

FIGHT CANCER



CREATED BY GYMNASIUM

What is Cancer?

Cancer is the uncontrolled growth of abnormal cells in the body. Cancer develops when the body's normal control mechanism stops working. Old cells do not die and instead grow out of control, forming new, abnormal cells. These extra cells may form a mass of tissue, called a tumor. Some cancers, such as leukemia do not form tumors.

Differences between Cancer Cells and Normal Cells

Cancer cells differ from normal cells in many ways that allow them to grow out of control and become invasive. One important difference is that cancer cells are less specialized than normal cells. That is, whereas normal cells mature into very distinct cell types with specific functions, cancer cells do not. This is one reason that, unlike normal cells, cancer cells continue to divide without stopping.

In addition, cancer cells are able to ignore signals that normally tell cells to stop dividing or that begin a process known as programmed cell death, or apoptosis, which the body uses to get rid of unneeded cells.

Cancer cells may be able to influence the normal cells, molecules, and blood vessels that surround and feed a tumor—an area known as the microenvironment. For instance, cancer cells can induce nearby normal cells to form blood vessels that supply tumors with oxygen and nutrients, which they need to grow. These blood vessels also remove waste products from tumors.

Cancer cells are also often able to evade the immune system, a network of organs, tissues, and specialized cells that protects the body from infections and other conditions. Although the immune system normally removes damaged or abnormal cells from the body, some cancer cells are able to “hide” from the immune system.

Tumors can also use the immune system to stay alive and grow. For example, with the help of certain immune system cells that normally prevent a runaway immune response cancer cells can actually keep the immune system from killing cancer cells.

ANTI-CANCER GROCERY LIST

#	FOOD	#	FOOD
1	Spinach	18	Apple
2	Cucumber	19	Red Grapes
3	Onion	20	Strawberries
4	Tomato	21	Blueberries
5	Celery	22	Oranges
6	Carrots	23	Walnuts
7	Beet Roots	24	Almonds
8	Lemon	25	Chia Seeds
10	Ginger	26	Flax Seeds
11	Broccoli	27	Lentils
12	Cabbage	28	Chickpeas
13	Cauliflower	29	Kidney Beans
14	Green & Red Bell pepper	30	Eggs
15	Wheatgrass	31	Green Tea
16	Kale	32	Alkaline Water/Coconut Water
17	Sweet Potato	33	Cow Milk

FOOD TO AVOID

- Deep fried, grilled, barbequed, baked meats since subjecting animal protein to high heat creates carcinogenic byproducts called heterocyclic amines
- Excessive intake of salt, sugar, and oily foods
- Red meat and processed meats such as bacon, ham, sausages
- Preserved foods like pickles, jams, salted mustard green and century eggs as they contain nitrites which are carcinogenic
- Minimize alcohol
- White Rice, White Bread, White pasta.
- Russ, Candies, Cakes, Cookies, Tikki, Samosa, Indian Sweets, Samosa, Pani Poori, etc
- Avoid bad oils, refined oil. Use Olive oil instead

MEAL 1 – GREEN JUICE

FOOD	QUANTITY	ALTERNATE	ANTI-CANCER INGREDIENT
Cucumber	1	-----N/A-----	Lignans & Cucurbitacins (Phytonutrients)
Spinach	1 cup	Kale	Lutein, Zeaxanthin & Carotenoids (Which remove free radicals)
Celery	3 Stick	-----N/A-----	Apigenin (It is a phyto-chemical compound which helps cancer cells to suicide)
Apple	½	Green Apple	Flavonoids (It kills the free radicals)
Almonds	28g	Walnuts	Eat Almonds Separately

NOTE: Watch Fight Cancer-Green Juice video on YouTube for detailed info

MEAL 2 – RED JUICE

FOOD	QUANTITY	ALTERNATE	ANTI-CANCER INGREDIENT
Carrots	5-6	-----N/A-----	Carotenoids (Remove Free radicals) Flavonoids (It kills the free radicals)
Beet Roots	½	-----N/A-----	High in Iron (It protects our cells / regenerate red blood cells / supply more oxygen in the cells)
Lemon	½	1 Orange	Aid to Digestion / Reduce Stress & Anxiety
Ginger	¼	-----N/A-----	It is an anti-inflammatory reduces the inflammation
Walnuts	28g	Almonds	Eat Walnuts Separately

NOTE: Watch Fight Cancer-Red Juice video on YouTube for detailed info

MEAL 3 – BERRY SMOOTHIE

FOOD	QUANTITY	ALTERNATE	ANTI-CANCER INGREDIENT
Blueberries	1cup	Blackberries	Phenol Antioxidant (Protect DNA from oxidative stress everyday)
Strawberries	1cup	-----N/A-----	Phenol & Flavonoids (Powerful antioxidant for cancer self destructive)
Flaxseeds Chia Seeds	1spoon 1spoon	-----N/A-----	High Lignans. Oil present in the seeds reduce Tumor growth

NOTE: Watch Fight Cancer-Berry Smoothie video on YouTube for detailed info

MEAL 4 – ANTI-CANCER TEA

FOOD	QUANTITY	ALTERNATE	ANTI-CANCER INGREDIENT
Green tea	1-2 bag	Black Tea	EGCG – Epi Gallo Catechin Gallate (It stops cancer cells to grow)
Walnuts	28g	Almonds	Polyphenol & Flavonoids (Powerful antioxidant for cancer self destructive)

NOTE: Watch Fight Cancer-Anti cancer Tea video on YouTube for detailed info

MEAL 5 – WHEATGRASS SHOT

FOOD	QUANTITY	ALTERNATE	ANTI-CANCER INGREDIENT
Wheatgrass	2-3 Handful	-----N/A-----	Alkaline Food It has selenium & B17. Contain SOD – Super Oxide Dismutase. Extremely concentrated form of Chlorophyll. Increases red blood cells.

NOTE: Watch Fight Cancer-Wheatgrass Shot video on YouTube for detailed info

MEAL 6 – LEGUME BOWL

FOOD	QUANTITY	ALTERNATE	ANTI-CANCER INGREDIENT
Legumes Beans, Lentil & Chickpeas	½ cup each	Black Channe Soy Beans Black Beans	Saponins (Slows the growth of Tumor) Protease (Slows the division of cancer cells) Phytic Acid (Slows the growth of Tumor)
Broccoli (Chopped)	½ cup	Cauliflower Cabbage	Sulforaphan Compound (It protects the surrounding healthy cells)
Tomato	½ cup	-----N/A-----	High in Lycopene (It is an antioxidant which protect DNA in your cells that can lead to cancer)
Onion	¼ cup	-----N/A-----	Quercetin & Anthocyanin (Anti-cancer compound which decreases the Tumor growth)

NOTE: Watch Fight Cancer-Legume bowl video on YouTube for detailed info

TIPS:

- Eat mixed fruit bowl few times a week in replacement of Juice.
- Drink Green tea few times a week.
- Drink Tulsi Tea (Basil) few times a week.
- Eat Indian style green beans, okra, green bell pepper, green peas, etc once a week.
- Drink Alkaline water, avoid tap water.