

SOLIS

CANCER CONQUEROR DIET GUIDE

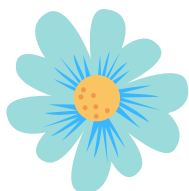


Diet tips for anyone treating or wishing
to reduce their risk of cancer

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Introduction



Contained in this ebook are the general diet guidelines I followed throughout my healing and into today. I've included some imbedded hyperlinks to articles (at the end of this book, there is a full list of the articles I link to) that support what I suggest in case you want to do a little more reading on anything. Any time you see words **bolded in blue**, there is a link you can follow for more information; simply click on the words and the link will automatically open in your web browser. And please be sure to read my disclaimer on the last page of this ebook.

Change can be really hard, especially in the midst of the many other life-altering events that come with cancer. If you feel like you can't do it all at once, choose one thing each week or every couple of weeks to remove, add, or change. I definitely didn't do it all at once; baby steps. Eventually it all became habit, and most of the time it's easy to do now. Going out to eat or away for the weekend may take a little bit more forethought and planning than before, but it's entirely doable.

And remember, it's what you do 95% of the time that dictates your health, so it's okay to treat yourself once in awhile. And if you eat something you shouldn't a little too often, go easy on yourself! Refocus, remind yourself why you are making these important changes, and go for it again tomorrow ❤️

Rebecca Durance Hine

Founder, Solis Cancer Community



The #1 Thing to Remember

The most important thing is finding something that works for you and that feels good or right for you, which may be different from the next person. Listen to your body and intuition. Many people recommend going vegan after a cancer diagnosis. I tried vegan but lost a ton of weight and had low energy. Next was keto, which is also a popular choice for those desiring an anti-cancer diet. Unfortunately, I felt nauseous from all the fat and found keeping track of my macros too time consuming and unsustainable for me personally. Then I was reminded that my blood type does better on an omnivore diet, so I used that as my guide and felt a ton better. Read this document thoroughly, do a bit of research on different diets for cancer like vegan and keto if you feel the need, and then test things out. One set diet wasn't right for me, but it might be for you! Explore, experiment, and find your path, but the following are some guidelines that anyone with a history of cancer would do well to follow.





Sugar and Cancer

Everyone agrees, both naturopathic and conventional doctors, that cancer loves sugar. Cancer cells prefer anaerobic respiration (the creation of energy via the metabolism of glucose and which does not require oxygen), rather than the aerobic respiration preferred by normal cells (the creation of energy using glucose and oxygen). Because cancer cells replicate so quickly and use anaerobic respiration, they need a lot more glucose than healthy cells do, **up to 200x more**. There is a ton of research about cancer cells and sugar, and just the negative effects of sugar in general, that are being discovered. In fact, **one study on mice** found that 50-58% of those who had been fed a sugar-enriched diet had developed breast tumours compared to only 30% in the control group.

Additionally, the average tumour weight was 50mg higher in the mice who had been fed more sugar, suggesting that sugar not only caused a quicker onset of the initial tumour growth, but also increased the rate at which the cancer cells replicated and the tumour grew. Aside from its increased need for glucose, the effect of sugar on cancer cells is also often attributed to how it can cause inflammation in the body, which can contribute to the development of cancer through effects such as sustained cell replication, increasing the levels of growth factors in the surrounding tissues, and causing changes in the surrounding cells. You can read about some of the other negative effects of sugar and inflammation **here**. Sugar, can also contribute to hormones imbalances; **check out this research** to learn more.

Whether you agree with the connection between sugar and cancer or not, you cannot deny that it's not good for your overall health and that you would do better to avoid it as much as possible. Why give cancer cells something that will help them out? Plus, there are so many additional positive effects I have seen from eliminating sugar from my diet. I have found I sleep SO MUCH better without it (I used to wake up 3-4 times a night and would take a while to get back to sleep; now that rarely happens), I don't get headaches anymore (I used to have to take Advil 2-3x a week, which alters and harms your gut health, the foundation of your immune system), and my skin has cleared up (I used to have little bumps on the backs of my arms and thighs caused by too much candida in my body, fed by sugar). This brings me to an important point about candida. Candida (and therefore sugar) is important to reduce to low levels, just like parasites and heavy metals - all things we pick up in our day to day lives; you would be surprised what kind of junk is in our bodies! These substances and organisms take the time and energy of your immune system away from bigger and more important things, like cancer cells! You can see a naturopath and have a live blood cell analysis done to see what your levels are of candida, parasites, heavy metals, oxidative stress, and lots more. I have literally seen my cells and my blood get healthier over repeated analyses, and it is so cool!



Whether you have had cancer or want to prevent it in the first place, I would argue that the most important thing to remove from your diet is sadly sugar, and that's coming from someone who had a full-blown sugar addiction prior to diagnosis! A treat every once in a while is fine, as it's what you do the majority of the time that has an impact and not the occasional straying off the path; but at least 95% of the time, say NO to processed cane sugar and other processed sweeteners.

So, what should I use instead of sugar?

Some honey or maple syrup is an alternative, but these are still very high in sugar and I try to limit them.

Stevia, monk fruit sweetener, or coconut sugar is what I use the most because they have lower glycemic indexes (a measure of how much a food spikes your blood sugar; lower indexed foods do not cause as much of a blood sugar spike).

For baking, I often use a combination of stevia and erythritol or coconut sugar



There are a lot of mixed messages about fruit, but you didn't get cancer because you ate too much fruit! I try to limit the fruits that have higher levels of sugar, like bananas, mangoes, and melons, and I stick to those that have lower levels of sugar and those with a lower glycemic index, like green apples, berries, papaya, and sour cherries. These fruits actually also have more anti-cancer benefits, so that's a bonus!

The Deal with Dairy

The answer may differ if you choose a diet such as keto, where full fat dairy is often included. If you aren't choosing keto, the simple answer is another no, but there is some leeway with dairy. Dairy has two proteins in it called casein and whey, and neither are good news for humans. Although it has been found to have some benefits, whey promotes the production of **IGF-1 (Insulin Growth Factor)**, which promotes the creation of new cancer cells and increases their proliferation. However, whey protein is a popular choice, particularly when trying to avoid weight loss during treatment, and there are some benefits seen in high-quality whey products (the key here being quality) such as stimulation of the immune system and anti-cancer activity.

This article goes into more detail on the pros and cons of whey, so that you can make an informed decision on whether or not you want to include whey in your diet.



Casein is carcinogenic to humans and has been called the most relevant cancer promoter ever discovered. It is also extremely difficult for humans to digest and the process is slow, causing many digestive issues like inflammation, bloating, and constipation. **In a study** conducted by Dr. T. Colin Campbell, it was “[...] confirmed that casein does have this property (thus supporting the preliminary research of others) and, second, [they] learned how it does it (involving multiple ‘mechanisms’). In the traditional sense, the evidence was overwhelming. Using traditional science practice, we should be concluding that casein is a chemical carcinogen, perhaps the most relevant carcinogen that we consume.”

But I love dairy!

**I know. This one sucks. However,
you do have some options!**

Your options when it comes to animal dairy:

- If you must have dairy, or you choose a ketogenic diet, high-fat dairy such as butter, sour cream, and heavy cream are naturally low in caseins. It is important to note here that **research has shown** that eating more than half a serving of high-fat dairy a day increases the mortality rate after a breast cancer diagnosis, so definitely limit this if you have/had breast cancer.
- Sheep, goat, and buffalo dairy are also much lower in casein, so those are better choices as well.
- Remember, even though these options are lower in casein, they still have levels of both whey and casein, so you should limit your intake. Additionally, if you choose to eat animal dairy, you should try to make it organic and grass-fed, otherwise you are getting synthetic hormones, antibiotics, and pesticides.



Your non-dairy options:

- Nut milks, yogurts, and cheeses - organic for these is best, since nuts like almonds tend to be highly sprayed with **glyphosate**, and you also want to look for products without **carrageenan**. Carrageenan (as you will see in the article) is hotly debated, and it has been concluded that more studies are needed with humans to determine for sure whether it is a risk or not. For myself, I decided why risk it? This will of course be a personal decision for everyone, but my suggestion is to avoid it until the research is conclusive.
- Coconut everything! Coconut yogurt and milk are my go-to because they are easy to find and delicious.
- Coconut cream - this is a fantastic replacement in any recipe (or your coffee) for heavy cream, and it also makes a great topping for berries and other desserts, almost like whipped cream.
- Coconut ice cream - there are lots of different brands out there, but you also have to watch out for sugar, as many brands still use cane sugar as their sweetener. My favourite brand is "Screamin' Brothers" because they have a delicious selection of flavours, they use honey as their sweetener, and you can find it at many regular grocery stores.



Soy Under Scrutiny

One of the most hotly debated topics in both the alternative and the conventional worlds of cancer care is soy and whether it is protective or harmful when it comes to cancer, particularly breast cancer and other hormone-driven cancers.

Soy is a phytoestrogen, which means that it mimics estrogen, and this is what has led to the long-held belief by many that you should avoid soy if you have been diagnosed with breast cancer or a hormone-driven cancer. Although phytoestrogens are technically under the umbrella of xenoestrogens, phytoestrogens occur naturally in many plants and whole foods, while xenoestrogens are primarily man-made and come from chemicals, like BPA used in plastics.

Xenoestrogens are particularly harmful to your health because of their chemical source, their ability to bioaccumulate (build up in your body), and disrupt hormone pathways leading to, among other things, hormone imbalances like estrogen dominance. They should be avoided



as much as possible by staying away from the use of plastics and choosing body care, makeup, and cleaning products that don't contain harmful chemicals.

Things are much different, however, in the case of phytoestrogens, like soy. Research indicates that the compounds responsible for the estrogenic activity of phytoestrogens bind to both estrogen receptor types more readily than synthetic xenoestrogens. And once bound, it is extremely interesting to note that these compounds do **not** act like a typical estrogen agonist (an agonist is something that activates biological processes in cells, including cancer cells, like biological estrogens activating hormone receptor positive cancers). Instead, once bound to the receptors, **most phytoestrogen compounds act more like selective estrogen receptor modulators (SERMs)** such as the breast cancer drug tamoxifen.

Soy Under Scrutiny (Continued)

Additionally, the two types of estrogen receptors are ER-alpha and ER-beta, with ER-alpha stimulating cell growth when it is activated versus ER-beta having anti-estrogenic effects when it is activated. **Phytoestrogens bind much more readily to ER-beta receptors (up to 48x more in fact)**, activating the protective effects of ER-beta. Moreover, when a phytoestrogen binds to an ER-alpha receptor, the cell cannot use it in the same way it would biological estrogen, and **it therefore has only a fraction of the effect** that estrogen would have. In addition, phytoestrogens take up the spot on the receptor and block biological estrogen from binding, giving phytoestrogens their Tamoxifen-like activity. Basically, phytoestrogens are like a key that is similar enough that it still fits in the lock, but then the lock won't open because it isn't the exact right key, AND the right key can't get in because there is already a key in it.

The research on the effects of this activity, however, has been less than conclusive and quite honestly downright contradictory, which is beyond frustrating for those of us trying to figure out the best diet while dealing with cancer. **Different studies have resulted in completely opposite results**, but there has been more and more information lately, **particularly that from the work of Dr. Kristi Funk**, which is swaying me in the direction of eating 2-3 servings (1-1.5 cups) of organic, non-GMO soy a day such as tofu, soy milk, edamame beans, miso, and tempeh. Since soy milk is the easiest, I plan on 1.5 cups of soy milk a day, and then I decrease that amount should I also eat something else like tofu or miso.



Soy Under Scrutiny (Continued)

So, once again, it seems that we come down to finding what you individually are comfortable with. There is plenty of information advising against soy, but there is also plenty of research supporting the inclusion of a modest amount (2-3 servings) of soy a day, particularly of late. Generally, **recent and comprehensive reviews of human studies suggest a modest decrease in risk as soy intake increases**. Here are some articles supporting the eating of soy and it's protective benefits:

- **[Will eating soy increase my risk of breast cancer? - The Mayo Clinic](#)**
- **[Should You Be Eating Soy? Setting the Record Straight!](#)**
- **[Soy, Red Clover, and Isoflavones and Breast Cancer: A Systematic Review](#)**

Do your research, talk to your team (particularly a naturopath or integrative doctor who is likely to have a more holistic knowledge of the debate), and see what feels right to you. It may require some experimenting, adding lots of soy and tracking the results with blood work and maybe a circulating tumour cell test like the Biocept to see how you do. It is important here to note that the research does indicate that when soy isoflavones are isolated, like in supplements or as soy isolate in milks or protein powders, they do have a bad effect on hormone driven cancers, and so soy should only be consumed in whole-food products like those I mentioned above, never in the form of supplements or other isolates.





Carbs: Good or Bad?

This is where things get a little less black and white, and it will often come down to which diet you decide to follow. If you choose keto, the recommendation will likely be to keep your carbs at or under 25-50g a day. If you go vegan, you will likely have much more than that because of the amount of beans and legumes you will be eating (these are pretty starchy). The important thing to remember with carbs and cancer is that carbs are high in starch and starch is a polysaccharide, long chains of sugar molecules linked together. Therefore, when we eat starch and carbs, they get broken down into sugar in our body, and cancer loves sugar. Below are the general carb guidelines I follow.

Carbs: Good or Bad? (Continued)

- Regardless of the diet you choose, keep your carbs on the low side. As a general rule, **keep your carbs low and your protein and good fats moderate**. I stick to ½ cup of whole grains or sweet potato each day. Some good mainstream choices are brown rice, quinoa, and oatmeal.
- My favourite carb choices though are sorghum (which is kind of like barley) and millet (which kind of like couscous). Both of these are insulin resistant, which means they don't cause as much of a blood sugar spike, and both sorghum flour and millet flour are great for baking, along with green banana flour. You should always aim for organic, as grains get heavily sprayed with glyphosate.

***Note:** see page 25 for why you should always pressure cook your grains and legumes!



- Legumes and beans are an area of contention. If you choose a keto diet, you will need to limit the amount of these that you eat because of the carb content. However, if you are on a vegan or other diet you will likely be eating more of these foods. I strike a balance and have beans/legumes about 3 times a week, wild fish 2 times a week, and organic, pastured chicken the other 2 days.
- Try to stay away from white rice and white potatoes. White rice is processed to remove the bran and germ, where a lot of the nutrient value and fiber is. Because of this, white rice, and also white potatoes, cause a faster blood sugar spike, which feeds those cancer cells.



What About Wheat?

Definitely NO wheat. Wheat is not just problematic for its carb content. Wheat causes leaky gut to some degree in EVERYONE, even if you aren't celiac, and leaky gut equals **inflammation** in your body, which cancer loves. [From a video by Dr. Michael Ruscio](#) on wheat and leaky gut (he also links to the discussed study if you would like to check it out): "This study administered gliadin, which is a component of gluten, to a number of intestinal biopsies. So they took intestinal samples from the duodenum, the first section of the small intestine, and then they exposed these cells to gliadin. And what the researchers found was that everyone in all groups, from celiac to non-celiac, gluten sensitive to normal controls, all experienced increases in inflammatory markers and in markers of leaky gut."



Gluten is not the only problem with wheat. It has been so genetically modified that it is estimated that at least 5% of the proteins found in modern wheat never existed in the original forms of wheat. These changes have happened so quickly, over the course of a few decades, that our bodies have not had the time to adapt and, therefore, they are unable to digest these foreign proteins, causing increases in gluten intolerance. **Additionally, certain GMOs deter** pests by having genes from BT bacteria spliced into them that then produce BT-toxin. This toxin punches holes in the cells of insects, killing them; the problem is that studies have proven that this toxin also does the same to human cells as well. Independent studies have shown that, in this way, GMOs cause intestinal damage and permeability, among other effects. When your gut lining is permeable, undigested food (along with the other toxins your body is trying to eliminate via your bowels), escapes into your body. This is what leaky gut is, and it can cause chronic inflammation in your body. As we have covered, this is bad news for those treating and preventing cancer. Even if you don't have symptoms, this is happening to some degree in your body, just as the research I linked to above suggests.

It isn't as difficult to avoid wheat as you might think. It does take some getting used to, and it will eliminate a number of things when you go out to eat, but it is pretty easy to find paleo recipes for every baked good you could think of. Paleo is dairy, sugar, and grain free, so this is often my go-to category for recipes.



Wrangling with Red Meat

This is another one that will likely differ depending on which diet you choose for yourself. I stay away from red meat because I have for personal reasons since I was 15, but again there are mixed messages about it. I avoid this one because I have for years unrelated to cancer, so if you really love your red meat do a bit of research and see how you feel about it after. [This](#) is a great article to start with. It is more on the side of supporting eating meat, but it does present some interesting info about prostate and pre-menopausal breast cancers. If you have one of these, it may be more important for you to limit your animal protein. Exercise is another huge factor for keeping IGF-1 within the normal range (too low isn't good either!), so make sure this becomes a part of your daily routine, especially if you choose to eat meat. There are two basic schools of thought. For the vegetarians and vegans, eating red meat is obviously a no-no.

Most cancer patients choose a vegetarian or vegan diet for reasons surrounding the extra hormones in animal products, the increase in IGF-1 that animal products can cause, and the previously outlined issues with dairy. If these factors concern you, experiment with a vegetarian or vegan diet and see how you feel on it. If you feel like it's for you, then cut out red meat and other animal products. The other school of thought says that all the difference is made in the animals' diet. Animals fed grain-heavy diets (like most commercial beef, for example) have skewed omega 6 to omega 3 ratios, meaning they have much higher levels of omega 6 fatty acids. Animals fed diets made up of primarily grass have appropriate omega 6:3 ratios and, therefore, cause less inflammation in both the animals and the humans who eat them. From an informative article about the effects of an out-of-whack omega 6:3 ratio:

“A diet with a lot of omega-6 and not much omega-3 will increase inflammation. A diet of a lot of omega-3 and not much omega-6 will reduce inflammation.”

For those who choose a keto diet or other diet that allows animal protein, it will be extremely important that you choose organic, grass-fed meat to avoid the synthetic hormones, antibiotics, and high levels of omega 6 that you will find in commercial meat. A wonderful book to check out is [*The Metabolic Approach to Cancer*](#) by Dr. Nasha Winters. It is a fantastically informative book for anyone with or wanting to prevent cancer, and it discusses a therapeutic keto diet for cancer in detail. I highly recommend this resource whether you follow a ketogenic diet or not.

For myself, I balance my proteins. As stated above, I usually have organic chicken (also free range or even better is pastured, when possible) 2-3x a week, wild Pacific or even better Alaskan salmon 2-3x a week (not getting Atlantic is very important as this is most often farmed and you will likely run into antibiotics, genetically modified fish, and not to mention the Atlantic salmon farming industry isn't good for the health of our oceans), and beans or legumes 2-3x a week (organic here is very important because, just like grains, beans and legumes get a heftier spraying of glyphosate than other crops). I also have eggs a few times a week (always organic and free range or pastured).



Eat Your Veggies, and Then Eat Some More!

Regardless of the type of diet you choose, you should be eating TONS of veggies! Start having salad or raw veggie sticks with every meal, even breakfast (if you aren't practicing intermittent fasting or another type of fasting). I was given the recommendation of 9 cups of vegetables a day:

- 3 cups of greens like lettuces, spinach, and kale
- 3 cups of cruciferous veggies like broccoli, cauliflower, cabbage, brussels sprouts and radishes
- 3 cups of any other type of veggies like carrots, cucumbers, and peppers

Now, that is SO MANY vegetables and I never get that many in. If you can, that's awesome! If that sounds like way too much to keep up with regularly, I aim for 8-10 servings, which is 8-10 half cup servings and 4-5 cups in total; this is much more doable, particularly if you are doing some juicing. And make sure you are still getting a variety of vegetables from each of the three categories: greens, cruciferous, and everything else.



The Joy of Juicing!

Juicing your veggies is a great way to get more servings of them into your diet, but you do need to be careful with the amount of fruit that you add to your juices. Yes, they make vegetable juices taste way better, but they also add a lot of sugar. You wouldn't usually be able to eat 2 apples, a quarter of a pineapple, an orange, and a bunch of berries in one sitting because the fiber would fill you up long before you finished it all. In juice, however, the fiber is eliminated, and you could easily drink all of that. So, limit the fruit content.



I try to make or buy a green juice at least 2x a week. It includes:

- 1-2 cups of spinach
- A chunk of cucumber 3-4 inches in length
- ½-1 cup of parsley, depending on how strong of a taste you can handle
- 1-2 celery stalks
- ¼ of a lemon
- ½ of a green apple
- As much fresh turmeric as you can handle (it has a strong taste but contains high levels of bioavailable curcumin, one of the MOST powerful anti-cancer polyphenols and one of the **most heavily studied**)

Another great combo:

- 3-5 carrots
- 1-2 celery stalks
- ½ of a beet
- 1-2 beet greens (or other greens like kale or chard)
- As much fresh ginger and turmeric as you can handle (I usually put in a ginger chunk about 2 inches in length and 2-3 turmeric roots, depending on how big they are)
- ¼ of a lemon
- 1 clove of garlic
- ½ of a green apple



NUTS TO YOU,
Cancer!

Just a small note here about nuts and seeds. I eat tree nuts and seeds everyday as **they have good protein, fats, and anti-cancer properties**; different ones are more effective against the various cancers, but I particularly eat almonds, walnuts, and sunflower seeds. Mix it up, just like your veggies, and remember that some types of nuts (like almonds) are heavily sprayed with glyphosate, so it's best to stick with organic if you can.





The Great Alcohol Debate

To drink or not to drink, that is the question. This is a really tough one for a lot of people. I totally get it; I used to drink regularly. It's the primary way so many of us relax and socialize, and there is nothing quite like a cold beer on a hot patio in July. However, there are lots of reasons why it is smart to eliminate or seriously limit your intake of this popular but harmful indulgence.

Alcohol is often made from plants that are xenoestrogens (they contain compounds that act like estrogen in your body and contribute to what can be a dangerous estrogen dominance in your body, at its worst leading to hormone driven cancers). And this is not just a problem for women; it is growing increasingly common for men to also suffer from estrogen dominance, which can lead to a whole host of health problems. Not only does alcohol contribute to estrogen dominance by acting like estrogen in your body, but it also makes it more difficult for your body to metabolize it's naturally produced estrogen (in men too), and you can see how this would further contribute to a hormone imbalance in your body. If you would like to learn more, [this](#) is an easy-to-understand article about xenoestrogens and why they are so dangerous.

This is not what you wanted to hear, I'm sure. I was also less than pleased when I learned about this and came to the reluctant conclusion that I should eliminate alcohol from my diet. To help hammer it home, let's connect some facts and statistics to it.

From [breastcancer.org](https://www.breastcancer.org): "Compared to women who don't drink at all, women who have three alcoholic drinks per week have a 15% higher risk of breast cancer", and presumably more drinks per week would increase your risk beyond that. "Great!" you may be thinking, "I didn't/don't have breast cancer or a hormone driven cancer." Unfortunately, there is one very good reason why all those wishing to heal, prevent a recurrence, or improve their chances of never getting cancer should stay away from alcohol as much as possible, and that reason is found in the very building blocks of life: DNA.



Alcohol contains a compound called acetaldehyde, and you can thank it for any hangovers you have experienced in your life. When your body has too much acetaldehyde to deal with and can't break it down properly, it builds up in your cells where it can damage your DNA (more on that and a pretty remarkable study [here](#)). The genes in your cells' DNA perform the vital function of giving your cells instructions, such as when to multiply and when to die. When your DNA is damaged, gene mutations occur. Sometimes these are minor mutations that your body can catch, and it then destroys that cell. Sometimes, however, the mutation is more serious and can lead to a disruption in the instructions to your cells; they don't get the message to stop replicating and they don't get the directive to die (scientifically called apoptosis).

Those damaged cells float around, find a nice cozy home in your breast or your prostate or your liver, and they start replicating, without stopping and without dying.

Eventually, those cells amass into a tumour and we call it cancer. If you are interested in learning more about DNA damage and cancer, [this article](#) is a great place to start.

The danger of alcohol is higher for seven types of cancer (mouth, pharyngeal [upper throat], oesophageal [cancer of the oesophagus], laryngeal [cancer of the larynx], breast, bowel, and liver), but DNA damage in general is applicable for all types of cancer, so it's best to cut down or eliminate your intake as much as possible.

This is still a very personal choice though. For some people, the stress relief, relaxation, and social elements associated with drinking outweigh the potential risks. That is completely your call; no judgements here. But as always, do your research and then base your decision on what you learn and what your gut is telling you.

For myself, I choose to drink only a small amount. I have a few drinks on a special occasion or if it's been a while since I've indulged, always trying for no more than 3 drinks in a week. That's what I'm comfortable with right now, and this might be more or less than what you are comfortable with; totally okay. Just know the facts and go from there.

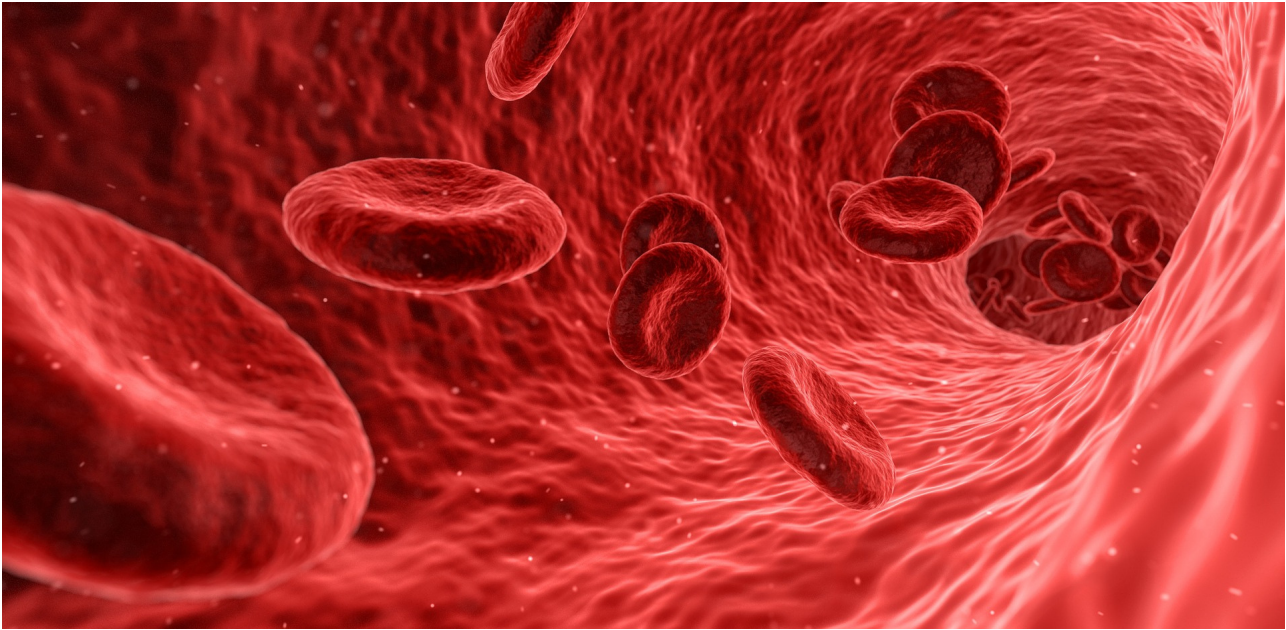




FINALLY,
Fasting!

I would highly recommend doing some type of fasting. Fasting has a few different positive effects, but there are three things that are particularly relevant in the fight against cancer:

1 Fasting sensitizes cancer cells to any natural cytotoxic compounds you are taking (anything that attacks cancer cells) and to conventional cytotoxins such as chemo and radiation as well, making these substances more effective while protecting your healthy cells to a degree. When calories are restricted, your healthy cells go into a hibernation of sorts, powering down to conserve energy. They are able to do this because they don't depend as heavily on glucose to create energy like cancer cells do. On the other hand, the cancer cells start panicking because they need glucose so much more, and so they open up their glucose receptors even wider. This opens the door, so to speak, for those cytotoxins to enter the cancer cells and do their job more easily while your healthy cells are protected somewhat by their dormant state, lessening the adverse side effects from chemo and radiation. There have been lots of studies on this in **animals** and some human trials as well. **Human participants** reported fewer side effects, and the animal tests showed that the cytotoxins were more effective in those animals that fasted.



2

The second benefit to fasting when healing from or preventing cancer is that fasting increases the production of tumour killing cells while simultaneously stimulating the process of **autophagy**, where your body breaks down and recycles old and abnormally functioning cells, like cancer cells. When fasting, your body wants to conserve energy and doesn't have any to waste on cells that aren't operating optimally or properly, like cancer cells for instance that are burning large amounts of glucose. In response to this, your body starts the process of autophagy; by fasting, you are essentially turning on your body's sentinels that look for and breakdown abnormal cells. In addition to this, fasting also causes your body to **produce more killer cells**, making the job of finding and killing those abnormal cells that much easier. In short, fasting actually helps your body find and destroy cancer cells, which is pretty freaking cool!

3

Finally, fasting sets off an interesting series of events in a cancer cell that **research by Dr. Valter Longo**, an expert on longevity and fasting, and his team discovered. What they observed in mice was that when fasting, healthy cells protect themselves and enter a dormant state, kind of like hibernation. However, because cancerous cells are stuck "on" and are continually trying to grow and divide, they do not hibernate. Instead, they actually go into hyperdrive, trying to create new proteins and take other steps to continue to grow and divide. What follows is a "cascade of events" that instead of saving



the cancer cell, actually causes its destruction through the formation of free radicals that damage the cell's DNA and ultimately destroy it. The cancer cell is trying to compensate for the lack of nutrients in the blood following fasting, and it can't. They have also discovered that fasting combined with chemotherapy improved survival, slowed tumor growth and/or limited the spread of tumors. Dr. Longo does stress though that fasting may not be right for everyone, for example patients who have already lost 10% or more of their body weight and those with other conditions such as diabetes. Like with so much from the alternative world of medicine, he also points out that more trials with humans are needed to see if these results are the same in people as in mice, but at this point, it's extremely promising!

Fasting has other beneficial effects as well when it comes to cancer and chronic diseases, such as inflammation reduction and lower levels of glucose and IGF-1 in the bloodstream. Our ancestors were regularly forced to go through periods of fasting when food was scarce, and it was also rare for them to develop cancer. Rates of cancer and other chronic diseases such as diabetes are on a continual rise; our constant ability to access food (and cheap, poor-quality food at that) may be contributing to this epidemic more than previously considered.

There are a few different types of fasting I will outline. Read about them, do some more research if you feel you need to, and then pick the one that resonates most with you. Try it for a bit, and if it doesn't work well, experiment with another option. It's all about testing things out and finding what works for you! An excellent book to read for many reasons is [The Plant Paradox](#) by Dr. Steven Gundry. Among many interesting suggestions, he outlines the benefits of fasting, gives details on the three options below, and provides sample menus. It is a great book to check out if you would like to learn more about fasting and his work with proteins called lectins. Naturally occurring in many fruits, vegetables, and legumes, lectins contribute to inflammation in your body, among other things. Pro-tip: pressure cooking destroys lectins, so get yourself an Instant Pot or other pressure cooker and, when possible, cook your grains, legumes, and nightshades in it.

1 Fasting-Mimicking Diet (FMD)

- 5 days in a row out of every month, eat a vegan diet of 900 calories/day
- Eat regularly the rest of the month

2 Intermittent Fasting (IF) - Weekly

- 2 days a week, restrict your calories to 500-600/day (Mondays and Thursdays are easiest)
- Eat regularly the rest of the week

3 Intermittent Fasting (IF) - Daily

- Every day, leave 12-16 hours between dinner and breakfast the next morning, so that all of your caloric intake happens in an 8 to 12-hour window
- This can be done in addition to one of the two choices above as well if you really want to supercharge your fasting power!





For me, I found the easiest to incorporate was daily intermittent fasting, and so every day I leave at least 12 hours between dinner the night before and breakfast the next morning. Many sites say 16 hours or more is better, but [there is some research](#) showing that, especially in women, daily fasting of 16+ hours can cause adrenal stress and hormonal imbalances, which is not good for hormone driven cancers. So, if you are biologically female and want to regularly fast for more than 16 hours, it is a good idea to limit the number of days per week that you do this. As stated above, it is also possible to do daily IF in conjunction with weekly IF or an FMD. If you are doing weekly IF or an FMD *with* daily IF, keep the daily IF to 12-14 hours to reduce hormonal stress. When you achieve a cancer-free or no-evidence-of-disease status, if you continue the daily IF, you can reduce the periodic FMD to once every 3-4 months or, if you aren't doing daily IF, continue with monthly FMD or weekly IF if either of those have been working well for you. I do daily IF with an FMD every 3-4 months. I don't eat until at least 10 am (depending on when I ate the night before); it actually makes my morning routine SO MUCH easier, and I get out the door faster! I also do at least two 24-hour water fasts a month, which you can [read more about here](#). Not only is fasting a great way to lose weight and maintain the loss (which is good if you need to because fat cells create and store estrogen, which of course is not good for hormone imbalances), but it is particularly interesting for cancer for the reasons described above.

At the end of the day, with fasting and with your diet as a whole, you need to strike a balance between doing and eating what makes your body happy and what makes YOU happy. This includes finding a diet and a routine that is sustainable and healthy for your unique self.

Wishing You Happy Healing!



Disclaimer and References



The content of this book is based on the experience of and research conducted by Rebecca Durance Hine, unless otherwise noted. The information is presented for educational purposes only and is not intended to diagnose or prescribe for any medical or psychological condition, nor to prevent, treat, mitigate or cure such conditions. The information contained herein is not intended to replace a one-to-one relationship with a doctor or qualified healthcare professional. Therefore, this information is not intended as medical advice, but rather a sharing of knowledge and information based on research and experience. Rebecca Durance Hine and Orenda encourage you to make your own health care decisions based on your judgment and research in partnership with a qualified healthcare professional.



The list below contains links to all those articles referenced and linked to throughout this resource. For your convenience, they have been collected here:

- <https://www.webmd.com/cancer/features/cancer-sugar-link#1>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4703949/>
- <https://www.healthline.com/nutrition/sugar-and-inflammation>
- <https://www.vivahealth.org.uk/veganhealth/dont-feed-cancer/igf-1-diet-and-cancer>
- <https://aor.ca/blog/whey-protein-and-cancer-friend-or-foe>
- <https://nutritionstudies.org/casein-consumption/>
- <https://academic.oup.com/jnci/article/105/9/616/986948>
- <https://www.sciencedirect.com/science/article/pii/S1383574218300887>
- <https://www.medicalnewstoday.com/articles/323117.php>
- <https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/xenoestrogen>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3074428/>
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/soy-breast-cancer-risk/faq-20120377>

- <https://pinklotus.com/powerup/breastcancer101/should-you-be-eating-soy-setting-the-record-straight/>
- <https://pinklotus.com/powerup/>
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/soy-breast-cancer-risk/faq-20120377>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3842968/>
- <https://pubmed.ncbi.nlm.nih.gov/21673053/>
- <https://scienceblog.cancerresearchuk.org/2013/02/01/feeling-the-heat-the-link-between-inflammation-and-cancer/>
- <https://drruscio.com/gluten-cause-leaky-gut-everyone/>
- <http://www.seattleorganicrestaurants.com/vegan-whole-food/genetically-modified-foods-gmos-linked-to-intestinal-permeability-gluten-related-diseases.php>
- <https://www.saragotfriedmd.com/does-meat-cause-cancer-revisiting-the-meat-igf-1-and-cancer-connection/>
- <https://chriskresser.com/how-too-much-omega-6-and-not-enough-omega-3-is-making-us-sick/>
- <https://articles.mercola.com/sites/articles/archive/2018/09/17/curcumin-health-benefits.aspx>
- <http://stopcancerfund.org/p-breast-cancer/can-a-handful-of-nuts-a-day-keep-cancer-away/>
- <https://elevays.com/truth-xenoestrogens-estrogen-dominance/>
- <https://www.breastcancer.org/risk/factors/alcohol>
- <https://scienceblog.cancerresearchuk.org/2018/01/03/alcohol-and-cancer-this-is-how-booze-damages-dna-inside-cells/>
- <https://www.cancerresearchuk.org/about-cancer/what-is-cancer/genes-dna-and-cancer>
- <https://www.ncbi.nlm.nih.gov/pubmed/22323820>
- <https://www.cancertherapyadvisor.com/home/tools/fact-sheets/intermittent-fasting-and-cancer/2/>
- <https://drjockers.com/intermittent-fasting-immune-system/>
- [https://www.cell.com/cancer-cell/fulltext/S1535-6108\(16\)30265-3](https://www.cell.com/cancer-cell/fulltext/S1535-6108(16)30265-3)
- <https://news.usc.edu/29428/intermittent-fasting-weakens-cancer-in-mice/>
- <https://blog.kettleandfire.com/intermittent-fasting-for-women/>



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