



FOODS FOR HEALTH

Health and Nutrition Info
to Help You Live Better
After a Cancer Diagnosis

The content of this booklet
can be viewed online at
www.foods-for-health.com

Table of Contents

Page 1	<u>Chapter 1, My Story</u>
Page 2	<u>Chapter 2, The Spiritual Journey</u>
Page 5	<u>Chapter 3, What are we?</u>
Page 6	<u>Chapter 4, A Victim of SAD?</u>
Page 8	<u>Chapter 5, Lifestyle Choices</u>
Page 9	<u>Chapter 6, The Creative Fire</u>
Page 10	<u>Chapter 7, Physical Activity</u>
Page 11	<u>Chapter 8, Anti-Cancer Message</u>
Page 12	<u>Chapter 9, Chemotherapy</u>
Page 13	<u>Chapter 10, Organic Foods</u>
Page 14	<u>Chapter 11, Misconceptions, Puffery and Lies</u>
Page 16	<u>Chapter 12, Juicing</u>
Page 17	<u>Chapter 13, Vegetables</u>
Page 22	<u>Chapter 14, Recipes</u>
Page 25	<u>Chapter 15, Broccoli</u>
Page 26	<u>Chapter 16, Green Tea</u>
Page 28	<u>Bibliography</u>

Copyright © 2021 by F A Roberson
All rights reserved
Printed by Printing Center USA
Photographs by L M Aloy

None of the content of this booklet may be copied, reproduced, distributed or transmitted in any manner shape or form without the express permission of the author.

My Story

Back in 1999 I remember getting ready to go to work and becoming aware of a strange feeling in my lower right back, near the top of my waist. Although I gave this feeling scant attention at the time, it was the genesis of my personal story, the foundation that led me to create an anti-cancer battle plan!

After that and continuing for a number of years, the strange sensation gave way to pain. I visited hospitals and doctors repeatedly only to be told it was a pinched nerve or a kidney stone.

The above scenario went on for many years, it was always one thing or the other. Then, in 2010, I received a quadruple bypass and that's when things changed. During my recovery I started listening to some kind of wheezing sound, a multiple chirping cacophony coming from my lungs. I asked many of my doctors what it was, but nobody knew!

Mind you, this was about 11 years from the time I became initially aware of the strange feeling in the middle of my right side. The years went by and I just simply accepted that I would have to go on living with the strange noises coming from my lungs. Little did I know this was nothing but the prelude to the most life-changing news I would ever receive.

Moving forward to the year 2018, when my doctor wanted me to take some lab tests and the results came back with the finding that I was passing blood in my urine. At this point my doctors wanted me to take some more invasive tests, to include a biopsy of the liver.

The results from the biopsy were shocking! Not only did I have cancer of the liver, but upon further tests it was discovered that the cancer had also spread (AKA: metastasized) to my lungs!

The night after receiving my diagnosis I was in a very dark mood. I had trouble accepting the overwhelming immensity of my situation, as if I'd been dropped into the bottomless pit of hell. However, upon waking up the next morning, I realized that I was still involved in the struggle for life, it's just that now it had a different name: **THE BIG C, CANCER!**

Yet and still, all the strange things that had happened to me in the almost twenty years since my attention was drawn to the weird feeling on my right lower back, the strange sounds coming from my lungs, etc. were answered in an epiphany, a flood of insight so magnificent that it gave me the tools to develop an anti-cancer battle plan.

I will close this chapter at this point but look on the right sidebar for more info in detail about the components of my anti-cancer battle plan.

The Spiritual Journey

What do I mean by spiritual? Once you consider that statistically $\frac{1}{2}$ of all the persons alive today will receive a cancer diagnosis sometime in their life, the numbers boggle the mind! The sad thing is that the usual person's reaction to a cancer diagnosis is the feeling of dreadful finality, the end of the road because your days are numbered.

Although all the above is true, up to a certain point, the spiritual viewpoint you subscribe to in confronting cancer is of paramount importance. It will become a wellspring of strength and inspiration to guide you on your healing journey!

Your frame of mind, your emotions, the resulting choices you make, and how they affect your healing, are all part of your anti-cancer battle plan. Although we are all susceptible to a

deep depression when we first receive the terrible cancer diagnosis, we shouldn't linger there for too long. In short, it boils down to this: Are you going to embrace the spirit of a winner or a loser?

Taking responsibility for directing one's mind and emotions toward positive outcomes is imperative in your anti-cancer battle. It will have the net result of passing the healing vibrations to all the parts of your being!

The morning after my confirmed cancer diagnosis I resolved to marshal all the resources I could muster to fight the cancer, be it spiritual, nutrition, knowledge and any other thing, process or idea I could bring into the fold.

The last thing a cancer sufferer should do is lock themselves up in their bedroom and say goodbye to life! The mind can be like an old scratched phonograph record, playing the same negative tune over and over to infinity, if we allow it to do so!

The soul, through its power of will, can train and guide the mind to seek a better and more positive state that will permeate your entire being! Your body tissues will feel the positive energy being generated – and they will like it very much!

The simple way to begin to train your mind to focus on positive energy is to identify the negative thoughts and attitudes you have and replace them with positive ones, over and over. After a while, the mind will accept its new state of being and begin to reside permanently in the positive plateau you've created for it!

Here are some guidelines I've set for myself that have proven to be effective:

a) Embrace life by continuing to do all the things you did before your diagnosis. As an example: I could have taken advantage of the new regulations regarding in home care and have the government pay folks to come into my home and clean, cook, wash and a bunch of other stuff. I chose to

continue doing these things for myself, as a show of strength over weakness!

Opting for strength in as many areas as you can will spread that feeling of personal power all the way through your being. It will strengthen your mind, your emotions, and filter all the way to your tissues and cellular structures. You will, in fact, be showing all the parts of your organism how to be strong, how to be an unbeatable champ!

b) Do not fear death

Take every opportunity to study the progression of the particular cancer you have. Go on YouTube.com and look up videos regarding the disease and how others are coping with it, what are the signposts to take into account and why? What are the gradual steps leading to the end of life?

Above all, do not fear something you can't change, rather, embrace it and spend your time focusing your consciousness on the positive plateau we spoke of in the earlier paragraph and live as happily and content as you can today and let tomorrow take care of itself.

By embracing the terrible reality of your death you will gain strength, you will enlist an ally that will never mislead you. It will show you the things that are important, rather than wasting your time on irrelevant trivial pursuits.

c) Contribute:

Find ways to contribute to life. Provide guidance and support to those that may just be starting on their cancer healing adventure. Distribute your experience and knowledge to all you come in contact with, be they family members, friends or acquaintances you've met in a business or professional level. Above all, give your day a well-lived purpose!

What are we?

By answering the basic question: What am I? We will encounter ourselves in the most ancient and primordial manner. Are we omnivores, creatures that must partake of vegetables and animal protein to exist? The reality of our dogged adherence to the Standard American Diet (with its made to order and well placed acronym "SAD") would have us believe so.

The fact is that we, Homo Sapiens, are not carnivores or omnivores, we are herbivores. We are not natural carnivorous creatures. We belong to the herbivore group; we are animals with all of the physiological markings of such and they are:

- a) We have opposed molar teeth for the mastication of tough vegetable fiber / cellulose.
- b) Our intestinal tract is much longer than the tracts of carnivores to help digest fruits and vegetables better.
- c) As opposed to carnivores, we can manufacture complex proteins from simple vegetable nutrients.

I'm sure the above are but just a few of the more salient differences between herbivores and carnivores. So, how come in school they told us that Homo Sapiens is an omnivore, capable of eating meat and vegetables? That is because Homo Sapiens chooses to be an omnivore! There is no physiological reason for us to be omnivores. We can do absolutely fine just eating a fruit and vegetable based diet.

Carnivores, on the other hand, must seek to eat meat because they can't manufacture complex proteins as we can, they also have a very short and smooth intestinal tract to quickly relieve themselves of the toxins and other waste products left over from the constant ingestion of animal protein.

The Standard American Diet introduces a lot of toxins and waste products into our herbivore intestinal tract, and given its extra length, those waste products remain in our gut far longer than they should, causing all kinds of negative side effects.

So, what to do? Should we give up eating all animal protein in favor of a strict vegetarian diet?

According to Dr. David Servan-Schreiber in his book “Anti-Cancer” we should revert to the ancient diet of our hunter-gatherer ancestors. Animal protein was always in short supply so they subsisted on a diet of mostly fruits and vegetables with the very occasional animal protein thrown in just for flavoring.

A Victim of SAD?

The Standard American Diet (SAD), is a nutrition scheme that is very detrimental to good health and the cause of most of our modern illnesses. The fact that the eating habits of our population in general excludes fruits and vegetables in a meaningful way is a very sad state of affairs.

As opposed to healthy diet choices that would include the gross of our food intake to come from green leafy vegetables, legumes, grains and fruits, our SAD choices conspire to a preponderance of greasy fried foods and starchy vegetables.

Long gone are the days of any semblance of nutritional balance as we reach for the easiest thing to put in our mouths. (You want some fries with that?) Our dependence on fast food has left us at the mercy of commercial interests that don't give a hoot about our long-term nutritional needs.

In my travels I've met way too many folks that never, ever, eat fruits and vegetables. They eat mostly animal proteins with french fries or a baked potato, and that's it! No fruit, no salad, no steamed or boiled vegetables - not to mention raw

vegetables - and this sad state of affairs is something they inherited from their parents, grandparents, and on out to distant generations.

Matter of fact, I feel very bad for the poor folks that have subsisted mostly on greasy fried hamburgers, chicken, pizza and other assorted junk foods. Life-long habits are very hard to break and even more so when it involves eating choices. It doesn't get harder, more ingrained, or personal than that!

I applaud the successful transformation of the average SAD eater to embrace the consumption of vegetables. After a life-long conviction that the token piece of tomato or lettuce on your hamburger counted as your "vegetable" of the day, it's a tall order. Upon graduating to eating vegetables on a wholesale basis you'll have all the support I can muster. Believe me, I know how hard that can be.

Yet and still, if you wish to live longer and have a better life, there is no time like the present to start. Start experimenting with vegetables to find out the ones that are compatible with your palate. Go slowly and start replacing the proportions on your plate to include about 70% vegetables with the remaining 30% dedicated to carbohydrates and proteins.

Yes, nobody said it was going to be easy, but your body will like the changes. May I propose that you take special attention of the cruciferous vegetable family since they, taken as a group, have the greatest anti-cancer properties.

Bon Appétit!

Lifestyle Choices

The lifestyle choices we make will have a direct bearing on the positive outcome of any healing plan. Items like the foods we eat, physical exercise we provide our body and our mindset, can be of great help in overcoming illness.

Activities that are essential to our wellbeing, such as good sleep and the peace of mind that comes from living in a low stress environment, will come together to fortify our recuperative powers. Even a small amount of exercise, such as taking a walk, has been shown to have a positive effect for many hours.

Of course, bad habits such as excessive alcohol consumption, smoking - either pot or cigarettes - will have a detrimental effect on your healing program. The lack of a daily routine of physical activity is one of the greatest impediments to health. It's deplorable so many sit in front of the TV, day after day, ignoring the needs of their bodies.

Even among trained medical professionals the central theme of lifestyle choices will have a negligible involvement in their medical thinking. I know, I've asked highly trained physicians if they thought lifestyle choices had any direct bearing on the progression and spread of cancer and most of them told me that, no, in their opinion it didn't.

Matter of fact, another area to fall short of medical purview is nutrition. Although we spend an inordinate amount of time acquiring food, cleaning and storing it, our medical professionals give but scant attention to it. It might come as a surprise, but most doctors only receive about 7 days of nutritional guidance while in medical school!

The preceding should inspire you to become very proactive about your lifestyle choices and help you leave behind the negative habits and embrace the good ones. Changing this aspect of your life will add years to your lifespan.

The Creative Fire

I would be remiss not to mention the many benefits the act of creation brings upon the individual's positive health statement. The process of pro-creation is perhaps the strongest biological imperative all living organisms share.

As its lowest form of expression the creative spirit promotes the sexual attraction between individuals, making it possible for the continuation of the particular species. Artist, writers, musicians and other creative professions sublimate the creative force in service to their chosen endeavor.

The act of intellectual or artistic creation provides a wellspring of inspiration to the individual as it is being applied to the object of their love: their creative masterpiece. The warm fire of the creative spirit can be felt and identified by all persons that seek its boundless expression.

While invoking the creative spirit the many benefits of such an undertaking will filter through the persons being and provide the stimulus, the flash of inspiration that powers all creation, even down to the cellular level. Yes, your body tissues will rejoice when receiving this very special type of energy!

I invite all that wish to savor the delights of the creative adventure to start as soon as possible. The creative intent doesn't have to involve a big project but can be expressed in the many things that are done on a daily routine. The object of the game is to strive to give the act your very own spin, your very own discovery in this new territory.

Descartes, the philosopher, made the term "I think, therefore I am" a very popular expression. In the original Latin it is as such: "cogito ergo sum." In closing I would like to offer this kindred variation: "creo ergo sum" which translates in English to "I create, therefore I am."

I take this opportunity to leave you in good company.

Physical Activity

Physical activity, or some kind of exercise, is something essential for your body. It will be the most important for that "feel good" quality so significant to daily life. Furthermore, it will speed up your metabolism for a number of hours and help you burn off extra calories. As another bonus, it will serve as a central component of your daily anti-cancer regimen.

Yet and still, the hardest part of undertaking an exercise routine is getting started. Why is this so? It's because the muscles, tendons, veins, nerves, arteries that work together to provide locomotion are in need of an easy start. Go slowly and give your body about 10 minutes to get into the swing of things, that's when the fun starts!

Believe me when I say that although your body is made of flesh and bones, the fact of the matter is that it is a mechanical apparatus. Mind you, you wouldn't think of cranking up your car, without warming up your engine, and leaving your driveway at 150 MPH? Imagine that! Blown head gaskets, swallowed pistons, spun crankshafts, etc.

Your body deserves the same consideration you offer your car by allowing it to warm up and much more! Depending on the specifics of your condition, and the type of exercise you feel most comfortable performing, go easy and listen to what your body is telling you.

As an example: As a young man I broke the bones on both my lower extremities and that makes it hard for me to walk for extended periods of time. My solution was to get a 15 speed bike and that is how I get my daily exercise. However, the same principle applies to riding my bike. The first 10 minutes are an uphill effort just waiting for my body to wake up and join the program.

Whatever exercise routine you choose, stick with it because it will add years to your lifespan. No matter what you choose, it could be walking, running, dancing, etc. The important thing is to make sure that at a certain point in your routine your body breaks into a sweat. That means that your body has gotten a cardio-vascular workout and it will be very thankful for it.

Anti-Cancer Message

So, what is the anti-cancer message as expounded in these pages? Is it a cure for cancer? If not, then what is it?

The above questions, although deeply meaningful to folks that have themselves received a cancer diagnosis, or have family and loved ones that are so afflicted, doesn't have a nice, pat answer.

I wish there was one simple and true answer, one that could fit as a round peg in a round hole. However, the answer is much more complex than that. The myriad types of cancer make such an endeavor a near-impossible task.

The one thing that remains constant in our ongoing cancer battle is our body and how it will respond to the challenge of cancer. The main thing to remember is that, in the ultimate analysis, it is our body that calls the final shot!

No matter what kind of new treatment or cancer program comes down the pike, the fact of the matter remains that our bodies are in the driver's seat! So, rather than putting all our hopes in the miracle drug that's going to make us whole again, why not devote our time to providing our bodies with the nutrition, peace of mind, physical exercise and good, solid rest that it needs to best present a concerted defense?

As an example: Although it's been about 21 years since I first became aware of the cancer that was building in my liver, I have used the anti-cancer program to be good to my body. It has rewarded me with a good life and a rich existence. Mind

you, I realize what a delicate balance this is, but isn't life worth it?

I'm mindful of the time I've got left and so far I've been able to spend it in a productive manner. I live each day to the fullest and I have a rich life. I'm very active and I don't spend my days in worry about the final outcome of my life. On a scale from zero to ten, I would say that my pain and discomfort hover near zero most of the time.

I hope to spend the rest of my years meaningfully engaged in the adventure of living and I pray that you find the same meaning within these pages and that it adds richness to your life as well.

Chemotherapy

As part of my anti-cancer regimen I was encouraged by my physician to undertake a couple of treatments to stave off the cancer, one was a brand of chemotherapy and the other was an immunotherapy. I was, of course, ignorant of the negative side effects of either treatment, but I went ahead and gave them a whirl.

I was first introduced to the immunotherapy and I was pleasantly surprised to discover that a few months after I started taking it most of the tumors in my lungs, called "cancerous nodules," had shrunk and gone into remission. Wow! Even to this day I still take the immunotherapy and I have nothing but high regards for its efficacy.

The chemotherapy was a horse of a different color. My first warning sign is that the initial package I received came with a blood pressure tester, little did I realize why. Although my healthcare providers were insistent I stay on the program, the reality is that it would shoot my blood pressure up to the clouds. My diastolic and systolic readings gained an average of 80 points!

My doctors were prescribing medications to reduce my blood pressure but I felt the effects of the chemotherapy were too draconian to gamble on. The way it affected my blood pressure I felt it was putting me in "stroke territory" so I told my doctor I was stopping the treatment, I didn't want any further part of it.

Yet and still, my natural inclination in both cases was to go along with my doctors and see if I could receive any benefit from either treatment. I realize I've survived the usual statistics of my prognosis by many years, but I still feel I should keep an open mind on any new developments coming down the pipeline. You never know.

Organic Foods

Organic vegetables are a source of much interest in our review of good practices to maintain our health and wellbeing at the very top. We pay extra for products that have the label "organic" prominently displayed on the packaging. All the same, a focused examination of this subject is in order.

According to a number of published organic practices studies about 40% of all products labeled as "organic" have a questionable background and provenance. When you consider that about 80% of our food is imported from countries that lack strict enforcement of organic guidelines, and the profit motive involved, it comes as no surprise that cheating is rampant.

All the above begs the question: How can I protect myself and family from eating products that have been falsely labeled? The answer is that there is no foolproof way of doing so. Knowledge is your greatest weapon in this endeavor. As an example, I once investigated the olive oil industry for blatant cheating regarding the contents of their oil. It was an eye opener!

If in doubt over the use of chemical fertilizers and pesticides one of the best practices is to let your vegetables soak for a minute in a sink full of water that's had a couple of tablespoons of baking soda mixed into it. Once you remove the vegetable rinse well, preferably with a sink wand to better control the water and access all the vegetable's nooks and crannies.

Another source of concern is the marketing puffery associated with many organic claims, some coming from sources you'd never expect. As an example, I was reading an anti-cancer regimen originally promoted by a well-known physician. This person has been dead for a long time but the folks still promoting his regimen claimed the good doctor used only organic vegetables.

Upon closer examination I realized the bulk of this doctor's work had been carried out back in the 30's and 40's, what we can call the golden age of chemical agriculture. In spite of this fact, the folks still promoting his regimen were proclaiming he used 100% organic vegetables! Given this information it's not too hard to read between the lines and come to your own conclusion.

The gist of this presentation is to encourage you to remain informed and observant when making your food choices. Your greatest friend in this quest is the Web, use it and easily gather information that will help you and your family eat better!

Misconceptions, Puffery and Blatant Lies

As per the well-placed title above, we intend to single out bad players in the organic practices, juicing and related industries. The profit motive is so absolutely corrupting, that we must

review all these spurious claims with a fine-toothed comb. So, without further ado, let's get started with the usual suspects!

Temperature

Many purveyors of vegetable processing equipment, such as juicers, will sing the praises of their equipment's low temperature qualities. They will do their best to make you believe that unless you pay exorbitant amounts of money for their equipment, all is lost, you might as well throw in the towel because vegetables just a shade above room temperature have been compromised!

Upon inspection of this fallacy we come to realize its inadequate relationship with common horse sense fact. Given the reality that no matter what the processing temperature is, by the time the vegetable matter arrives at our gut its temperature will have been increased by our bodies to somewhere near 97F (36.1C) to 99F (37.2C).

The above logic flies in the face of these promoters of twisted facts and commercial greed. They will claim that just a slight increase in the processing temperature is enough to destroy the phytonutrients and enzymes in our foods. Furthermore, considering that a lot of our food is cooked at much higher temperatures, that would mean that we wouldn't ever be able to get nutrition from most of our long-term food sources.

Refrigeration

Many folks that promote information regarding the consumption of juices and vegetables in a meaningful manner will insist that unless you prepare the juice on the spot, and drink it as such, all your efforts will come to nothing!

They will have you believing that if you wish to ingest a vegetable juice 3 times per day, or more, you need to dedicate most of your day to preparing and drinking the resulting juice on the spot, as if refrigeration had never been created.

This misconception is so prevalent on the Web that the only explanation I can think of is that these folks are just simply parroting one another without subjecting their pronouncements to any logical scrutiny.

Most people are aware that cold temperatures greatly slow down biological processes and the decomposition of phytonutrients and enzymes. Why in the world would they ignore the incredible power of refrigeration to greatly prolong the useful bioavailability of foods escapes me!

The above are but two of the more egregious examples of widely scattered and erroneous notions. I'm sure this topic could take much more space but the present examples will have to suffice for now.

Juicing

The available juicing machines in the market fall mainly into two categories: centrifugal and masticating. On average the centrifugal units are much more affordable than the masticating types.

The most important thing to remember, at least with the centrifugal units, is the size of the mouth. Do your best to get one with at least a 3" opening, otherwise it will create a bunch of extra work since you'll be forced to cut your vegetables into much tinier pieces.

The solution I use is a combination of the two above juice extractors. As a first step I process my vegetables through the centrifugal unit and save all the pulp that gathers in the refuse container. I then take the pulp - that is still quite moist with vegetable juice - and I process it by running it through the masticating unit.

The end result is that I collect the most juice from my vegetables, making my juicing go that much further. Since most of us have obligations, perhaps a job, we should do the

best to make our juicing program deliver the most it can. Let's say that you wish to undertake the labor of juicing twice a week and that you want it to last 3 to 4 days.

The thing to figure out right at the start is how many glasses of juice you're going to drink per day and buy enough containers just for that. Say, if you are going to drink 12 oz. of juice twice per day, then you would need to get a total of 8 each 12 oz. containers, with screw on tops, just for the task.

Fill each of the 8 containers all the way to the very top, keeping as much air out to delay any oxidation and then store them in the refrigerator for daily consumption. Take into account that a small serving of juice is the equivalent of perhaps pounds of raw vegetables, so even an 8 to 12 oz. serving will go a long way to provide you with the nutrition your body needs.

Whatever you do, don't listen to the so called experts that will have you thinking you must devote your entire day, each day, to juicing to get the nutrition your body requires. I sometimes wonder what world do they live in?

Vegetables

Following is a hyperlinked list of cruciferous vegetables, courtesy of [Wikipedia](#). This family of vegetables has outstanding cancer fighting properties, it is what has allowed my body to present a strong anti-cancer defense and allowed me to keep the illness at bay for a very long time.

I eat these vegetables raw or cooked and make them a central part of my juicing program. Again, my door is always open to all that wish further information regarding the preparation and cooking of these vegetables.

Specific information regarding the cleaning, cooking and preparation is provided in the organic, recipe and more information sections of this website.

Common Cruciferous Vegetables
To visit the Common Name link right click
it and choose "open link in a new tab"

Common Name	Genus	Specific Epithet	Cultivar Group
Horseradish	<i>Armoracia</i>	<i>rusticana</i>	
Land cress	<i>Barbarea</i>	<i>verna</i>	
Ethiopian mustard	<i>Brassica</i>	<i>carinata</i>	
Kale	<i>Brassica</i>	<i>oleracea</i>	Acephala group
Collard greens	<i>Brassica</i>	<i>oleracea</i>	Acephala group
Chinese broccoli (gai-lan / jie lan)	<i>Brassica</i>	<i>oleracea</i>	Alboglabra group
Cabbage	<i>Brassica</i>	<i>oleracea</i>	Capitata group

<u>Savoy cabbage</u>	<i>Brassica</i>	<i>oleracea</i>	Savoy Cabbage group
<u>Brussels sprouts</u>	<i>Brassica</i>	<i>oleracea</i>	Gemmifera group
<u>Kohlrabi</u>	<i>Brassica</i>	<i>oleracea</i>	Gongylodes group
<u>Broccoli</u>	<i>Brassica</i>	<i>oleracea</i>	Italica group
<u>Broccolini</u>	<i>Brassica</i>	<i>oleracea</i>	Italica group × Alboglabra group
<u>Broccoflower</u>	<i>Brassica</i>	<i>oleracea</i>	Italica group × Botrytis group
<u>Broccoli romano</u>	<i>Brassica</i>	<i>oleracea</i>	Botrytis group / Italica group
<u>Cauliflower</u>	<i>Brassica</i>	<i>oleracea</i>	Botrytis group

Wild broccoli	<i>Brassica</i>	<i>oleracea</i>	Oleracea group
Bok choy	<i>Brassica</i>	<i>rapa</i>	<i>chinensis</i>
Komatsuna	<i>Brassica</i>	<i>rapa</i>	<i>perviridis</i> or <i>komatsuna</i>
Mizuna	<i>Brassica</i>	<i>rapa</i>	<i>nipposinica</i>
Rapini (broccoli rabe)	<i>Brassica</i>	<i>rapa</i>	<i>parachinensis</i>
Choy sum (Flowering cabbage)	<i>Brassica</i>	<i>rapa</i>	<i>parachinensis</i>
Chinese cabbage, napa cabbage	<i>Brassica</i>	<i>rapa</i>	<i>pekinensis</i>
Turnip root; greens	<i>Brassica</i>	<i>rapa</i>	<i>rapifera</i>
Rutabaga (swede)	<i>Brassica</i>	<i>napus</i>	<i>napobrassica</i>

Siberian kale	<i>Brassica</i>	<i>napus</i>	<i>pabularia</i>
Canola/rapeseed	<i>Brassica</i>	<i>rapa/napus</i>	<i>oleifera</i>
Wrapped heart mustard cabbage	<i>Brassica</i>	<i>juncea</i>	<i>rugosa</i>
Mustard seeds , brown; greens	<i>Brassica</i>	<i>juncea</i>	
White mustard seeds	<i>Brassica</i> (or <i>Sinapis</i>)	<i>hirta</i>	
Black mustard seeds	<i>Brassica</i>	<i>nigra</i>	
Tatsoi	<i>Brassica</i>	<i>rosularis</i>	
Wild arugula	<i>Diplotaxis</i>	<i>tenuifolia</i>	
Arugula (rocket)	<i>Eruca</i>	<i>vesicaria</i>	
Field pepperweed	<i>Lepidium</i>	<i>campestre</i>	
Maca	<i>Lepidium</i>	<i>meyenii</i>	

Garden cress	<i>Lepidium</i>	<i>sativum</i>	
Watercress	<i>Nasturtium</i>	<i>officinale</i>	
Radish	<i>Raphanus</i>	<i>sativus</i>	
Daikon	<i>Raphanus</i>	<i>sativus</i>	<i>longipinnatus</i>
Wasabi	<i>Wasabia</i>	<i>japonica</i>	
Spinach	<i>Spinacia</i>	<i>oleracea</i>	
Swiss Chard	<i>Beta</i>	<i>vulgaris</i>	

Recipes

Kindly visit www.foods-for-health.com/recipes.html for the new and updated cruciferous soup recipe.

Chicken Fettuccine Alfredo with leeks:

The smooth creamy taste of an Alfredo sauce seems to add a special flavor to this recipe when you include leeks. Besides, leeks have very strong anti-cancer properties.

Ingredients:

Salt and freshly ground black pepper *(note)

*** Be very skimpy with the use of salt and black pepper.**

This recipe has such a delicate flavor that just a hair too much of the 2 ingredients above can overpower it.

12 ounces' fettuccine noodles

3 large leeks

1 bartender's shot glass of olive oil, for cooking the chicken

1 Lb. boneless and skinless chicken breast cut into small pieces

1/2 stick (4 tablespoons) salted butter

1 1/2 cups water

2 1/2 cups heavy cream or evaporated milk

2 pinches freshly grated nutmeg

2 cups freshly grated parmesan cheese

Directions:

1) Cut the chicken into small pieces

1) Clean and cut the 3 leeks then chop into small pieces

2) Drop the olive oil into a large pot and then add the chicken and butter, cook 'till well done, about 5 minutes.

3) Put all the leeks into the pot, cover and simmer while stirring continuously for about 6 minutes.

4) Add the water, cream or evaporated milk, parmesan cheese, fettuccine noodles, nutmeg, salt and pepper and stir constantly while simmering in very low heat for about 15 minutes 'till the sauce thickens.

Enjoy!

Chicken Sesame Cabbage

The taste and texture of this dish is especially pleasing to life-long rice eaters and even better because it's centered on one of the all-time favorite cruciferous vegetables: cabbage!

Ingredients:

2 and 1/2 Lb. boneless skinless chicken breasts, cut into small pieces

1 very large onion

3 Lb. cabbage leaves, chopped medium (about 1 large cabbage)

2 oz. toasted sesame seed oil, split into 1/2 oz. to sauté the onions and the remaining 1 and 1/2 oz. for the chicken/cabbage

2 and 1/4 oz. regular soy sauce (not reduced sodium)

1/4 cup sesame seeds

3 heaping tsp garlic powder (or 8 fresh cloves, liquefied)

1 tsp black pepper

1/2 tsp salt

3 eggs (optional)**

Directions:

Pour 1/2 oz. sesame seed oil in fry pan and sauté onions and sesame seeds till golden brown, then pour in the remaining 1 and 1/2 oz. oil and cook chicken 'till done, about 6 minutes. Once done scoop all the contents of the fry pan into a large 8 to 12 qt. pot

Stir in 1/3 of the cabbage*, salt, pepper, soy sauce, garlic, salt, and cook 'till the cabbage leaves begin to turn transparent, about 4 minutes* (be sure to time this, we do not want the cabbage to be over-cooked)

***Cook the cabbage in 3 stages adding more cabbage when it sinks down into the pot. The entire procedure to cook all the cabbage shouldn't take more than 8.5 minutes (do not cover pot with lid)**

****Optional**

When the initial 1/3 of cabbage has cooked about 2 minutes* stir in 3 whipped eggs and quickly stir the pot vigorously, then add the next 1/3 of the cabbage**

*****The gist is that you want to cook the cabbage while leaving as much of its crunchy texture as possible. The precise timing of the cooking of the cabbage is of extreme importance and the heart of this dish since we do not want the cabbage to turn soggy.**

Makes about 8 portions. Serve over white rice and enjoy!

Broccoli

Of the entire family of cruciferous vegetables broccoli is the one with the greatest concentration of sulforaphane, a very strong anti-cancer compound that will help you present a credible anti-cancer response.

I know that in many cases folks have to slowly sneak up on many vegetables, especially if you come from a long-term diet devoid of green vegetables.

Broccoli can be eaten raw or cooked and it's featured in many delectable dishes, such as broccoli fettuccine alfredo and broccoli cheese casserole. It can also be used in cold salads such as broccoli carrot salad. I'm sure the multiple culinary uses of this wonderful vegetable are extensive, just feast your eyes on a Web search and I'm sure you won't be disappointed.

If you've been given a cancer diagnosis, and you wish to embrace the consumption of vegetables, it doesn't get better

than broccoli. I like mine best steamed for about 8 minutes and then eaten with a diluted ranch dressing.

Broccoli Sprouts

Broccoli sprouts can be grown at home from seeds you can purchase on Amazon.com and it can all be done from a large Mason jar. Imagine that, you can own agricultural land right on your kitchen windowsill!

The reason that I'm giving broccoli sprouts such special note, is that they contain more sulforaphane than even the grown broccoli florets. Even better, the process is very short. You can go from seed to harvest in as little as 7 days!

But wait, that's not all! Once you harvest the sprouts you can process them in hot water and they will release even more sulforaphane, a win-win if there ever was one.

To make this long story short here are a couple of videos that will explain the process in more detail.

*Watch how to grow sprouts at home using a Mason jar, click [here](#)

**Watch to see how to triple the sulforaphane content of broccoli sprouts, [here](#)

*Video courtesy of Amanda Montalvo on YouTube

**Video courtesy of Hormone Balance on YouTube

Green Tea

Green tea, what a wonderful beverage! I drink it most of the day rather than any other, with the exception of water, because it has potent anti-cancer qualities. It doesn't matter if you drink it hot or cold, the beneficial effects are the same.

Of course, depending on its origin the quality can vary. I've heard that one of the most potent strains is Japanese Sencha. I've seen Web pages that list a chiffon made with it, perhaps one of these days I'll try some, look [here](#)

Of course you might ask after this big build up, just what is it that makes green tea so impressive? You might even have the same attitude I had when I was first informed of green tea's importance in a credible anti-cancer program.

It seems green tea has many different substances that have anti-cancer properties, including epigallocatechin-3-gallate, paclitaxel and docetaxel combinations, ascorbic acid, catechins, lysine, synergistic arginine, green tea extract, proline, and polyphenols.

Catechins, in particular, seem to induce cancer cells to undergo apoptosis, the programmatic end of life of normal cells. Why is this so important when it comes to an anti-cancer regimen? Because cancer cells, as opposed to normal body cells, act as if they are going to live forever. The encouraged apoptosis via the catechins in the green tea makes them behave like normal cells and eventually die.

I always have a couple of gallon containers of cold green tea in my refrigerator just waiting for me. I drink it throughout my day, day after day. You should avail yourself of this great anti-cancer. It's cheap, plentiful and easy to prepare. Go ahead and jump in with both feet!

Bibliography

Dr. David Servan-Schreiber, a psychiatrist and best-selling author whose cancer diagnosis at the age of 31 compelled him to explore and then popularize the use of natural and holistic methods in dealing with cancer and depression, died on July 24 in a hospital near Fécamp, France. He was 50. (The preceding was originally published by the New York Times in 2011)

I've highly relied upon Dr. David Servan-Schreiber's book "Anti-Cancer: A New Way of Life" available at [amazon.com](https://www.amazon.com). The book relates how Dr. Servan-Schreiber was able to stretch a short brain cancer prognosis into a resounding 20-year survival! Although the cancer eventually caused his demise, he got his wish and was able to see his children grow into adulthood.

The precepts expounded in his book allowed me to compile my own anti-cancer battle plan successfully.

We salute you Dr. Servan-Schreiber!