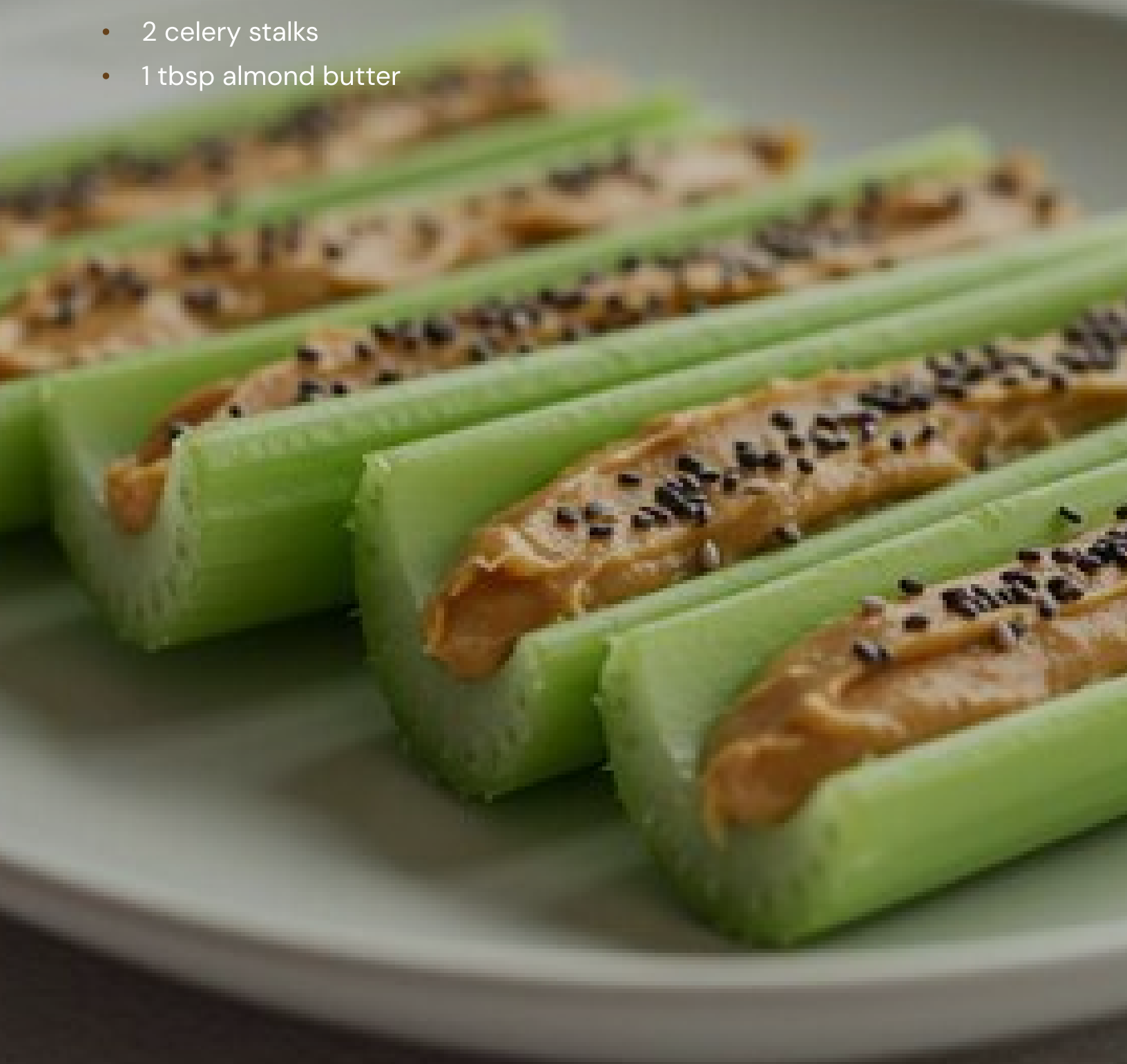
Brazil Nuts & Berries

- 2 Brazil nuts
- ½ cup raspberries



Celery Sticks & Almond Butter

- 2 celery stalks
- 1 tbsp almond butter





Carrot Sticks with Guacamole

- 1 carrot
- $\frac{1}{4}$ mashed avocado with lemon juice

Boiled Egg + Olive Tapenade

- 1 boiled egg
- 1 tbsp olive tapenade



Food Is Medicine

They say food is medicine—and it's true. What we eat every day can either help our body fight disease or fuel it. Below is a list of everyday foods (**all of these foods below are included in the recipes above**) that aren't just tasty, they're packed with compounds shown to help protect against cancer and support your long-term health.

Food Is Medicine



Vegetables

Kale

Kale is rich in glucosinolates, which, upon digestion, convert into isothiocyanates—compounds known to activate detoxification enzymes and inhibit cancer cell proliferation. These compounds have demonstrated protective effects particularly against colon and breast cancers.

Broccoli

Broccoli is a powerful anticancer food due to sulforaphane, a compound that modulates cellular detoxification, induces apoptosis in cancer cells, and inhibits tumor angiogenesis. It has shown preventive effects across multiple cancer types, including prostate, breast, and colorectal.

Sweet Potato

Purple and yellow-fleshed sweet potatoes contain anthocyanins and other polyphenols that have demonstrated antioxidant and anticancer activity, particularly in inhibiting cancer cell proliferation and inducing apoptosis. Their bioactive compounds are under study for their role in lung and breast cancer prevention.

Beets

Beets contain betalains such as betanin, which exhibit strong antioxidant and anti-inflammatory effects. These compounds can reduce cancer cell growth and increase cancer cell apoptosis, particularly in colorectal and breast cancer models.

Cauliflower

Cauliflower is a rich source of glucosinolates and sulforaphane, which are metabolized into compounds that suppress cancer cell growth and detoxify carcinogens. It is particularly noted for potential anticancer activity in the digestive tract.

Food Is Medicine

Vegetables

Parsley

Parsley contains apigenin, a plant compound with potent anti-inflammatory and anticancer effects. It helps suppress tumor growth by inhibiting angiogenesis and triggering apoptosis in cancer cells. Parsley's high antioxidant content also helps defend healthy cells from mutation.

Carrots



Carrots are rich in beta-carotene, a powerful antioxidant that helps reduce oxidative stress and prevent DNA damage, a key factor in cancer development. Their carotenoids and polyacetylenes have been shown to inhibit the growth of various cancer cells. Regular consumption is associated with reduced risk of cancers such as prostate, breast, and stomach.

Swiss Chard

Swiss chard is loaded with polyphenols, flavonoids, and betalains, all known for their anticancer activity. These compounds combat inflammation and oxidative stress, and influence cellular pathways that regulate cancer cell growth. It has shown promise in studies targeting colorectal and

breast cancer.

Spinach

Spinach contains powerful antioxidants like lutein, zeaxanthin, and flavonoids that reduce oxidative damage and support immune defense. These compounds have been found to suppress tumor formation and encourage cancer cell apoptosis. Spinach is particularly noted for its potential role in preventing breast and colon cancers.

Cucumber

Cucumber, especially its seeds and skin, contains cucurbitacins, which are natural compounds with known cancer-inhibiting effects. These substances can interfere with tumor growth signaling pathways and promote programmed cell death in cancer cells. Its mild anti-inflammatory and antioxidant actions add to its cancer-preventive potential.

Food Is Medicine

Vegetables



Zucchini

Zucchini is rich in vitamin C, polyphenols, and carotenoids like lutein and zeaxanthin, which help neutralize free radicals and reduce inflammation. Its compounds may contribute to DNA protection and slow the progression of cancer cells. The skin, in particular, holds many of these protective antioxidants.

Purple Potato

Purple potatoes contain anthocyanins, potent plant pigments known for their ability to inhibit cancer cell proliferation and induce apoptosis. Studies have shown their extracts to suppress colon and breast cancer cells by targeting oxidative stress and inflammatory pathways. Their vibrant color is directly tied to their high antioxidant activity.

Onion

Onions are loaded with sulfur-containing compounds and flavonoids like quercetin, which have been shown to prevent DNA damage and slow tumor growth. These compounds promote detoxification enzymes and help block carcinogen activation. Regular onion consumption is associated with a reduced risk of stomach, colorectal, and prostate cancers.

Brussel Sprouts

Brussel sprouts contain glucosinolates and their breakdown products, such as sulforaphane and indole-3-carbinol, which support liver detox enzymes and suppress tumor development. These compounds help modulate estrogen metabolism and trigger cancer cell apoptosis. They're especially linked to protection against breast and prostate cancers.

Mushrooms

Mushrooms—especially varieties like shiitake, maitake, and reishi—contain beta-glucans and lectins that enhance immune surveillance and stimulate anti-tumor activity. They also interfere with angiogenesis and tumor cell replication. Some mushroom extracts have demonstrated direct anticancer effects in both lab and animal studies.

Food Is Medicine

Vegetables

Bok Choy

Bok choy is a cruciferous vegetable high in glucosinolates, which break down into cancer-fighting compounds like sulforaphane and indole-3-carbinol. These compounds help deactivate carcinogens, promote cell detoxification, and inhibit tumor growth. Its high antioxidant and anti-inflammatory content also supports DNA protection.

Bell Pepper

Bell peppers are packed with vitamin C, beta-carotene, and flavonoids that combat oxidative stress and reduce chronic inflammation—two key drivers of cancer. Capsanthin, a red pigment found in peppers, has been shown to suppress the growth of cancer cells. They're particularly noted for their potential protective effects against gastric and breast cancers.

Arugula

Arugula is rich in glucosinolates and their bioactive derivatives like erucin and sulforaphane, which support detox pathways and protect cells from mutagenic damage. These compounds help regulate cell cycle progression and promote apoptosis in precancerous and cancerous cells. Its peppery leaves also offer high antioxidant value.

Asparagus

Asparagus contains saponins and glutathione—compounds known for their antioxidant and immune-supporting effects. These substances can help slow the spread of cancer cells and enhance detoxification enzymes in the liver. Its folate content also supports DNA repair and cellular health.

Celery

Celery provides apigenin and luteolin, flavonoids with well-documented anti-inflammatory and anticancer properties. These compounds can suppress angiogenesis, inhibit cancer cell proliferation, and induce apoptosis. Celery's polyacetylenes have also been studied for their ability to reduce tumor-promoting inflammation.



Food Is Medicine



Spices

Garlic

Garlic contains organosulfur compounds like allicin and diallyl sulfide that activate detox enzymes, inhibit carcinogen formation, and suppress tumor growth. These compounds have been shown to induce apoptosis in various cancer cells, including colon and gastric. Garlic also supports immune modulation, making it a strong dietary anticancer ally.

Thyme

Thyme is rich in thymol and carvacrol, two compounds with strong antioxidant and antiproliferative effects. These phytochemicals help reduce inflammation, inhibit angiogenesis, and disrupt cancer cell cycles. Thyme extracts have shown inhibitory activity against breast, lung, and prostate cancer cells in laboratory studies.

Black Pepper

Black pepper contains piperine, a compound that inhibits cancer cell proliferation and promotes apoptosis by interfering with cell signaling pathways. Piperine also enhances the bioavailability of other anticancer compounds, like curcumin from turmeric. Its antioxidant properties contribute to DNA protection and inflammation reduction.

Cinnamon

Cinnamon is rich in cinnamaldehyde and polyphenols, which exhibit anti-inflammatory, antioxidant, and antiproliferative effects on cancer cells. These compounds help inhibit tumor growth by blocking angiogenesis and inducing programmed cell death. Cinnamon has been studied particularly in relation to colorectal and cervical cancers.

Turmeric

Turmeric's active compound, curcumin, has powerful anti-inflammatory and antioxidant effects that help block cancer cell growth, inhibit metastasis, and induce apoptosis. It targets multiple molecular pathways involved in tumor development, including NF- κ B and STAT3. Curcumin is one of the most extensively studied natural anticancer agents.

Food Is Medicine

Spices

Basil

Basil contains eugenol, rosmarinic acid, and flavonoids that exhibit strong antioxidant and anti-inflammatory actions. These bioactives help reduce oxidative stress, inhibit cancer cell division, and protect DNA from mutation. Basil has shown chemopreventive effects particularly in skin, liver, and breast cancer models.

Mustard

Mustard seeds are rich in glucosinolates and allyl isothiocyanate, which are converted into bioactive compounds that detoxify carcinogens and induce apoptosis. These compounds have demonstrated protective effects against cancers of the bladder, colon, and lungs. Mustard's pungency comes from its cancer-fighting chemical activity.



Food Is Medicine

Fruits

Berries

Berries—like blueberries, strawberries, and blackberries—are rich in anthocyanins, ellagic acid, and flavonoids that act as powerful antioxidants. These compounds help reduce inflammation, prevent DNA damage, and slow cancer cell growth. Berries have been studied for their protective roles against cancers of the colon, breast, and esophagus.

Lemons

Lemons contain high levels of vitamin C, limonoids, and flavonoids like hesperidin, which help neutralize free radicals and detoxify carcinogens. These compounds support the immune system and promote apoptosis in cancer cells. Citrus flavonoids are particularly associated with reduced risk of gastric and oral cancers



Avocado

Avocados are loaded with monounsaturated fats, glutathione, and phytochemicals like lutein and persin, which exhibit antiproliferative effects. These bioactives help slow cancer cell growth, promote apoptosis, and reduce oxidative stress. Avocados are especially noted for their impact on cancers of the mouth, prostate, and breast.

Apples

Apples contain quercetin, catechins, and pectin—all known for their antioxidant and antiproliferative properties. These compounds may inhibit cancer cell proliferation, support healthy gut flora, and enhance detoxification. Consuming apples has been linked with a lower risk of colorectal, lung, and breast cancers.

Banana

Bananas offer dopamine, vitamin C, and resistant starch that contribute to reduced inflammation and oxidative stress. Their dietary fiber supports gut health, which is key in preventing colorectal cancer. While less potent in direct anticancer compounds, their prebiotic effects and antioxidants still play a protective role.

Food Is Medicine

Fruits

Mango

Mangoes contain mangiferin, gallic acid, and carotenoids like beta-cryptoxanthin, which possess antioxidant and tumor-suppressive properties. These compounds help block cancer-promoting pathways and reduce inflammation. Mango extracts have shown promising results against breast and colon cancer cells in lab studies.

Tomatoes

Tomatoes are best known for lycopene, a carotenoid with strong anticancer properties, especially against prostate cancer. Lycopene helps reduce oxidative DNA damage, suppress tumor growth, and regulate inflammation. Cooking tomatoes enhances lycopene absorption, increasing their protective effect.



Food Is Medicine

Animal Products

Lamb

Lamb, particularly when pasture-raised, is a good source of conjugated linoleic acid (CLA), which has been shown to have anti-carcinogenic properties. CLA may inhibit tumor growth, promote apoptosis, and enhance immune function. Its selenium and zinc content also supports antioxidant defenses.

Mackerel

Mackerel is rich in omega-3 fatty acids (EPA and DHA), which have been shown to reduce inflammation, suppress tumor angiogenesis, and trigger cancer cell apoptosis. These healthy fats also help protect cellular membranes from oxidative damage. Mackerel is especially noted for its benefits in colorectal and breast cancer prevention.

Sardines

Sardines provide high levels of omega-3s, vitamin D, and selenium—nutrients that work synergistically to modulate the immune system and reduce cancer risk. Their anti-inflammatory profile helps inhibit cancer development and progression. Their small

size also means lower toxin accumulation compared to larger fish.

Eggs

Eggs contain choline, lutein, and selenium, which contribute to DNA synthesis, antioxidant protection, and healthy cell regulation. When consumed in moderation and from high-quality sources, eggs can support cancer prevention by reducing oxidative stress and inflammation. Yolks in particular contain cancer-fighting carotenoids.

Grass-Fed Beef

Grass-fed beef contains more omega-3s and CLA than conventionally raised beef, both of which have been linked to anticancer effects. These compounds may inhibit the development of tumors and reduce inflammation. Its nutrient-dense profile, including zinc, iron, and B vitamins, also supports immune function.

Trout

Trout is another omega-3-rich fish that helps reduce chronic inflammation and support cell membrane integrity. It contains





Food Is Medicine

Nuts & Seeds

Pumpkin Seeds

Pumpkin seeds are rich in zinc, magnesium, and phytosterols, which help strengthen the immune system and reduce inflammation. They also contain lignans and antioxidants that have been shown to inhibit cancer cell proliferation, particularly in breast and prostate cancers. Their healthy fats support hormone balance and cell health.

Walnuts

Walnuts provide omega-3 fatty acids, ellagic acid, and polyphenols that help reduce oxidative stress and inflammation—two major drivers of cancer. These compounds can influence gene expression, suppress tumor growth, and promote apoptosis in cancer cells. Studies have shown walnuts may slow progression in prostate and breast cancer models.

Chia Seeds

Chia seeds are loaded with fiber, omega-3s, and antioxidants like chlorogenic acid and caffeic acid, which protect against oxidative DNA damage. Their anti-inflammatory and lipid-modulating effects help reduce cancer

risk, especially in the colon. Their high fiber content also supports healthy gut microbiota.

Brazil Nuts

Brazil nuts are the richest natural source of selenium, a trace mineral critical for activating antioxidant enzymes that neutralize free radicals. Selenium has been linked to reduced cancer risk, particularly in prostate and colorectal cancers. These nuts also contain ellagic acid, another compound with anticancer effects.

Almond Butter

Almond butter provides vitamin E, healthy fats, and phenolic compounds that help guard against oxidative damage and support cellular repair. Its flavonoids and polyphenols may reduce inflammation and inhibit the growth of cancerous cells. Regular intake may support cancer prevention as part of a balanced, plant-rich diet.

Important Resources

All of the resources below are companies I personally use and recommend for not just overcoming cancer but preventing it as well. The absence of using these tools, foods and supplements may increase oxidative stress in the body which may lead to “poor health” Read between the lines.

Many of these companies provide coupon codes for extra discounts. Try EHR, EHR10 or EHR15 and they should work to bring the cost down a little when you checkout.

Foods

- [Grass Fed Beef](#)
- [Thrive Market](#) (autoship)

Key Supplements

- [Mitolife](#)
- [Lifeblud](#)
- [Crucial Four](#)
- [Cultivate Elevate](#)

Tools

- [My Favorite Sauna](#)
- [Blue blocking glasses](#)
- [Red lights](#) (for inside your home)
- [Red light therapy panels](#)
- [Vibration Plate](#)
- [Ozone Generator](#)

Has This Helped?

My hope is that the information contained herein has given you the inspiration to realize your body can heal, if you provide the right building blocks

To get access to my in depth protocol on cancer click the button below to...

[Learn More](#)

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