

LIZ LIPSKI, PHD, CCN, CHN

CLINICAL NUTRITION/INTEGRATIVE HEALTH

4 Sunny Ridge Drive • Asheville, NC 28804

(828) 645-7224

liz@innovativehealing.com

Cancer & Nutrition

Foods

- Cook most of your meals at home, eat natural whole foods.
- Eliminate highly processed, preserved, artificially sweetened, artificially flavored and dyed foods. Eliminate engineered foods (soy oil, soy protein, non-organic tofu, corn chips, corn oil, Canola oil, cottonseed oil).
- Make your meals nutrient dense by using herbs, spices, berries, smoothies, spirulina, etc
- Organic and sustainable, as much as possible.
- Eat AT LEAST 7 servings of fruits and vegetables.
- Eat nuts, seeds, and beans.
- Cruciferous vegetables: broccoli sprouts, broccoli, kale, Brussels sprouts, etc.
- Drink green tea and ginger teas.
- Cultured/fermented foods: yogurt, kefir, sauerkraut, miso, kim chee, etc.
- Eat more fish (with caution though: organic chemicals, mercury levels).
- Eat more grass fed meats and fewer commercially raised meat products.
- Avoid alcohol, sugar, low-nutrient foods.
- Soy can be protective for hormone dependent cancers.

Labs and Supplements to consider: (If you are in TREATMENT, only take with physician's approval. You don't want to undermine your treatment.)

- **Vitamin D:** Have your levels checked.
 - Normal is 32-100 ng/ml. Considered by many to be optimal is 60-80 ng/ml. If your vitamin D levels are lower than 50-60, spend 20 minutes in sun midday without sunscreen during the warm months. Also take between 5000-10,000 IU of vitamin D daily and recheck your levels every 6-12 weeks. Too much can be toxic.
- **Normalize insulin and blood glucose levels.**
 - **Hemoglobin A1C:** This test is a 3 month measure of your blood sugar levels. It gives a long-term average of your blood sugar regulation. Optimal levels are 4 or less.
 - OR if you are pretty healthy, ask your physician to run a **2 hour post-prandial insulin test**. Optimal levels are less than 8.
 - If either of these are high, increase your exercise, look at a low-glycemic diet (low-carbohydrate), eat high fiber foods and bitter melon, increase B-complex vitamins, magnesium, vanadium, chromium, cinnamon, and herbs such as *Gymnema sylvestre* and holy basil.

- **Check Copper Levels: Serum copper or ceruloplasmin.** If high, work with clinician to lower. Zinc and manganese are antagonist.
- **Reduce Inflammation:** Get your C-Reactive Protein (CRP) level checked. Optimal levels are between 1-3.
 - Change diet to reflect the above suggestions, drink green tea, exercise,
 - take supplemental fish oil, 1000-6000 IU daily
 - curcumin, 1-6 grams daily
 - ginger, as a food, drink as tea or ginger lemonade, capsules 1500 mg daily
 - vitamin C (1+ grams daily).
 - Greens: provide phytonutrients, antioxidants, small amounts of essential amino acids and fatty acids, supports immune and overall health. Supports liver detoxification. Available in capsules, foods, powders. 1-2 tsp powders daily.
 - Zyflamend 2-4 daily (New Chapter/Newmark)
- **Support immune function:**
 - Exercise, improve diet. Increase fruits, vegetables, greens.
 - Probiotics: eat cultured and fermented foods. Supplements daily.
 - Protease: helps increase blood circulation, helps to dissolve encapsulation of tumors, blood purifier, reduces inflammation. Dosage: varies with product---protection: 2-10 daily, active cancer 12-50 daily. Best on empty stomach.
 - Mushroom extracts are immune supportive. Cold water processed.
- **Support energy production**
 - Co-Q10 30-400 mg daily soluble Co10
 - Greens like chlorophyll, chlorella, spirulina, wheat grass juice
 - Multivitamin with minerals

Cancer Cookbooks and Resources

- *The Cancer Fighting Kitchen, & One Bite at a Time*, Rebecca Katz
- *Life over cancer*, Keith Block
- *Foods that Fight cancer, & Cooking with Foods that Fight Cancer*, Richard, Believeau, Denis Gringa, Pierre Bruneau
- *Nature's Cancer Fighting Foods*, Verne Varne
- *How to Prevent and Treat Cancer with Natural Medicine* Michael Murray, Tim Birdsall, Joseph Pizzorno, Paul Reilly
- *Beating Cancer with Nutrition*, Patrick and Noreen Quillin
- *What to Eat if you have Cancer*, Maureen Keane, Danielle Chase
- *Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective*, World Cancer Research Institute and American Institute for Cancer Research
- Jeanne Wallace www.nutritional-solutions.net
- Moss Reports www.cancerdecisions.com
- American Institute for Cancer Research www.airc.org