

CANCER



&

The Ketogenic Diet



How Can The Ketogenic Diet Help Cancer?

We are going to be talking about something which is very close to my heart. I actually lost my mother to cancer this year.

I'm going to let you know how the ketogenic diet can help, (not all) but a lot of cancers, and can help prevent cancers from happening.

Here are my 5 top tips for ketogenic eating to help prevent and help you through cancer.



Tip Number One

Stay away from anything that's processed.

If it has more than one ingredient it has probably be modified, had additives, colourings and various things added to the food, which are not beneficial for health in general, especially if you're going through cancer.

Stay away from process meats, which contain sodium nitrate, (if you're looking for numbers on the back of the foods, look for 249 - 252).



It has been proven that having 3 x 50 gram serves of processed meat per week, which contain nitrates, (a lot of them do) can increase your risk getting cancer by 30%.

If you do have cancer it's really not going to be beneficial to eat these foods, so stick to your whole foods.

That is; above ground vegetables, plenty of leafy greens. Eat below ground vegetables in moderation. Eating moderate amounts of meat, around 125 grams a couple of times a day, is plenty to maintain muscle mass.



Keep your fat levels high, remembering that your cells are made from fat. Good fats; avocados, nuts, seeds and even some animal fats are fine.



Tip Number Two

Avoid sugar at all costs.

Now the obvious one is sucrose which is your table sugar.

The ones we don't think about so much is fructose that comes in the form of fruit and fruit juices and high fructose corn syrup, which is in a lot of process foods. So stay well away.

There is a lot of research which shows that sugar can feed tumours.



It also makes your body acidic and creates inflammation, a couple of things that you really don't want if you're trying to prevent or are going through cancer and want to have a smoother transition through it.

So keep with no sugar, or no added sugar products. If you're going to have fruits, go for berries, apples, kiwi fruits, but try to keep it to a minimum.

In the prehistoric days we didn't really have that much fruit available. We would maybe have 1 or 2 pieces of week. Try to keep it to 1 or 2 pieces of week and just have strawberries, kiwi fruits and berries.



Tip Number Three

Supplement Vitamin C

It's very easy to become deficient in
Vitamin C.

There has been some really good research which shows that Vitamin C can help reduce inflammation and boost the immune system and also attack cancer cells.

Now, this is speculative, but I do know a lot of people who have Vitamin C therapy who have had a lot of success, including my mother.



I would recommend around two thousand to three thousand milligrams of Vitamin C per day.

You can dose up to 1 gram per kilo of your body weight and safely excrete what you don't need.

The body will take in what it does need and very safely excrete what it does not need.

Vitamin C rich foods unfortunately are usually high in sugar, so I recommend a good quality Vitamin C supplement.



Tip Number Four

Don't be scared of fat.

Eating high-fat foods is going to help repair cells. Your cells are actually made of fat. Your brain is largely fat. Increase your wild caught salmon, don't eat the farmed salmon. It is a great source of omega 3's.

Avoid things, which are high in omega 6 like canola oils.

Eating lots of nuts and seeds is great. Eating animal fat if it's a good quality organic animal.



Keeping the fat content up is going to keep your calories up as well. It helps you maintain weight if you are going through treatment or chemo.

A higher amount of fat in your diet is going to help keep your blood sugar level stable and keep your energy level stable throughout the day, to help repair the cells.



Tip Number Five

Exercise

It's really important to get oxygen into the cells. Keeping those cells oxygenated is going to help combat cancer. Even if it's something like a 5 minute stroll per day and something which is consistent, something which is manageable, something you can build on.

Don't try and run a marathon straight away. Doing a little bit and then building on it would definitely help you combat the cancer.



So those are my 5 top tips for ketogenic eating and really just nutrition in general, for anyone that is trying to prevent or going through cancer.

Now, every cancer is different, for instance, someone that suffering from pancreatic cancer like my mother, will really struggle with a high fat diet.

So again ketogenic eating is not for everyone and it is really individualized. Generally the key things to remember are: keep your sugar levels down. Stay away from processed foods.



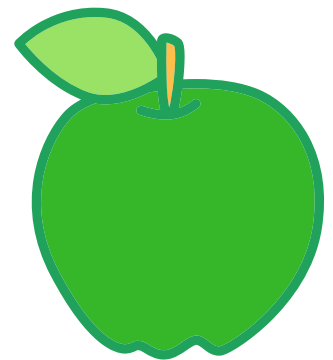
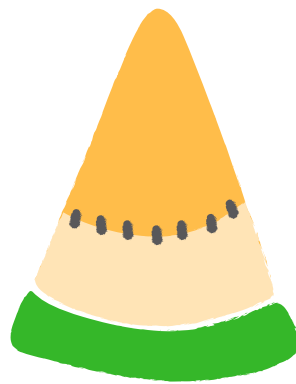
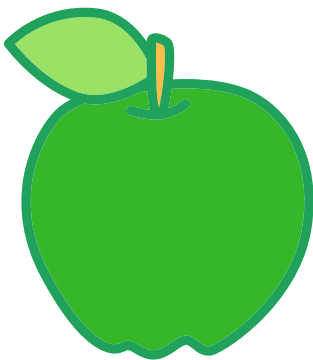
I would recommend keeping your carbohydrate levels down. That doesn't mean completely getting rid of carbohydrates. Eat lots of leafy greens, lots of bok choy, tomatoes, broccoli, cauliflower, green beans, bell peppers and mushrooms.

All that stuff is great, eat plenty of above ground veggies. Eating lots of living matter will be great, but no more than 40 grams of carbohydrates per day and that can actually starve cancer cells.

Not giving the cancer the sugary, starchy things that it needs to thrive. So keep your carbohydrate levels down, keep your fat levels up.



Make sure you eat good quality fats. Stay hydrated. Get a little bit of exercise and I really hope that you get through this.



**This Ebook is a collaboration between Matt
Straight from Ketofast
& Global Healing Exchange**

