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7 Essential Tips to Encourage Recovery From Cancer

According to the Canadian Cancer Society and the American Cancer Society:

- "About 1/3 of all cancers can be prevented by eating well, being active and maintaining a healthy body weight."

Follow these guidelines to give your body the best chance of preventing cancer or encouraging recovery from cancer.

1. Eat your greens, reds, oranges, yellows and purples

- A diet rich in fruits and vegetables has been supported by virtually every major medical organization
- To get your 7 – 10 servings, try juicing every day, using a rainbow of colours

2. Remove added sugar and 'white' foods from your diet

- Cancer cells thrive on glucose, the breakdown of sugar and 'white' foods like pasta and bread. Stick with complex carbohydrates like brown rice and whole grains.
- Read labels: avoid added sugar in all forms (sucrose, glucose, maltose, lactose, fructose, corn syrup, juice concentrates)

3. Reduce exposure to pesticides

- In the US, more than 1.2 billion pounds of pesticides and herbicides are sprayed or added to food crops every year
- Buy organic when possible and to save money, buy produce in season

4. Reduce animal products and cured meats

- Studies show the higher your intake of red meat and other animal foods, the higher your risk of certain cancers like colon, breast, prostate and lung cancer
- Grilled, smoked and fried meats contain HCA's and PHA's, known carcinogens
- Avoid meats preserved with nitrates, nitrites or msg
- Add beans and legumes to your meals for a good source of protein and fiber

5. Select foods and spices that will help detoxify the body (Here's a small list of foods that contain cancer-fighting properties)

- Asian mushrooms, avocados, berries, broccoli, cabbage, cauliflower, carrots, cayenne, citrus, figs, flax seed and oil, garlic, green tea, kale, oregano, red grapes, rosemary, tomatoes, turmeric, water

6. Exercise regularly

- Excess weight is a risk factor for most cancers so, along with healthy eating, exercising 30 minutes, 3 – 4 times/week will reduce your risk
- Research has proven that exercise is beneficial for the treatment, prevention and reduction of incidence of lymphedema

7. Take time to breathe deeply everyday

- Life can be stressful, especially if you're going through cancer treatment. Take 10 minutes, every day, to breathe deeply and feel gratitude for even the smallest things in life.

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The Anti-Cancer Recipe Guide

Health Booster Juice – Anti-Cancer in a glass!

Not only is this one high in immune boosting vitamins like beta- carotene, C and E, but has many other health beneficial compounds. Place items through a juicer in order listed and pour over ice.

1 celery stick	1 medium beet
1 large carrot	½ inch ginger
1/2 cup grapes	1 large orange
5 large sprigs of parsley	

Spinach Blueberry Smoothie

A great one for kids (and newbies to smoothies). This one’s not so boldly green in colour. Place all ingredients in a blender, blend on low to start then increase slowly to high.

1 small to medium banana, sliced into 2-inch chunks
1 cup frozen blueberries
3 cups spinach, well packed
2 cups water or almond milk

All Season Crockpot Vegetable Stew

When someone asks if they can help? Have them prepare this. Place all items in slow cooker and cook on low heat for 7-8 hours. Serves 4-6

½ head chopped cabbage (or 3c. mixed cruciferous vegetables like broccoli or cauliflower)
2 large carrots, grated
2 large stalks of celery, chopped
1 large onion, chopped finely
1 small sweet potato, chopped
8 mushrooms (preferably asian), sliced
6 large tomatoes, chopped
2 cloves of garlic chopped
1-19 oz can of black beans or navy beans, rinsed well and drained (Eden Organic)
¼ cup dried seaweed chopped (wakame, hijiki, kombu etc)
1 tsp. turmeric
1-2 tsp of chili powder
½ cup purified water