

## Diet

1. All animal milks and animal milk products (oat, rice and cashew nut milks are excellent alternatives).
2. All forms of added sugar, but natural sugar in fruit is ok. Sugar is the perfect food for cancer cells!
3. Red meats, refined carbohydrates, tea and coffee and their decaffeinated forms, all food additives, anything in a packet (with a list of ingredients on it) or a tin. The only 'packets' should be, for example, the skin of a banana.
4. All 'yeasty' foods, such as bought bread, mushrooms and vinegars, etc. The reason for this is that the metabolism of cancer cells is often fermentative, so it is wise to avoid foods of a similar nature.
5. Salt, unless you live in a hot country and run the risk of becoming salt deficient through sweating. Otherwise, do not add salt at all, nor consume foods that have had salt added to them. Salt tends to unbalance your potassium levels, which we need to boost instead of salt. You will obtain a lot of potassium from fruits and vegetables. However, if you become lethargic in any way that you cannot explain, take a little salt and see if you improve. If you do, only take as little salt as makes you feel better.
6. Alcohol in all forms. Alcohol has to be metabolised by the liver, which needs to be relieved of as much work as possible, so it can do its job.
7. At present there is considerable controversy over soya. I am beginning to feel a little suspicious at the hype around the benefits of soya. In the circumstance, it may be sensible to avoid it for now, or not take too much.
8. Oils. Use olive or coconut oils, but try not to heat them to too high a temperature. Adding turmeric to olive oil can help prevent it from oxidising when heated.

It is very important for you to try to introduce such a diet at your own speed. If trying to get onto this 'ideal' anti-cancer diet becomes stressful for you, then it could become counter-productive and do more harm than good. So take your time.

An example of what you may eat is as follows, recognising that some of these foods may not suit you or you may not like them. This is general advice, not necessarily specific for you.

## Breakfast

- Porridge plus milk substitute.
- Puffed or Shredded Wheat plus milk substitute.
- Home-made muesli - buy a selection of organic flakes of wheat, rye, oats, barley, maize (corn), rice, millet and coconut from your

local health food store, and add fresh fruit of your choice, nuts and seeds. If you add any dried fruit, wash it thoroughly in warm water to eliminate as much sugar as possible. Moisten with naturally prepared fruit juice, quality water or milk substitute.

- Fish, especially deep-sea fish, but not in batter.
- Rice cakes, Ryvita or yeast-free wholemeal bread.

#### Lunch or Supper

- Salad items with or without slices of cold meat or fish.
- Salad dressings should be made from olive oil, lemon juice, garlic, pepper and mustard, or any combinations of these, but no vinegar.
- Meat or fish and two or three vegetables, but no commercial gravy mixes.
- Stir-fry vegetables or kedgeree.
- Wholemeal spaghetti, pasta, vermicelli, etc.
- Whole grain rice.
- Homemade soups.
- Vegetables and fruit mixed in any proportions in a liquidiser or juicer.

#### Snacks

- Raw vegetables.
- Fruit, nuts and seeds.
- Ryvita, rice cakes and yeast-free bread.
- Homemade soups.

#### Drinks

- Quality water, by which I mean filtered or bottled in glass bottles, herbal teas (check what they are made of), especially decaffeinated green tea.
- Fresh fruit juices.
- You could use a little Stevia if you need to 'sweeten' something.

## Herbs

· Most herbs are ok, but try to use turmeric as often as you can. There is considerable evidence that turmeric is cancer healing and cancer preventing.

This is not a perfect diet for a cancer patient, but each person should try to identify any foods they may be reacting to that could be causing an inflammatory reaction. The Alcat Test is one such a blood test and can be achieved by calling 001-954-426-2304, giving reference CC200 for a 5% discount off the regular price, from anywhere in the Caribbean, America or Canada, or 0049-33022-023800 for the whole of Europe, The Middle East and South Africa, quoting AK200 for a 5% discount off the regular price.

For information and supplies of Juice Plus, log on to [www.juiceplus.co.uk/+pk025727](http://www.juiceplus.co.uk/+pk025727) to improve your overall intake of fruits, vegetables, berries and grapes, and in particular look at the studies that have been carried out on the product. You can order directly from this site, but please be aware of the costs involved. It is particularly useful when treating a fungal/yeast patient, as all the sugar has been eliminated during preparation.

Supplies of vitamin D, iodine, colloidal silver and Salvestrols can be obtained by logging on to [wellbeingorders@gmail.com](mailto:wellbeingorders@gmail.com), giving your name, address, a telephone number and what you want.

ACAM's address is 23121 Verdugo Drive, Suite 204, Laguna Hills, CA 92653 001-949-583-7666

AAEM's address is 7701 East Kellogg, Suite 625, Wichita, KS 67207 001-316-684-5500

Longevity Plus may have a list of names of doctors giving iv nutrients on 001-928-474-3684

Drs in UK who probably give nutrients intravenously:-

Dr Margurita Griesz-Brisson 100 Harley Street, London W1G 7JA 0207-486-7010

Dr Nicola Hembry, 58 Hambrook Lane, Stoke, Gifford BS34 8QD 0117-969-2814

Dr Matthew Jack, 9 Harley Street, Eccleshall, Sheffield, S11 9SD 0114-235-0783 practices in Tamworth, Staffs

Dr Shideh Pouria, The Burghwood Clinic, Banstead, Surrey, SM7 1BS  
01737-361177

Dr Jean Monro, The Breakspear Hospital, Belswain Lane, Hemel Hempstead  
Herts, HP3 9HP 01442-261333

Dr John Meldrum, Edinburgh Contact him on 01904-691591

Dr Finbar Magee, 300 Cragag Road, Belfast, BT6 9EW 02890-709300

Dr Mangeet Riar, 88 Park Street, Bridgend, CF31 4BB 01656-656673 or  
07786-326986

Dr Rajendra Sharma, The Hale Clinic, 7 The Crescent, London W1B 1PF  
01202-744747

Dr Sigmund Trefzer, Uckfield, Essex, 01825-713576.

The anti-oxidant machine I mentioned is called the Pharmanex Biophotonic Scanner. It costs around £2000.00, but the company has apparently spent one billion dollars on its research. Let me know if anyone is interested in the machine.

There are three books I have written the first being 'The Medical Detective - Memoirs of a Most Unusual Doctor'. The back page states

Dr. James is an old-fashioned General Practitioner in a country practice. Although he treats patients the normal way, he also likes to try to find the cause of their illnesses, rather than merely suppressing their symptoms with drugs. If he can find the cause and remove it, the patient becomes symptom-free. The result is a series of fascinating and unusual stories. It is based on the real-life experiences of a particular doctor in rural England. The stories are told by an elderly lady who has lived in the village all her life.

The second book is called 'Conquering Cystitis'. Also 'Stop Smoking', Both cost £7.95p in UK £9.95 or 16 US dollars in all other countries. The later is how to stop smoking, while Conquering Cystitis describes an anti-candida approach.

For a copy of any of these three books, please write to 72 Main Street Osgathorpe, Leicestershire, LE12 9TA enclosing an appropriate cheque please.

