



HEALING HANDS CHIROPRACTIC

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POWERFUL FOODS

- Green Tea Blocks cancer growth and gets rid of free radicals, supplement Vitanox Standard Process.
Rooi bos Is a red tea (herb) from South Africa many beneficial properties maybe more than green.
- Cruciferous Vegetable: Broccoli, Cabbage, Brussel Sprouts, Kale, Beets and Cauliflower
Best cancer fighting foods on the planet, helps with breast, prostate, skin, colon, and rectal cancers. Helps deactivate free radicals and detoxify.
- Cacao Raw form of Chocolate - add to smoothies and yogurt.
- Dark, leafy greens: Collards, Kale, Mustard Greens, Romaine lettuce, and Swiss chard inhibit certain types of cancer growth. Always use organic.
- Organic Animal Products **Wild** caught fish, **grass-fed** beef, **pasture raised** poultry and eggs. High levels of Omega – 3 fatty acids and vitamin D3 which helps prevent against breast cancer.
- Curcumin Found in curry, **turmeric** helps protect against breast cancer and tumor growth, Vitanox SP.
- Flaxseed **One of the most powerful anticancer foods**, helps against Breast and Prostate cancer. Add fiber to the diet. Still need omega III in addition to Flaxseed.
- Carrots Helps prevent against lung, stomach, intestinal, bladder, prostate, breast, throat and mouth cancer. Better to eat raw than cooked but in moderation due to high sugar.
- Mushrooms Powerful immune-boosting properties prevents cancer cell proliferation.
- Seaweed Good for Immune health.
- Organic and Fermented Soy Must be organic and must be fermented.
- Tomatoes **Anti-cancer super foods high in antioxidants**. Reduce the risk of breast, prostate, pancreas and colorectal cancer, better raw. Organic home grown is best.
- Avocados High antioxidants, helps in treating viral hepatitis. High in good omega III fats.
- Citrus Fruits Grapefruit, oranges and lemons remove carcinogens from the body, organic.
- Berries Strawberries, raspberries and most important **blueberries** prevent cancer of skin, bladder, lung and breast. Best to eat organic.
- Nuts Brazil nuts help against prostate cancer, due to the selenium. Best to soak nuts over night in filtered water and then dry out in the low oven for few hours especially almonds.
- Butter Organic only from grass fed cows is best.
- Bone Broths Organic Beef and chicken, boil bones low heat 2 days.
- Bread Sprouted grain bread is best, like Ezekiel found in the freezer section or Traider Joe's Sprouted flourless whole wheat berry bread.
- Fermented foods Like sauerkraut is excellent food and **Kombucha** is alkalizing and contains probiotics.
- Coconut oil Great for cooking with doesn't break down at a high heat and helps with sugar cravings eat a teaspoon before a meal. Supports the immune system. Can also be used as a moisturizer.

Gallbladder and Liver Radishes especially Spanish Black Radish, pears, parsley, dandelions, parsnips, seaweed, lemons, limes and turmeric

Beet root Excellent for the gall bladder.

Apple Cider Vinegar helps with bloating, reflux, promotes a healthy stomach pH.

BENEFICIAL HERBS

Peppermint,
Garlic,
Echinacea,
Aloe vera,
Feverfew,
Evening Primrose,
Marigold,
Ginkgo biloba,
Ginger,
Arnica,
Frankincense,
Chamomile,
Ylang Ylang,
Wild Yam,
Lavender