

CHRIS BEAT CANCER

A COMPREHENSIVE PLAN
FOR HEALING NATURALLY

CHRIS WARK



HAY HOUSE, INC.

Carlsbad, California • New York City
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MY BASIC JUICE FORMULA

(ONE SERVING)

- 5 small carrots
- 1 to 2 celery stalks
- ½ beet root (and a few beet greens)
- 1 knuckle gingerroot

MY ADVANCED JUICE FORMULA

(TWO SERVINGS)

- 5 small carrots
- 1 to 2 celery stalks
- ½ beet root (and a few beet greens)
- 1 knuckle-sized piece of gingerroot (or as much as you can stand)
- 1 to 2 knuckles turmeric root (or as much as you can stand)
- ¼ to ½ lemon or lime, unpeeled
- 1 whole green apple, unpeeled
- 1 clove garlic (or as much as you can stand)

NOTE: A knuckle is the length from your fingertip to your first knuckle.

Juice all the ingredients together and determine how many ounces of juice your juicer yields. Then multiply the ingredients to get the desired amount of juice you want to make each day.

These additional ingredients may be added after the fact to amp up the nutritional value:

1 scoop greens powder

¼ to 1 teaspoon amla powder

¼ to 1 teaspoon moringa powder

¼ teaspoon matcha green tea powder

2 to 6 ounces aloe vera gel

CARROTS

Carrots are rich in cancer-fighting nutrients. Carrot juice has more naturally occurring vitamin A, alpha carotene, and beta carotene than anything else on earth. One 8-ounce cup of raw carrot juice has over 45,000 IU of vitamin A, which promotes liver detoxification and is healthy, unlike the isolated synthesized vitamin A found in most supplements. Carrots are rich in vitamin B-6 and also contain vitamins E and K; minerals including sodium, potassium, calcium, magnesium, and iron; flavonoids and carotenoids such as lycopene; and lutein. All of these nutrients work together to feed your cells, support your body's ability to inhibit the growth of many different cancers, and stimulate the activity of your immune system. Carotenoids and vitamin A have shown a strong ability to inhibit cancer induction, not only by viruses, but from chemicals and radiation as well. At least part of this effect is from these nutrients acting directly on your genes.²³ Another powerful anti-cancer compound in carrots is falcarinol, a fatty alcohol (which sounds terrible, but isn't), and is also found in *Panax* ginseng. Falcarinol has been demonstrated to have antibacterial, anti-fungal, anti-inflammatory, immune-boosting, and anti-cancer properties in laboratory studies, specifically against leukemia and colon cancer.²⁴

ended up being my staple meal for lunch and dinner. I didn't mind eating the same thing every day because it was quick to prepare and delicious. Plus, I didn't have to put any time into planning my meals; I knew exactly what to buy at the grocery store every week and I ate everything I bought. No waste! There's really no secret formula, but I did follow some guidelines: No meat, cheese, or store-bought salad dressing. Use organic produce if you can get it and afford it to reduce your exposure to toxic chemical pesticides, herbicides, and fungicides.

THE GIANT CANCER-FIGHTING SALAD

Leafy greens: for example, kale, spinach, Swiss chard, watercress, arugula

Broccoli or broccoli sprouts

Cauliflower

Purple cabbage

Slice of red, yellow, or green onion

Leeks

Red, yellow, or green peppers (I know these are technically fruits)

½ or whole avocado (and so is this)

Sunflower seeds

Almonds or walnuts (unsalted, raw, or roasted)

Sprouted garbanzo beans

Sprouted black lentils

Sprouted mung beans

All vegetables are wonderful. Feel free to add any others you like. Availability and pricing will vary based on the season. Also, soaking and sprouting unlock enzymes and nutrition in nuts and seeds and may make them easier to digest, but it is not mandatory. Unsprouted nuts and seeds are wonderful healthy foods as well. Legumes should be soaked and sprouted if consumed raw. Otherwise, cook them.

MY ANTI-CANCER SALAD DRESSING

Apple cider vinegar (I love Bragg)

Extra virgin olive oil and/or extra virgin flax oil
(I recommend Bragg and Barlean's)

Organic oregano

Organic garlic powder

Organic turmeric or curry powder

Organic cayenne pepper

Organic black pepper

Bragg organic sprinkle (a blend of 24 herbs and spices)

Nutritional yeast (I recommend Bragg, again!)

Lightly drizzle olive oil or flax seed oil and organic apple cider vinegar to taste. If you don't like the taste of apple cider vinegar, lemon juice is a great addition or substitute for ACV. Sprinkle on the spices to taste.

NOTE: Some people who switch to a raw-food diet may experience gas and indigestion. That's normal at first. If your body isn't used to eating lots of plant food, it may take a few days or weeks to adapt. Chewing your food really well, eating fermented foods daily, and taking a high-quality digestive enzyme with meals can help your body adjust. If digestion is difficult or painful, try the Giant Cancer-Fighting Salad blended up as a smoothie or blended and cooked as a soup.

Oleocanthal, a compound in olive oil, has been
found to kill cancer cells in the lab
in less than an hour.³⁶

giant salads per day and drank eight glasses of vegetable juice, plus a fruit smoothie. I was giving my body an abundance of nutrition with 15 to 20 servings of fruits and vegetables per day, every day. Like I said before, massive action produces massive results. And that, my friend, is what massive action looks like.

Note: The salad really doesn't have to be "giant." I made big ones because that's what it took to fill me up. Obviously, not everyone needs to eat as much as I did. Just make your salads big enough to satisfy your appetite and not leave you hungry an hour later.

MY ANTI-CANCER FRUIT SMOOTHIE

Berries are the most potent anti-cancer fruits, but it can be difficult to get organically grown berries, and they tend to be expensive and often get moldy within a few days. The most practical way to consume berries is to buy them frozen and blend them up in smoothies. I buy large bags of frozen organic berries at Costco, which are typically a mix of blueberries, blackberries, raspberries, strawberries, cherries, and sometimes even cranberries.

Depending on the size of the smoothie I want, I use:

- 1 to 4 cups of frozen organic berries**
- A handful of leafy greens like spinach or kale**
- A handful of almonds or walnuts, or both**
- 1 banana or 3 to 5 pitted dates**

I also like to add the juice and meat of a young Thai coconut. Fresh coconut is a delicious addition to the smoothie, but it tends to be expensive and it is difficult both to find and to open. And it is not essential.

Blend all ingredients in a blender with 1 cup of purified water. Add more water gradually if it's too thick. Note: If the smoothie is too thin, it may run through you.

Heroic Doses

If you want to amp your smoothies up even more, consider adding any of the following: 1 to 8 ounces Stockton aloe vera gel; 1 teaspoon to 1 tablespoon turmeric powder; 1 teaspoon amla powder; 1 teaspoon moringa powder; ½ to 1 teaspoon matcha green tea powder; pineapple; papaya; goji berries; acai berries; mangosteen; cauliflower . . . you get the idea. If it's a fruit or a vegetable, throw it in there.

If you need to gain weight, add more nuts and seeds, such as hemp hearts or pepitas.

GO NUTS

A 7-year study found that stage III colon cancer survivors who ate at least 2 ounces (57 grams) of tree nuts per week—roughly 48 almonds or walnuts (that's only about 7 per day)—were 42 percent less likely to have their cancer return and 57 percent less likely to die from their cancer than those who did not eat nuts.⁴³ This benefit applied only to those eating tree nuts (almonds, walnuts, Brazil nuts, pistachios, and cashews) but not peanuts. The study did not differentiate between raw or roasted nuts, so it's safe to assume that the study participants ate a variety of both. Roasting almonds doubles the antioxidant activity and phenolic compounds in almond skins.⁴⁴ However, nuts aren't just good for colon cancer. Eating a handful of nuts and seeds every day cuts your risk of several types of cancer (including breast cancer and pancreatic cancer), as well as cardiovascular disease, neurodegenerative disease, and diabetes.⁴⁵

Take Out the Trash

Each year the Environmental Working Group publishes a report of the most pesticide-contaminated produce. The rankings are based on the pesticide levels in washed produce reported by the FDA and the USDA Pesticide Testing Program. According to its findings, you can lower your pesticide exposure by nearly 80 percent simply by avoiding the top 12 most contaminated fruits and vegetables, known as the Dirty Dozen.

A study published in the *Journal of Environmental Research* found that after just seven days on an organic diet, dialkyl phosphate pesticide (DAP) levels in adults dropped by 89 percent in urinary excretion. DAPs make up 70 to 80 percent of organophosphate pesticides.⁵ In a similar study, researchers also reported a dramatic drop in the levels of insecticides and herbicide in children's urine after only five days on an organic diet.⁶

Produce you should buy organic:

Apples, celery, cherry tomatoes, cucumbers, grapes, hot peppers, nectarines, peaches, potatoes, spinach, strawberries, sweet bell peppers, kale, collard greens, summer squash, corn, and berries.

Produce that isn't critical to buy organic:

Asparagus, avocados, cabbage, cantaloupe, eggplant, grapefruit, honeydew, kiwi, mangoes, mushrooms, onions, papayas (avoid Hawaiian papayas; they are genetically modified), pineapples, sweet peas, sweet potatoes, and watermelons.

The most effective fruit and vegetable wash for pesticide removal appears to be a 10 percent solution of salt water, 1 part salt to 9 parts water.⁷