

## HEALING TOUCH VETERINARY, PC

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### Cancer Diet

The premise of a cancer diet is to:

Lower carbohydrates

Increase vegetables

Provide more digestible protein sources

Decreased processed food

Add sea weeds

### A sample diet

Percentage

35 % - 45%                      Protein: tofu, tempeh, setain, lentils, beans, fish sources (cooked lightly):  
Salmon, sardines, mackerel, bass, halibut. Turkey, chicken. We are choosing protein sources that are low on the food chain the idea being that there are fewer accumulated toxins.

0 %

50% - 60%                      Vegetables: cooked and raw: carrots, broccoli greens, celery, cucumber, garlic, radish, green beans, zucchini, other. Avoid onions.  
Some fruit is OK, but due to the sugar in fruit we avoid it.

10% - 5%                      Sea Weeds

### Antioxidants:

Vitamin E and Selenium combination 400 IU E/day, 100 mcg Se/day

Vitamin C 500 – 1000 mg/day I like ester C. Start the dose low and build up.

Vitamin A 10,000 IU/day

Co Enzyme Q10

Glutathione

Quercitin

### Essential Fatty Acids

Flax 1 Tbsp/45Lb

EFA –DHA capsules

Fish Oils, dose same as flax

Curcumin = turmeric

### Immune System supplements

Astragalus

Angelica  
Other Chinese Herbs

Cancer suppressing supplements

L – Arginine  
Ganoderma, reishi, maitaki mushroom  
Essiac tea  
Noni juice  
Shark cartilage  
Rosemary  
Citrus pectin  
Many other supplements