



## Gentle Touch Healing

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### Cancer friendly Diet

#### **INFORMATION SHEET ...**

**General note:** Cancerous cells multiply faster in an Acid Residue environment; so avoiding Acid Residue foods and moving over to an Alkaline based diet could help to starve cancerous cells.

**Please note:** if you choose to change your diet, please make the change over a reasonable period of time - suddenly changing your diet can lead to withdrawal symptoms.

### Alkaline Residue Products

The following list is products that are considered to be alkaline based

Fresh Fruits			
Apple	Apricot	Avocado	Blackberries
Blackcurrants	Cherries	Cranberries	Currants, raisins
Dates	Figs	Grapes	Lemons
Mangoes	Melon	Olives	Papaya
Pear	Raspberries	Redcurrants	
Other			
Alfalfa	Agar-Agar	Fresh cracked nuts	Fresh ginger
Fresh juices (own preparation)	Herb teas, green tea	Honey	Millet
Noni juice	Olive oil, corn oil	Seeds	Soya products
Vegetables			
Aubergines	Beetroot	Broccoli	Cabbage
Carrots	Cauliflower	Celery	Chard
Chicory	Chives	Cucumber	Dandelion
Dill	Endive	Fresh green beans	Garlic
Kale	Kelp	Lettuce	Mushrooms
Parsnips	Peppers	Potatoes	Noni juice
Radishes	Sorrel	Soya beans	Spinach
Swede	Turnips	Watercress	

#### **COOKING FOODS**

For those who suffer from Liver, Lymph or Kidney Cancer it is important to try and reduce the amount of toxins that the body has to discard.

The longer that you cook food, the more toxins are produced as the food molecular structure is changed. Ideally having a 'raw food' diet is the best, followed by food that is juiced, steamed or cooked in a wok.



## Acid Residue Producers

The following list is products that are considered to be acid based and should be avoided.

Fresh Fruits			
Bananas	Grapefruit	Oranges	Plums
Prunes			
Other			
All alcohol	Chocolate, cocoa	Coffee, tea	Fizzy drinks
Eggs	Lack of sleep	Negative emotions	Preservatives, jams etc
Products in vinegar	Salt & condiments	Sauces	Stress
Sugar	Sweets	Tobacco	Vinegar
Vegetables			
Asparagus tips	Brussels sprouts	Chick peas	Dried beans
Lentils	Peanuts	Rhubarb	Tomatoes
Dairy			
All Dairy			
All Flesh Foods			
Crab	Fish	Meats	Shellfish
Scallops	All processed and salted meats		Smoked fish
Cereals and Nuts			
All packet nuts, crisps and snacks		All refined flour including noodles, spaghetti, buckwheat	
Barley	Cornflakes and most processed breakfast cereals		
Doughnuts	Dumplings	Macaroni	Oatmeal
Pies, pastries and bread		Refined rice	

### **REFERENCES**

Alkaline and Acid diet information - extracts from the book "[Everything you need you know to help you beat cancer](#)" published with kind permission of the author Chris Woollams.

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### **IMPORTANT**

If you are ill, please see your doctors for advice and medication. We do not advocate any advice given on this Information Sheet as a substitute for conventional medicine or medical advice – this is additional information that may help you with your illness.

We cannot guarantee that any advice given will improve every individual's well-being or state of health. What might work for one person may not necessarily work for another.

