



anticancer
Lifestyle
Guide

written by
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Dedicated to all those on a healing journey. May this guide be helpful to you along your way.

~ Cortney

Contents

INTRODUCTION	6
NEWLY DIAGNOSED	9
INTERESTED IN PREVENTION	11
MY TOP 5 ANTI-CANCER LIFESTYLE CHANGES	12
#1 BE COMPASSIONATE WITH YOURSELF	12
• SELF-TALK	13
• AFFIRMATIONS	14
• DO WHAT YOU LOVE	16
• JOURNALING	18
• FORGIVENESS	19
• BOOKS I RECOMMEND	20
#2 HEALING HOME	21
• BEDROOM & BATHROOM	22
• LAUNDRY ROOM	23
• KITCHEN	23
• CLEANING SUPPLIES	24

Contents

#3 EXERCISE IN NATURE	25
#4 SUPPLEMENT STRATEGICALLY	27
#5 EAT WHAT HEALS	30
• GETTING STARTED	31
• ABOUT THE RECIPES	33
• ABOUT THE BUDWIG MIXTURE	34
• ABOUT THE LUNCH SMOOTHIE	36
• TRAVELING ON AN ANTI-CANCER DIET	38
• THE MEAL PLAN:	40
- DAY 1	40
- DAY 2	43
- DAY 3	46
- DAY 4	49
- DAY 5	52
RECOMMENDED RESOURCES	55

Anti-Cancer Lifestyle Guide + 5-Day Cancer Fighting Meal Plan With Over 25 Recipes

DISCLAIMER – Although many of the suggestions in this guide are tremendously helpful in preventing cancer, it is not a comprehensive protocol or plan for cancer treatment. Please work alongside a doctor who is knowledgeable and supportive of your treatment decision.

AFFILIATE DISCLOSURE – The recommended products included in this guide are what I use on a daily basis and may include affiliate links. When you click on these links and make a purchase I make a very small commission to help support my blog.

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Hi Everyone!

For those of us just meeting for the first time, I'm Cortney.

Good to meet you. :)

I've been writing my blog, AntiCancerMom.com since 2011 to document my journey after healing from cancer using natural therapies. Life tends to look a little different for us on this natural healing journey, and if I'm honest - it hasn't quite looked the same since. And that's a good thing...although it can be a HARD thing at times.

When I began writing this guide, I let this one question steer my words:

“ IF I COULD GO BACK TO MY PRE-CANCER DAYS, WHAT CHANGES WOULD I HAVE MADE IN MY LIFE TO AVOID GETTING CANCER IN THE FIRST PLACE?”

And how can I make that easy for YOU?

In this guide you will find everything I would have changed, corrected, and strived to do better to prevent myself from getting cancer. Many of these changes were what I used to heal from cancer ten years ago.

You all wouldn't believe how different my life was before cancer!



Some of the changes I had to make were unbearably difficult. The food. The paradigm shift with what was important to me, the beauty products, hygiene products, cleaning methods. Everything around me (and within me) became the reasons why I got cancer! Geez.



(Left: At my wedding in 2008, three months before I found a lump in my right armpit which turned out to be cancer.)

When I was [diagnosed with Stage II Hodgkin's lymphoma in 2008](#) I had never even HEARD of some of some of the foods I was now being told to eat for every meal of the day. To give you an idea of where I was coming from, this is what my life looked like BEFORE I was diagnosed:

- I had never eaten a salad in my life (unless you count iceberg lettuce + ranch + bacon bits a salad.)

- I had never even thought that vegetables could be juiced.
- I drank three Diet Cokes a day.
- I had never heard of an avocado and was hesitant to even bite into a strawberry.
- I lived off of frozen meals, canned corn, sodas, microwave lunches, and processed snacks for most of my life.

“

I BASICALLY ATE LIKE A 5-YEAR-OLD INTO MY MID-TWENTIES.

I basically ate like a 5-year-old into my mid-twenties.

If you find yourself in this situation as well, welcome to the club. :) It gets so much easier and you'll be so grateful you made these changes now!

Changing Your Eating Habits is HARD

AFTER I was diagnosed and decided to pursue alternative therapies (initially as a trial period for the first three months to see how I responded,) my diet changed dramatically.

The protocol I followed in Bill Henderson's book, [Cancer Free: Your Guide to Gentle, Non-toxic Healing](#), had very strict dietary components. I could basically eat as many organic vegetables as I wanted to eat plus 1-2 servings of low glycemic fruits daily and a special flax seed oil mixture.

“

EACH DAY I JUST HAD TO SUCKITUPANDDOIT.THERE WAS EVEN ONE DAY I CRIED ON THE KITCHEN FLOOR IN THE FETAL POSITION BECAUSE IT TOOK ME AN HOUR TO CHOP A SALAD AND AN HOUR TO EAT IT AND I WAS STILL STARVING!

I also had to avoid all caffeine, sugar, chocolate, meat, processed foods, cooked foods, and dairy with the exception of the cottage cheese in the Budwig mixture (see my note in the Meal Plan.)

There were also a series of recommended supplements and other things that I added on my own after my husband and I did our own research. Being faced with trying this protocol or having to go through chemo, I knew I had to go ALL IN.

It only took me about 3 months to completely overcome my food aversions and fears and start eating an anti-cancer diet with GRATITUDE. (I originally



had the word "joy" here and since I'm not sure that's exactly how I felt, I think the word "gratitude" is more fitting.) ;)

Each day I just had to suck it up and DO IT. There was even one day I cried on the kitchen floor in the fetal position because it took me an hour to chop a salad and an hour to eat it and I was still starving! But I tried again and gradually each day got better and more routine, and I began discovering many of the shortcuts I share in this guide.

(Left: January, 2009 with my friend (and fellow cancer-thriver) Kayle at the Whole Foods salad bar.)

For Those Newly Diagnosed

I strongly recommend to you that if you are newly diagnosed with cancer and you're reading this that you take your healing very seriously. Whether you are choosing an exclusively holistic protocol or an integrative approach with conventional medicine, these concepts, recipes, and tips will help nourish your mind and body and give you the nutrients you need to thrive on your journey.

Making these changes might feel hard, but do not let up on whatever healing protocol you choose and monitor your progress carefully and often.

I also want to add that this is not a complete list of changes I made during my cancer healing season. You can read more about detoxification through colonics, enemas, wheatgrass implants, infrared sauna, coffee enemas,

rebounding, etc., and holistic dental changes, cancer monitoring, and a ton more on my blog at AntiCancerMom.com when you are ready to dig in a bit more.

The Recommended Resources section at the end of this guide is a great place to find your next steps if you are still in the research phase of choosing your treatment plan. I also recommend working closely with a supportive doctor who is not resistant to the kind of treatment you want to use and is knowledgeable about natural approaches to cancer or working in an integrative setting.



Right now it might seem like this season of life is never going to end, but I can tell you that there WILL be a time where this feels like the new normal. Stay the course you are on with your mind's eye on where you want to be.



For Those Interested in Prevention

If you are using natural strategies for prevention, please give yourself grace and praise yourself for being ahead of the game! Never feel pressure to be perfect or fearful that if you don't change fast enough then cancer is looming or inevitable. That kind of thinking is fear based and stress producing (which as you'll see below is something you'll want to change, too.)

Give your body the credit it deserves. It is not broken, it is self-healing! It is incredibly capable of so much when it is given what it needs to thrive. Be kind and patient with yourself and praise your positive changes. This is a wonderful journey to begin and I hope you'll find great encouragement along the way.

Here we go.

My Top Five Anti-Cancer Lifestyle Changes

1 *Be Compassionate with Yourself*

Before going into any of the other changes, this one would be a priority. If you've been reading about natural approaches to cancer for any amount of time, you probably have heard about the importance of emotional healing. But how exactly do you heal emotions?

To me emotional healing means looking at your life and noticing where you are not at peace. This could be in your home, workplace, the way you think about yourself, or even in your past. It's the negative, hurtful stuff you carry around with you.

It is learning how to think differently, treat yourself more gently, and forgive others for not meeting your expectations. It's about becoming aware of how much healthier and more solution-minded you can think and how much better that feels in your body.



Self-Talk

Negative, self-defeating thought patterns tend to be a struggle for so many of us, including me at times. Beliefs such as “It’s too expensive to eat this healthy”, and “I don’t have time for any of this,” or “I don’t want to inconvenience anyone with these changes” are completely counterproductive.

Also look out for “This is too hard,” as a resistance behavior- meaning you don’t want to make a change or get too far into something because you are afraid you will fail or you don’t like feeling frustrated or out of your comfort zone.

The best way to know if you are speaking to yourself compassionately is to imagine that you were saying your words to a child you are trying to encourage or comfort. This will draw out whether you are speaking in an encouraging, compassionate and productive way, or a harsh, judgmental, and unkind tone (often with unrealistic expectations.)

Know that even the smallest change is great and go from there. If this were a child learning or trying something new for the first time, you would expect them to fail in their attempts. Virtually no one gets a new habit or skill down the first time or even the first 50 times!

Being hard on yourself for small mistakes is a habit many of us use subconsciously as a misguided attempt to protect ourselves. By criticizing ourselves before someone else does, we feel as if we are being protected from the hurt. It can also be a way to get out of “failing” or not meeting our

own unrealistic expectations. Our minds can be puzzling like that.

If any of this rings true to you, you are definitely not alone. I imagine it is more common than we think. At times I also struggle with feeling like I'm a burden on my family because of so much focus (both financially and with time) caring for myself on this anti-cancer lifestyle. Even ten years after my cancer diagnosis, my husband has to remind me that I am "worth it" and I realize I need to follow his example and speak to myself more like how he does! We are inspiring to our families, not burdensome.

We are also all uniquely created with individual gifts, talents, and purposes, and are all worth taking care of ourselves and making positive changes to better ourselves.

Here are some affirmations for compassionate

- * *"I am beautifully and wonderfully made."*
- * *"I am worth whatever it takes."*
- * *"I am uniquely gifted and I love who I am."*
- * *"My body and mind are strong."*
- * *"My body is healthy, strong, and capable"*
- * *"I am doing the best I can with the time I have right now."*
- * *"I am doing the best I can with the resources I have right now."*
- * *"I did my best with what I knew at the time."
(when working on self-forgiveness)*

A few biblical affirmations I love based on Scripture:

- * *“I am strong in the Lord and in His mighty power.”
(Ephesians 6:10)*
- * *“God holds me up. He makes me strong so I am not afraid.”
(Isaiah 41:10)*
- * *“All my battles are the Lord’s. As I stand in faith he fights them for me.” (Samuel 17:47)*
- * *“God’s power works best in my weakness.”
(2 Corinthians 12:9)*
- * *“God is able to do immeasurably more in my life than I could ever imagine.” (Ephesians 3:20)*

When I first started with affirmations it felt cheesy and inauthentic to say them out loud. But as I felt my body chemistry change I knew there was something greater to it. When you get used to saying them, try saying them while looking at yourself in the mirror. You'll either smile because they feel great to say, or you'll laugh because you feel ridiculous. Either way, you're onto something good for you and you may just find what it really means to be more compassionate with yourself.

Do More of What You Love

Treating yourself to things you enjoy doing is incredibly important. What did you enjoy doing in the past that you stopped doing because life has run you over and you are pulled in so many other directions?

Do these things again! Do more of what you want to do! It isn't always easy to get this to happen, but you have to problem solve and get that time that you need to thrive.

Often when we deny our own needs to take care of life's demands, physical symptoms of all kinds can surface. These serve as reminders and attention getters that we are emotionally depriving ourselves or even stuffing what we perceive as unacceptable emotions.

Physical exhaustion and overwork without enough downtime can lead to all kinds of problems. You have to teach yourself to slow down and take time to rest and unplug.

I learned this through experience. A few weeks after the birth of my third child I had an insatiable thirst for ALONE TIME and REST. At times I was so overwhelmed by the needs of my three young children (not to mention extremely sleep deprived,) I thought I might go crazy. I was doing so much on my own without any family to help that I thought I



(Above: Strawberry picking with my oldest daughter in 2011. She snuck one in on me! Time outdoors with my family is one of my favorite things.)

might lose my mind. I had an incredible urge to put on my shoes and run out the door like a scene from Forrest Gump! (I'm completely serious.)

When symptoms of anxiety and depression began to surface I thought something might just be physically "wrong with me" and started spiraling into a state of worrying about whether my cancer was back (mainly because of how difficult caring for myself was with three kids at home all day!)

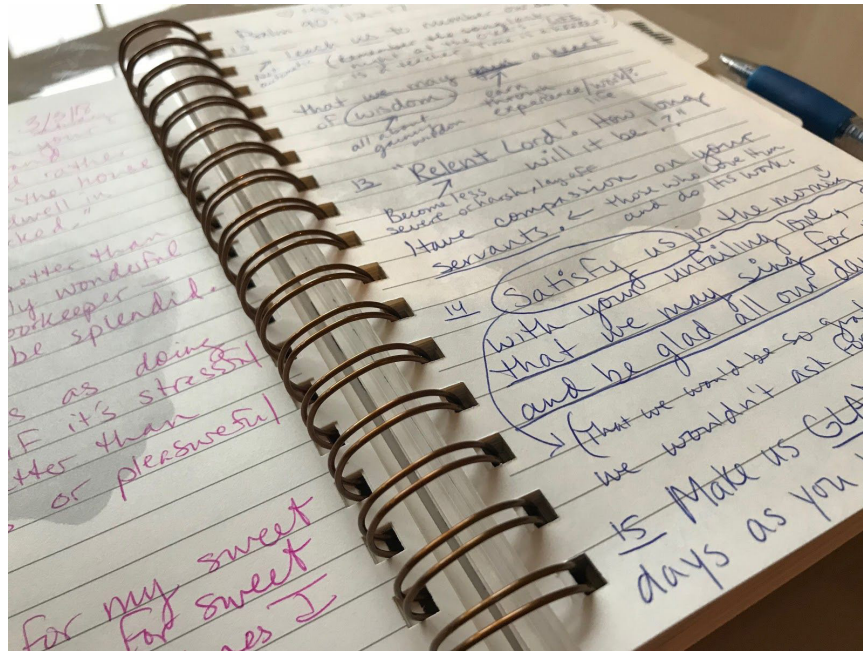
After over two years of chasing my bodily symptoms down and looking in all the wrong places (doctor visits, supplements, diet changes, etc.) my husband and I finally decided that I needed to address my own personal needs. This included carving out time for my own interests and working on how to stop "shoulding" on myself.

“ OUR EMOTIONAL HEALTH AND HAPPINESS IS WORTH CHANGING FOR, NO MATTER HOW “HARD” IT IS.

I was constantly telling myself how "I should be able to be with my kids all the time," and "I shouldn't have this anxiety," and "I should be fine - other moms have seven kids and homeschool and they're not having this happen to them!" Another lesson: comparison steals joy!

None of those "shoulds" helped me one bit. I learned that we are all unique and have different personalities and capacities. If we want a different outcome then we need to make changes. It took several months, but making sure I had plenty of time to take care of myself (we hired a babysitter for two half days a week) and leaving more margin in my life helped alleviate the majority of my physical symptoms and anxiety and helped my nervous system relax and trust again.

Our emotional health and happiness is worth changing for, no matter how "hard" it is.



Journaling

I find writing each morning to be incredibly helpful and healing. Admittedly, this habit is easier for me to stick to when I am working through something that is bothering me in my life, but I try to do it every morning regardless. It's also a time I give to myself, which is an act of self love and respect. The older my children have gotten and the more children I've had, "peace and quiet" has become a gift and one of my favorite things in the day! This is how my journaling routine looks:

1. *Find a place you love to sit. For me it is my soft, plush rocking chair that is next to a sunny window. I can hear the birds outside and open up the blinds to natural sunlight. This is a healing place for me.*
2. *I like to read one line of Scripture first. There is an app*

called YouVersion that you can download and there is a daily scripture that renews each morning. I write this down and study the words. This helps me clear my mind and open up about what is dominating my mind in the moment.

- 3. If you are looking for a more general prompt for your journaling, I love Louise Hay's [Power Thought cards](#). These are also great for affirmations!*
- 4. I try to end with a prayer of thanksgiving and gratitude and whatever else I need to get out! ;)*

Forgiveness

At the root of so much of our emotional healing is a lack of forgiveness. You may realize the need to forgive someone in your past or present who hurt you. You may find the need to forgive yourself for a mistake you made in the past or for just being YOU. Sometimes, we need to just learn to love on ourselves better and forgive our perceived failures and shortcomings. I think so much of what we talked about today is a great start to get you going on your journey.



Books I have read and found helpful for Emotional Healing:

1. [*You Can Beat the Odds: Surprising Factors Behind Chronic Illness and Cancer:*](#) Brenda Stockdale
2. [*The Art of Extreme Self Care:*](#) Cheryl Richardson
3. [*DARE: The New Way To End Anxiety and Stop Panic Attacks:*](#) Barry McDonagh
4. [*A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives:*](#) Dr. Kelly Brogan, MD
5. [*Feelings Buried Alive Never Die:*](#) Karol K. Truman
6. [*The Feeling Good Handbook:*](#) Dr. David D. Burns, MD
7. [*The Purpose Driven Life:*](#) Rick Warren
8. [*Jesus Today: Daily Devotional*](#) by Sarah Young

My Top Five Anti-Cancer Lifestyle Changes

2 *Create a Healing Home*



When I think back to my pre-cancer self, I see how I was blissfully ignorant of all of the toxic chemicals I had in my home and was putting on my body. You may want to spend the next few weeks, months, or more realistically YEARS replacing your chemical-laden supplies and textiles with non-toxic options. Here's a list to take you room to room. Remember, gradual change is GREAT and perfection is not realistic.

Bedroom

Toss: Toss "Plug-In" scents. These fragrances are artificial and toxic.

Replace: with an [Essential Oils Diffuser](#) and [essential oils](#).

Toss: Your old mattress covered with flame retardant.

Replace: with organic mattress or buy an [organic mattress protector](#) to reduce exposure to flame retardants and volatile organic compounds (VOC) until you can buy a new mattress.

Consider [organic sheets](#) and pajamas.

Bathroom

Toss: Toxic makeup, lotions, hair products, soaps, shave creams, facial products, perfume, [deodorant](#) especially, etc.

Replace: with non-toxic options. My blog has an [entire section](#) on this you can get ideas.

Buy a water filter for shower. I like [Aquasana](#) and [Berkey Shower Filter](#).

Toss: tampons and pads with chemically treated cotton.

Replace: with [organic tampons](#), pads, or [menstrual cup \(Lena Cup- my personal fave.\)](#)

Toss: or reduce use of toxic hair color and nail polish.

Replace: with non-toxic options or [learn ideas for reducing exposure](#).

Laundry Room

Toss: bleach, detergent with chemicals, dyes, and fragrances, and dryer sheets.

Replace: with non-toxic laundry system such as [My Green Fills](#).

Kitchen

For water, a simple and more affordable water filter is buying a [Berkey Water Filter system](#) which will also filter out most fluoride.

Toss: Dishwasher pods, colored dish soap, conventional cleaners (Dawn, Cascade, Fantastic, Clorox, etc.)

Replace: with [Grab Green for dishwashing detergent](#), [Seventh Generation for dish soap](#), and vinegar and water spray for cleaning your countertops and appliances or a [Norwex cloth and polishing cloth](#). Essential oils such as On Guard or Thieves in your water bottle along with vinegar can help if you do not like the smell of diluted vinegar.

Toss: [all nonstick and teflon pans](#)

Replace: with [cast iron](#), [enameled cookware](#), glass or stainless steel. Cover aluminum baking pans with parchment paper or bake in glass.

Toss: microwave or reduce usage

Replace: with [convection oven](#)

Toss: or reduce most plastic objects. Since having kids we have kept some BPA-free sippy cups and a few BPA-free plastic storage containers, but for most things we...

Replace: ...use glass and stainless steel. We use [these mason jars](#) with [these lids](#) to drink water from, store a good amount of our food in, and drink smoothies out of.

Cleaning Supplies

Toss: ALL conventional cleaning supplies such as Lysol, Clorox, Windex, Scrubbing Bubbles, chemical fluid Swiffer mop, etc.

Replace: my favorite to replace with are [Norwex Envirocloths](#) and the [Norwex broom and mop combo](#) using just microfiber and water for everyday cleaning. Also, for disinfecting I use water and vinegar mixture (1/3 vinegar to 2/3 water in a spray bottle) with a Norwex cloth or paper towels.

For toilets I use [non-toxic toilet bowl cleaner](#) (or buy at Whole Foods). You can also simply use vinegar with baking soda in the toilet bowl!

For windows and mirrors I use the [Norwex Envirocloth followed by Norwex Polishing Window cloth](#).

I absolutely love my Norwex cloths since they make cleaning so much faster and easier. But for many years I simply used diluted vinegar (1/3 vinegar, 2/3 water) in a spray bottle with a scrubby sponge. This worked great as well and cleaned 75% of my house!

My Top Five Anti-Cancer Lifestyle Changes

3 *Exercise in Nature*



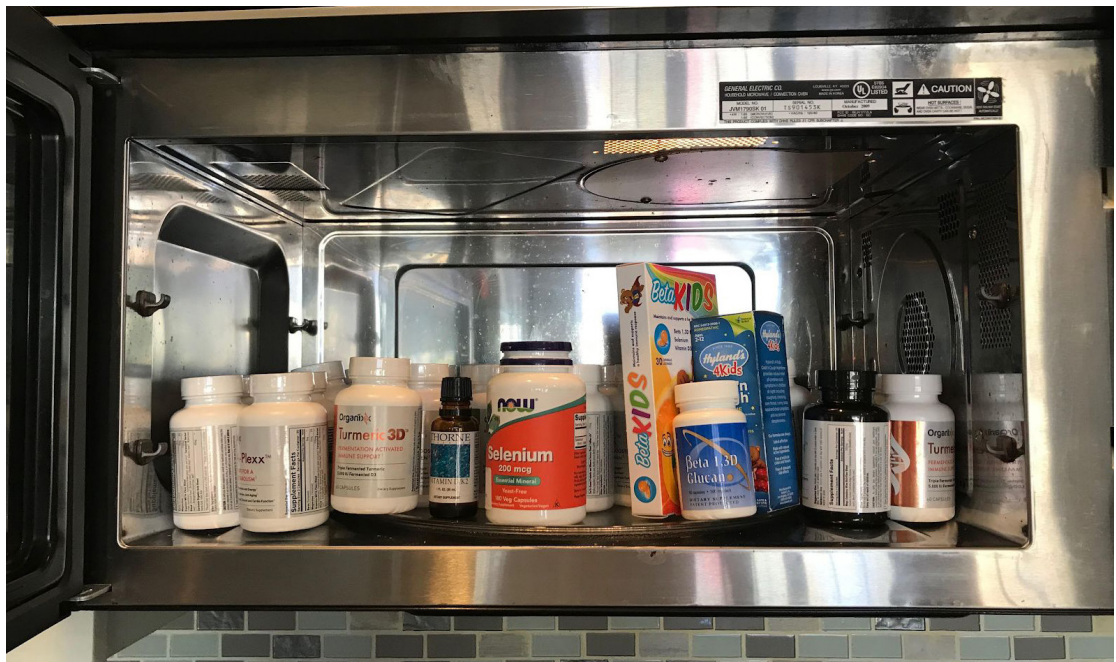
This is a rather simple one, but being physically active in nature accomplishes two beautiful things at once. Fresh, oxygen-rich air from less-polluted areas combined with physical exercise is healing for the body and mind.

Some ideas:

1. Move your rebounder trampoline outside, which not only moves your lymph in ways that exercise cannot do alone, but it is also extremely fun.
2. Simply walk or run outside with your favorite music or do yoga or stretches on the ground (try barefoot for extra benefit!)
3. Look for local nature trails in your area and go for a hike.
4. Create a small gym in your garage with free weights, kettlebells, and a mat and you will still enjoy fresh air! Try bringing a tablet outside with a streaming fitness video service such as Beachbody or 8 Fit.
5. Print a few “weekly exercise” schedules and bring them to a park with you to do. You’ll have fresh air, sunshine, and be in community with people. All great for your well being and healing!

My Top Five Anti-Cancer Lifestyle Changes

4 Supplement Strategically



Since we don't use a microwave, I use mine to store supplements. :)

Supplemental nutrition needs vary from person to person. If your diet is extremely optimal you probably will have less of a need for supplementation. Most of us, however will likely have some form of vitamin and mineral deficiency and supplementation will help. Seeing an integrative or functional medicine doctor will be helpful in determining exactly what you need most, but until then...

Here are the most widely seen deficiencies and how to supplement for them:

1. [Vitamin D](#): (which is actually a hormone) is best made in the body through natural sunlight exposure. If you do not get multiple hours of bare skin sunshine each day, you will probably need some form of Vitamin D3 supplementation. Combined with K2 is a recommended way to take it. Up to 10,000-15,000 iu daily until Vitamin D levels are in the 55-90 ng/mL range.

2. [Magnesium](#) + [Selenium](#): So many people are hugely deficient in both of these minerals. Take 250-425 milligrams daily of magnesium citrate or glycinate. 200 mcg of Selenium is recommended for most people.

3. [Beta-1, 3D Glucan](#): For immune support my favorite supplement is Beta-1, 3D Glucan. It primes your immune system to better identify cancer cells and other pathogens like viruses and bacteria (you can read more about the science [HERE](#).)

4. [Omega-3 Fatty Acids](#): are an important part of our diets and need to be supplemented. For plant based options look at flax and hemp seed oils. For DHA rich animal options look at eating salmon several times monthly or

supplementing with a well-processed cod liver oil.

5. *I have taken [Dr. David Williams Daily Advantage](#) as a multivitamin + Beta-1, 3D Glucan + Vitamin D3/K2 *most* days for the past 10 years since my cancer diagnosis. I also recommend [Pure Encapsulations O.N.E multivitamin](#) as an alternative for those needing a vitamin free of geltain, magnesium stearate and folic acid (using folate instead.)*
6. *Probiotic (I buy Renew brand 30-50 billion from the refrigerated aisle at my health foods store) or another option is [Jarrow EPS](#) which does not have to be refrigerated and also works great for me. Also increase your cultured food consumption with kraut, kombucha, and other cultured options.*
7. *Although not a supplement, I recommend [Ojibwa brand Essiac Tea](#) for a gentle, lymphatic detox. I firmly believe this was a key part of my healing protocol and noticed a speeding up of my lymph node reduction once I started with Essiac and remained using it until my pregnancy. Read full explanation of the Essiac story [HERE](#).*

My Top Five Anti-Cancer Lifestyle Changes

5 *Eat What Heals*

When I began my [journey healing naturally from cancer in 2008](#), I quickly learned that the Standard American Diet I had eaten my entire life was a huge reason why I got cancer in the first place. Thanks to my husband and my intense research into alternative treatment and cancer-fighting foods, I eventually learned WHAT to eat but I still didn't know HOW to eat it. I knew what foods would aid my body in healing, but I didn't know how to put them together in a way that wasn't too time consuming and was also acceptable in taste.

Out of much trial and error over several months and even years of gagging, pinching my nose, and shivering while on my healing journey, I began



to develop some of these recipes to make anti-cancer eating a little bit easier and enjoyable.

This simple meal plan routine helped me stay organized with my anti-cancer diet and the shopping that came along with it. For breakfast I had a variation on [Dr. Johanna's cancer-fighting Budwig mixture](#), a filling vegetable smoothie for lunch, and a large cancer-fighting salad for dinner. Dessert was a warm detox tea. Now that I'm in remission, I do have a bit of healthy meat or raw, organic dairy on occasion, but while I was healing I stayed completely vegan and raw with the exception of the Budwig mixture and an occasional slice of Ezekiel toast.

Getting Started

The below 5-Day meal plan is designed to introduce you to food options that you can use during your chosen nontoxic or integrative cancer therapy or simply as a tool for prevention if you are not currently dealing with a cancer diagnosis. If your goal is prevention you can modify these recipes, adding more fruit or honey to your smoothies, taking out certain veggies, and adding more clean meats to your salad. You could also eat more cooked veggies and add cooked healthy grains such as quinoa, millet, and wild rice.



Some of you may find that you do better with cooked food than raw, so listen to your body and make an individualized decision.

You can stretch this meal plan to Days 6 and 7 by repeating your favorite meals from days 1-5.

You can see an hour-by-hour look at what a day in the life on this meal plan (while healing cancer) looks like with preparation time, [supplements](#), work, and family on this post [HERE](#).

If you are new to this kind of lifestyle and don't currently have cancer, feel free to take your time adjusting to the foods on this diet. Don't feel like you need to do this all in one week as it is printed here. If the plan seems too rigorous or overwhelming, try a recipe here and there.

If you have cancer and are choosing natural, alternative therapies, you will want to make more drastic and immediate changes. Help from a supportive loved one can often take some of the burden off, so see if a friend or family member that is supportive of your healing choice would be willing to try the recipes alongside you. ***Make it an adventure!***



About the Recipes

Cancer statistics are unbelievable. In the U.S. HALF of men and 1 in 3 women will get cancer in their lifetime. ANYONE can benefit from using the recipes in this meal plan!

All of the recipes are free of all processed foods, meat, and are completely vegan and dairy-free (with the exception of the Budwig mixture.) There is no sugar in these recipes and they are even minimal in high glycemic fruits. Organic produce is recommended as much as possible, but if you can't find it or cost is an issue, well-washed conventional is better than not eating plant foods at all.

Many of the recipes include links to read more about the cancer-fighting science behind the foods and additional details on how to make them.

A Note About the Budwig Mixture

In the 1950's Dr. Johanna Budwig began experimenting with terminal cancer patients using a food mixture she created of sulfuric protein and an oxygen-rich oil based on the research and proposed metabolic theory of cancer from nobel prize winner, Dr. Otto Warburg.

Picking up where Dr. Warburg left off, Dr. Budwig discovered that in order for our bodies' cells to process oxygen as fuel, they need certain enzymes to be

present in the fat content of the foods we eat. However, because so much of the Standard American Diet consists of chemically-treated, processed, sugar-laden, denatured foods, the necessary enzymes our bodies require for cellular respiration have been destroyed.



Dr. Budwig discovered that when she combined sulfur-rich proteins like cottage cheese with highly unsaturated fatty acids (rich in omega-3's) like those found in flaxseed oil, the unsaturated fatty acids bonded molecularly with the sulphuric proteins. This bond made the flaxseed oil water-soluble, enabling it to be absorbed instantly and effortlessly through the cellular membrane. In turn, the instant flood of vital nutrients and essential enzymes to the cells (remember, the enzymes were what was missing in the first place) acted as a spark that re-ignited their ability to burn oxygen, thus restoring all cells to a healthy aerobic state – INCLUDING cancer cells! In other words, Dr. Budwig discovered that this simple mixture, in effect, allowed cancer cells to 'breathe' again, returning them to their healthy, normal state.

Although her theory has not been tested in large case studies (as most alternative therapies have not been studied in isolation), Dr. Budwig had excellent success in her terminal patients in restoring them to complete health. There are also many [testimonies to be found online](#) including mine. I ate the Budwig mixture every morning for over 7 years along with the rest of my diet being mostly raw, vegan, and organic.

Budwig First Timers

I can remember the first time I had the Budwig mixture like it was two minutes ago. I gagged and dry-heaved. My eyes actually watered and streamed down my face. To begin with, I wasn't a fan of cottage cheese EVER. And now I had to mix it with 6 Tbsp of flaxseed oil- something I hadn't ever even hear of. So for those of you who are new to this, I feel ya. You have a shoulder to cry on right here. But trust me when I say that it gets better and you get used to it. Since 75% of our sense of taste comes from our sense of smell, pinching my nose when I first started was very helpful (a tip from my hubby). Also, I have come up with some really great recipes (see Meal Plan) to make it taste better and go down easier. Follow them carefully.

Dr. Budwig's notes state clearly that the mixture of cottage cheese (she used quark) and flaxseed oil should be consumed immediately after mixing. You cannot store the mixture and eat it later, as it will lose the effects that are beneficial.

For those of you concerned about the calorie content, (since the Budwig mixture has over 800 calories in it,) there is no concern for weight gain as long as you are eating the other meals just as they are written- vegan, loaded with low starch vegetables, and with unprocessed, low-sugar salad dressings.

A Note About the Lunch Smoothie

I will be the first to admit that some of the smoothies in this meal plan are a bit challenging, especially if you're coming off of a typical Western diet. These recipes are designed to be cancer-fighting and are loaded with anti-cancer



phytonutrients, vitamins, minerals, and enzymes. They are a complete meal which was essential for me during my holistic cancer treatment. Since I [continued to work full time during my treatment](#), I needed a lunch that was quick, convenient, and packed with nutrients. My lunch smoothie did a fantastic job meeting these needs, even though at times I drank it with my nose pinched and a very small bit at a time. I found after a few weeks I would hold my breath and chug it down about 8 ounces at a time and I felt great!

For me, drinking these smoothies everyday SUSTAINED me, all while nourishing every cell in my body (while restoring healthy cells and killing cancer cells!) They were essential to my healing. They are therapeutic, not necessarily 100% tasty. I was so proud once I finished the last drop because I knew I did something great for myself, even though it was hard.

A quick tip is to make your smoothies in the morning and store them in [TWO quart-size mason jars](#) with a tight lid. You can also use [BPA-free Nalgene bottles](#). This helps preserve the nutrients and prevent oxidation after blending

which can cause nutrients to be lost. After blending, pour the smoothie into the jars, place them in the refrigerator and wait at least an hour to allow the froth and bubbles to calm down. I drank my smoothies as COOL as possible (not freezing cold) and found that they were much easier to drink, even enjoyable and refreshing after a few months of drinking them. I would also make sure to shake them before drinking since the water settles to the bottom.

I have also received feedback that making these veggie smoothies in a regular blender has not only been frustrating to get all the ingredients blended, but in some cases has actually burned out blender motors. A high-speed blending machine such as the [Vitamix](#) would be worth the investment if you are planning on keeping with a cancer-fighting lifestyle and diet. I've written often about my love of my [Vitamix](#). It comes with a 7-year warranty and there are options to buy [reconditioned models for an even lower price](#) and longer warranty for less than a new model.

Traveling on an Anti-Cancer Diet

Even though it has been ten years since my cancer journey, my family and I have to pack a significant amount of our own food when we travel in order to still eat healthy. I imagine many people do this in order to avoid fast food, processed food, and GMO's so common along our nation's interstates and in smaller towns.

Here's how it looked when I was on my anti-cancer protocol and actively healing:



** We purchased a large rolling cooler and re-freezable ice packs to have ready whenever we needed them. We tried not to let my diet hold us back! For day trips we sometimes just carried a cooler bag with ice packs if it fit everything I needed for the day.*



- * We brought our [Vitamix](#) and immersion blender with us wherever we went until eventually all of our common locations (parents' houses, sisters' houses) all had purchased Vitamixes. It's amazing how this lifestyle rubs off on people once you visit!
- * We pre-bagged 3-4 days worth of smoothies and chopped salads in order to have food ready when we needed it, storing these in the cooler until we got to our location.
- * For longer stays and trips with plane rides, we would search for a grocery store with organic options and stocked up for our longer stay. Then we chopped salads and made smoothie bags for easy access to food as soon as we got to our location so it was ready and didn't hold anyone else up in our party for when we adventured out. Again, we would use the cooler bag for day trips.
- * Pre-package sprouted nuts or a low sugar bar for snacks to bring along.



Anti-Cancer Grocery List

Fruits

- ___ apples
- ___ avocados
- ___ bananas
- ___ berries: straw, blue, rasp, black, mixed
- ___ cantaloupe
- ___ dates
- ___ grapes
- ___ lemons
- ___ mango
- ___ melon
- ___ oranges
- ___ peaches
- ___ pears
- ___ pineapple
- ___ plums
- ___ tomatoes
- ___ watermelon

Grains

- ___ Ezekiel bread
- ___ quinoa, millet, bulgar wheat, oatmeal

Nuts & Seeds:

- ___ cashews, pecans, walnuts, almonds
- ___ sunflower seeds, pumpkin seeds
- ___ nut butter: -----

Oils, Teas, Spices, Superfoods, etc.

- ___ chamomile, green, Pau d'Arco, Essiac
- ___ olive oil, coconut oil, flaxseed
- ___ goji, hempseed, maca
- ___ stevia, dates

Dairy

Veggies / Greens

- ___ arugula
- ___ asparagus
- ___ beets
- ___ bok choy
- ___ broccoli
- ___ broccoli slaw
- ___ brussels sprouts
- ___ cabbage
- ___ carrots
- ___ celery
- ___ cauliflower
- ___ chard
- ___ coconuts
- ___ cucumber
- ___ eggplant
- ___ garlic
- ___ greens: mixed, arugula
- ___ fresh herbs:-----
- ___ kale: dinosaur, purple, green
- ___ lentils, beans: -----
- ___ mushrooms: shitake, baby, portabella
- ___ onions: red, yellow, green, white
- ___ parsley
- ___ peppers: red, yellow, orange, green, hot
- ___ romaine lettuce
- ___ spinach
- ___ squash: acorn, yellow, spaghetti
- ___ sweet potatoes
- ___ zucchini
- ___ watercress

Meats

- ___ Alaskan sockeye salmon

View my grocery post and download a PDF of this list [here](#).

The Meal Plan: Day 1

Pre-Breakfast

Cup of Essiac Tea

[Ojibwa](#) is my recommended brand from [Ancient5.com](#)

See my post on Essiac Tea [HERE](#).

Breakfast

Dr. Budwig's Cottage Cheese/ Flaxseed Oil Mixture (CCFO)

- $\frac{2}{3}$ cup organic 1 - 2% cottage cheese
- 6 Tbsp organic flaxseed oil
- *(Blend above separately from following ingredients using an immersion blender. I like [Kitchen Aid](#) best due to its shallow blending head.)*
- 10-12 drops [stevia](#) to sweeten (optional for taste)
- $\frac{1}{4}$ cup soaked walnuts
- $\frac{1}{2}$ cup blueberries

Directions: Blend cottage cheese and flaxseed oil first using an immersion blender. Add remaining ingredients and stir. Enjoy within 20 minutes of blending. Watch a video of how to make the Budwig mixture [HERE](#).

Juice Snack

Cucumber Carrot Kale Juice

- 1 cucumber
- 6 carrots
- 4 leaves kale

Directions: Juice in juicer and drink immediately. I love the [Breville Juice Fountain Elite](#) for its usability and easy clean up. You can also read my post on freezing juices for easy prep, [HERE](#).

Lunch

Berry Veggie Anti-Cancer Smoothie

- 2 large carrots cut into pieces
- ½ lemon, peeled
- 3 large handfuls spinach
- A hand-sized sliver of cabbage
- A golf ball sized pinch of broccoli sprouts
- 1 ½ cup mixed frozen berries
- ½ avocado
- Handful of almonds (soaked or sprouted preferred)
- 3-4 cups of water

Directions: Add ingredients in above order into a Vitamix or other high-speed blender. Blend, pour, cap, chill for 30-60 minutes if needed. Enjoy!

Snack

Sprouted Ezekiel Bread

with drizzled organic olive oil and sea salt, oregano, and pepper. 1 cup Japanese green matcha tea. ([This Matcha](#) is great to try if you're just becoming familiar with green tea.)

Dinner

Garden Fresh Cancer-Fighting Salad

- 2 large carrots cut into pieces
- ¼ [red onion](#) sliced
- ½ [avocado](#), sliced
- ½c sprouted organic almonds
- ½ tomato chopped
- 6-8 florets [chopped broccoli](#)
- ½ bell pepper
- 1 handful sunflower sprouts
- 4-6 chopped [strawberries](#)



Directions:

Add to bowl and serve with dressing on top. [Chopping](#) can add variety, too. Top with olive oil and apple cider vinegar, [Herbamare](#) and black pepper.

Dessert

Essiac Tea

The Meal Plan: Day 2

Pre-Breakfast

Cup of Essiac Tea

[Ojibwa](#) is my recommended brand.

See my post on Essiac Tea [HERE](#).

Breakfast

Dr. Budwig's Mixture with Strawberries & Almonds

- ⅔ cup organic 1 - 2% cottage cheese
- 6 Tbsp organic flaxseed oil
- *(Blend above separately from following ingredients using an immersion blender. I like [Kitchen Aid](#) best.)*
- 4 chopped strawberries
- 8 soaked and chopped almonds
- 10-12 drops stevia to sweeten (optional for taste)

Directions: Blend cottage cheese and flaxseed oil (CCFO) first using an immersion blender. Add remaining ingredients and stir. Enjoy within 20 minutes of blending.

Note: You can purchase quark at Whole Foods, Target, health foods store or international market. It is a German cheese similar to greek yogurt. You can go to [ElliQuark.com](#) to find a store near you. If you cannot find quark, continue to use organic 1-2% cottage cheese.

Juice Snack

Cucumber Ginger Beet Juice

- 1 cucumber
- 1 medium size beet
- ¼" piece ginger

Directions: Juice in juicer and drink immediately. I love the [Breville Juice Fountain Elite](#) for its usability and easy clean up.

Lunch

Green Veggie Lunch Smoothie

- 3-4 chard leaves
- ½ cup of watercress
- ½ cup of cilantro
- ½ lemon, peeled
- 1 roma tomato
- Palm-sized amount of red cabbage
- 1 apple, cut into 4 pieces
- 2 large carrots cut into 4 pieces
- ½ tsp turmeric
- ½ bell pepper torn in two
- ½ avocado
- ½ cup sprouted mung beans or lentils (or soaked and cooked as an option)

Directions: Add ingredients in above order into a Vitamix or other high-speed blender. Blend, pour, cap, chill for 30-60 minutes. Enjoy!

Snack

Sprouted Ezekiel Bread

Toasted lightly, 1-2 slices with 2 Tbsp olive oil and a small amount of sea salt or Herbamare, oregano, basil, and pepper.

1 Cup [Japanese Green Tea](#)

Dinner

Big [Mexican Anti-Cancer Salad](#)

- 2 cups chopped romaine lettuce
- ¼ [onion](#)
- ½ tomato
- ½ cup soaked and cooked black beans
- Chopped cilantro
- Homemade [guacamole](#)
- 4 [cauliflower florets](#) chopped
- ¼ cup [sprouted pumpkin seeds](#)
- pinch of cumin
- ½ tsp chili powder
- ¼ tsp garlic powder
- Dash of cayenne pepper (very small!)
- Lightly sprinkle with Herbamare and black pepper.
- 1 Tbsp [Nutritional Yeast](#) optional.



Directions: Toss all ingredients in [Cilantro-Lime Dressing](#) or olive oil and vinegar.

Dessert

[Essiac Tea](#)

The Meal Plan: Day 3

Pre-Breakfast

Cup of Essiac Tea

[Ojibwa](#) is my recommended brand.

See my post on Essiac Tea [HERE](#).

Breakfast

[Dr. Budwig's Mixture](#) Made into [Budwig Chocolate Pudding](#)

- $\frac{2}{3}$ cup organic 1 - 2% cottage cheese
- 6 Tbsp organic flaxseed oil
- *(Blend above separately from following ingredients using an immersion blender. I like [Kitchen Aid](#) best.)*
- 12-16 drops [Stevita brand chocolate stevia](#) (or other chocolate stevia)

Directions: Blend cottage cheese and flaxseed oil (CCFO) first using an immersion blender. Add remaining ingredients and stir. Enjoy within 20 minutes of blending.

Juice Snack

Carrot Kale Pineapple Juice

- 6-12 carrots
- 4-6 kale leaves
- 1 pineapple core

Directions: Juice in juicer and drink immediately. I love the [Breville Juice Fountain Elite](#) for its usability and easy clean up.

Lunch

Strawberry Anti-Cancer Lunch Smoothie

- 2 cups organic strawberries
- ½ cucumber
- handful sunflower sprouts
- 1 golf ball sized pinch of broccoli sprouts
- 2 large carrots cut in 4 pieces
- 2 large handfuls of baby greens
- ½ avocado
- ½ cup organic raw cashews
- 3-4 cups water

Directions: Add ingredients in order into a Vitamix or other high-speed blender. Blend, pour, cap, chill for 30-60 minutes if needed. Enjoy!

Snack

[Cancer-Fighting Guacamole Boat](#) with Carrot Sticks

Make homemade guacamole, slice 2 carrots into carrot sticks. Enjoy!

Dinner

Quick and Easy Cancer-Fighting Salad

- 2 cups spinach or arugula
- ½ bag of organic "broccoli slaw" (mix of shredded broccoli stalks and carrots you can find near the greens at the grocery store- or make your own.)
- 1 handful of sunflower sprouts, torn in half
- ¼ red onion, chopped
- ½ colored bell pepper, chopped
- ½ avocado, sliced
- 1 cup blueberries
- ½ cup raw, sprouted pumpkin seeds
- Sprinkle of nutritional yeast.
- Optional: ½ cup Bubbie's brand sauerkraut (for probiotics)



Directions: Add ingredients in order to a bowl. Top with your favorite low sugar dressing or olive oil and apple cider vinegar.

Dessert

Essiac Tea

If you're enjoying my e-book & meal plan, there's more where it came from at AntiCancerMom.com - Subscribe today to automatically receive all the latest recipes, blog posts, and more!

The Meal Plan: Day 4

Pre-Breakfast

Cup of Essiac Tea

[Ojibwa](#) is my recommended brand.

See my post on Essiac Tea [HERE](#).

Breakfast

Vanilla-Cinnamon Budwig Smoothie

- 2/3 cup organic 1 - 2% cottage cheese
- 6 Tbsp organic flaxseed oil
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 4 ice cubes
- 1/2 cup unsweetened organic almond milk (check for no carrageenan)
- 7-10 drops liquid stevia (or to taste)



Directions:

1. Mix the Budwig mixture **FIRST** using the directions here ([or video](#)): Use 2/3 cup organic 1-2% cottage cheese or quark and combine with 6 Tbsp organic flaxseed oil with an **IMMERSION (STICK) BLENDER**. Blend until completely smooth and no presence of oil (can take 1-2 minutes.) This step is especially important if you have cancer. Mixing these two ingredients separate from other

ingredients allows them to chemically combine and makes the flaxseed oil water soluble and absorbable by all cells- cancerous and healthy.

2. Let that sit for 5 minutes and during that time add the almond milk, ice, vanilla, cinnamon, and stevia to a Vitamix or countertop blender and blend until frothy. You may want to add the ice cubes gradually to prevent the mixture from stalling and getting too icy.

3. After the almond milk, ice, vanilla, cinnamon, and stevia are completely blended, scoop the cottage cheese/ flaxseed oil mixture to the blender and blend together on the lowest settings. Some proponents of the Budwig protocol recommend mixing by hand, but as long as you blend on low and only for a few seconds, the integrity of the chemical reaction should not be affected.

4. Drink within 15 minutes to avoid oxidation of the flaxseed/oil mixture and to benefit from Dr. Budwig's research. Tip: I like to sip mine from a straw.

Lunch

Banana-Berry Sprout Lunch Smoothie

- 1 large handful sunflower sprouts
- 1 cup green cabbage
- 2 large handfuls spinach
- 2 large carrots cut in 4 pieces
- 3 cups water
- 1 frozen banana (ripe with black spots)
- ½ avocado
- 1 cup frozen organic mixed berries
- ½ - 1 scoop [Plant-Based Vanilla Protein](#) (optional)

Directions:

Add first 5 ingredients into a Vitamix or other high-speed blender and blend. Add other ingredients and blend again. Blend, pour, cap, chill for 30-60 minutes. Enjoy!

Juice Snack

Apple Carrot Broccoli Beet Juice

- 1 green apple
- 4-6 carrots
- 1 3 inch broccoli stalk
- 1 small beet

Directions:

Juice in juicer. Serve immediately.

Dinner

Big Cancer-Fighting Salad with [Sunny Turmeric Dressing](#)

- 2 cups baby greens, torn into pieces
- ½ cup shredded red cabbage
- 1 shredded carrot
- ½ cup soaked or sprouted almonds
- ½ pepper chopped
- 1 handful sunflower sprouts
- ½ chopped zucchini
- 3-4 florets cauliflower
- ¼ cup red onion, chopped
- ½ cup cooked or [sprouted lentils](#).
- 1 chopped green apple
- Sprinkle of nutritional yeast

Directions:

Add to bowl and serve with dressing on top. Chopping can add variety, too. Top with olive oil and apple cider vinegar, Herbamare and black pepper.

Dessert

[Essiac Tea](#)

The Meal Plan: Day 5

Pre-Breakfast

Cup of Essiac Tea

[Ojibwa](#) is my recommended brand.

See my post on Essiac Tea [HERE](#).

Breakfast

[Dr. Budwig's Mixture](#) made into the [Strawberry Budwig Smoothie](#)

- $\frac{2}{3}$ cup organic 1 - 2% cottage cheese
- 6 Tbsp organic flaxseed oil
- 4 organic strawberries (frozen works also)
- 4-5 ice cubes if not using frozen strawberries
- $\frac{1}{2}$ cup unsweetened organic almond milk (check for no carrageenan)
- 7-10 drops liquid stevia (or to taste)



Directions:

1. Mix the Budwig mixture *FIRST* using the directions here: Combine $\frac{2}{3}$ cup organic 1-2% cottage cheese or quark with 6 Tbsp organic flaxseed oil in a medium-sized bowl. With an IMMERSION (STICK) BLENDER, blend until completely smooth and no presence of oil (can take 1-2 minutes.) Let this sit for 5 minutes while you complete the next step.

2. In a Vitamix or countertop blender add the strawberries, almond milk, and stevia and blend until frothy. If using frozen strawberries, you may need to pulse the blender.

3. After the strawberries, almond milk, and stevia are completely blended, add the cottage cheese/ flaxseed oil mixture to the blender and blend together on the lowest settings. Some proponents of the Budwig protocol recommend mixing by hand, but as long as you blend on low and only for a few seconds, the integrity of the chemical reaction will likely not be affected.

4. Drink within 15 minutes to avoid oxidation of the flaxseed/oil mixture and to benefit from Dr. Budwig's research. Tip: I like to sip mine from a straw.

Juice Snack

Apple Celery Carrot Chard Juice

- 1 green apple
- 4 stalks celery
- 4-6 carrots
- 3 stalks chard

Directions:

Juice in juicer. Serve immediately.

Lunch (cont. next page)

Original Lunch Cancer-Fighting Green Smoothie

- 1 apple, cut into 4 pieces
- 2 large carrots cut in 4 pieces
- 1 tomato
- 1 yellow pepper

Lunch (cont.)

- 3-4 leaves chard or bok choy with stems
- ½ avocado
- 1 golf ball sized pinch of broccoli sprouts
- 1 large piece of kelp or dulse seaweed
- 1 large handful baby kale
- ½ cup of [sprouted lentils or mung beans](#)
- 3-4 cups water

Directions:

Add ingredients in above order into a Vitamix or other high-speed blender. Blend, pour, cap, chill for 30-60 minutes. Enjoy!

Dinner

Arugula Cancer-Fighting Salad with Lemon and Wild-Caught Salmon

- 1 ½ - 2 cups arugula
- handful of sunflower sprouts
- ½ yellow or red pepper, chopped
- ½ avocado
- 1 pear, chopped
- Wild-caught salmon
- Pumpkin seeds or walnuts

Directions:

Bake wild sockeye salmon with skin in oven at 375 degrees for 15 minutes. Season with 1/2 tsp thyme, 1/2 tsp paprika, 1/8 tsp rosemary, Herbamare, ground pepper to

taste. Toss salad ingredients in large bowl. Sprinkle salad with lemon juice, balsamic vinegar and olive oil and top with salmon.

Dessert

Essiac Tea

Recommended Resources

1 *Local Natural Healing Support and Information*



[HealingStrong Groups](#)

Find over 130+ local natural healing support group in cities all of the U.S. and internationally. Visit HealingStrong and find a group near you [HERE](#).

2 *Programs / Documentaries*

[Chris Wark's Square One Cancer Coaching Program](#)

DVD or digital download: I recommend Chris's program as a first step to learning about the changes you need to begin your healing journey. He covers an amazing amount of material in his 10 modules. It also comes with access to his online support group. [You can watch Module 1 for FREE.](#)

[The Truth About Cancer Series](#)

DVD or digital download If you are new to research on natural, non-toxic cancer treatment, this is a great place to start and it's in video format, a huge perk if you are short on time. You can usually watch the first episode [online for FREE.](#)

3 *Books on Natural Cancer Approaches*

- [*Cancer-Free: Your Guide to Gentle, Nontoxic Healing*](#)
- [*Dr. Patrick Quillin: Beating Cancer With Nutrition*](#)
- [*Ty Bollinger: Cancer: Step Outside the Box*](#)
- [*Dr. Kelly Turner: Radical Remission*](#)

4 *Books on Emotional Healing*

- [*You Can Beat the Odds: Surprising Factors Behind Chronic Illness and Cancer*](#)
- [*The Art of Extreme Self Care*](#)
- [*DARE: The New Way To End Anxiety and Stop Panic Attacks*](#)
- [*A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives*](#)
- [*Feelings Buried Alive Never Die*](#)
- [*The Feeling Good Handbook*](#)
- [*The Purpose Driven Life*](#)
- [*Jesus Today Devotional*](#)

5 *Kitchen Necessities*

- [Vitamix Brand New Machines](#) (~\$450)
- [Vitamix Certified Reconditioned](#) (~\$299)
- [Breville Juice Fountain Elite](#)
- [Kitchen Aid Hand Blender](#)
- [Berkey Water Filter](#)
- [Anti-Cancer Grocery List Printable](#)

6 *Supplements*

- [Transfer Point Beta-1,3D Glucan](#)
- [Vitamin D3 + K2](#)
- [Magnesium](#)
- [Selenium](#)
- [Dr. David Williams Daily Advantage](#) or [Pure Encapsulations](#)
[O.N.E](#)
- [Probiotic](#) + Cultured Foods (Kombucha, kraut, etc.)
- [Essiac Tea](#)

7 *Non-Toxic Home*

- [My Green Fills Non-Toxic Laundry System](#)
- [Norwex Products For Non-Toxic Cleaning](#)
- Shower Water Filter: [Aquasana](#) or [Berkey](#)

8 *Non-Toxic Beauty*

- [Anmarie Gianni Skincare](#)
- [Homemade Deodorant](#)
- *Non-Toxic Bathroom Series:*
 - * [Soap, Shampoo, and Shave](#)
 - * [Lotions, Deodorant, and Makeup](#)
 - * [Nail Polish and Hair Color](#)

8 *Alternatives to Traditional Health Insurance*

We have been members of [Samaritan Ministries healthcare](#) sharing since 2013. What makes them different is their friendliness towards alternative medicine! All of our alternative

doctor and specialist bills have been covered through their members. I have shared all of my expenses with my holistic MD, cancer tests (Oncoblot), homeopath, naturopath, cranial osteopath who is also an MD, chiropractor, and midwife.

For more about how healthcare sharing ministries work, read [HERE](#).

For more about my family's experience with Samaritan Ministries, read [HERE](#).

9 *Holistic Cancer Survivor Testimonies*

- [List of Various Natural Breast Cancer Survivors and Their Stories \(12-Part Series!\)](#)
- [My Favorite Site for Natural Cancer Survivor Testimonies](#)
- [ChrisBeatCancer.com Natural Cancer Survivor Stories](#)
- [Ovarian Cancer Survivor Evita Ramparte](#)



Let's Stay in Touch

Looks like our time together is over for now. :) I hope you found all of my experience and tips helpful and the recipes something you can add to your healthy eating archive.

I would love to stay in touch where I hang out on social media below. Hope to see you there! :)

facebook.com/anticancermom

instagram.com/anticancermom

twitter.com/anticancermom

pinterest.com/anticancermom

youtube.com/c/anticancermom

And on my blog -

AnticancerMom.com

for ongoing recipes, tips, research, journal entries, and discoveries.



Bye for now!

~ Courtney :)